

# HEAVY METALS & BRAIN HEALTH

CHECKLIST FOR TRADESMEN & DIYERS

**FREE  
GUIDE!**

DETOX STRATEGIES & PREVENTION TIPS



## Heavy Metals & Brain Health Checklist:

### THIS WEEK'S GUIDE

- ✓ Common Sources to Avoid
- ✓ Warning Signs to Watch
- ✓ Supportive Detox Steps
- ✓ Prevention Tips You Need to Know
- ✓ How I protect my gut, sleep, and energy today

 **Download the Heavy Metals & Brain Health Checklist**

## ■ Heavy Metals & Brain Health Checklist

Understand, Reduce, and Prevent Toxic Exposure That Can Affect Your Mind

### ✓ ■ Common Sources of Heavy Metal Exposure:

Lead – Found in old paint, plumbing pipes, soil, and jobsite dust.

Mercury – Contaminated fish (especially tuna), silver dental fillings.

Aluminum – Cookware, deodorants, baking powder, antacids.

Cadmium – Cigarette smoke, batteries, industrial pollution.

Arsenic – Contaminated rice, groundwater, and pesticides.

### ✓ ■ Signs You Might Be Overloaded with Heavy Metals:

Brain fog, forgetfulness, and memory issues.

Mood swings, depression, or anxiety.

Chronic fatigue and low motivation.

Headaches and poor concentration.

Tremors, tingling, or neurological issues.

### ✓ ■ Steps to Protect Your Brain Health:

Filter your drinking and shower water (check for heavy metal filters).

Avoid aluminum cookware and non-stick pans; opt for stainless steel or cast iron.

Reduce seafood high in mercury like tuna; choose wild salmon or sardines.

Use natural deodorants and personal care products without aluminum.

Stop smoking and avoid secondhand smoke exposure.

Use detox binders like CellCore Biotxin Binder (with practitioner guidance).

Incorporate sweat therapy: sauna, exercise, or Epsom salt baths.

Support liver & lymphatic drainage daily (dry brushing, movement, hydration).

Work with a functional or holistic provider for heavy metal testing.

Disclaimer: This checklist is for informational purposes only and does not constitute medical advice.

Always consult a qualified healthcare provider before beginning any detox or health protocol.