

Many internationally respected experts (here are 6 of them) have demonstrated the harmful effects of mercury on your body and brain:



Dr. Mutter



Dr. Klinghardt



Dr. McGuire



Dr. Cutler




Dr. Huggins



Prof. Haley



You can read and learn further details about chronic mercury toxicity from these experts' books and articles

For more details see our info site and share your thoughts with like-minded in our  facebook group:

[poisonmetal.com](http://poisonmetal.com)

Watch the “Nobody needs mercury!” animated movie and music video on: [nobodyneedsmercury.com](http://nobodyneedsmercury.com)



We actively promote the UNEP's global Mercury-work:



Mercury Hg 80



**Nobody needs mercury!**

Avoid chronic mercury toxicity resp. learn testing and detoxing yourself the right way



[poisonmetal.com](http://poisonmetal.com)

- [facebook.com/nobodyneedsmercury](https://facebook.com/nobodyneedsmercury)
- [facebook.com/groups/nobodyneedsmercury](https://facebook.com/groups/nobodyneedsmercury)
- [youtube.com/nobodyneedsmercury](https://youtube.com/nobodyneedsmercury)

The SYMPTOMS of chronic mercury-/ heavy metal toxicity are often many and varied, thus confusing to some doctors:

- Abnormal fatigue
- Anxiety, restlessness, stress sensitivity
- Sleeping problems
- Lack of concentration/memory
- Reduced learning capacity
- Visual disturbances
- Cold hands and feet
- Headache
- Depression
- Dizziness
- Muscle pains/joint pains
- Skin areas with abnormal sensitivity
- Digestive disturbances
- Shaking (tremors)
- Chronic sinus infections
- Allergic problems, etc.

# Detoxing

There are many ways to accumulate mercury and other heavy metals in your body which over time can make you sick with a lot of different symptoms. If you, by using one of the reliable tests, establish that you have chronic mercury/heavy metal toxicity there are a number of detox protocols you can follow in order to detox safely.

You can for instance detox by using intravenous infusions (i.a. EDTA, DMPS, Taurine, Glutathione, L-Carnitine, Magnesium, Selen, vitamin C, etc.) Or by ingesting chlorella, wild garlic/ramsons, NAC, DMSA, coriander, alpha lipoic acid, antioxidants, foods containing sulphur, healthy fats, purified water, etc. and/or by taking homeopathic products, etc.

It is also a good idea to sweat out heavy metals by means of preferably a FIR sauna.

Please visit [poisonmetal.com](http://poisonmetal.com) for links to detox clinics/spas, diagnostic tools/ tests and various detox protocols, etc.



Say **NO** to the worldwide mercury poisoning of man and nature caused mainly by these man-made mercury SOURCES:

- Dental Amalgam Fillings
- Coal-fired Power Plants
- Trash incinerators
- Gold-mining/production
- Nonferrous Metal Production
- Human Crematories
- Chlor-Alkali Plants
- Caustic Soda Production
- Cement Kilns
- Pig Iron and Steel Production
- Fish
- Cosmetics
- Fluorescent Lamps/CFL
- Vaccinations (Thiomersal)
- Mercury Production (Batteries etc.)
- Biomass Burning