

COMMON ELEMENTS (METALS AND MINERALS) TEST KIT (32 vials)

Product Code 8126

Code	Name	Food Sources	Non-Food Sources	Possible deficiency	Toxicity
CE 01	Aluminium		aluminium cooking pans; aluminium foil; table salt & baking powder; aluminium cans; antacids; bleached flour; mains water treatment (aluminium sulfate); some food additives; deodorants; acid rain leaches aluminium out of the soil and into the ground water.		Contact dermatitis; skeletal demineralization; slow learning; interference with calcium and phosphorus metabolism, neurofibrillary tangles in the brain.
CE 02	Arsenic		Wood preservative; pesticide; leather, termite treated lumber, rat poisoning, pesticides, herbicides, pigments. Drinking water in areas where there are arsenic deposits (More than 140 million people worldwide and 4 million Americans chronically ingest arsenic in their drinking water). High levels may be found in rice, as a result of water used in growing the crop, being contaminated with arsenic from arsenic-based-pesticides even though use may have been stopped many years ago)		Edema of face and eyelids; generalised itching; sore mouth; inflammation of the eyes and nasal membranes; loss of appetite; nausea; vomiting; diarrhoea; dry skin; loss of hair and nails; may reduce intelligence in children. There are also well-documented risks of cancer, heart disease, and reduced lung function; may lead to stem cell dysfunction that impairs muscle healing and regeneration.
CE 03	Beryllium		Light structural material; beryllium oxide is used in ceramics, naturally found in tobacco; some dental alloys.		Reduces stores of magnesium; reduces organ function; shortness of breath; coughing; lung inflammation; tinnitus.
CE 04	Boron		Fiberglass (insulation), polymers, ceramics, fertilizer, insecticides, laundry detergent.	Arthritis, allergies, weak muscles, low testosterone, brain health.	Reproductive infertility, eye, nose, and throat irritation.
CE 05	Cadmium		Cigarette smoke, galvanised iron; pesticides; plastics; fertilisers; tyres; plating; component in alloys and solders; PVC stabiliser, pigments, paints, pottery. Cadmium from industrial waste can leach back into soil and water and isn't degraded and so enters the food chain.		Disrupts the transport of the essential metals manganese and zinc into and out of cells; anaemia; kidney damage; probably carcinogenic; high blood pressure; lung damage; atherosclerosis; leg pain in children & adults; arthritis; Alzheimer's disease.
CE 06	Calcium	Dairy products, eggs, canned fish with bones (salmon, sardines), green leafy vegetables, nuts, seeds, tofu, thyme, oregano, dill, cinnamon.	Preparation of other metals; calcium oxide important in chemical industry; present in hard water.	Reduction in peak bone mass; increased risk of osteoporosis in later life; nerve sensitivity; insomnia; chronic depression; synthesis and release of neurotransmitters.	Depressed nerve function, drowsiness, extreme lethargy, calcium deposits, kidney stones.
CE 07	Chlorine	Table salt (as sodium chloride)	Manufacture of chemicals, plastics, paper, purification of water and sewage. Sodium chloride used to de-ice roads.		

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CE 08	Chromium	Broccoli, grape juice (especially red), meat, whole grain products	Dental work; metal plating & anodizing aluminium; stainless steel; hip replacements; leather tanning; paints; dyes; explosives; cement.	Diabetes; hypoglycemia; alcohol intolerance; irritability; weakness.	Lung disease, anaemia, cerebral oedema, eczema, headaches gastric ulcers.
CE 09	Cobalt		Manufacture of tungsten carbide; hip replacements	Anaemia.	Goitre; hypothyroidism; heart failure; tremors; polycythemia.
CE 10	Copper	Liver, seafood, oysters, nuts, seeds; some: whole grains, legumes	Copper water pipes (particularly in soft water areas); some medicines; pesticides; fungicides; blood copper levels raised by the contraceptive pill; brake linings; wiring; some contraceptive devices; dental amalgam; coins, algicides in hot tubs.	Rheumatoid arthritis; cardiovascular disease; impaired immune system; affects bone & blood formation in infants; possible role in cardiovascular disease.	Rheumatoid arthritis; cardiovascular disease; gastro-intestinal irritation (similar to deficiency signs). Zinc deficiency symptoms.
CE 11	Gold		Dental work; jewellery; gold salts for treating rheumatoid arthritis.		Mouth ulceration; itching; eczema; seborrheic dermatitis; alopecia; inflamed gums; gastritis; colitis; blood abnormalities; kidney damage (from the effect of gold salts).
CE 12	Iodine	Seaweed, grains, eggs, iodised salt		Goitre, reduced growth.	Excess salivation, sneezing, conjunctivitis, headaches, laryngitis, bronchitis, skin rashes; low sperm count.
CE 13	Iron	Meat, seafood, nuts, beans, dark chocolate	Metal for building; steel, toner for photocopiers and printers, food additive, stainless steel, cast iron cookware.	Anaemia; fatigue; cracking at corner of mouth; recurrent mouth ulcers; sore tongue; poor hair growth; brittle nails; generalized itching.	Abdominal pain; arthritis; loss of libido; damage to liver, heart and pancreas; people with certain neuro-degenerative disorders such as Parkinson's disease and dementia show excessive accumulation of iron in the brain.
CE 14	Lead		Leaded petrol fumes; old water pipes; leaded paint; lead plumbing; solder; improperly glazed pottery; cigarette ash; pewter; lead crystal ware.		Loss of appetite; constipation; headache; weakness; blue or black line on gums; anaemia; irritability; vomiting; poor co- ordination; unsteady gait; visual disturbances; delirium; paralysis; kidney failure; mainly deposited in bones and teeth.
CE 15	Magnesium	Spinach, legumes, nuts, seeds, whole grains, peanut butter, avocado	Present in hard water; alloys; batteries; glass; ceramics; fillers; flocculating agents; magnesium sulphate used in sugar refining.	Muscle dysfunction; irritability & tension; fatigue; pre-menstrual syndrome; apathy.	Muscle weakness; fatigue; sleepiness; hyper-excitability.
CE 16	Manganese	Grains, legumes, seeds, nuts, leafy vegetables, tea, coffee	Textile bleaching, glass manufacture, fertilizers, compounds used in unleaded petrol and pesticides, pottery glazes.	Joint pains; dizziness; schizophrenia.	Lethargy; involuntary movements; impairment of voluntary movements; changes in muscle tone.
CE 17	Mercury		Dental amalgam; pesticides; fungicides; cystitis from coal-burning power stations, contaminated fish, vaccines, volcanic emissions, vaccines.		Tremor; muscle instability; sensory disturbances; gastro-intestinal symptoms; dermatitis; liver and kidney damage; anaemia; mental deterioration; blue line on gums.

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CE 18	Molybdenum	Legumes, whole grains, nuts	Compounds used in lubricants.	Irritability; irregular heart beat; dental caries; male sexual impotence; cancer of the oesophagus, works as an antioxidant.	Gout; increased urinary excretion of copper.
CE 19	Nickel		Stainless steel; water boiled in a kettle with an element; clasps; jewellery; spectacles; buckles; keys; coins; diesel fumes; can be in flour because of milling; a catalyst for hydrogenating vegetable oils.	May activate certain enzymes and play a role in stabilizing chromosomal material in cell nuclei but at the moment no known diseases are associated with a nickel deficiency.	May be a factor in lung cancer; frontal headaches; vertigo; nausea; vomiting; chest pain; cough. Dermatitis from skin contact with nickel in sensitive people.
CE 20	Palladium		Road dust from catalytic converters; dental work; electrical components.		Possibly carcinogenic.
CE 21	Phosphorus	Red meat, dairy foods, fish, poultry, bread, rice, oats.		Debility; loss of appetite; weakness; bone pain; tingling sensations; tremor; irritability.	Prevents absorption of iron, calcium, magnesium & zinc; diarrhoea; calcification of soft tissues.
CE 22	Platinum		Jewellery, dental fillings, pacemakers, tobacco, road dust from catalytic converters, LCDs, chemotherapy agents; high quality glassware.	Platinum compounds have anti-tumor activity.	Platinum salts can cause DNA alterations, cancer, allergic reactions of the skin and the mucous membranes, damage to organs (such as intestines, kidneys and bone marrow) and hearing damage.
CE 23	Potassium	Sweet potato, tomato, potato, beans, lentils, dairy products, seafood, banana, prune, carrot, orange		Hypokalaemia; can be caused by diarrhoea, medications like furosemide and steroids, dialysis, diabetes insipidus, hyperaldosteronism, hypomagnesemia, and shortage in the diet.	Hyperkalaemia; usually no symptoms; occasionally when severe results in palpitations, muscle pain, muscle weakness, or numbness.
CE 24	Selenium	Brazil nuts, seafoods, organ meats, meats, grains, dairy products, eggs	Anti-dandruff shampoos; steel and glass additive.	Possible links with some forms of cancer & development of coronary heart disease; premature ageing.	Hair loss, nail changes and loss, fatigue, irritability, nausea, gastrointestinal problems, joint inflammation, "garlic breath", dental caries; skin depigmentation; irritability.
CE 25	Silicon		Granite dust; sand, cement, porcelain, semiconductor electronics; ingredient in some toothpastes.	Poor skin, nails, hair and bone density. Needed for synthesis of elastin and collagen, of which the aorta contains the greatest quantity in the human body.	Inhalation of crystalline silica dust may lead to silicosis, an occupational lung disease marked by inflammation and scarring in the form of nodular lesions in the upper lobes of the lungs.
CE 26	Silver		Dental amalgam; jewellery; food coloring (E174); electrical components; silver compounds used in photography.		Argyria (blue-gray/ashen gray darkening of the eyes, nose, throat, skin and nasal septum), kidney damage.
CE 27	Sulphur / Sulfur		Natural gas, petroleum, fertilizer, insecticides, matches, wood pulping, rubber vulcanisation, products for treating acne, dandruff, psoriasis etc.	Detoxification, proper insulin function, Vitamins B1 and B7 activation, mitochondrial function.	Digestive issues, flatulence, hives, fatigue.
CE 28	Thallium		Found in association with potassium-based minerals in clays, soils, and granites; by-product of zinc & lead production; some glass; jewellery; dyes;		Polyneuritis; fatigue; weight loss; possibly reduced immunity; leg pain in adults; arthritis; MS; Alzheimer's; pepolyneuritis; fatigue;

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			pigments;electronics; recreational drug contaminant.		weight loss; possibly reduced immunity; leg pain in adults; arthritis; MS; Alzheimer's disease; probably carcinogenic.
CE 29	Tin		Dental amalgam; canning; solder in iron & copper pipes; compounds used in fungicides and glass coatings.		Nausea; colic; headache; weakness; fever; muscle pain; joint pain; tinnitus.
CE 30	Titanium		Dental work; surgical metal in hip replacements etc.; jewellery; sunscreen, filler in many prescription and OTC medicines, cosmetics (as titanium dioxide).		Possible effects on respiratory system and the brain; may be carcinogenic.
CE 31	Zinc	Oysters, red meat, poultry, nuts, whole grains, dairy products	Galvanised iron; brass; solder; die-casting; tires; zinc oxide is used in paints, rubber, textiles, sunscreens and plastics.	Persistent leg ulcers & pressure sores; red, greasy skin on face; skin problems, poor hair growth; dandruff; night blindness; brittle nails; white spots on nails.	Impaired copper & iron absorption; gastro-intestinal disturbances; mask-like fixed expression; difficulty in walking; slurred speech; hand tremor; involuntary laughter.
CE 32	Zirconium		Dental implants, nuclear power, ceramics, glassware, antiperspirants, skin lotion, synthetic dyes, etc.		Pulmonary fibrosis, general pulmonary issues, granulomata.

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