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Beta Take Care Newsletter

Our Bones, Plus Heavy Toxic Metals, vs. Arthritic Problems

Let's talk about bones in this edition. You know the old rhyme: The hip bone (pelvis) is connected to the thigh bone (femur), and the thigh bone is connected to the knee bone (patella), and the knee bone is connected to the shin bone (tibia).

Now let us introduce two very common bone diseases (**osteoarthritis**: chronic inflammatory degenerative joint disease; and **rheumatoid arthritis**: chronic inflammatory joint disease throughout the human body causing crippling deformation of the bones. For hundreds of years we have identified these diseases, but not the cause. But according to some recent studies done totally outside the United States, are we ignoring, in my opinion, the obvious in most cases? If you read the first page of my - *Heavy Metal Poisoning, Identification, and Oral Treatment Considerations for Adults*- listed on this web site, I announce my 35 years of osteoarthritis problems completely gone after the chelation for heavy metal poisoning, especially mercury. Are we doing any scientific studies here in the United States to follow up on this interesting information outside of the EPA? Very little, if any, in my opinion again. However, the Polish researchers are very interested in this problem.

A 2012 study of over 100 Polish patients are examined who had their hip/joint bones reshaped and restructured. In declining order, researchers found that zinc exceeded lead (very toxic) and copper, then followed by cadmium (toxic), and finally mercury (super toxic). So toxic lead, cadmium and mercury show up in the bones of their study; all found in men and women alike, but lead concentrations in men exceeding the women. The Polish researchers suggest monitoring this problem from here on out. (1)

A year later, the same researchers followed up with a study looking at hip/joint replacement surgery, and environmental factors. What did these patient's eat, bone loss problems (osteoporosis) incurred, smoking factors recognized, and dental amalgam fillings influence? Inspecting hip bones, they found copper and mercury in highest concentrations in patients with multiple dental amalgam fillings (copper is often used and mixed with the amalgam). Cadmium showed up in the spongy bone of non smokers, and lead increased in compact bone/cartilage in smokers. Heavy seafood diets position poisonous cadmium in the compact bones. (2) Where the heavy metals fall, inflammation results. Once again, heavy metals are showing up in ample and alarming amounts in some Polish bones.

The Irish step into the rheumatoid arthritis problem, with their 2014 study: the relationship between toxic metal exposure via cigarette smoking and rheumatoid arthritis. Why is this disease more prevalent in smokers? - Please read my introductory comments with my main article pages for this obvious relationship.- Researchers tested for lead, nickel and cadmium in Dublin, Ireland. They conclude from their findings that toxic heavy metal inhalation with tobacco smoke may well lead to rheumatoid arthritis problems. (3)

Another English study in 2015, gives us some added insights with the suggestion of inhaled cadmium as a contributor of serum positive rheumatoid arthritis in patients.

Certain manufacturing, smoking, and living near major roads (spinning tires giving off cadmium) increases exposure. (4)

Even the Chinese are seeing the connection with their 2015 publication of almost 1500 patients with rheumatoid arthritis showing higher levels of serum copper than zinc in these patients. On page 10 in my work entitled *-Heavy Metal Poisoning, Identification, and Oral Treatment Considerations for Adults-.* I identify "reduced zinc body levels showing high on hair tests may indicate mercury or another heavy metal is displacing zinc, and reducing or denying overall body metabolism of this important element; or sodium and chloride are low in the presence of mercury." (5)

Finally, India grabs the spotlight in 2014 with their study entitled: *Toxicity, Mechanism and Health Effects of Some Heavy Metals.* They identify the problem as a major health threat to the human population. (6) Simple X-rays will reveal the extent of heavy metal damage to a patient's bones. Perhaps in most of these cases, we should now upgrade our medical terminology: "arthritis" becoming Heavy Metal Bone Poisoning.

Once again, the American researchers are nowhere to be found. In my opinion, would several industries be offended by such investigation here in the United States? Yes, is my answer. If the EPA is doing their job, is the word getting out, and is anyone listening? Are we really doing anything about this? Better ask this question, too: who's trained in protecting our population (besides treating the symptoms only)? Unfortunately, only a pathetic handful of health trained professionals can meet this requirement. So who gets short changed?

References

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