

# Heavy Metals Testing

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Name \_\_\_\_\_ Phone \_\_\_\_\_

Name of Registered User (if applicable): \_\_\_\_\_

## Welcome to the Food Sensitivity Testing portion of Vitality Analyses!

Whole Body Vitality Food Inhibitors/Enhancers Biocomputer simulations were undertaken on the following foods to determine the theoretical affect of eating these foods on your Whole Body Vitality (WBV). Our research has shown that if you favor foods in that have a reading from 0 to 800 (Vitality Enhancers), your WBV can be improved over time. Conversely, minimizing the consumption of foods with a negative reading (Inhibitors), can also enhance your WBV.

The purpose of Food Sensitivity Testing is not to make food choices for you, but to provide you with more information so that you can experiment with favoring foods that increase your WBV to see how you feel. Note that if you decide to delete a food from your diet because it seems to not agree with you, be sure to replace it with a food of equal nutritional value (eg. you might replace cows milk with goats milk). Do not make any radical changes in your diet without consulting your doctor.

Metal	Vitality Reading change
Aluminum	
Arsenic	
Boron	
Cadmium	
Chromium	
Copper	
Lead	
Mercury	
Nickel	
Selenium	
Zinc	

## Information about Heavy Metals and Trace Minerals:

**Aluminum:** A metal that has no know nutritional benefits but can be toxic. Can be found in tap water, deodorants, table salt, flour baking powder and certain stomach antacids.

**Arsenic:** A heavy metal that does not have any nutritional benefits for humans and is found in trace amounts in various industrial products.

**Boron:** A trace mineral that is useful in human nutrition for bone strength. Present naturally in some foods.

**Cadmium:** a heavy metal that can be toxic in high amounts and is kept in check by zinc. It is naturally present in foods such as flour, rice and white sugar. It is present in the air near some industrial sites as an industrial contaminant and can be leached from metal water popes.

**Copper:** An essential trace mineral important in the formation of hemoglobin and for facilitating iron absorption. Can be toxic in high amounts. Food sources include liver, whole g rains,

green leafy vegetables and legumes.

**Lead:** A heavy metal that is toxic to the body. Sources include foods stored in lead glazed pottery, lead piping for drinking water, and lead based paints, cosmetics and cigarettes.

**Mercury:** a heavy metal that is toxic to the body. Sources include pesticides, fish, tooth fillings, some cosmetics and some laxatives.

**Nickel:** An essential trace mineral that can be toxic in high amounts. Nickel is a by product of many industries and is found in heating fuel, cigarette smoke and car exhaust. Food sources include seafood, grains and vegetables.

**Selenium:** An essential trace mineral that works in concert with Vit E in the body and is related to many bodily functions including immune system function. Selenium can be toxic at high doses but usually is deficient. The selenium content of foods depends on soil concentrations which vary greatly. Mushrooms are food sources.

**Zinc:** An essential trace mineral that has many functions including proper cell development, carbohydrate digestion and wound healing. It can be toxic in high amounts. Food sources include red meats, whole grains yeast.