

NICKEL

A TOXIC AND "CHILD" MINERAL

Nickel is an older, “male” mineral that affects all the organs of the body. It affects mostly the brain, the lungs and the skin. The word male is used because nickel is more “yang” than many other minerals. Yang in macrobiotics is associated with maleness.

Nickel is also called the “suicidal thoughts” mineral, because when excessive, it can cause a severe depression with suicidal thoughts.

A “child” mineral means that all children have it. It helps cause attachment to one’s parents. This is a defense mechanism to keep a child from straying or disobeying parents. As one matures, this nickel compound is eliminated.

Anthropomorphic qualities -- Nickel is a hard and durable metal. It is used to cover and protect other metals. For example, less expensive jewelry, bathroom fixtures and many other products are often nickel-plated or covered with nickel for protection. Nickel also can be easily given a shiny, smooth appearance.

Nickel is also associated with physical life on earth. This is a philosophical, rather than a physiological or pathological quality. Nickel has to do with the structural aspect of physicality such as the bones, but even more so the lungs and the respiratory system of the physical body. It also has to do with the skin.

Avoid Rooibos tea. This red-colored herbal tea can be high in nickel.

SOURCES OF NICKEL

- rooibos tea or red teas
- metallic dental braces and wires
- dental crowns
- water boilers that use nickel-plated immersion heaters
- hydrogenated vegetable oils
- alcoholic beverages
- margarines and imitation whipped cream
- peanut butter
- vegetable shortening
- nickel-plated jewelry
- kelp

- grains and cereals
- oysters
- all non-herb teas
- herring
- nickel plating on metallic objects
- cigarette smoking
- steel manufacturing
- batteries, machine parts, wire, electrical parts
- lifting steel weight or handling anything made of steel

HOW NICKEL AFFECTS THE BODY

Kidneys -- nickel accumulates in the kidneys.

Hormone, lipid and membrane metabolism -- a physiological role related to these functions is suspected but not proven.

Cancer – nickel associated with development of lung cancer, specifically, in those exposed to nickel vapors.

Brain – nickel toxicity is definitely associated with negative feelings, including depression and suicidal thoughts. Nickel may also cause a person to be “attached” or abnormally dependent on others. It weakens the body or brain.

SYMPTOMS OF NICKEL TOXICITY

- kidney dysfunction
- heart attack
- cancer -- oral, intestinal and lung
- skin problems
- nausea, vomiting
- hemorrhages
- fatigue, apathy, general pain
- low blood pressure

- muscle tremors, tetany and paralysis
- depression, abnormal attachment to others, suicidal thoughts

ANTAGONISTS AND CHELATORS

Vitamin C, other trace minerals

IMPORTANT NICKEL NOTES

Ideal value -- The ideal hair nickel level is between 0.015 and 0.019 mg%. This is lower than most hair mineral testing laboratories use as their ideal range.

Poor Eliminator -- A hair nickel level below 0.015 is likely to be a poor eliminator pattern. This means that the body is having difficulty eliminating nickel. Therefore, nickel is slowly building up inside the body, even though the hair level may be extremely low.

Hidden nickel toxicity -- This is common. Nickel may not be elevated on an initial hair test if it is hidden deep in the lungs or elsewhere. In this case, a poor eliminator pattern for nickel will often be present.

Part of the "cult diet" or rape pattern -- Rooibos tea (a red tea) may contain enough nickel to be toxic. It can also be high in lead. Rapists may tell their victims to drink this tea "to avoid future rapes." What it actually does is weaken the women. Nickel may also reduce their will to live and to resist.

Hair Mineral Analysis indicators -- an aluminum level above 0.9 mg%, mercury above 0.04 mg%, lead above 0.08 mg%, a manganese level above 0.04 mg%, and trauma indicators such as a calcium shell, a Ca/Mg ratio above 13.5, a Na/K ratio less than 1, and/or a double low ratio pattern on the second four minerals (iron, copper, manganese and zinc. Nickel has irritant qualities and it causes oxidant damage. It can also raise the sodium/potassium ratio.

Temporary high blood sugar and nickel removal -- To remove nickel compounds from the body during a nutritional balancing program, the body may raise the blood sugar level very high for a few days to a few weeks. The fasting blood sugar can rise as high as 300 or 350 mg. This can be frightening to doctors. However, it is usually temporary and does not require medical intervention. We do not know the mechanism by which this works.