



Health Breakdown

Heavy metal built up in the body can lead to many conditions such as Alzheimer's disease, liver and skin diseases, gastrointestinal trouble, heartburn, learning disorders and disabilities, and fatigue. Heavy metals wreck havoc on our brain chemistry and disturb our metabolic hormones. If you are having difficulty shedding pounds, then focusing on ridding your body of toxins is key to reactivate your fat burning hormones.

5 Steps To Detox Heavy Metals

What To Do

Step 1: Add apple pectin

Apple pectin binds metals in the body and prevents them from absorbing into the tissues. You can get apple pectin straight from a fresh, raw apple, or buy it in powder form.

Step 2: Add a lemon

Squeezing half of a fresh lemon in a cup of warm water twice a day is one of the best ways to help your body detoxify from metals such as aluminum. The citric acid helps move the metals out of the cells.

Step 3: Kelp (seaweed)

Seaweed helps with body detoxification by absorbing metals in the body, just like it absorbs metals in the ocean.

Step 4: Turmeric spice

Turmeric is a spice that is also an anti-oxidant that fights free radicals and toxic substances. It gently detoxes the liver and kidneys, both of which are affected by aluminum.

Step 5: Add a foot soak to your daily routine

What To Avoid

Step 1: Eliminate aluminum containing health and beauty products.

Read the labels on deodorants, toothpastes, and even over the counter antacids.

Step 2: Use stainless steel cookware.

Most modern cookware is made of aluminum. Use stainless steel or glassware only.

Step 3: Beware of food additives.

Read your food labels as diligently as health and beauty product labels. Certain flours, baking powders and other additives contain high amounts of aluminum.

Step 4: Avoid drinking from aluminum cans.

Levels of aluminum leak into the products they contain.

