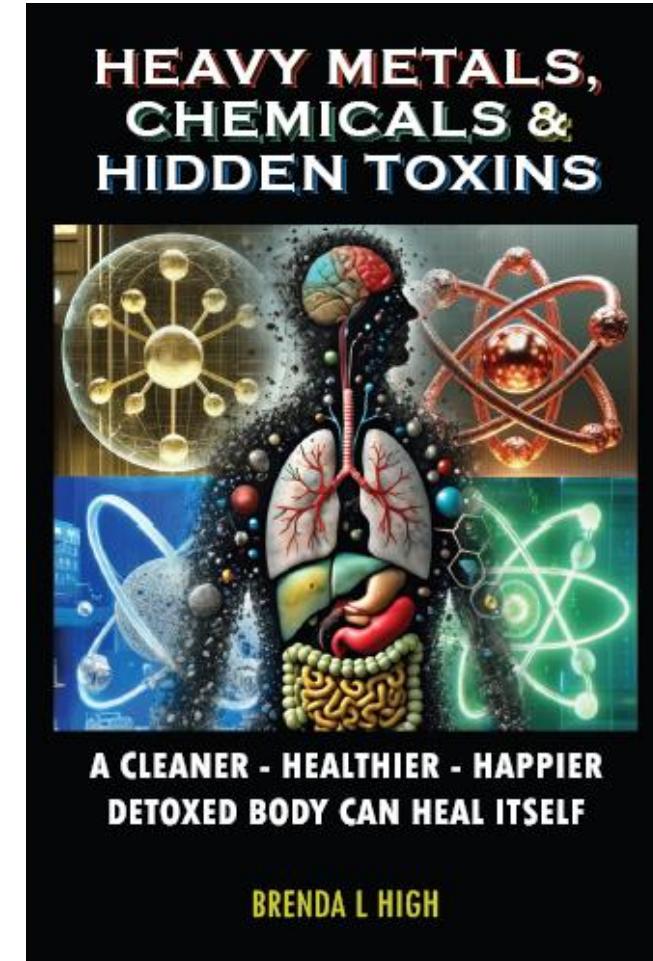


# **THE LETHAL TRUTH** **about** **HEAVY METALS,** **CHEMICALS &** **TOXINS IN OUR FOOD**

Brenda L. High

Cell: 509-302-8888

[bl.high@gmail.com](mailto:bl.high@gmail.com)



**We are all natural researchers.**

**Life is all about finding...  
and listening for answers.**

Knowledge reveals.  
Ignorance conceals...  
Not for lack of evidence,  
But from a lack of investigation

## **Doctrine and Covenants 89:4**

**"Behold, verily, thus saith the Lord unto you: In consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation—"**

## What does “conspiring men” mean?

To **conspire** means to **secretly plan to do harm**, often for the sake of **profit, power, or control**. The Lord is warning that **men (and organizations)** in the last days would knowingly and deliberately:

- Deceive the public
- Profit from addictive or harmful substances
- Introduce policies, products, or propaganda that damage bodies, minds, and souls

## **What Are Some Modern-Day Examples of “Evils and Designs” by Conspiring Men?**

- The Tobacco Industry (20th century)
- The Opioid Crisis
- Processed Foods & Sugar Industry
- Controlling Corporations (Monsanto - agrochemical)
- Big Tech & biotechnology Manipulation
- Suppression of Natural Health**
- Heavy Metals, Chemicals, and Toxins in Our Food**

# Suppression of Natural Health

In some cases, **safe and effective natural remedies** have been sidelined, mocked, or suppressed—not because they didn't work, but because they **threatened the profits** of pharmaceutical or industrial interests.

Ivermectin...A Nobel Prize-winning antiparasitic medication

While not all alternative health claims are valid, the **systemic bias** often stems from financial interest, not science.

*Currently, we are fortunate to have Robert F. Kennedy Jr. as our Secretary of Health and Human Services, **but will that last?***



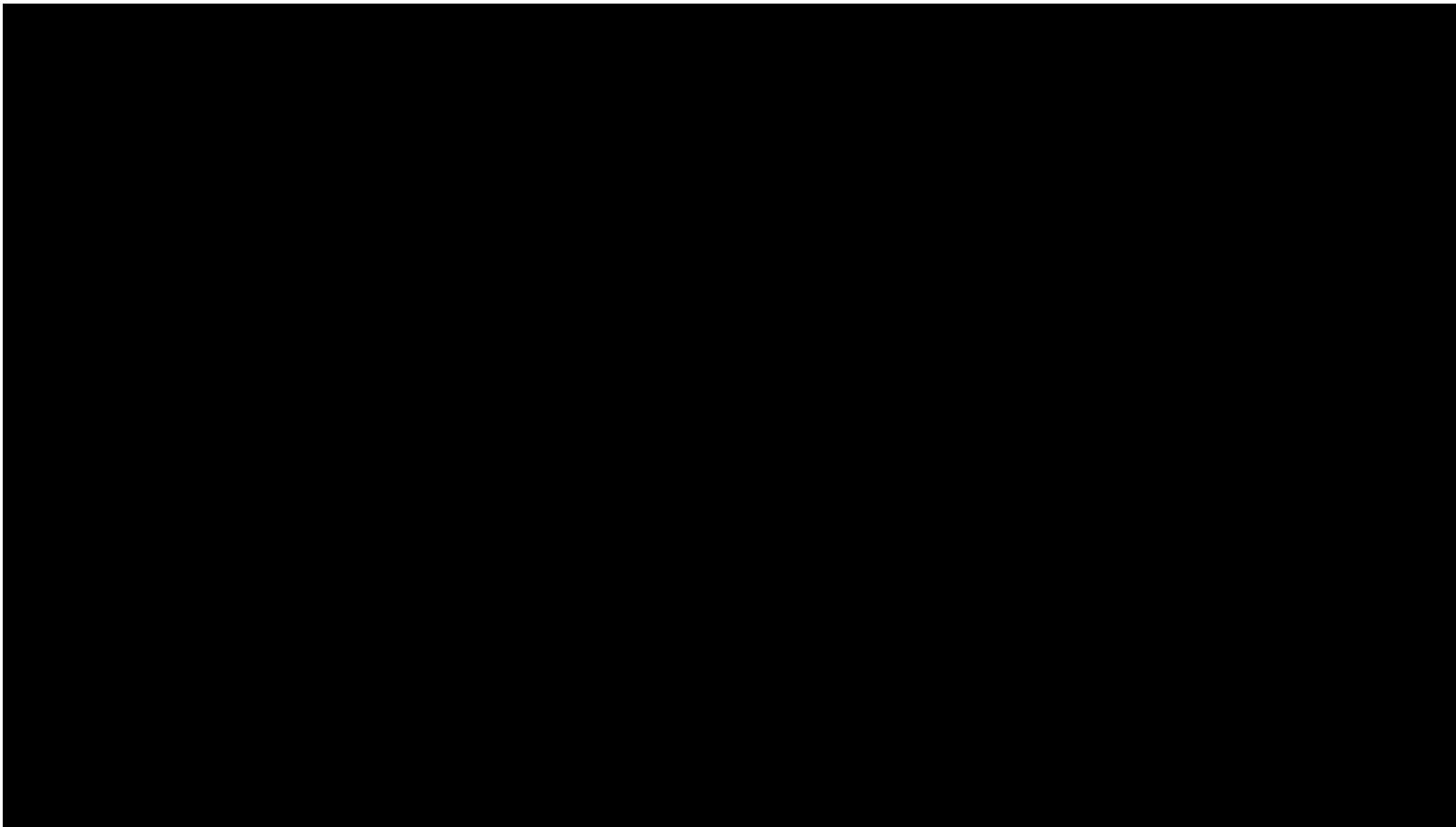
## Heavy Metals, Chemicals, and Toxins in Our Food

### ARE YOU TOXIC?

Every time we breathe,  
drink, eat, or touch, we are  
potentially consuming  
Toxins and poisons from  
our environment.

# Your Journey to Better Health

<https://vimeo.com/1040218940>



# In The News

Every day there are new headlines reporting on the serious health impact of Toxins with Humans!



**100%**

Fast Food samples tested positive for Heavy Metals, Lead, and Cadmium

*Mom Across America 10.12.23*



**Artificial Turf**

Full of Toxic Chemicals - Yet more and more schools and playgrounds are using it

*Big Chemical News 5.4.23*



**Flame retardants & Cancer**

Flame retardants found in thousands of consumer products linked to cancer in people for first time

*CNN Health April 1<sup>st</sup>, 2024, by Sandee Lamotte, CNN*



**Supplements**

Many supplements contain Heavy Metals

*FDA 4.22.2021*



**Popular Drinks**

Elevated levels of toxic metals detected in popular drinks

*Andrei Ionescu Earth.com 5.5.23*



**The pollution in Newborns**

A benchmark investigation of industrial chemicals pollutants and pesticides in umbilical cord blood

*Environmental Working Group 7.14.2005*



## Pets & Toxins

**It's not easy to tell what's wrong with your pet.**



# Pets and Animals and Toxins

## What to watch out for

### Environmental hazards

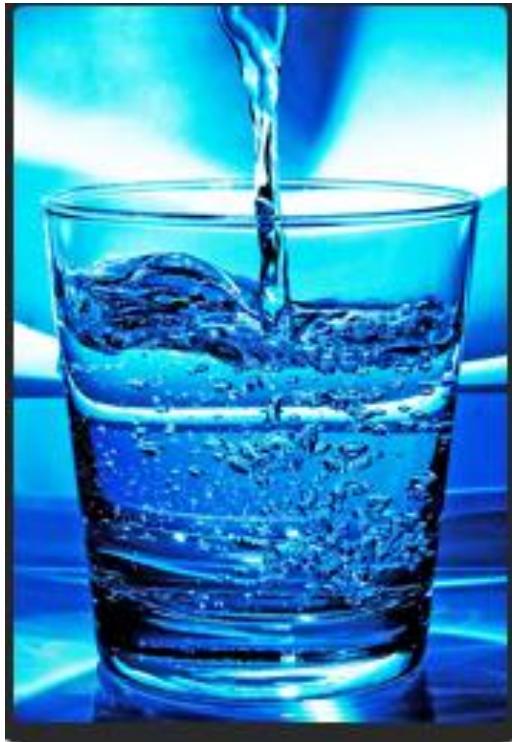
- \*Air filled with lead particles from exhaust fumes
- \*Herbicides and pesticides blown from nearby farms and yards**
- \*Weather-treated wood
- \*Common Household Toxins

### Toxic Food and Water

Tap water may contain pollutants like heavy metals, pesticides, or chemicals from agricultural runoff. Commercial pet food can contain harmful additives such as hormones, antibiotics, and toxic preservatives. Moldy or expired pet food can produce dangerous mycotoxins.



# Toxins in Our Water



# Hidden Dangers in Our Water

Even “safe” water can hide toxins from pollution, pipes, and disinfectants. Long-term exposure risks health issues, making awareness and protection vital for you and your family.

## Watch out for:

- **Lead** – leaches from aging pipes and plumbing.
- **Chlorine & Chloramine** – disinfectants forming harmful byproducts.
- **Fluoride** – added to water, but can affect bones/thyroid.
- **Heavy Metals** – such as mercury, arsenic, and cadmium from pollution.
- **Pesticides & Herbicides** – agricultural runoff contaminating groundwater.

# Erin Brockovich – Hexavalent Chromium

<https://www.youtube.com/watch?v=C029muI7bFw>



# The Symptoms of Hexavalent Chromium (6)

- Skin irritation, rashes, or ulcers
- Nosebleeds and respiratory irritation
- Asthma-like symptoms, coughing, wheezing
- Stomach pain and digestive issues
- Headaches and dizziness
- Kidney and liver damage risk
- Reproductive problems
- Increased cancer risk (especially lungs & stomach)



# Toxins in Our Air

# Invisible Toxins All Around Us



**The air we breathe** often carries unseen toxins—pollution, chemicals, and particles—that strain our lungs and immune systems. Long-term exposure can harm health, making awareness and clean air vital.

## Watch out for:

- **Particulate Matter (PM2.5/PM10)** – tiny particles that lodge deep in the lungs.
- **Carbon Monoxide** – from cars, gas stoves, and faulty heaters.
- **Volatile Organic Compounds (VOCs)** – from paints, cleaners, and air fresheners.
- **Pesticide Drift** – chemicals carried from nearby fields into neighborhoods.
- **Mold Spores** – indoor air contaminant affecting respiratory and immune health.



# The Hidden Risks of Dyes

# The Hidden Risks of Dyes

Dyes, whether natural or synthetic, are used in food, clothing, and cosmetics. Some release VOCs, though not all do. PFAS are rarely in dyes themselves but are found in products like non-stick cookware and waterproof clothing due to their resistant properties.

## How Dyes Affect People

### Allergic Reactions

Respiratory Issues

**Hyperactivity**, Behavioral, and Learning Difficulties

Sleep Disturbances

Environmental Impact

## Dyes in Food

**Candies** and Confectionery

Soda, Beverages, and Snack Food

Desserts, Sweets, and Breakfast Cereals

Soups, Condiments, and Sauces

Processed Meats

Baked goods, Frozen foods, and Meals



# DYES ARE EVEN IN YOUR CLOTHES

*In 2019, I purchased a soft winter flannel shirt patterned with red, white, and blue plaid checks. I wore it immediately without washing it first, not considering the negative potential consequences of the fabric getting wet against my skin. And I did get it wet.*

*Shortly after removing the shirt, I noticed a rash developing around the collar area on my neck, which soon spread to my upper chest and shoulders. Connecting the dots, I realized the dyes in the fabric were to blame. Regrettably, the rash lingered for about six weeks.*

*Did you know that you can scratch in your sleep? Yes. And that's why I suffered much longer than necessary.*

HEALTH NEWS

## RFK Jr. Says Food Companies Have 2 Years to Remove Artificial Dyes

Robert F. Kennedy Jr. disclosed details about his closed-door meeting with food company executives.

79 106 Save



Health Secretary Robert F. Kennedy Jr. in Washington on Feb. 26, 2025. Andrew Harnik/Getty Images

Robert F. Kennedy Jr., under his “Make America Healthy Again” initiative, is leading efforts to phase out petroleum-based artificial food dyes—targeting eight common synthetic colors—through new FDA guidelines and industry commitments.

**Citrus Red No.  
Green No. 3  
Yellow No. 5  
Blue No. 1**

**Orange B.  
Red No. 40  
Yellow No. 6  
Blue No. 2**



## Food and Toxins

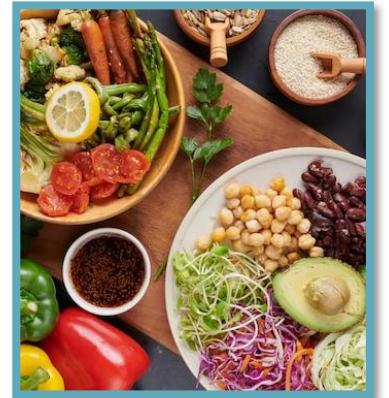
# Food and Toxins

## The 4 Most Dangerous Heavy Metals in Our Food Supply

1. **Lead (Pb)** can contaminate food through polluted soil and water or food processing and packaging. Exposure to lead is linked to **neurological issues** and developmental delays.
2. **Mercury (Hg)** is mainly found in certain fish and seafood due to the bioaccumulation of methylmercury in aquatic food chains. High levels can damage the **nervous system**.
3. **Arsenic (As)** is present in rice and rice-based products from uptake in soil and water, especially the inorganic form, which is **toxic** and can lead to health problems.
4. **Cadmium (Cd)** accumulates in plant-based foods grown in contaminated soils and shellfish. It is linked to **kidney damage** and other health issues.



**OR**



# 10 Foods to Watch Out For

*(These are not always toxic in small amounts but can accumulate over time.)*

1. **Rice** – often high in arsenic, especially brown rice.
2. **Leafy greens (spinach, lettuce, kale)** – may absorb cadmium and lead from soil.
3. **Root vegetables (carrots, beets, potatoes)** – can absorb lead and arsenic.
4. **Fish (tuna, swordfish, king mackerel)** – high in mercury.
5. **Shellfish (clams, mussels, oysters)** – can contain cadmium and industrial pollutants.
6. **Cocoa/chocolate** – may contain cadmium and lead.
7. **Protein powders (especially plant-based)** – sometimes contaminated with lead, arsenic, or mercury.
8. **Canned foods** – possible BPA and metal leaching from linings.
9. **Alcohol (especially wine/beer)** – may contain arsenic or pesticide residues.
10. **Processed meats** – nitrites, additives, and sometimes heavy metal traces from processing.

# 10 Foods Known to Help Detoxify the Body

*(They support the body's natural cleansing systems.)*

1. **Cilantro** – helps bind heavy metals.
2. **Chlorella** – algae shown to absorb toxins and support detox.
3. **Garlic** – supports liver detox and boosts immunity.
4. **Lemon** – alkalizing and supports liver cleansing.
5. **Broccoli sprouts** – rich in sulforaphane, activate detox enzymes.
6. **Turmeric** – anti-inflammatory and supports liver function.
7. **Rooibos tea** – antioxidants aid detox and repair (naturally caffeine-free).
8. **Beets** – support liver and blood detox pathways.
9. **Apples** – contain pectin, which binds toxins in the gut.
10. **Flaxseed** – fiber that helps sweep toxins from the digestive tract.



## **Removing Toxins and Heavy Metals**

As warned in **Doctrine & Covenants 89:4**, we live in a time of “evils and designs which do and will exist in the hearts of conspiring men.”

From the food we eat to the air we breathe, the water we drink, and the clothes we wear—hidden toxins surround us...

**..But so does the power to fight back!**



# Rik Deitsch and the WV Coal Miners

<https://vimeo.com/1117980481>

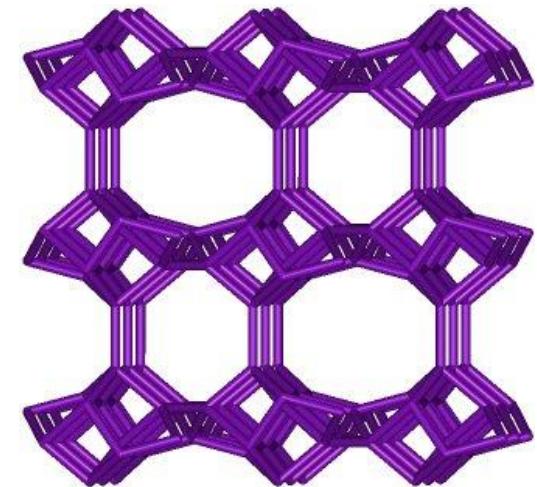
## CLINICAL TRIALS WITH THE PROPRIETARY ZEOLITE (PZ)

- PZ therapy in healthy individuals: A Short-term (7-day) trial in five individuals to evaluate changes in urinary excretion of heavy metals. 4-7 fold increase was observed.
- PZ therapy in healthy individuals II: An Intermediate-term (30-day) trial in twenty individuals to evaluate changes in urinary excretion of heavy metals. 5-7 fold increase was observed.
- PZ therapy in otherwise healthy individuals with chronic, employment-related exposure to heavy metal toxins (West Virginia Coal Miners) - A Long-term (84-day) blinded clinical trial in fifty individuals to evaluate changes in urinary excretion of heavy metals and determine longevity of the effect. Urinary excretion was measured with Atomic Absorption Spectroscopy (AAS). Additionally, hair and saliva was collected at the beginning and the end of the trial and measured for heavy metal content.
- Electrolyte levels with the use of PZ - A trial to evaluate changes in vital electrolytes and electrolytes in healthy individuals following 30-day PZ therapy.
- Exercise recovery with PZ - A trial to evaluate the effect of PZ therapy on workout recovery-time in competitive athletes vs. non-competitive participants. Our largest trial included 300 individuals.
- pH balancing with PZ - A trial to evaluate the effect of short- vs long-term PZ therapy on serum and salivary pH in healthy and compromised individuals.



# Zeolite (Clinoptilolite)

Zeolite, specifically clinoptilolite, is a crystalline mineral from volcanic ash, known for its cage-like structure that traps and removes toxins. It works via ion exchange and absorption, effectively binding and removing heavy metals like lead and mercury from the body. Unlike bentonite clay, which absorbs a broad spectrum of toxins topically, **zeolite is ideal for targeted heavy metal detox when taken internally.**



# Avini Health

## Disclaimer:

We don't make any medical claims

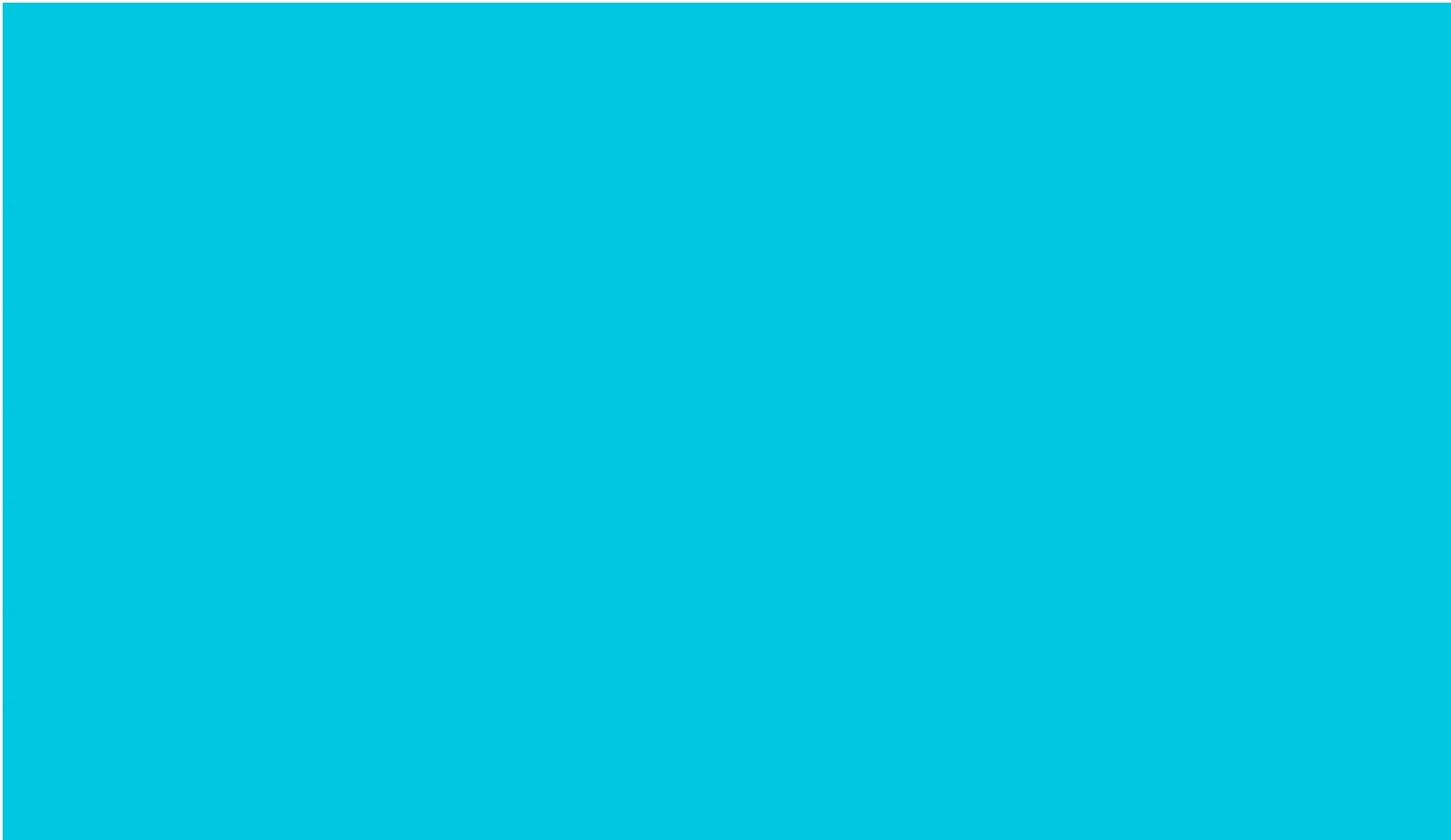
We don't treat or diagnose

**Avini** is an amazing company with safe and effective natural remedies

We learn, listen, and share with one another

# Gail Braxton's Story

<https://vimeo.com/1117998599>



# May I Make a Recommendation?

Take Care of Yourself & Be Safe in Your Surroundings

Reduce Toxins in Your Home & Eat, Drink, and Breathe Well

Watch for Chemicals & Dyes In Your Food and Clothes



Implement Good Habits

Take a Daily “Shower on the Inside of your Body” with a Clinoptilolite Zeolite formula from Avini Health

# **THE LETHAL TRUTH about HEAVY METALS, CHEMICALS & HIDDEN TOXINS ...IN OUR FOOD**

Brenda L. High  
Cell: 509-302-8888 - [bl.high@gmail.com](mailto:bl.high@gmail.com)

*(I would be happy to email or text any of the information or videos  
in this presentation. Let me know what you are interested in.)*

