GRANDMA'S REMEDIES

These 2 Nutritional Greens Work Together & Pull Out and Absorb Heavy Metals and Detox Your Intestinal Tract, Thyroid, and Reproductive System

By bestfolkmedicine · 24/10/2023 · 3 min read



In today's world, our exposure to heavy metals is a valid concern. Unfortunately, these toxins can accumulate in the body as time passes and cause a long list of complications.

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Heavy metals like mercury, arsenic, lead, cadmium, etc. gather in the tissues and organs and trigger a long list of health complications.

Research has associated heavy metal accumulation with hormonal imbalance, autoimmune diseases, neurological conditions, heart diseases, liver and kidney damage, reproductive issues, and even cancer!

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The vulnerability is the highest among pregnant women and children.

This is why detoxification from heavy metals is so important. The good news is that there are effective natural methods to pull out and encourage the removal of these harmful toxins from the body.

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How Do Heavy Metals Enter and Accumulate in the Body?

- **Polluted air**

The burning of waste, industrial emissions, and leaded gasoline release the heavy metals into the air that we breathe.

The main airborne metals we're exposed to are cadmium, mercury, aluminum, and arsenic.

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- **Contaminated food and water**

Foods like fish, shellfish, meat, poultry, rice, dairy, etc. are exposed to heavy metals from the air, soil, and water.

The drinking water may also contain these heavy metals from soldering, industrial waste, landfill runoffs, and old pipes.

- **In the industry**

The working force in the battery, plastic, metal smelting, welding, pottery, and other industries have a higher exposure to heavy metals than others.

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- **Amalgam dental fillings**

These fillings release mercury vapor into the oral cavity which gets absorbed by the tissues.

- **Metal jewelry and cookware**

Cadmium and lead from coatings and glazes may leach into the food cooked in the metal cookware. Also, wearing metal jewelry could leach cadmium and nickel into the skin.

- **Meds and supplements**

Some meds like antacids and aspirins have aluminum whereas some folk remedies may contain mercury, arsenic, and lead.

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- **Consumer products**

Some plastics contain cadmium and lead is found in batteries, paint, glass, and cosmetics. Arsenic is present in some wood preservatives, animal feed, and pesticides.

Useful Tips to Reduce Your Exposure to Heavy Metals

- ***Reduce your consumption of seafood and fish rich in mercury such as swordfish, tuna, and mackerel. Consume the smaller and low-mercury options like sardines, anchovies, herring, and sardines***
- ***Lower your exposure to mercury dental amalgam fillings. Consult your dentist for resin-based composite fillings and have any remaining amalgam fillings removed***
- ***Focus on organic foods to prevent exposure to heavy metals, particularly foods like grains, dairy, veggies, fruits, and meat***
- ***If possible, replace cookware with lead-free options like stainless steel or enamel, and avoid keeping acidic foods in metal pots and pans***
- ***Check your home for old lead pipes or paint, especially if you live in homes that are older***
- ***Opt for natural beauty products free of aluminum and other heavy metals by choosing toxin-free brands***

- ***Make sure you add two powerful greens to your diet to encourage heavy metal detoxification, i.e., spirulina and barley grass juice extract powder. The former is an edible, blue-green algae that has the power to clean the brain, the liver, the central nervous system, and the brain from heavy metals. Take two teaspoons of quality spirulina combined with homemade juice, water, or coconut water and drink it. The latter is a nutritious grass with the power to pull out heavy metals from the thyroid, reproductive system, pancreas, spleen, and intestines. Take one to two teaspoons combined with homemade juice or coconut water.***

Sources:

EVERY DAY HEALTH

INDIGO HERBS

Read online: https://bestfolkmedicine.com/2023/10/these-2-nutritional-greens-work-together-pull-out-and-absorb-heavy-metals-and-detox-your-intestinal-tract-thyroid-and-reproductive-system/

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