



THE HOWS AND WHYS OF HEAVY METAL DETOXIFICATION



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.

Chronic Disease and 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.

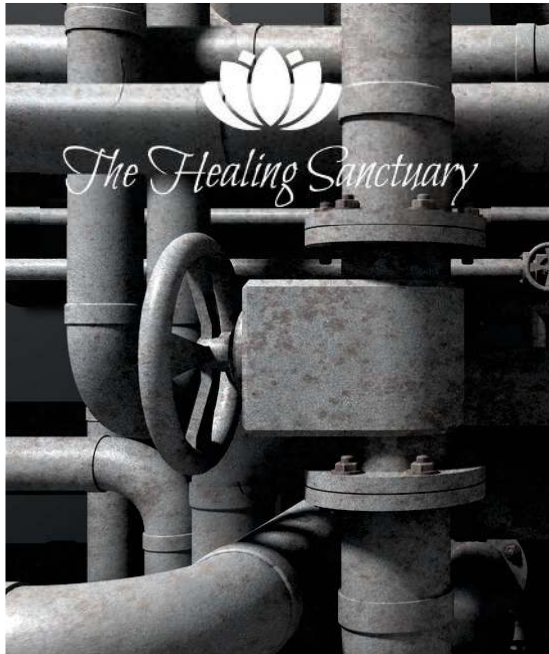
The Major Chronic Diseases seen are:

- **Cardiovascular Diseases**
- **Renal Disease**
- **Neurological Disorders**
- **Diabetes**
- **Cancer**
- **Many Dermatologic Diseases**

The Most Common Heavy Metals

ARSENIC
CADMIUM
LEAD
MERCURY





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.

These statements have not been evaluated by the FDA. This handout is not intended to diagnose, treat, cure, or prevent any disease.



Heavy Metal Toxicity

Testing for Heavy Metal Toxicity

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.

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.

Natural Chelators

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

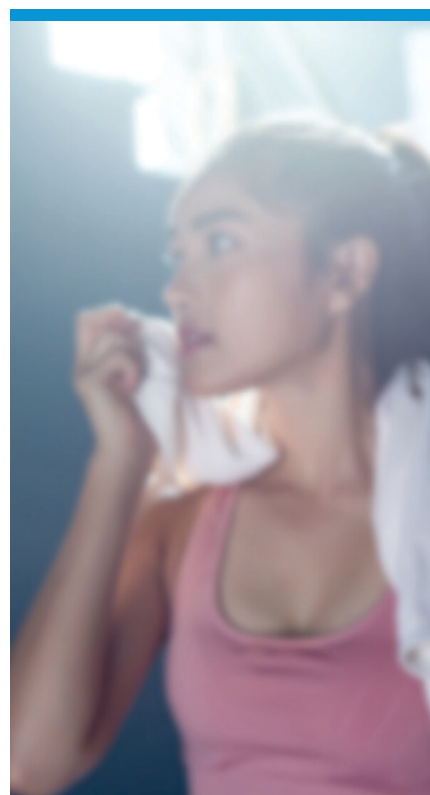
These statements have not been evaluated by the FDA. This handout is not intended to diagnose, treat, cure, or prevent any disease.

187 EAST 13TH STREET IDAHO FALLS, ID 83404 | 208.497.0500 | HEALINGSANCTUARY.CLINIC



C H E L A T I O N

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



Chelation

Pharmaceuticals

Pharmaceutical compounds are often used as quicker and more effective ways of removing toxic heavy metals from the body. Studies show that DMSA (dimercaptosuccinic acid) has the best ability in removing heavy metals without causing large amounts of removal of nutrient metals. Using DMSA in a “gentle” chelation protocol of 250mg every 3 days is a low-cost gradual method of heavy metal removal.

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.

For more information, contact us for a consultation with a provider at The Healing Sanctuary at 208.497.0500.

These statements have not been evaluated by the FDA. This handout is not intended to diagnose, treat, cure, or prevent any disease.

187 EAST 13TH STREET IDAHO FALLS, ID 83404 | 208.497.0500 | HEALINGSANCTUARY.CLINIC

