

Effects of various heavy metals

Heavy metal	What is the source?	How does it enter the body?	Health effects	Current article relating the metal to human health
Mercury	Discharge from hydroelectric, mining and pulp and paper industries	Consumption of fish and shellfish as well as dental fillings	Brain, kidneys, lungs, immune system, nervous system, fetal development	https://www.cbc.ca/news2/interactives/children-of-the-poisoned-river-mercury-poisoning-grassy-narrows-first-nation/
Chromium				
Aluminum				
Arsenic				
Cadmium				
Lead				