

COPPER TOXICITY

AT A GLANCE

Copper toxicity is an accumulation of excess copper in the body resulting from numerous environmental and lifestyle factors. It affects both sexes, though women more than men. It is a growing health epidemic, yet silent in large part due to over-reliance on testing blood status. Copper is an essential nutrient, however in excess it becomes toxic to the body while also leading to symptoms of copper deficiency.

FACTORS THAT HAVE CONTRIBUTED TO C.T.

- ✓ Estrogen-based birth control (ie: the Pill)
- ✓ Copper IUD
- ✓ Copper sulfate in food supply
- ✓ Vegan / vegetarian diet
- ✓ Congenital in-utero transmission to fetus
- ✓ Copper piping (drinking water)
- ✓ Exposure to xenoestrogens & phytoestrogens
- ✓ Copper cookware
- ✓ Occupational exposure
- ✓ Adrenal Insufficiency
- ✓ Other factors: Estrogen Dominance, Stress, Liver Impairment, H.R.T., Zinc Deficiency, Incorrect Supplementation

COMMON MYTHS THAT SUPPRESS COPPER TOXICITY AWARENESS

- The blood copper level is a reliable indicator
(Fact: excess copper is stored in tissue, not blood)
- Hair Tissue Mineral Analysis is unreliable
(Fact: though excess copper often appears hidden, properly interpreted HTMA provides reliable indication of excess copper & its effects)
- The problem is Cu deficiency. Toxicity is a myth.
(Fact: Most copper "deficiency" in the West is caused by excess copper / copper toxicity)
- The issue is merely 'dysregulation'
(Fact: dysregulation focuses on an internal problem and ignores the bigger external causes)
- The non-hormonal Copper IUD can't possibly contribute to these symptoms
(Fact: studies have shown that the IUD increases copper levels (with excess Cu causing symptoms))
- Feeling better after IUD removal means being healed & that copper has rebalanced itself
(Fact: rarely does the quick return to energy mean the body has actually rebalanced itself)
- Feeling better supplementing copper means doing so must be healthy.
(Fact: Copper has an excito-toxicity effect, similar to caffeine or the drug d-amphetamine).

As well, the majority of nutritional, medical, social media, & public service articles written about copper promote the benefits at a healthy level, but fail to educate that the physical and mental health effects reverse when copper accumulates in excess.

PRIMARY SYMPTOMS

- ✓ Wired but Tired Feeling
- ✓ Brain Fog / Concentration Difficulties
- ✓ Depression
- ✓ Heightened Anxiety & Panic Attacks
- ✓ Increased PMS symptoms
- ✓ Emotional Numbing / Apathy
- ✓ Weight Gain
- ✓ Candida / Yeast Infections
- ✓ Adrenal Exhaustion / Burnout
- ✓ Slowing of Metabolism

MAY ALSO INCREASE TENDENCY FOR

- ✓ Insomnia
- ✓ Negative Thoughts & Paranoia
- ✓ Loss of Sex Drive
- ✓ Relationship Withdrawal
- ✓ Hair Loss
- ✓ Lowered Immunity & Mold Sensitivity
- ✓ Depersonalization / Schizophrenia

HEALING / DETOX CONSIDERATIONS

- Determine and remove source(s) of exposure
- Assess copper status via HTMA (primary) and blood/urine (secondary)
- The blood level returning to normal means very little since much could still be stored in tissue
- Stored copper, as it enters the blood stream during detox, can heighten anxiety & panic. With poor liver function or bile production, mobilized copper may redeposit in secondary sites, including the brain.
- Stimulating the adrenals / metabolism too quickly can cause adverse detox reactions. Similar is true for antagonistic minerals such as zinc. Zinc, if used, must be given cautiously and detox approached slowly, with counsel given to both the physical and psychological detox reactions that can occur.
- While raising ceruloplasmin (which binds to Cu) is important, it is not a reliable indicator of progress since infection & inflammation can also raise Cp.
- Recovery time will vary based on extent of copper accumulation, time on birth control, extent of adrenal exhaustion, dietary choices, biliary patency, outlook, and targeted nutritional support given.
- While Mn, Mg, K, MSM, Taurine, retinol and Vit C are usually required, detox protocols are most safely guided by an individual's unique HTMA mineral profile.

Learn More and Find Support at
www.CopperToxic.com