



## Mercury Quiz - Could Mercury be Affecting You?

By Joyce O'Brien

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# Welcome!



Thank you for downloading your *Mercury Quiz – Could Mercury be Affecting You?*

I have a question for you. What symptoms are you experiencing time and time again? Do you know? If you do, have you identified the root cause of these symptoms? Many of the people I work with fall into one of two categories:

1. They know something is not quite right; however, they cannot articulate their symptoms. They may not be listening to their bodies' symptoms or they might not even realize they have symptoms, because they just accept it as a natural way of feeling. So often I hear people say, "I didn't know how lousy I felt until I worked with you and experienced what it was like to feel great." *or...*
2. They are aware of their symptoms but have been so busy trying to rid themselves of these that they have missed a critical step in the process: They are treating the symptom but haven't identified the cause of their symptoms. Maybe you've been trying to find out why you have these symptoms, but no one has been able to tell you.

Do you fall into one of these two categories?

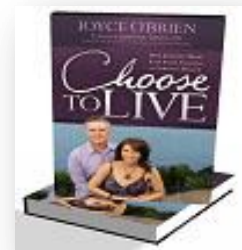
This Mercury Quiz and the accompanying report, *7 Ways to Reclaim Your Energy and Vitality and Stop Feeling Tired and Lousy* are two of the ways you can not only take the time to listen to the signals, the "whispers", your body is sending, but also gain an understanding of some of the possible root causes of your symptoms. What if the root cause of your health issues was due to elevated mercury levels? Wouldn't you want to know?

While it is impossible for me to share over 10 year's worth of research in one report, I will definitely get you started here, and I promise to also provide details on how you can move forward and learn more.

Elevated mercury levels not only affect every system in your body, but also destroy your immune system. This can cause numerous unrelated diseases which can delay treatment, because focus is on curing a disease or symptom and not on removing the root cause.

Take a moment now to read through the material and see what resonates with you. It's very important to keep in mind that symptoms of elevated mercury levels can be symptoms of other issues as well. Therefore it is critical that you work with a qualified practitioner to determine your specific issues and how best to achieve good health.

I discovered that an elevated mercury level was one of the significant factors in why cancer was able to grow in my body. In fact my levels were quite literally off the charts. I had no idea that I was even exposed to mercury or how detrimental it was until I began studying Biological Medicine. I felt so much better once I began reducing the mercury levels, a critical step to my healing late-stage cancer. You can read all about the mercury story in my book *Choose to Live*.



## Joyce

Joyce O'Brien  
Author of *Choose to Live*, Speaker and Vitality Coach

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## Mercury Quiz – Could Mercury be Affecting You?

### What Causes Elevated Mercury Levels?

Mercury is a type of heavy metal. Elevated mercury levels are caused by exposure to mercury. Just like me, most people wouldn't even think that they had elevated mercury levels. Mercury is so widespread that so many of us have been unknowingly exposed to it. Mercury exposure can occur from a variety of sources including:

- Many consumer products contain mercury, including but not limited to thermometers, batteries, dental fillings, skin creams, ointments, fluorescent light bulbs, high-fructose corn syrup and fish.
- Eating foods containing mercury (e.g.: fish and sushi),
- Contaminated air, water and soil.
- Exposure to mercury vapor (e.g.: amalgam (metal) dental fillings) and
- Improper use or disposal of mercury and objects containing mercury (thermometers, fluorescent light bulbs, batteries, dental fillings etc.)

### What's So Bad About Elevated Mercury Levels?

Elevated mercury levels often go undetected. Since Mercury inhibits your immune system, you are susceptible to developing other diseases. As a result, the focus of treatment tends to be on these other illnesses rather than on the identification of elevated mercury levels as the potential root cause.

According to Dr. Bruce R. Dooley, "research shows that over time, **mercury can quietly and insidiously attack your brain, heart, emotions, nervous and immune systems, and disrupt reproduction and sexual performance.**"

Symptoms of elevated mercury include: anxiety, depression, fatigue, tremors, gingivitis, vomiting, headaches, and behavioral changes such as angry fits, short-term memory loss, and so much more (see chart below).

According to Dr. Mehmet Oz, "When mercury gets into our bloodstream, it goes right to our brain and attacks our nervous system. Left untreated it can cause permanent neuropsychiatric brain damage, learning disorders in children, autoimmune disease, and even heart problems."

On the next page, you will find a list of some of the most common symptoms of elevated mercury levels. Take a moment now to review the Mercury Quiz and identify symptoms you may be experiencing.

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## Mercury Quiz – Could Mercury Be Affecting You?

Review the symptoms below, and place an "X" next to those that may apply to you. Then, go to the next page to see the suggested next steps.

Symptom	Which am I experiencing?
Allergies	
Anxiety/Nervousness	
Arthritis	
Breathing Difficulty	
Chest Pain	
Chronic Headaches	
Cold Intolerance	
Coughing Persistently	
Depression	
Diabetes	
Fatigue	
Fearfulness	
Hypertension	
Infertility	

Symptom	Which am I experiencing?
Insomnia	
Irritability	
Irritable Bowel Syndrome	
Joylessness	
Lack of Physical Endurance	
Loss of Self Confidence	
Low Thyroid	
Poor Libido	
Recurring Infections	
Restlessness	
Uncontrollable Mood Swings	
Unexpected Sadness	
Vertigo	

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## My Next Steps

So now that you've identified symptoms that you're experiencing, what are your next steps?

### 1. Mercury Quiz

Have you completed the *Mercury Quiz – Could Mercury be Affecting You* beginning on page 4? If not, I urge you to do that now. After you have completed the Quiz, it is essential that you read the accompanying report, *7 Ways to Reclaim Your Energy and Vitality and Stop Feeling Tired and Lousy*.

There is no known safe level of mercury in our bodies. So it is important that we have our mercury levels tested. I cannot stress this enough: **removal of even one mercury filling can be extremely dangerous if not done safely. Do not plan on doing that unless you are working with a qualified professional.**

**2. Vibrant Life Virtual Intensive Home Study Program:** IMAGINE – a step by step roadmap to help you take control of YOUR health and create YOUR vibrant, healthy life!

Do you:

- feel exhausted, achy, sick, have a chronic health issue or feel just plain lousy and no one can tell YOU why?
- want to be healthier but don't know where to start?
- want to find out once and for all why you feel so lousy and how you can feel energized, vibrant and amazing?
- feel overwhelmed by all the information surrounding you and want a clear, step by step game plan that will help you jump start the creation of your vibrant, healthy life?



**If you have answered yes to any of these questions, you definitely want to keep on reading!**

After the **years of chronic illness** and then the **cancer diagnoses**, Kevin and I set out on a mission. We invested hundreds of thousands of dollars to **find answers that ultimately saved our lives**. We studied with experts from around the world because we wanted to live.



[Click here NOW for more details!](#)

We took control, and I feel blessed to say that Kevin and I have been **cancer-free for over 10 years!**

Wait, there's more! In our search to regain our health we also were able to **rid ourselves of all of the energy-draining chronic symptoms** that had been plaguing us for years. We are feeling better than we have ever felt and **helping people like you build a healthier, more vibrant life.**

How did we do it? That's exactly what you will learn in my affordable and immediately downloadable home study program, [Vibrant Life Virtual Intensive.](#)

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## Parting Thoughts

This is your health, your greatest gift. Without your health, little else matters. I know it personally, and I hear it time and time again from my clients who say, *"If only I had paid more attention and done something sooner..."*

My mission is to share what I have learned so that others don't have to experience the devastating and destructive health issues that my husband, Kevin, and I did. Knowing how we felt "before" and how fantastic we feel now, there is nothing I want more than for others to experience feeling great too.

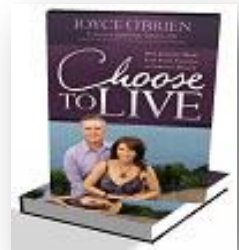
It is hard for me to see so many people suffering, believe that so much of it is unnecessary and know that they can do something about it.

[Here again is the link to learn more about the Vibrant Life Virtual Intensive Home Study program!](#)

With warmest admiration for you and the power within you,

*Joyce*

Joyce O'Brien  
Bestselling Author of Choose to Live, Speaker and Vitality Mentor



*P.S. Are you interested in getting your hands on a copy of Choose to Live? [Simply click here or on the image of the book!](#)*

P.S.S.: For daily inspiration and tips to a vibrant and healthy life, let's connect via  
Facebook: <http://www.facebook.com/KevinAndJoyceO'Brien> and  
Twitter: <http://twitter.com/joyceobrien>

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