GETTING THE L E A D OUT of SCHOOL WATER (and other sources)

AND YOURSELF NOT JUST A LOCAL PROBLEM - *Karl Mincin, Clinical Nutritionist*

Tacoma school district is currently in the news with two elementary schools effected. The year-long problem was just brought to parent’s attention two days ago! Before that Ordway Elementary on Bainbridge Island and, before that, several other Seattle-area schools. Portland also recently had both water and environmental toxic heavy metal contamination of arsenic and lead.

And this is a decades-long issue not limited to the Northwest. On March 17th USA Today reported that over 2,000 drinking water sources in all 50 states are contaminated with toxic heavy metals, with an estimated six million people exposed. Perhaps proactively, some Skagit schools were just awarded money for clean water filling stations where students can refill their own bottles.

What's a person and their child to do? Water testing can certain alert us to problem areas but, in the case of Tacoma schools, this did little good since it was not publicized for an entire year. The best proactive, and remedial, solution is to test your body. Since children are especially vulnerable and significantly more sensitive to toxic minerals, they especially should be tested at least annually.

Hair mineral testing is by far not only the most accurate test method, but the most useful in detecting long-term exposure of heavy metals. Blood or urine heavy metal testing detects only current exposure, so unless a person is continually monitored, or if the exposure was in the past, even recent past, the test will show negative, when in fact they may be carrying a heavy lead burden that is stored in other tissues and not show up in blood or urine.

Hair Mineral Analysis screens for eight different toxic minerals and as a big bonus also tests for over 20 nutritional minerals. In my clinical nutrition practice of 30 years specializing in nutrition assessment testing, I have found it by far the most economical and meaningful nutrition test. The timeframe of exposure it is useful for is between two and 18 months, so it is excellent as an historic document and more reliably show trends and patterns of body nutrient metabolism. It is most accurate for exposure between 3 - 6 months, and is best repeated at this interval not only to screen for toxic elements but to monitor the actual effect of nutrition therapy, diet changes or a particular protocol.

Further details about Hair Mineral Testing can be found in the two part article I recently posted here (Why Use Hair Mineral Analysis: What It Is and Isn't Good For), or link here for the article or to request a Hair Mineral Test kit http://www.nutrition-testing.com/#!why-use-hair-mineral-testing/xag8x. The post is the most recently revised edition. By testing each family member you'll be able to make much better sense of what elements are coming from which sources: home, work, school and those that are just "out there" in our toxic environment. Be proactive about toxicity AND establish your personal nutritional baseline with a Hair Mineral Test for yourself and your family’s well-being

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