

# Heavy Metals in the Environment and Potential Health Risks: Nutritional Implications

Khasim Yasin\*

Department of Biotechnology, North East Frontier Technical University, Arunachal Pradesh, India

## Short Communication

**Received:** 02-Jun-2023, Manuscript No. JPTS-23-101191; **Editor assigned:** 05-Jun-2023, Pre QC No. JPTS-23-101191(PQ); **Reviewed:** 19-Jun-2023, QC No. JPTS-23-101191; **Revised:** 26-Jun-2023, Manuscript No. JPTS-23-101191 (R); **Published:** 03-Jul-2023, DOI:10.4172/2322-0139.11.2.006

**\*For Correspondence:**

Khasim Yasin, Department of Biotechnology, North East Frontier Technical University, Arunachal Pradesh, India

**E-mail:** [davesteph@umassmed.edu](mailto:davesteph@umassmed.edu)

**Citation:** Yasin K. Heavy Metals in the Environment and Potential Health Risks: Nutritional Implications. J Pharmacol Toxicol Stud.2023;11:006.

**Copyright:** © 2023 Yasin K. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the author and source are credited.

Heavy metals pose potential health risks due to their toxicity and tendency to accumulate in living organisms. Several nutritional strategies can help mitigate these risks.

Chelation therapy involves consuming certain substances that bind to heavy metals, allowing them to be expelled through the urine and stool. Foods high in dietary fiber can aid in heavy metal excretion, as can calcium, magnesium and zinc supplements. Cruciferous vegetables like broccoli and cabbage contain compounds that upregulate the proteins responsible for pumping heavy metals out of cells.

A diet rich in antioxidants may help combat the oxidative stress caused by heavy metal toxicity. Antioxidants are found in colorful fruits and vegetables like berries, citrus fruits and leafy greens. Omega-3 fatty acids from fatty fish and flaxseeds can also reduce oxidative damage.

Limiting consumption of processed foods is recommended as they often contain preservatives and additives that could increase absorption of heavy metals. Opting for whole, plant-based foods when possible and minimizing red meat intake may also benefit overall health.

A balanced diet with an emphasis on plant-based foods, antioxidants, fiber and select supplements can form the foundation of a nutritional strategy to mitigate potential risks from heavy metal exposure. However, medical advice is always recommended for those concerned about heavy metal toxicity.



