



Rosemary Slade Mineral-Nutritional-Balancing Practitioner

Irritating Substances: Sources and Symptoms

Minerals are sometimes called the 'spark plugs' of the body. That's because they're needed by many enzymes as co-factors, facilitators, and inhibitors and as part of the enzymes themselves. Some come in two forms: bioavailable (which our bodies need) and bio-unavailable (which can't be utilized and builds up in tissues and organs). With an imbalance, there's either not enough of the bioavailable form or too much of the bio-unavailable form.

Certain metals are considered toxic because they can be irritating, especially at higher concentrations.

Halogens are non-metal substances. These three halogens are inherently toxic, but are also detrimental because they tend to block the body's iodine receptors.

<i>Nutrient Minerals</i>	<i>Additional Minerals</i>	<i>Toxic Metals</i>	<i>Halogens</i>
chromium copper iron manganese selenium	cobalt nickel	aluminum arsenic cadmium lead mercury	bromine chlorine fluoride



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Aluminum

<i>Sources</i>	<i>Symptoms</i>
<p>aluminum cookware (uncoated) drying agent added to cocoa prepared foods made with tap water aluminum cans antacids (e.g. Maalox, Mylanta, Roloids) antiperspirants (including “natural crystal” and “deodorant stones”) baking powder cosmetics (most use aluminum as a base) dry animal feeds are contaminated with aluminum peppermint spearmint and wintergreen (naturally high levels) table salt (aluminum is often added as an anti-caking agent) tap water (aluminum causes dirt to settle out of the water) vaccines (used as an adjuvant in some)</p>	<p>Early symptoms:</p> <p>dryness of skin and mucous membranes flatulence headaches loss of memory and mental confusion reduced sweating some dementias tendencies for burning pain in head relieved by food</p> <p>Later symptoms:</p> <p>Alzheimer’s disease, other dementias amyotrophic lateral sclerosis (ALS) anemia colitis dental cavities kidney and liver dysfunction neuromuscular disorders Parkinson’s disease</p>



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Arsenic

<i>Sources</i>	<i>Symptoms</i>
beer	abdominal pain
cosmetics	anorexia
drinking water	dermatitis
fish (some)	diarrhea
fungicides	edema
glass-making	fever
insecticides	hair loss
paints	headache
pesticide residues	herpes
pesticides	impaired healing
pigments	jaundice
rat poison	keratosis
rice (some)	kidney damage
table salt	muscle spasms
used in tanning leather and to preserve some wood	pallor
	sore throat
	stupor
	vertigo
	weakness



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Bromine

<i>Sources</i>	<i>Symptoms</i>
agriculture chemicals fire retardants inhalers insecticides nasal sprays various pharmaceuticals some flours swimming pools (some)	cardiovascular system problems dizziness headaches nausea nervous system issues skin irritation thyroid dysfunction

Cadmium

<i>Sources</i>	<i>Symptoms</i>
air pollution: incineration of rubber tires cigarette and marijuana smoke coffee (instant) cola drinks dental materials fish (cod and haddock) fish (large ones, such as tuna) food grown on cadmium-contaminated soil occupational exposure: battery manufacture plastic and paints processed meats refined and processed foods semiconductors tap water	arteriosclerosis (due to hardening and inflammation of arteries) atherosclerosis bone pain cancer damage to all body organs diabetes heart failure hypertension hypoglycemia impaired circulation kidney failure loss of sense of taste mental illness migraine headaches osteoporosis psoriasis tendon problems wound healing delayed



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Chlorine

<i>Sources</i>	<i>Symptoms</i>
bleaching of paper and clothing chlorine bleach household cleaning products rubber manufacturing solvents swimming pools tap water	asthma bladder problems food allergies nausea pulmonary oedema skin conditions thyroid dysfunction wheezing

Chromium

<i>Sources</i>	<i>Symptoms of Deficiency of Bioavailable Form</i>	<i>Symptoms of Excess of Bio-unavailable Form</i>
glass cleaner industrial use manufacture of stainless steel (hexavalent chromium) tanning leather water supply (sometimes, due to industry) welding wood finishing (some)	atherosclerosis diabetes elevated cholesterol levels fatigue fatigue hypoglycemia	anemia blood clotting issues cardiovascular issues fatigue gastrointestinal issues irregular heart rhythm kidney disease liver dysfunction low blood sugar lung and respiratory problems weight loss



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Cobalt

<i>Sources</i>	<i>Symptoms of Deficiency of Bioavailable Form</i>	<i>Symptoms of Excess of Bio-unavailable Form</i>
<p><u>Food</u></p> <p>apricots beans beer beets cabbage chocolate cloves cocoa coffee condiments dairy products (eg. milk) fish liver nuts oils scallops shellfish sugar tea whole grain flour</p> <p><u>Non-food:</u></p> <p>antiperspirants colored glass, porcelain, ceramics, pottery, and enamels crayons (green and blue) dental plates hair dyes metal prostheses metal-plated objects (e.g., buckles, buttons, zippers, snaps, utensils, tools) paints and varnishes (some) watercolors (green and blue)</p>	<p>pernicious anemia (deficiency of B12)</p>	<p>asthma cardiovascular problems dermatitis eczema fluid-filled blisters on soles of feet and/or palms of hands (dyshidrotic eczema) heart muscle damage hives itching itchy bumps on the elbows nervous system issues overproduction of red blood cells reduced fertility in men thyroid problems</p>



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Copper

Bioavailable copper is an essential trace mineral that is vitally important for both physical and mental health.

Bio-unavailable (also referred to as “free” or “unbound”) copper can’t be utilized and begins to build up in tissues and its “target organs”, which are the liver, brain, and reproductive organs. With an imbalance, there’s either not enough bioavailable or too much bio-unavailable copper.

<i>Sources</i>	<i>Physical Symptoms of Imbalance</i>	<i>Mental/Emotional Symptoms of Imbalance</i>
avocado birth control pills chocolate compounds added to swimming pools copper cookware copper intrauterine devices copper sulfate added to drinking water copper water pipes kidney (animal source) liver (animal source) mineral supplements (especially pre-natal vitamins) some nuts stress vegetarian diets weakened adrenal glands wheat germ and bran	acne adrenal insufficiency all skin conditions allergies alopecia anemia anorexia arthritis autism cancer connective tissue problems of all kinds diabetes elevated cholesterol epilepsy or seizures estrogen imbalance fatigue hair and nail conditions hyperthyroidism infections inflammation insomnia migraine headaches multiple sclerosis myocardial infarction nausea premenstrual tension scoliosis tooth decay urinary tract infections	anxiety (most cases) bipolar disorder depression fears mind racing mood swings panic attacks schizophrenia spaciness



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Fluoride

<i>Sources</i>	<i>Symptoms</i>
fluoridated drinking water fluoride treatments done in the dental office fruit juices and all foods processed with tap water mouth wash toothpaste	birth defects bone diseases brown discoloration and brittleness of teeth cancer hip and other fractures hypothyroidism lowered IQ neuromuscular conditions

Iron

<i>Sources</i>	<i>Symptoms of Deficiency of Bioavailable Form</i>	<i>Symptoms of Excess of Bio-unavailable Form</i>
Irish moss and green vegetables (although the iron is not utilized as well from vegetables) Kelp molasses organ meats red meats vitamin and mineral supplements (especially pre-natal vitamins) enriched white flour products	anemia brittle or ridged nails decreased resistance dizziness fatigue low blood pressure pallor slow oxidation weakness	anger arthritis cancer cirrhosis of the liver diabetes emotional problems hemochromatosis hemosiderosis high blood pressure iron deposits in organs liver disease myasthenia gravis schizophrenia



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Lead

<i>Sources</i>	<i>Symptoms</i>
cigarette smoke	abnormal brain function
colored inks	alopecia
food cans soldered with lead	anxiety
lead arsenate and other pesticides	arteriosclerosis (hardening of the arteries)
lead-based paints	atherosclerosis (plaque buildup)
leaded glazes on ceramic plates from other nations	blindness
manufacture of batteries	cancer
mine smelting industries	colic
some hair dyes and some lipsticks	constipation
tap water (especially from wells with lead-soldered pipes or other contamination)	convulsions
	deafness
	diabetes
	dyslexia
	encephalitis
	epilepsy
	hypoglycemia
	hypothyroidism
	infertility
	insomnia
	mood swings
	multiple sclerosis
	muscular dystrophy
	nightmares
	Parkinson's disease
	poor concentration
	psychotic behavior
	spontaneous abortions
	vertigo
	weight loss



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Manganese

<i>Sources</i>	<i>Symptoms of Deficiency of Bioavailable Form</i>	<i>Symptoms of Excess of Bio-unavailable Form</i>
used in some blue, purple, and green oil paint potassium permanganate used in industry, grinding shovels, blades, construction equipment may release it used in dry cell batteries some water supplies gasoline fumes	allergies diabetes dizziness fatigue hypoglycemia muscle weakness osteoporosis tinnitus	anxiety depression emotional instability fatigue tremors headaches insomnia liver problems memory loss weight issues

Mercury

<i>Sources</i>	<i>Symptoms</i>
adhesives contact lens solution dental amalgams fabric softener fish (all) manufactures of paper medications-diuretics occupational exposure-felt Preparation H vaccines (certain ones, in the form of thimerosal)	ataxia birth defects depression dizziness hair loss hearing loss insomnia migraine headaches mood swings most mental illness muscle weakness neuromuscular diseases (e.g., multiple sclerosis) nervousness numbness and tingling in arms and legs pain in limbs rashes tremors vision loss



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Nickel

<i>Sources</i>	<i>Symptoms</i>
batteries	constipation
beans	dermatitis
chocolate	diarrhea
cigarette smoke	digestive issues
electrical parts	dry skin
herring	eczema
hydrogenated vegetable oils	hair loss
imitation whip cream	heart attack
lentils	hemorrhages
machine parts	intestinal cancer
manufactures of steel	kidney dysfunction
margarine	low blood pressure
nickel plating (i.e., jewelry)	malaise
nuts	muscle tremors
oysters	nausea
peanut butter (commercially made)	oral cancer
seeds	skin problems
tea	tetany and paralysis
vegan and vegetarian diets	vomiting
vegetable shortening	

Selenium

<i>Sources</i>	<i>Symptoms of Deficiency of Bioavailable Form</i>	<i>Symptoms of Excess of Bio-unavailable Form</i>
Brazil nuts	digestive issues	alterations in mental status
overdosing on selenium	hypothyroid	anemia
supplements	liver problems	digestive issues
selenite form of selenium	reproductive problems	garlic smell to the breath
	trouble detoxifying mercury	hair loss
	weakness	liver damage
		numbness or tingling of the feet or hands
		weight loss