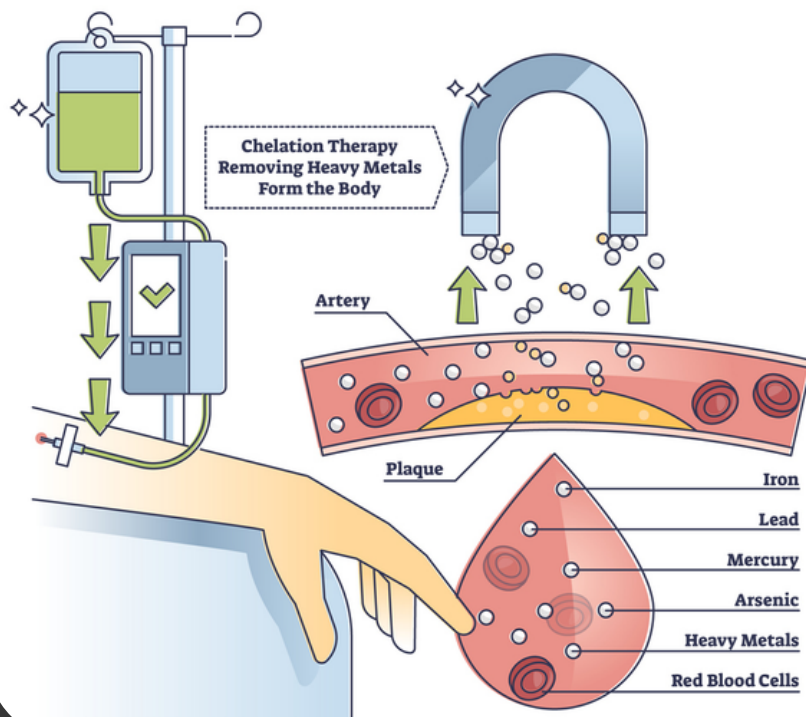


Heavy Metal Detox



Toxic heavy metals have no beneficial role in human health and wellness, and can cause damaging effects in the body and multi-organ dysfunction. Arsenic, Cadmium, Lead, and Mercury are the most common heavy metals that are known to contribute to many chronic diseases and illnesses.

CHELATION THERAPY



Chronic Disease & Heavy Metals

The **heavy metals will outcompete nutrient minerals like zinc, magnesium, and others** which are key to normal cellular function. When the heavy metals reach a certain level, manifestations of their effects can be noticed. These effects usually occur long before elevated toxic levels are found, *which can be especially concerning in younger children because of the potential lifelong physical, intellectual, and mental impairments that can transpire.*

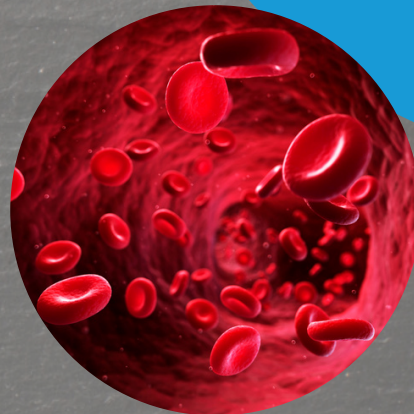
Heavy Metal Detox



Treating Heavy Metal Toxicity

Unfortunately, the whole storage of toxic metals can't be dumped all at once. It takes time to slowly chip away at their storage amounts. During this process, the **good minerals will need to be replenished by taking a multi-mineral supplement.** *Otherwise, one will become symptomatic from excessively low calcium, copper, zinc, magnesium, etc.*

The chelation process can involve using natural and prescription compounds to slowly remove the burden of heavy metals. *There are many case reports where IV EDTA chelation has prevented amputation from poor circulation in individuals because of the damaging effects of heavy metals on the vascular and cardiac systems.*



Blood Serum Level - Checking a blood serum level is not a very useful way to detect heavy metal toxicity, because the toxic minerals are not stored in the blood. **The blood is the highway to transport them after exposure from the gut, skin, or lungs into the deeper tissue where they will outcompete the nutrients or good minerals.** *Blood levels will only be high when an acute exposure occurs, or one is actively pulling these out with chelation-type compounds.*

Urine/Hair Test - Heavy metal analysis can be done by doing a provoked urine challenge test with DMSA 500 mg or a hair sampling, **both are good ways to determine possible heavy metal toxicity in the body.**

Heavy Metal Detox



Exposure to Heavy Metals

Exposure to heavy metals comes from our environment and *what we eat, drink, and breathe as well as medications, vaccines, skin products, and metal dental fillings*. Other common sources of toxic heavy metals include exposure to diesel exhaust fumes, lead paint, old lead pipes, smoking, fish, contaminated drinking water, dental procedures, etc.

Lead Exposure - One interesting thing to note, is that lead exposure at blood levels of 2mcg/dL can cause a lowering of IQ in children. However, the CDC does not recommend investigation until levels reach 5 mcg/dL and chelation is not recommended until 45 mcg/dL.

Chelation - Chelation is the process of binding and removing these heavy metals from the tissue where they are stored.



These heavy metals can last 10-50 years in the body within muscles, cells, cardiac cells, nerve cells, fat, and bone tissue. With metal dental fillings, the mercury used is released every time one eats or brushes their teeth through aerosolization. Mercury can then seep through the gums and dental tubules of the teeth.

Chelation is usually recommended for extreme toxicity events, but should be considered for anyone trying to prevent the possible damage and chronic illnesses caused by these toxic minerals on the human body.

The chelation compounds work to bind the toxic metals, but also bind the nutrient's metals pulling them from the storage areas into the bloodstream. *These metals within the blood system are now filtered by the kidneys if they are water-soluble, or into the bile of the liver and excreted into the gut if they are lipid/fat-soluble.*

Heavy Metal Detox



Natural Chelators

Natural oral chelators are glutathione, high fiber foods, algae (chlorella, spirulina) modified citrus pectin, garlic, brassicas, cilantro, taurine, selenomethionine, alpha lipoid acid, and NAC.

Another very good natural chelator is sauna therapy, because it causes you to sweat. *The more you sweat, the more heavy metals are excreted through that elimination pathway.* A good workout or exercising can also achieve similar sweating benefits. **Taking nutrient minerals like magnesium, calcium, selenium, and zinc has also been shown to decrease the absorption of heavy metals from the environment.**

IV EDTA

The gentle chelation protocol also uses IV EDTA, another pharmaceutical compound noted to be 7,000 times stronger than oral dosing. This is used between three to six times on a weekly or monthly basis. Studies have shown that chelation for lead and mercury toxicity may help improve renal, neurological, and cardiac functions.

Treatments

Over the last several years at The Healing Sanctuary, patient experiences have shown a high correlation of heavy metals with dermatological skin rashes and ailments. Multiple patients didn't find answers from dermatologists for **severe rashes, skin burning, skin cracking, neuropathy, and even Raynaud's conditions.**

After testing for heavy metals, we found aluminum, lead, mercury, or cadmium levels that were quite high. Following a treatment of gentle protocol chelation, there was **complete remission and disappearance of their ailments.**

We never know when or where all the toxic metals are entering our body. The general recommendation is to take the following necessary precautions: Have all metal fillings removed, filter water with a reverse osmotic filter, use natural chelation supplements, and take oral DMSA 250mg 2x/week. *For those with more significant symptoms of heavy metal disease, IV EDTA is used 3-6 times or more often if needed until the body can regenerate those tissues and heal.*

*This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this handout.

Heavy Metal Detox

What is Chelation IV Therapy?

Chelation therapy is a medical treatment that removes heavy metals from your bloodstream. It uses an intravenous (IV) drip to deliver a special man-made amino acid called EDTA (ethylene diamine tetraacetic acid) directly into your body. EDTA is 70 times more effective than oral dosing.

Why Someone Needs It

Your body can absorb toxic metals from the environment, food, water, or industrial work over time.

Heavy Metal Poisoning: Treating high levels of lead, mercury, arsenic, or aluminum and many other heavy metals.

Plague Buildup: Removing calcium found in fatty plaques in arteries.

Circulation Issues: Improving blood flow in people with severe vascular diseases.

The Benefits Behind It

Detoxification: Clears harmful, cell-damaging metals out of your organs.

Better Blood Flow: Helps open narrowed blood vessels.

Reduced Inflammation: Lowers chronic swelling linked to metal toxicity.

Kidney Protection: Prevents long-term damage caused by heavy metal buildup.

Neurological: Remove possible neuropath or cerebral cognitive decline from heavy metal toxicity

*This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this handout.

Heavy Metal Detox



Upkeep and Maintenance

Dr. Baker often prescribes oral gentle chelation with DMSA. The protocol is DMSA 500mg three times a day for three days. Then 10 days off and repeat again. This equals 6 days/month but 2 weeks between treatments.

Multiple Sessions

Expect a series of 4 to 6 treatments for full effects.

Lab Tests

Regular lab work to check your kidney function. Heavy metals in the body are diagnosed with urine and hair samples.

Mineral Supplements

EDTA removes good minerals along with the bad. You must take replacements. This includes a good multi-vitamin or a Myers+ IV once or twice a month between chelation treatments.

Hydration

Drink plenty of water before and after appointments to flush your system and reduce risk of headache due to the detox process during and after treatment.

In-Session Snacking

As heavy metals and oxidative stress are rapidly pulled from the body, cellular energy pathways change, causing cells to consume glucose rapidly for energy. This can cause low blood sugar, so it is important to snack on complex carbohydrates while hooked up to the IV drip to help avoid dizziness, nausea or shakiness.

*This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this handout.