

Chelating Toxic Minerals Out of the Body

Chelation Therapy: to remove heavy metals from the body

There are many toxic minerals such as mercury, lead, aluminum, cadmium, copper and arsenic that can cause very severe damage to the brain. To prevent this, there is a "Brain Blood Barrier"; that uses the liver to filter the blood and store these toxic minerals before going on to the brain. If the liver becomes overloaded, these toxins may pass and get to the brain where brain cells can be destroyed or affected.

The brain monitors the bloodstream and normally does not allow the liver to release these toxins back into the bloodstream UNLESS and UNTIL there is some chemical in the blood that can combine with the toxin to make it both harmless and water soluble. Now, it is filtered out by the kidneys and exits from the body via urine.

The two "natural" chemicals that take out all minerals are vitamin C and Glutathione. Glutathione is made in the body in small amounts and vitamin C is also made in large amounts, as needed by most all other animals except the primates (Us and apes etc). We lost an enzyme 65 million years ago that makes vitamin C out of glucose! Maybe we exchanged it for thinking ability.

There are many different chelating chemicals that combine with all minerals and take them out of the body. The most common is EDTA and some MD's even specialize in using this.

Here's a major problem! If the blood is very low on vitamin C or glutathione, then the liver cannot release much toxic material due to the possibility of brain damage. This means that mineral measurements of blood or urine or hair, will show very low "relative" readings as compared to nutritional minerals present normally. Since the toxicity is determined by the ratios of toxic minerals to the "individual" normals of nutritional minerals, this means that toxic minerals often show up as "normal", even when the liver is overloaded.

It is literally impossible to measure the amount of minerals directly. We would have to biopsy the liver and all the other storage places in the body to do this - expensive, painful and inaccurate at best.

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So, we measure indirectly by three basic methods, blood, urine and hair. Blood measures what is in the bloodstream at the time of measurement and this changes fairly fast. Urine (best done with a 24 hour collection) is better and more accurate. Hair analysis is usually most accurate as it measures the average over weeks or even months and compares that to the overall minerals in the body that are excreted or stored naturally.

However, to complicate further an already complicated procedure, some problems such as autism result in a lowering of natural chelation materials, glutathione in particular. This deficiency distorts the toxic measurement simply because the liver won't release the toxins to the bloodstream if it can't be combined with "something" for excretion. Thus, ANY measurements are distorted or meaningless. If vitamin C is given for a week or so prior to a blood or urine mineral test, the results will be much more reliable, because the liver will be able to release what is stored.

Actually, since we evolved from the sea many millions of years ago, our blood is very similar to the ocean saltwater. Of course, it has evolved a lot in the meanwhile, but the mineral composition is still very close. As a matter of fact, seawater has been used for blood transfusions when there was no blood available.

One major problem with minerals is unlike most vitamins, many minerals **MUST** be somewhat balanced in their intake. It is not enough to just take all the minerals haphazardly. Standard testing of blood and urine doesn't reflect balance of minerals in body cells, just in the blood or urine at the time of testing. Mineral analysis using hair is much better for determining "balance" of minerals.

Vitamin C is the simplest and cheapest way to get toxic minerals out of your body. However, it takes much more than the ridiculous RDA of 75 mg per day to do this to any extent! You need a minimum of 1 gram (1000 mg) per 50 pounds per person. I am 200 pounds, so I take 2 grams at breakfast and 2 grams with dinner. At noon, I take all other vitamins and minerals and medications. (This allows the needed minerals to be absorbed into the body organs as needed and while not affected by the vitamin C which only lasts about 3-4 hours or less.

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There are several modern chelators. The favorite of most physicians that specialize in chelation is EDTA. You sit in a clinic with a needle in your arm for about an hour or so putting this solution into your bloodstream. It mixes (claws onto) with the minerals in the blood stream and makes them water soluble and out the urine pathway.

For severe cases of mineral toxicity, I recommend vitamin C in 12 gram doses or so, split up into 4 doses at 4 hour intervals. (skip the one at noon as above). This has the benefit of not paying "doctor time" and also confers some health extra benefits as well!

There are a lot more chelation schemes touted in the latest literature. One of these that may be good (with future testing) is Zeolite,

Now, there's just one big problem to using any chelator or vitamin C. It takes every mineral out of the bloodstream in effect (or at least as much as it can "hold"). This means that not only the "bad" mineral(s) that we're trying to get out are affected, but all the "good" (and necessary) minerals as well. So, whenever using any chelator, or using large amounts of vitamin C, be sure to also take mineral supplements separated from taking vitamin C by at least 4 hours before and after. This effectively takes out all the minerals, good and bad and replaces the good ones. A roundabout way, but the only one that works effectively at this time.

What other minerals might affect YOU? Calcium comes to mind. With all the Madison Avenue ads about calcium, you might believe that you can just take calcium and be OK. WRONG!

In order for the calcium you take to end up in bones, etc. it requires many vitamins and other minerals to do the chemical steps. If any one of these many steps is not done, then the calcium is "excess".

What happens to "excess" calcium? It winds up as kidney stones, plaque in the arteries, bone spurs, arthritic joints, etc. The advertising is just WRONG. Not so good to just take calcium! Here's where vitamin C (only in the ascorbic acid form - NOT ascorbate form) taken daily is good. It takes out the excess calcium, including plaque in the arteries at a very low overall cost. If the calcium is taken out, the fatty residue that is there simply washes away.

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Heart and Artery Problems

As was shown above, excess calcium in the blood stream combines with fatty acids and cholesterol also in the bloodstream, forming plaque in your arteries.

Everybody knows that this is what is responsible for all those bypass operations, (and the doctor's new Cadillac or house on the ocean). Chelation has long been proven to be more effective in removing plaque from arteries than either open heart surgery or angioplasty (putting a small balloon into your artery and blowing it up which breaks up the plaque and allows it to be carried away for waste disposal).

Chelation, actually combines with the calcium which forms the building block of artery plaque and takes it out of the body. This leaves the fatty acids without support and they are effectively "washed away" in the bloodstream.

What it involves is sitting for an hour or so once or twice a week in an office (usually), reading a magazine (probably way out of date) and relaxing while hooked up to a needle in a vein. Pretty easy. Cost is usually in the few thousand dollar range - compared to 100 times that for open heart surgery. Do you think Profit could be the reason for not using chelation?

In all cases, it is necessary for the patient to change their eating and supplement habits to avoid having to do it again. Few MD's (and patients) seem to know this. There are many repeat bypass operations in five years or so because of this factor.

Chelation is much safer than open heart (bypass) surgery. Not one recorded death in many years. Compare this to open heart surgery where some 2-5% of the patients die within a few days of the surgery or on the table. Did you know that Orlando Florida is a leader in open heart surgery in the US? Did you also know that Orlando is the leader in heart related deaths? Yes, Virginia, there's a correlation. In Jupiter Florida, Dr. Ahner has been doing chelation therapy with EDTA for many years. I have worked with him to some extent, and every patient I referred to him has thanked me.



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