

HEAVY METAL TESTING

Heavy Metal Testing includes assessing the levels of a number of toxic heavy metals. Tests can be performed via urine, blood or hair samples. Each heavy metal can be compared to an optimum range to see whether it is optimal, or higher or lower than optimal.

Caesium	(Cs)
Cesium	(Cs)
Gadolinium	(Gd)
Lead	(Pb)
Mercury	(Hg)
Nickel	(Ni)
Palladium	(Pd)
Platinum	(Pt)
Tellurium	(Te)
Thallium	(Tl)

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Heavy metal levels should be very low to non-existent in the human body. However, if you test hair, a low score could indicate your body is not excreting the toxin. Urine tests (at the moment) are able to test the most number of heavy metals. Having heavy metals in your body puts a great stress on your detoxification system, which increases the likelihood of acne”

If you decide to take a heavy metal test, it is always advised to receive feedback from a trained professional for guidance. If you are based in the UK, you can contact me for details on how to purchase a test kit and/or feedback on a test result.



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