

Lighten

YOUR LOAD

HOW TO RELEASE YOUR TOXIC METAL BURDEN

By Pamela Cevin, R.N.



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The information in these pages is intended for educational purposes only and is not intended to diagnose, treat, prevent or cure any disease. Always make use of the services of a qualified and experienced health practitioner when seeking to release any toxic metal body burden.

<http://freeoftoxicmetals.com>

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Introduction

As a person living in the modern age., your health and well-being are significantly threatened by heavy metal toxicity.

Luckily there are simple, effective things you can do to deal with this pervasive, energy draining and potentially debilitating condition.

To start, you'll need to learn about what toxic metals are.

You'll also want to know what sorts of symptoms they can cause.

From there you can discover how to determine your individual exposure.

Then you can find out what your options are to reverse any toxic contamination.

The following will provide that very information for you. Use it to empower yourself to take charge of your body and your health. You don't have to succumb to being a victim of toxic metal exposure, becoming ever weaker, more depressed and lethargic. Instead you can learn how to release your toxic metal burden and in the process become more buoyant of mood, more even-tempered, energetic, have greater resistance to infections and so on.

First, what are toxic metals, and what symptoms do they cause?