

## **Symptoms of Toxicity:**

Acne	Headaches or migraines
Bitter, metallic taste in the mouth	Inflammation
Brain fog	Joint and muscle aches
Circles under the eyes	Nausea or vomiting
Constipation	Poor concentration
Digestive problems	Ringing in the ears
Excessive mucous	Skin rashes
Fatigue	Strong body odor or bad breath
Gas, bloating	Weight gain

## **Health Issues related to toxicity:**

**(which can include toxicity related to food sensitivities)**

Arthritis	Leaky gut
Chronic fatigue	Multiple chemical sensitivity
Fibromyalgia	Obesity