

FREQUENCY OF SYMPTOMS FOR HEAVY METAL TOXICITY

listed in order of frequency

Percentage of 1320 respondents indicating presence of symptom

SYMPTOM	PERCENTAGE
CIRCLE A NUMBER, USING THE CODE OF SCORING FROM THE REVERSE PAGE IN THE LEFT MARGIN	
0,1,2,3,4 + 1. Unexplained irritability	73.3
0,1,2,3,4 + 2. Constant or very frequent periods of depression	72.0
0,1,2,3,4 + 3. Numbness and tingling in extremities	67.3
0,1,2,3,4 + 4. Frequent urination during the night	64.5
0,1,2,3,4 + 5. Unexplained chronic fatigue	63.1
0,1,2,3,4 + 6. Cold hands and feet, even in moderate/warm weather	62.6
0,1,2,3,4 + 7. Bloating feeling most of the time	60.6
0,1,2,3,4 + 8. Difficulty remembering or use of memory	58.0
0,1,2,3,4 + 9. Sudden, unexplained or unsolicited anger	55.5
0,1,2,3,4 + 10. Constipation on a regular basis	54.6
0,1,2,3,4 + 11. Difficulty in making even simple decisions	54.2
0,1,2,3,4 + 12. Tremors or shakes of hands, feet, head, etc.	52.3
0,1,2,3,4 + 13. Twitching of face and other muscles	52.3
0,1,2,3,4 + 14. Experience frequent leg cramps	49.1
0,1,2,3,4 + 15. Constant or frequent ringing or noise in ears	47.8
0,1,2,3,4 + 16. Get out of breath easily	43.1
0,1,2,3,4 + 17. Frequent or recurring heartburn	42.5
0,1,2,3,4 + 18. Excessive itching	40.8
0,1,2,3,4 + 19. Unexplained rashes, skin irritation	40.4
0,1,2,3,4 + 20. Constant or frequent metallic taste in mouth	38.7
0,1,2,3,4 + 21. Jumpy, Jittery, Nervous	38.1
0,1,2,3,4 + 22. Constant death wish or suicidal intent	37.3
0,1,2,3,4 + 23. Frequent insomnia	36.4
0,1,2,3,4 + 24. Unexplained chest pains	35.6
0,1,2,3,4 + 25. Constant or frequent pain in joints	35.5
0,1,2,3,4 + 26. Tachycardia (fast heart rate)	32.4
0,1,2,3,4 + 27. Unexplained fluid retention (swelling)	28.2
0,1,2,3,4 + 28. Burning sensation on the tongue	20.8
0,1,2,3,4 + 29. Get headaches just after eating	20.1
0,1,2,3,4 + 30. Frequent diarrhea	14.9

Data for this table is on file with Toxic Element Research Foundation, Colorado Springs, Colorado.