HEALTHY TIPS

Dangers of Heavy Metals & How to Detox Properly

By bestfolkmedicine · 15/12/2020 · 2 min read



Heavy metals are elements which are toxic and harmful, even in low amounts. They are believed to lead to toxicity or poisoning.

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Some of the most common heavy metals are lead, arsenic, mercury, cadmium, nickel, and uranium. They go into our blood when we're exposed to contaminated water, farmed fish, dental fillings, and common household products.

These metals go throughout the body and penetrate tissues of the organs and can remain there for years.

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This is why detoxifying may help-it will also support your nervous system, liver, and brain.

How to Recognize Heavy Metal Poisoning?

Here are some of the potential signs of heavy metal poisoning:

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- Irritated skin
- Constant tiredness
- Autoimmune illnesses
- Dementia
- Insomnia
- Depression
- Digestive problems
- Anemia
- Brain fog

How to Detox from Heavy Metals?

Make sure you eat more of these foods.

Leafy greens-they're potent heavy metal detoxifiers; this includes chard, kale, spinach, arugula, beet greens, and dandelion greens. They also help boost the body's antioxidants and lower inflammation.

Herbs & spices-antioxidant herbs and spices such as oregano, rosemary, thyme, ginger, turmeric, and more can be of aid in eliminating heavy metals. Great for salads, stir-fries, and smoothies.

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Garlic and onions-these veggies are rich in sulfur known to be of aid in the detox of the body from heavy metals like arsenic and lead.

Bone broth-this broth will boost your hydration, enrich you with minerals, and supply you with glutathione. Sip several cups per day.

Avoid these foods.

Non-organic food –avoid store-bought juices and industrially-made foods which contain additives and other toxins.

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Farmed fish-this fish is highly toxic and the worst are swordfish, shark, king, bigeye tuna, and mackerel. When trying to add fish to your diet, make sure it's wild-caught- best to come from a local fisherman you trust.

Alcohol-when consumed excessively, it puts a lot of pressure on the liver to filter out other toxins.

Sources:

DR AXE

HEALTH LINE

Read online: https://bestfolkmedicine.com/2020/12/dangers-of-heavy-metals-how-to-detox-properly/

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