

The Intolerance Testing Group
Testing you against common metals

Name: Mark Anthony Greenhill

Address: 98 Partmouth Avenue, Coalpool, Walsall. WS3 1SD

Metals	Level
Aluminium	86%
Antimony	77%
Arsenic	31%
Beryllium	88%
Bismuth	94%
Cadmium	54%
Chromium	57%
Cobalt	37%
Copper	25%
Dental Amalgam	33%
Gold	87%
Magnesium	35%
Manganese	71%
Molybdenum	80%
Palladium	96%
Silver	55%
Strontium	69%
Tin	78%
Titanium	11%
Vanadium	43%
Lead	92%
Mercury	20%
Nickel	87%
Zinc	85%

A LOW reading is from 1% - 29%

A MEDIUM reading is 30% - 69%

A HIGH reading is 70% - 100%

For more information on these metals or a list of where to find them, please visit:
<http://www.testyourintolerance.com/Metals-Information.html>

Thank you for ordering your metals test.

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Removing Metals From The Body: The Natural Way

Encouraging the body's natural detoxification pathways is something everyone would benefit from. Heavy metals can enter our body through the foods we eat, the water we drink, the cleaning products we use in our homes, the personal care products we use on our skin, and through just breathing the air itself.

Heavy metals such as lead, cadmium, nickel, mercury, aluminium and arsenic, can accumulate in our body and interact with other minerals. This interaction can promote the action of some minerals, and inhibit others, leading to imbalances.

For example lead inhibits calcium, iron and potassium, nutrients which are vital for our bone health, muscle function and energy levels. One molecule of mercury can affect the action of up to one thousand zinc molecules; a mineral needed for hundreds of enzyme reactions within our body.

Five foods that naturally act as heavy metal detox agents are:

1) Apple and pear pectin - a type of fibre found in the skins of apples and pears, pectin binds to heavy metals in the colon and helps to excrete them from the body. Make sure you are buying organic apples and pears and eating them raw. Specifically it can help detox aluminium, arsenic, mercury, lead and nickel.

2. Garlic - this amazing sulphurous herb not only stimulates and protects the immune system, it assists in the detoxification and excretion of aluminium, cadmium, arsenic, mercury, lead and nickel. It must be eaten raw and fresh! Cut or bottled garlic has lost most if not all of it's detoxifying effects. Stir it last through served meals or cut it into small pieces and swallow 2-3 cloves like pills.

3. Sea Vegetables - seaweeds like kelp, dulse and wakame have a balanced mineral content and help to remove unwanted metal deposits from the body. They supply the body with necessary minerals and iodine to aid in the removal of toxic metals such as nickel and mercury.

4. Coriander - (or cilantro) this lovely plant absorbs toxic metals in the body such as lead and mercury. Add it fresh to meals or salads, or juice a whole bunch in a beautiful green alkalizing juice with silver beet, cucumber, apple and lemon.

5. Insoluble Fibre and Water- psyllium, chia seeds, slippery elm, and rice bran all help the body eliminate wastes by acting as an internal broom. Toxins are swept up and moved through the colon at frequent, regular intervals (at least one or two bowel motions a day). Two litres of water per day is necessary to facilitate this action.

We are exposed to heavy metals on a daily basis, so supporting our body by consuming these natural foods, boosts our ability to safely move them out!