



HEAVY METAL TOXICITY

WHAT IS IT?

Heavy metal exposure can disrupt normal body functions in many issues. Commonly, heavy metal accumulation in the body affects not only burdened tissues, but disrupts the metabolism as well. Metabolic responses occur in an effort to rid the body of these toxic substances, or adapt to their presence when the body's detoxification abilities are overwhelmed.

WHAT ARE SOME COMMON SYMPTOMS?

- Unexplained irritability
- Frequent periods of depression
- Numbness and tingling in extremities
- Frequent urination during the night
- Unexplained chronic fatigue
- Cold hands and feet, even in moderate/warm weather
- Bloating feeling
- Difficulty remembering or loss of memory
- Sudden anger
- Constipation and/or diarrhea
- Twitching of face and other muscles
- Frequent heartburn
- Frequent leg cramps
- Frequent ringing or noise in ear
- Excessive itching
- Unexplained skin rashes
- Metallic taste in mouth
- Insomnia
- Pain in joints
- Tachycardia

WHAT PRODUCTS ARE HELPFUL?

Country Doctor Herbals together with Dr. Samuel Young, M.H., N.D. have formulated an organic all natural herbal tincture for detoxification of heavy metals.

HERBAL HEAVY METALS

Dosage: 2 or 3 droppers full 2 times daily. Eat an apple daily while using this formula. Works most effectively in conjunction with the foundational programs. In cases of severe metal toxicity protocol may need to be repeated two or three times.

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