



TESTING FOR OVER-LOAD! (PHYSICAL & SPIRITUAL)

JOEY FAUST (12-18-22)

TEXT: Hebrews 12:1 Wherefore
seeing we also are compassed about
with so great a cloud of witnesses, **let
us lay aside every weight, and the sin**
which doth so easily beset us, and let
us run with patience the race that is
set before us,

2 Corinthians 13:5 Examine yourselves, whether ye be in the faith; **prove your own selves.**

Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

Luke 21:34 And take heed to yourselves, lest at any time your hearts be **overcharged with **surfeiting**, and drunkenness, and cares of this life, and so that day come upon you unawares.**

36 Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

Surfeit (v):

"1...to sicken or disorder by overfeeding (**or as unwholesome food**)."

(Oxford Dictionary)

**-Heavy metals include:
mercury (Hg), cadmium
(Cd), arsenic (As), chromium
(Cr), thallium (Tl), lead (Pb).
and aluminum.**

Consumer Reports, Dec. 15, 2022:

"Consumer Reports found dangerous heavy metals in chocolate from Hershey's, Theo, Trader Joe's and other popular brands..."

"...scientists recently measured the amount of heavy metals in 28 dark chocolate bars. They detected cadmium and lead in all of them."

"For 23 of the bars, eating just an ounce a day would put an adult over a [harmful] level..."

"...the metals can cause developmental problems, affect brain development, and lead to lower IQ..."

"Frequent exposure to lead in adults...can lead to nervous system problems, hypertension, immune system suppression, kidney damage, and reproductive issues..."

"...if you aren't a frequent consumer of chocolate, lead and cadmium can still be a concern. It can be found in many other foods..."

Front Immunol. 2021; 12: 695484.

"While most studies on Cd toxicity have focused on organ and tissue damage, the immunotoxicity of Cd has drawn increasing attention recently. Cd accumulates in immune cells, modulates the function of the immune system, triggers immunological responses, and leads to diverse health problems."

Int J Environ Res Public Health. 2020 Mar;

"Prolonged exposure to cadmium was associated with significantly decreased serum levels of estradiol..."

"Harmful effects of this heavy metal have been observed even at low levels of exposure."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3753751/>

"Cd has a long biological half-life mainly due to its low rate of excretion from the body..."

"In most studies, the half-life of Cd in humans is estimated at a range of 15 to 20 years..."

Exposure to Cd also severely affects the function of the nervous system...headache and vertigo, olfactory dysfunction, parkinsonian-like symptoms...decreased equilibrium, decreased ability to concentrate, and learning disabilities...

"...higher concentrations of hair Cd were reported in children with mental retardation and learning difficulties..."

"...investigators...also reported associations between hair Cd concentrations and children's performance on visual-motor tasks..."

Egyptian Journal of Occupational Medicine, 2012;
Heavy Metal Overload in Autistic Children

"...for the vast majority of cases of autism today, there is no strictly genetic explanation..."

"Abnormal high levels of lead, mercury and aluminum, low level of zinc, were detected in the autistic featured group..."

Toxics. 2021 Mar; 9(3): 42.

"Among the agricultural sources of heavy metals, fertilizers, pesticides, and **sewage sludge** are the most common."

Nutrients. 2019 Jan; 11:

"...foods that contributed most to total Cd intake were lettuce...spaghetti...bread...potatoes...tortillas...rice..."

"Due to the chronic nature of dietary Cd exposure, combined with the long half-life of Cd in the human body, Cd can accumulate in multiple tissue types, contributing to the development of cancer...kidney dysfunction...cardiovascular disease...reproductive dysfunction...diabetes...osteoporosis..."

**"Potatoes and potato chips
were also among the top Cd
contributors across all age
groups..."**

J Toxicol. 2011; 2011: 870125:

"They also accumulate in hair and toenails (e.g., arsenic and mercury), which both can be used as indicators of long-term exposure..."

Br J Nutr. 2014 Sep 14:

"In conclusion, organic crops, on average, have higher concentrations of antioxidants, lower concentrations of Cd and a lower incidence of pesticide residues than the non-organic comparators across regions and production seasons."

Glutathione

ScientificWorldJournal. 2013:

"Garlic prevented cadmium-induced kidney damage...and decreased the oxidative damage due to lead in rats..."

Current Chemical Biology, Volume 14,
Number 2, 2020:

**Nigella sativa Seed Protects
Against Cadmium-induced
Renal Toxicity in Rats.**

<https://www.mdpi.com/2072-6643/7/1/552>

"Many studies in both animals and humans have shown that a deficiency in essential metals such as zinc...calcium...or iron...can lead to greater absorption and toxicity of Cd and Pb. Therefore it is logical to suggest that the supplementation with essential metals can provide protective effects against Cd and Pb intoxication."

"Intake of zinc...causes detoxification by binding Cd..."

"It is also believed that selenium may form inactive complexes with heavy metals which can further enhance their detoxification..."

"Other essential metals, such as calcium and magnesium, have also been reported to be effective against Cd and Pb toxicity..."

"It should also be noted that Cd and Pb exposure cause the loss of essential metals, which leads to complications such as iron-deficiency anaemia...osteoporosis..."



Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that ye **present your bodies a **living sacrifice**, holy, acceptable unto God, which is your reasonable service.**

2 And **be not conformed to this world: but be ye transformed by the renewing of your mind, **that ye may prove** what is that good, and acceptable, and perfect, will of God.**

**James 2:20 But wilt thou
know...**

**John 7:17 If any man will do his
will, he shall know of the
doctrine...**

**Hosea 6:3 Then shall we
know, if we follow on to
know the LORD...**

2 Corinthians 13:5 Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

**2 Corinthians 6:17 Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you,
18 And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty.**

**2 Corinthians 7:1 Having
therefore these promises, dearly
beloved, let us cleanse ourselves
from all filthiness of the flesh
and spirit, perfecting holiness in
the fear of God.**

**Lamentations 3:39 Wherefore doth
a living man complain, a man for
the punishment of his sins?**

**40 Let us search and try our ways,
and turn again to the Lord.**

1 John 4:1 Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.

1 Thessalonians 5:21 Prove all things; hold fast that which is good.

22 Abstain from all appearance of evil.

**Proverbs 15:12 A scorner
loveth not one that
reproveth him: neither
will he go unto the wise.**

Proverbs 27:3 A stone is heavy, and the sand weighty; but a fool's wrath is heavier than them both.