

Lifetime Heavy Metal Exposure Profile

Max Stanley Chartrand, Ph.D.
(Behavioral Medicine)

Below, indicate the level of tasks and activities involving exposure to heavy metals. This will give you an idea of the level of heavy metal accumulations your body has been exposed to over a lifetime (check off appropriate frequency of exposure:

Task/Activity Description	A Few Times	Fairly Often	Quite Extensively
How often did you chew on wooden, painted pencils before 1974?			
Did you ever handle mercury out of a broken thermometer?			
How many times did you handle lead and gunpowder while making bullets?			
How often did you handle lead soldering compounds for purposes of soldering?			
Have you held or clamped down on lead sinkers that are used on fishing line?			
Have you washed your hands in leaded gasoline?			
Did you paint with leaded paints?			
Have you ever chewed on painted window sills or surfaces before 1974?			
Have you worked with or breathed smolten metals?			
Did you have amalgam fillings put into your teeth before 2000?			
Did you have them taken out? (Note: Exposure is much greater for 60% mercury gas upon removal than upon initial filling.)			
Do you take Omega-3 (fish oil) sold at commercial drugstores and department stores? (mercury content)			
Do you eat fish raised commercially in shallow waters? (mercury content)			
Was (or is) your water well less than 50 feet deep? Or does your public water come from a			

creek or river?			
Do you bake your potatoes in aluminum foil and cut through the foil with a knife before eating?			
How often did you drink your water out of an aluminum ladle or cup, or did you cook your food in aluminum cookware?			
Have you eaten from pewter dishes and/or table ware?			
Do you hunt and target practice with firearms?			
Have you lived near a steel mill, ironworks plant, or anywhere metal was moltened?			
Have you live or work near a petroleum plant, pipe-making plant?			
Did you drive a truck, bus, or automobile for a living before 1980?			
Have you bought new cars with leather seats? (formaldehyde)			
Did you live in a mobile home that had fabricated wood paneling?			
Did you crawl on linoleum flooring as a infant and toddler?			
Did your hair turn white before age 50? (Note: If after age 45 mark first column; if after age 40, check the second column; if after age 30, mark the third column)			
Total responses in each column:			

This is an approximate scale only. However, if your total of points are:

- Greater than 15 but less than 25 you will likely have low, but notable level of heavy metals. It is advisable that you chelate the heavy metals out of your system.

-Greater than 25 but less than 50, you likely have a moderate level of heavy metal accumulations. Chelation becomes important.

-Greater than 50 and less than 75, you likely have a extremely high heavy metal accumulations in your liver and tissues and oral chelation (or IV chelation) become a matter of life or death for you. The good news is that much of the damage can be reversed and health can be restored if you are willing to go the extra mile in following the concepts of this publication and others that hold the key to good health. One caveat to this last group is that their level of self-medication (through tobacco, alcohol, caffeine, and other substances) that they sometimes require intensive counseling and guidance to achieve wellness.

But, no matter what anyone tells you, unless you're on your last leg, it's never too late! Here's to a future of good health, happiness, and personal empowerment!