

Heavy Metal Toxicity

What causes heavy metal toxicity? Heavy metals can be taken into the body through inhalation, skin absorption, and ingestion (hmm, is there anything else?). Where are heavy metals found? You can be exposed at work or home, through pollution, cigarette smoke, hair coloring, foods you eat, things you drink, the pans your food is cooked in, the fats your foods are cooked in, and many more ways. Anymore it's something that is just like everything else—it's a toxin, we do our best to avoid it, but we know we'll still get exposed so we should address it in our daily health care routines.

How to protect yourself (or start ridding yourself) from heavy metals:

- Drink 4-6 oz of Masaji daily (Why? Some of the greatest heavy metal removers come from the sea—spirulina, blue-green algae, and marine phytoplankton are among the best and they are found in Masaji).
- Liver Cleanse—you've got to be dedicated to this. The metals are going to go through your liver (that's who is in charge of deciding what's a toxin and what isn't) so you've got to give it help. If you know you have a problem, at the very least do the regular liver cleanse twice a day (morning and night) and you may want to seriously considering kicking it up to a higher level. If you start doing things to remove the toxins (metals) and your liver can't handle it you're going to be doing more damage than good. (See a quick Liver Cleanse recap at the end of this article or see our website for the complete Liver Cleanse article.)
- Rose Geranium is a really cool oil. It supports the kidneys and adrenals (both will have to help you out as you release these toxins). Apply several drops to your feet daily.
- Lemon, Lemon, Lemon essential oil—it helps chelate out those nasty metals. Add it to your drinking water, put it in some bath salts and soak in it, apply it to your feet. Remember, Lemon is a citrus oil, it can cause photosensitivity, do not apply it to skin that will be directly exposed to sunlight for 72 hours. If you put it on your feet and then wear socks, you're fine.
- Soak, soak, soak! Add 1/4 - 1/2 cup of Epsom salts (preferably with 5-6 drops of essential oil added to the salts) to a tub of hot water and soak for 20 minutes as often as you can. This will draw the toxins and metals out through your skin. Remember to rinse off afterwards as you don't want to reabsorb any of the toxins or metals. (DON'T soak in table salt, it already has plenty of toxins in it, it doesn't need yours, too.)
- Do your best to drink 1/2 of your body weight in ounces of water per day (if you weigh 100 pounds, drink 50 ounces of water a day). This will help flush the toxins and metals out of your system. Be sure you're using your Geranium oil to help support the kidneys.
- Dr. Miller's Holy Tea has also shown to be beneficial in removing heavy metals and strengthening and supporting the digestive and eliminatory systems in the process.

Some metals are more common than others. Mercury is often seen because of exposure through dental fillings and vaccinations. If you are dealing with mercury, add selenium (a mineral supplement) to your routine. The homeopaths Merc. Sol and Merc. Viv. are often used to assist in mercury dental filling detoxification. If you have been exposed to arsenic (which we're seeing more and more often, it's in the food chain now, it started in the ground water) add Thyme oil (internally and externally) to your health routine.

Liver Cleanse Recipe Recap

ALWAYS MAKE SURE YOUR ESSENTIAL OILS ARE 100% PURE AND TESTED FOR PURITY! (Like Be Young essential oils.) Other oils can cause challenges ranging from a burned throat to a trip to the emergency room.

The basic liver cleanse recipe:

1 drop Be Young Lemon essential oil

1 drop Be Young Peppermint essential oil

1 teaspoon – 1 Tablespoon (or more) Lemon Juice

Each morning as you rise before you eat or drink anything, 20 minutes before eating.

Mid-level liver cleanse recipe:

20 ounces water (preferably spring)
2 Tablespoons raw honey
2 Tablespoons of fresh squeezed lemon juice
3 drops of Be Young Lemon essential oil
3 drops of Be Young Peppermint essential oil
1 pinch of 90 HU Cayenne Powder (middle of the road mild) or Chili Powder
Drink within a reasonable amount of time (don't chug).

Heavy duty liver cleanse recipe:

20 ounces water (preferably spring)
4 Tablespoons grade B maple syrup (can substitute raw honey or molasses)
4 Tablespoons fresh squeezed lemon juice
5 drops of Be Young Lemon essential oil
5 drops of Be Young Peppermint essential oil
¼ teaspoon 90 HU Cayenne powder (middle of the road mild) or Chili Powder
Drink within a reasonable amount of time (DON'T CHUG!!) Some people report that it is a real cleanser. Go easy with this one. Take for 30 days.

Liver Cleanse tea:

½ fresh squeezed lemon
1 drop peppermint
1 drop lemon
1 Cup water
Put oil into lemon juice, then add hot (not boiling) water and drink. Again, wait 20 minutes before eating anything else.
You can add a touch of sweetener in the form of Stevia or honey if desired.

Externally:

Drink the lemon juice (or add to water) and apply the 1 drop of peppermint and 1 drop of lemon to the big toes (right foot first), stroking down. Again, do every morning upon rising, before eating. *PLEASE NOTE: All citrus oils or blends containing citrus oils are photosensitive. Keep the area where oils have been applied out of direct sunlight for at least 72 hours after oil application.

Lemon juice notes:

Preferably fresh squeezed, organic.
You can squeeze your own ahead of time and keep in the fridge in a glass jar with lid or freeze (freeze in ice cube trays and then transfer to an airtight container).
If not fresh, use the frozen kind not the kind that sits on the shelf.
Pasteurized and packaged lemon juice is catatonic and often ineffective as a health remedy.

You can use more than one drop of oil, but when first starting try to get just one drop of each.

Some people do it twice a day, depending upon the severity of their challenge. Usually only once a day—if you have a more severe challenge don't overdue it, you can put yourself in a cleansing detox.

Depending upon the severity of your condition this cleanse may need to be as long as a year or more before you start seeing some pleasing results. For every year you have seen the effects of a weakened body and congested liver you need one month of cleansing to take place.

If you have high blood pressure that increases with the use of peppermint essential oil modify the liver cleanse this way: Apply Lavender over the heart and at pulse points before consuming the liver cleanse. (What is a pulse point? Where you take your pulse on your wrists.) If you still have problems replace the Peppermint essential oil with Spearmint essential oil.

Remember, only the body can heal itself. Our job is to work hard to supply it with the tools it needs.

Success Stories:

I suffered from mercury poisoning from dental fillings that I received as a boy. I had a severe allergy to mercury due to the large number of vaccinations I had that damaged my immune system. By the time I was 22 I was bedridden, I was dying and my toes were blue and my feet were like ice 365 days a year. The medical community said they were going to cure me of my circulation problems by amputating my feet.

So I found an MD who treated his patients with nutrition and he gave me less than six months to live. I was also diagnosed as having Candida, a severe yeast infection, the worst that the Dr. had ever seen. In addition, I had arthritis. I surprised him by living. But, I never could get well and return to any quality of life.

All through my twenties I could never feed myself because I was in such pain. When I had the mercury removed from my teeth at the age of 30 and became a vegetarian at the age of 31 the pain was reduced enough that I could feed myself, shaved and brushed my teeth on my own, but still didn't feel well.

I struggled with being crippled with pain that dominated my life until I got on to a liquid nutritional supplement like Masaji seven months ago (started with 1/2 oz per day, then 1 oz, currently using 2 oz per day). In just two weeks I was able to reduce my pain and increase my strength to the point that I could double the repetitions with the light weights I was using. I was doing pushups standing against the wall – I built up my strength to do 425 - but, I had to stop to rest 65 times to do that. After taking liquid nutritional supplement for two and one-half weeks I could increase to 430 pushups with only resting twice. Amazing!

After four weeks at Thanksgiving dinner I did something that shocked my whole family – I turned my neck to look at people and talk with them – I've never been able to turn my neck and hold it in a turned position without severe pain for 34 years. That's incredible!

Then after four and one-half months I actually got in and out of the bathtub. It has been 35 years since I got in and out of the bathtub on my own. Then I decided I would get down on the ground and do some pushups – I had not done any in over nine years – not even one. I kept trying every five months with no results. I thought maybe I could do five. Instead I did 30 – I was shocked and ecstatic!

Three weeks ago I started to drive a car for the first time in 34 years. I got my driver's license last Thursday. I was a teenager the last time I drove.

My quality of life is now the best it's been my entire adult life. I have been given the gift of having my independence back. I have the ability and freedom to live a more normal life; my exercise routine is more strenuous so I can build greater strength and I'm going shopping when I desire, since I am now driving again. I am out experiencing life at a new dimension - going to fairs, air shows and actually being able to look up to view the show. Daily my body is continuing to heal; I am stronger, faster, and in less pain. What a bright future! --Jim M., Roseville, CA

Before the liver cleanse I was an architectural rep. My memory was so poor that going from the parking lot, to the elevator, to the floor I was to be on, I had forgotten who I was to see, what project, and what product I was coming for.

When I started using the liver cleanse my mercury levels went from 282 to 28 in six weeks! I have now been on it for about two years correctly with the lemon juice first thing every morning and some evenings.

I enjoy having my memory back. It is continually getting better as my mercury levels continue to decrease.

I thank God everyday for bringing Dana with his oils to us. Donna

To order, for class information, or if you have questions contact:

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