Heavy metals detoxing from chemtrails and supplements

Magnesium is present in the chemtrail mix as outlined below by Carnicom. The atmosphere is already loaded with this metal. It would appear from his findings that we need to detox from magnesium as well. The reaction under consideration is:

\[ \text{Mg} + \text{CuSO}_4 \rightarrow \text{MgSO}_4 + \text{Cu} \]

Magnesium sulfate (commonly known as Epsom salt) has the following properties:

1. Distinctive visual identification under the microscope. Linear, prism or filament crystals are commonly formed.
2. Soluble in water.
3. Soluble in alcohol.
4. Soluble in glycerin.
5. Distinctive bitter taste (also known as bitter salt).
6. Dissolves in both hydrochloric and sulfuric acid.
7. Colorless, transparent or whitish crystal.

Additional important properties to consider for additional analysis within the aerosol operations include the density, conductivity and ionizability of the element or compound. Magnesium is an extremely light metal, approximately 2/3 the weight of aluminum. Magnesium is extremely conductive, on par with copper and aluminum. Magnesium can be ionized with the energy available within the ultra-violet portion of the spectrum.

These findings provide further evidence of the aerosol operations that have been conducted and remain in progress without the informed consent and knowledge of the citizenry. These findings provide further just cause for the call of accountability and disclosure that remains. All citizens are urged to take an active role to resolve these issues.

It can be stated that the original motivation for this research involves an attempt to physically identify the barium presence that is strongly evidenced by data that has been made available. The high level of solubility in water of the resulting crystal form immediately dismisses barium sulfate as the candidate of examination for this test that has been developed. Elemental magnesium, combining with the sulfate ion provided by the copper sulfate solution, exists as the viable solution to the problem of identification of this crystal. Sufficient and credible evidence to support the claims of unexpected levels of barium in the atmosphere as an adjunct of the aerosol operations remains in force. Recall that attention has repeatedly been directed toward all elements within Groups I and II of the periodic table.

Past external data that has been made available to me reveals the unusual presence of both magnesium and barium within atmospheric samples. As the data within those reports has not yet been publicly distributed, they have not been given undue attention. Previous data made available to me that indicated the presence of unusual amounts of magnesium in the atmosphere is now elevated in status. Evidence continues to accumulate that certain metals, i.e., magnesium and barium, as well as certain biological and fibrous components, are established as the core elements of the aerosol operations in progress.

Current testing suggests that magnesium may indeed be the dominant metallic component present. Toxicity levels between varying metals stands as a separate issue. Aggressive testing for these two metal forms as a minimum is now required. I am searching for a conclusion on this subject for the main reason that we are dealing with an on-going detox not only from the chemtrail operations but also the increase in heavy metals in the food supply, aluminium being the most prevalent metal. So it would make sense to be aware of the metals that are included in the food supply first and eliminate them as part of a detox program.

A list of the most common aluminium additives:

The following additives contain aluminum compounds: E173, E520, E521, E523 E541, E545, E554, E555 E556, E559, bauxite (Aluminum dioxide)

Antacids: can contain 200 milligrams or more of elemental aluminum in a single tablet! A very popular antacid, Amphojel, consists of aluminum hydroxide.

Antiperspirants can contain aluminum chlorhydrate. Colgate-Palmolive products do contain aluminum zirconium.

Baking powder: some brands can contain aluminum

Cake mixes: can contain forms of aluminum

Cheese: especially single sliced processed cheese can contain aluminum as an emulsifier

Chocolate Mixes: highly absorbable aluminum maltol is used in instant chocolate mixes.

Coffee Whiteners: Like Coffee-mate - Sodium Aluminosilicate

Doughs: prepared doughs can contain it. Flour: self rising flour can contain aluminum

Metal Cleaners such as Ezy bright contain aluminum oxide 10-30%

Pickles can contain aluminum
Shampoos: Aluminum lauryl sulfate
Anti dandruff shampoos, including Selsun-Blue, contain magnesium aluminum silicate
Toothpastes: Can contain bauxite (Aluminum dioxide) or aluminum salts and it may not be listed in the ingredients! Tooth whitening products also.
Water: Drinking water in many countries contains high levels of AL.
Magnesium additives in the food supply
Mace Oil - Flavoring Agent
Magnesium Carbonate - Alkali, Anti-bleaching Agent, Anti-caking Agent, Carrier, Disintegrating Agent, Dispersing Agent, Drying Agent, Formulation Aid, Tableting Aid
Magnesium Chloride - Color Retention Agent, Firming Agent
Magnesium Di-L-Glutamate - Flavor Enhancer, Intensifier, Salt Substitute
Magnesium DL-Lactate - Buffer, Dietary Supplement, Dough Conditioner, Neutralizing Agent
Magnesium Gluconate - Buffer, Firming Agent, Neutralizing Agent, Yeast Food
Magnesium Hydrogen Carbonate - Carrier, color retention & disintegrating agent, dispersing agent, formulation aid,
Magnesium Hydrogen Phosphate - Dietary Supplement, Nutrient
Magnesium Hydroxide - Alkali, Anticaking Agent, Color Adjunct, Drying Agent
Magnesium Hydroxide Carbonate - Alkali, Anticaking Agent, Drying Agent
Magnesium L-Lactate - Buffer, Dietary Supplement, Dough Conditioner, Neutralizing Agent
Magnesium Oxide - Alkali, Anticaking Agent, Buffer, Drying Agent, Neutralizing Agent
Magnesium Silicate - Filter Aid
Magnesium Silicate (Synthetic) - Anticaking Agent, Drying Agent
Magnesium Stearate - Anticaking Agent, Binder,

Magnesium toxicity symptoms include: slow heartbeat, fatigue, weakness, muscle tremors, decreased reflexes, anesthesia (a loss of feeling or sensation), diarrhea, and coma. There is also, apparently, some titanium in the chemtrail mix from our research, and magnesium. For a long time, I couldn't understand why that would be a bad thing, because we're always encouraging people to take some magnesium. However, my brother who's a physicists, accidentally gave me an answer that I had been seeking for two or three years as to why we are seeing so many blood clots and thick, sticky blood platelets and it's epidemic now: they're constantly running commercials for blood thinners, Well, he tells me that when you combine an aluminum ion with a magnesium ion, it clots the blood and we have both of those in this mix.

http://d1027732.mydomainwebhost.com/articles/articles/chemtrail_blo...

The aluminium ion mixing with a magnesium ion causing the blood to clot is also mentioned by Carnicom, however there is not a lot of info on the net about this fact. Magnesium sulfate is used in bath salts, particularly in flotation therapy where high concentrations raise the bath water's specific gravity, effectively making the body more buoyant. This property is also used to restore some Lava lamps damaged by being shaken by exchanging the water and adding drops of a concentrated solution until sustainable buoyancy is reached. Traditionally, it is also used to prepare foot baths, intended to soothe sore feet. The reason for the inclusion of the salt is partially cosmetic: the increase in ionic strength prevents some of the temporary skin wrinkling ("pruning" – partial maceration) which is caused by prolonged immersion of extremities in pure water. However, magnesium sulfate can also be absorbed into the skin, reducing inflammation. It is also sometimes found in bottled mineral water, and accordingly is sometimes listed in the contents thereof. It may also be used as a coagulant.

A list of nutrients that facilitate the removal of heavy metals:
Mega H: The negative hydride ions in Mega H- alter the water consumed with the food and supplements in our diet, to have a lower surface tension and an increased conductivity. A low surface tension in the extra cellular fluids is also important in the removal of toxins from the cells and into lymph and venous blood for removal from the body. Tap water has a surface tension of approximately 73 dynes/cm. The water around our cells has a surface tension of approximately 45 dynes/cm. It is necessary, that the body reduces the surface tension of water we consume in order for nutrients to pass through cell walls, and for toxins to pass out of the cells. Mega H- in water expedites this process. Glutathione: Contains cysteine, glycine and glutamic acid. The liver manufactures glutathione whenever extra cysteine is available. Blood glutathione levels change in direct proportion to the amount of cysteine is in the diet. One 50 milligram capsule or tablet, three times a day taken on an empty stomach. Individuals with insulin deficiency should not take glutathione.
**Methionine:** Methionine levels are a major determinant in the liver's concentration of sulphur-containing compounds, such as glutathione and cysteine. As methionine is the precursor for the manufacture of cysteine in the body, extra supplementation of this critical amino acid should increase available cysteine. Animal studies have shown that methionine protects rats from the toxic effects of lead and mercury. Chelating agents such as DMSA (dimercapto succinic acid) and DMPS (dimercapto-propane sulfonic acid) bind to cysteine for excretion. L-cysteine bound to mercury (L-penicillamine, N-acetyl-L-cysteine, DMSA and glutathione complexed with methylmercury) resembles the L-methionine molecule and can cross the blood brain barrier. L-methionine inhibits the transport of these complexes into the brain.

Methionine increases the bioavailability of glutathione. Most of the cysteine required for the resynthesis of glutathione must originate from methionine and not from cysteine generated by the catabolism of glutathione. Patients taking only D-L-methionine increased mercury excretion in the urine by 60% over the excretion rate before taking the methionine. Lead excretion was also increased. The L-form is rapidly metabolized by the liver and does not offer a sustained antioxidant level. Over half of the D-form is slowly metabolized by the same pathways as excess L, and acts identical to L as an antioxidant. The benefit of the D-L form of methionine is the D form provides sustained blood levels allowing the L-form to be converted to other sulfur antioxidants. Babies need 22 mg/Kg body weight of methionine on a daily basis while adults need 10 mg/Kg of body weight daily.

N-Acetyl-L-Cysteine (NAC): NAC forms L-cysteine, cystine, L-methionine, glutathione (GSH), and mixed di-sulfides. Stimulates the body to produce large amounts of cysteine and glutathione, thus greatly augmenting plasma and red blood cell content of both cysteine and glutathione; Methylsulfonylmethane (MSM): MSM, like fresh garlic, provides a stimulant to the body to produce large amounts of cysteine and glutathione, thus greatly augmenting plasma and red blood cell content of both cysteine and glutathione; Methylsulfonylmethane (MSM): MSM, like fresh garlic, provides a bioavailable dietary source of sulfur. MSM exerts a direct beneficial effect in ameliorating a variety of allergic responses and pain associated with systemic inflammatory disorders.

**Milk Thistle** (silymarin): Silymarin provides support and protection against liver toxins which can cause free-radical-mediated oxidative damage. Silymarin is many times more potent in antioxidant activity than vitamin E. In addition, it increases liver production of glutathione and protects red blood cell membranes against lipid peroxidation and hemolysis.

**Chlorella:** Is a food-like all purpose mild chelator of heavy metals; it is a specially processed green-algae type of food that is taken with meals and is quite tolerable and pleasant for many. But since chlorella is so easily contaminated, the manufacturer’s quality control is important. Nature’s Balance is a source of high quality chlorella that can be taken as a part of a person’s detox program. The detoxification capability of Chlorella is due to its unique cell wall and the material associated with it. The cell walls of Chlorella have been shown to have three layers of which the thicker middle layer contains cellulose microfibrils. Atkinson et al found a 14nm thick trilaminar layer outside the cell wall proper which was extremely resistant to breakage and thought to be composed of a polymerised carotene like material.

Laboratory studies showed that there were two active absorbing substances - sporopollenin (a naturally occurring carotene like polymer which is resistant to degradation) and the algae cell walls." Chlorella's ability to detoxify the body is very significant because of the large amount of chemicals we are exposed to in today's modern world. This ability to detoxify chemicals is also one of the important differences between Chlorella and other "green" products.

**Cilantro** (coriander): stimulates the body's release of mercury and other heavy metals from the brain and CNS into other tissue. This facilitates the ability to remove heavy metal from the body using other dietary protocols, such as Chlorella and other chlorophyll containing herbs such as Nettles and Alfalfa. These herbs aid in detoxifying by denaturing the toxins, protecting and restoring normal cellular functions while promoting elimination. The major constituents of the volatile oils are: myrcene, d-linalool, citronellol, geraniol, safrole, aterpinyl acetate and geraniol acetate.

**Vitamin B₆:** needed in the metabolic process that converts methionine to cysteine and then into glutathione. B₆ is capable of reducing and controlling the swelling and pain associated with the routine tissue and bone trauma resulting from normal dental operative procedures. You can also use *Pyridoxal-5-phosphate* (P5P), the active form that B₆ is converted to in the body. Vitamin B₁₂ is capable of reducing pain that may be associated with routine dental operative procedures. B₁₂ is one of two vitamins containing sulfur, the other is Biotin.

**Magnesium:** Magnesium availability is essential for the proper functioning of our immune system as well as hundreds of enzyme systems critical to human health. Organically amino acid-bound ones are more easily absorbed and are less irritating to the gastrointestinal tract as well. Activated charcoal: taken immediately with chlorella, 15 minutes before drilling/chunking out amalgam, will bind any swallowed mercury and also prevent recirculation in the liver.

Refrain from taking any supplements that contain iron and copper. Mercury amalgam removal alone does not put an end to the mercury poisoning. The mercury which leached from the fillings in the mouth is stored in cells throughout the body.
and continues to exert its damaging influence. It is not unusual to see patients who have had their amalgam fillings removed and replaced ten to fifteen years prior to testing still having elevated levels of mercury in the body.

Once mercury toxicity has been demonstrated, by tests such as high electrogalvanism, high mercury vapor emissions, and/or high mercury body burden, mercury amalgam removal and replacement with alternate, non-toxic materials is the recommended step. Botanical substances to assist in removing the mercury include cilantro and chlorella which are particularly effective.

**Sweating**

The skin is the body's largest detoxification organs and sweating can help draw mercury from the body. Saunas are a useful adjunct to safe mercury removal because they induce copious sweating. Initiate sweating and increased circulation by exercising 20 minutes three times a day on a rebounder (mini trampoline). Immediately following the exercise, sit in a sauna or under infrared lights (infrared sauna) for up to 30 minutes, then take a cool shower.

The temperature from a "low heat" sauna should be between 140 to 180 degrees F. in contrast to the 200 to 210 degree F. for a non-therapeutic standard sauna. The sauna may be followed by a plunge into a bath or under a shower whose temperature is 65 degrees F. Over a period of three to four days, increase your time in the sauna to a total of up to two hours, divided into 30-minute periods with a short cooling-off period in between.

It's important to shower and towel dry because the removal of sweat prevents re-absorption of toxins. While doing the sauna program, consume adequate amounts of water to avoid dehydration. A minimum of two quarts before and after entering the sauna. Replace your electrolytes lost to perspiration with grape or prune juice and drink vegetable juices to replace calcium and magnesium lost through the skin.

**Oral Metal Chelation**

NDF (Nanocolloidal Detox Factors)

Based on the results of comparative 24 hour urine samples analyzed by an independent clinic and lab, a person can safely excrete up to 920% (9.2 times) more heavy metals per month taking NDF daily as compared to doing one DMPS intravenous injection per month. This greatly shortens the time required to achieve detoxification, an average toxic adult person requiring a maximum dose of 2 mls twice a day for a period of about two months. NDF also removes other toxins from the system.

The predominant route of excretion is via the urine, thus accelerating the excretion rate of the mobilized metals as compared to the fecal route, decreasing the possibility of enzyme and leaky gut mediated re-absorption through the bowel, and decreasing the burden on the liver. The majority of the metals to be mobilized and eliminated per dose are quickly detectable in the first urination following the dose. Fecal Element studies show an average of 38.4% reduction in fecal metals following 5 days at maximum dosage while urine levels remain elevated.

Individual pathways of elimination have been noted. Independent real time digital EEG studies show a beneficial effect on the electrical activity of the brain, specifically raises the heavy metal suppressed beta waves to normal levels (from within 5 to 113 minutes post ingestion and lasting at least 4 hours) with a concurrent dramatic increase in the urinary excretion of heavy metals and patient reports of subjective improvement. This proves that no "healing crisis" is required during heavy metal detox while using NDF.

Chlorella is known in mining to bind heavy metals to its cell wall. Yet many people have taken Chlorella with no benefit. The reasons are that all of the available chlorella is not really "cell wall broken" and that most of it is already contaminated with heavy metals. Most of the cell walls are in tact, but the individual diatoms are tightly clustered in groups of about 500 units each. This is very difficult to digest and may explain why some people get gastrointestinal distress when taking normal chlorella but not with NDF. Nanocolloidal cell wall decimated chlorella has never been available so far! In addition to binding to heavy metals, Chlorella has other beneficial effects, augmented by putting it through this process, including: increased elimination of toxins, growth hormone regulation, a powerful nutritive impact and protection from radiation.

**Why does it work?**

The following is essential to the understanding of this supplement: The ingredients are in a nanocolloidal form. There is at least a 500-fold increase in available surface area and a dramatically reduced particle size, thus rendering each ingredient more bio-available and effective. That means the effective bio-available dose is roughly one five hundredth of the dose required compared to using a dose of the original ingredient. This is why 50 milligrams of nanonized chlorella achieves what 25 grams of normal chlorella cannot.

Most toxin-burdened people have compromised assimilation and utilization and can't benefit from macromolecules. In the past, Chlorella was only known to mobilize a small amount of heavy metals via the bowel. In NDF, because it is nanonized,
"molecular components digested off the nano particles can be absorbed across the GI wall into the bloodstream and have a possibility to enter the brain depending on the molecule" - a possible explanation of why it can facilitate elimination via the urine.


The newest, easiest, most convenient and efficacious technique for detoxifying heavy metals out of the body is by means of rectal chelation therapy. The method is to self-apply Detoxamin, a patented, trademarked and registered over-the-counter suppository. People exhibiting toxic metal burdens now are able to chelate themselves while sleeping by use of this non-prescription chelator. Merely insert the firm gelatin pill into the rectum, go to sleep, and awake in the morning partially detoxified. Repeat the procedure until testing show that there is no more metal poison remaining in the body. With this suppository method, the main obstacle to intravenous EDTA chelation therapy has been eliminated.

Rather than spending three or more hours per infusion session in a clinic, hooked to an IV, you may take less than a minute to insert the Detoxamin suppository at home before bedtime. Since many people cringe at the thought of getting stuck with a needle for twenty or more such IV treatments, use of a suppository eliminates this psychologically stressful and time-consuming obstacle. Rectal administration is less invasive, in no way uncomfortable, and generally greatly preferred over IV treatments.

Taking 3-5 suppositories over a 30-day period. This is medically equal to approximately 2-EDTA IV treatments. When on Detoxamin maintenance one box of Detoxamin lasts 6 to 10 months. Taken every night for 90 days or every other night for 180 days provides the medical equivalence of approximately 30 IV Chelation treatments. Rectal chelation therapy does the job of detoxifying in a low-cost way to effuse EDTA through the bowel’s walls and into your blood stream to clean toxic metals from all body cells. Detoxamin has a time-release mechanism that allows the EDTA to absorb through the colon wall over an eighty-minute period while you sleep. Almost all the blood from the rectum makes its way to the superior hemorrhoidal veins, a tributary of the portal system, so that absorption through the rectal wall carries the EDTA in Detoxamin to the portal vein.

The lower and middle hemorrhoidal veins bypass the liver and do not undergo first pass metabolism. This means that the EDTA in Detoxamin goes directly to the organs of your body without being filtered through the liver first. Because of this, the EDTA contained in Detoxamin is very productive. Detoxamin also introduces EDTA directly into the systemic circulation, efficiently bypassing the portal circulation and the liver metabolism on the first pass. Rectal absorption may also occur through the lymphatic system and, in some cases, largely through the blood via the vena cava.

Detoxamin removes most harmful toxins from the body, safely and effectively. Detoxamin is taken at night prior to bedtime, each Detoxamin suppository contains 750mg of Calcium-disodium EDTA, and is made in a cocoa-butter base (melts on body contact), which is very therapeutic for the rectal mucosa and the colon wall. The Ca-sodium form is able to bond (chelate) effectively because it does not lower the blood pH to a level that would prohibit the bonding action. The Ca added to the salt is important in this mode of administration as it buffers the acidic quality of the active ingredient keeping the suppository from being abrasive to the mucous membrane of the rectum area.

Ca-disodium EDTA has both a scientific justification for therapeutic effectiveness as well as a clinical history of effectiveness. The calcium EDTA in Detoxamin has an extra chemical bond compared to the older Disodium EDTA. This gives Detoxamin EDTA an affinity for Mercury. Mercury is also excreted from the body through the feces and, because Detoxamin utilizes the colon wall for EDTA assimilation; it is a powerful mercury chelator.

Metal removing nutrients:

**Calcium & Vitamin C:**

Just as lead will displace calcium, calcium is an excellent nutrient to utilize for displacing mercury and lead. Utilizing a combination of minerals, such as magnesium and calcium, is even more effective in clearing metals from the body. Increasing vitamin C intake is a reasonable cost-effective way to control toxic metal levels in the population. Several studies implicate lead in causing cavities, and at least one study suggests that almost 3 million cavities in children result from lead. Vitamin C and Calcium supplementation are recommended for protection.

**Chlorophyll:**

Chlorophyll binds to heavy metals very well. In fact, it is imperative to choose a reputable source for your chlorophyll, which screens for toxins and heavy metals; or you may be getting more than you want. A good source is juiced raw, organic greens.
Fiber:
Fiber, such as oat bran and apple pectin, will bind to metals and help draw them out of the body. *Montmorillonite clay* also binds extremely well to toxins and metals for clearance. Fiber such as red beet root fiber is high in *proanthocyanidins* and antioxidants and facilitates clearance of metals through the liver.

Lipoic Acid:
Lipoic acid is a potent antioxidant and has a high affinity for binding to metals. This makes it an excellent choice as a supplement to bind and clear mercury and lead from the system. It is best utilized in combination with conjugating nutrients.

Minerals:
A mineral-rich diet acts as a chelating agent. Many minerals will chelate metals, including calcium, magnesium, zinc and selenium. Mercury interferes with some functions of selenium, including its powerful antioxidant function and its ability to bind to metals. A good source of bioavailable minerals is from raw sea vegetables and grass juices from wheat, barley, alfalfa, kamut, etc.

Milk Thistle: *(silybum marianum)*
Milk thistle is a renowned liver herb, and supports this major detoxification organ. Milk thistle contains silymarin, a bioflavonoid that is a very potent remedy for the liver. Silymarin inhibits free radical damage; free radicals have an adverse effect on the detoxification enzymes of the liver cytochrome P450 system, while silymarin protects those enzymes. Glutathione is destroyed by lead. Silymarin not only prevents the depletion of GSH (glutathione), it even increased this liver-detoxifying enzyme. A sulfur pathway in the liver detoxes lead, and milk thistle helps to boost liver function.

Molybdenum:
Large amounts of exogenous sulfur (from outside the body) will usurp the body's stores of molybdenum to metabolize it. An easier solution is to use the nutrients which will facilitate the homocysteine pathway. Homocysteine is a toxic substance, however the pathway itself, when properly supported, is essential for a host of metabolic functions.

When the pathway is facilitated, sulfur is generated as a natural by-product at the end (molybdenum changes the toxic sulfite molecule to the much-needed sulfate). Vitamins B₁₂, B₆ and folic acid, along with trimethylglycine and dimethylglycine recycle homocysteine to methionine, and allow for Sam-e to methylate phosphatidylserine, an important brain nutrient. Usually the people who are the most deficient in sulfur will be the most sensitive to metal toxicity and vice versa.

Parotid Glandular:
Parotid glandular is believed to accelerate the clearance of chemicals/heavy metals from tissues. It is best utilized in combination with detoxification nutrients that will pull the metals out of the body by detox pathways such as the bowel, kidney, lymph, lungs, blood, skin, and liver.

Sulfur:
Lead, mercury and cadmium steal sulfur from important proteins, which could be enzymes, hormones, or cell receptors. Conversely, sulfur is needed in the liver detox pathway to hook onto these metals and clear them from the body. So, lead, mercury and cadmium depletes sulfur, the very nutrient needed to detox the metal overload. A depletion of sulfur will also adversely affect joint connective tissue growth, since sulfur is an essential precursor to the building blocks of cartilage, namely glucosamine sulfate, chondroitin sulfate, and hyaluronic acid. Good sources are egg yolks, garlic, kelp, kale, turnip, raspberries, onions, cabbage, and mustard.

Zinc:
Zinc and copper get displaced from *metallothionine*, the protein that binds and carries them. This destroys many of the zinc-dependent enzymes. Zinc is important for proper functioning in a host of major metabolic pathways; it is a component of over 90 *metalloenzymes* in the body. Lead has always been known as a neurotoxin, with the brain being particularly susceptible to attack. Lethargy is a common symptom of lead toxicity; lead inactivates the zinc-dependent enzymes of the Kreb's cycle, which produces our energy.

Zinc is also a part of the antioxidant enzyme, Zn-SOD, which fights superoxide radicals. Symptoms of lead toxicity are similar to zinc deficiency symptoms because lead can bring on a zinc deficiency. Zinc deficiency has been implicated in a wide variety of neuropsychiatric disorders, including dyslexia, epilepsy, mental depression, and attention deficit disorder. The symptoms of lead toxicity are similar to zinc deficiency because the lead destroys the zinc-dependent enzymes.