

# Increase Your Energy With a Heavy Metal Detox

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Heavy metal toxicity is becoming a common medical condition due to the fact that heavy metals are being used more in commercial products. Examples of heavy metals are arsenic, lead, chromium, mercury, and cadmium. Not all heavy metals are toxic to the human body but the ones that are harmful are very toxic to cells, especially nerve cells. This is why they have been linked to Alzheimer's, Parkinson's, autoimmune disorders, rheumatoid arthritis, and low energy levels.



It is a good idea to detox harmful heavy metals on a regular basis, especially [mercury since it is one of the most toxic neurotoxins](#) on Earth. Detoxing heavy metals should be undertaken with the care of a medical professional in order to ensure that the process is done safely and within a reasonable time frame. Reducing toxins in your body is a great way to increase your energy and improve your health.

## Detoxing heavy metals using healthy foods and nutrients

The first step in reducing toxic metals in your body is to adhere to a strict healthy diet. This includes reducing or eliminating intake of common food allergens and junk food. Eliminating these foods allows your body to reduce inflammation in preparation for the detox.

It is also important to introduce healthy fats in your diet,

including essential fatty acids. In addition, you should increase your intake of certain minerals, such as selenium and zinc. These two minerals are important for assisting your body to detox heavy metals. As for food, consume mostly organic plant foods and eat them raw whenever possible. Broccoli, papaya, kale, beets, lemon, lime, onions and garlic are great for assisting your body to detox heavy metals.

The herb cilantro, also known as coriander, has been found to be a natural chelating agent. Cilantro chelation typically calls for a small amount of fresh cilantro, which can be made into a pesto sauce and eaten over pasta or toast, consumed each day for a few weeks should help your body detox certain heavy metals.



Cilantro has strong anti-inflammatory and antibacterial properties and it contains the antioxidants carvone, elemol, camphor, geraniol, and limonene. Besides being an effective natural chelating agent, cilantro is also effective at relieving nausea, indigestion, and bloating, and is known to help balance cholesterol and blood sugar levels. The nice thing about cilantro is that it can be easily grown in your home or garden.

## **Detoxing heavy metals using infrared sauna therapy or detox foot pads**

After changing your diet, you may want to invest some time and money towards infrared sauna therapy. This type of sauna therapy is more effective than traditional sauna therapy because it stimulates water molecules within the layer of fat just beneath the surface of the skin, causing them to heat up. This process also causes your body to sweat while at the same time stimulates fat cells to excrete toxins, such as heavy metals. The more you sweat, the more toxins are excreted from

your body. Infrared sauna therapy is one of the quickest ways to detox heavy metals from your body.

Detox foot pads are also great for detoxing toxins. Well designed high quality detox foot pads can help your body detox toxic metals and other toxins by stimulating the reflexology zones at the bottom of your feet. The detox foot pads that I recommend is called [Dr. Group's Detox Foot Pads](#). These foot pads are the world's first organic detox foot pads and are formulated with specialized herbs, bamboo extracts, and gemstones to extract toxins from the bottom of your feet.

## **Tips to reduce heavy metals in your body**

- Avoid eating certain fish that has high levels of mercury in its system. Tuna, bluefish, grouper, mackerel, sea bass, and swordfish often have high levels of mercury.
- Stay away from dental amalgams (silver dental fillings) because they often contain mercury. If you are planning to get a dental filling, ask your dentist to use composite fillings instead of silver fillings.
- Avoid vaccines as much as possible because many of them contain aluminum or [thimerosal \(a mercury-based preservative\)](#). Aluminum isn't considered a heavy metal but it is still very toxic to your body and is one of the common causes of metal toxicity. If you have to take a vaccine shot, ask your doctor if it contains aluminum or thimerosal. If it does, you may want to ask for an alternative.

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