

It's November and I just got my test results\* back for the Toxic Metal test that I did at the end of October. Drum roll, please! Since having my metal amalgam fillings removed three months ago, all my elevated metal levels have dropped:

Mercury level (should be < 3) has dropped from 82 to 23

Lead level (should be < 5) went from 19 to 6

Tin level (should be < 9) went from 16 to 4.5

Needless to say, I am quite happy with these results. I still have a ways to go with the mercury, but this is a fantastic start!

\*To the naysayers who might be reading this, yes, I had the testing done at a lab that was independent from my doctor.