

The Institute for Natural Healing

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This Heavy Metal Detox May Save Your Life

It's the price of living in modern society...

You're surrounded by contaminants.

You already know about the mercury in tuna...and the aluminum in antiperspirants. But even if you avoid those, other toxins are taking a toll on your health.

If you use pesticides or eat shrimp, you may be taking in arsenic.

If you eat processed foods or have galvanized pipes in your home, you are exposed to cadmium.

If you use cosmetics or live in a home built before 1980, you're probably taking in lead.

There is no escape.

The Ocean Alliance group issued a report based on a five-year study of sperm whales. These animals feed in the depths of the ocean. Yet researchers found incredibly high levels of mercury in their skin samples. (And they feared that their internal organs had even higher levels.)

Shark and swordfish often have mercury levels of 1 part per million (ppm). But the whales averaged more than double that: 2.4 ppm. Some were as high as 16 ppm.

Commenting on the report, Ocean Alliance's president said, "These contaminants, I think, are threatening the human food supply. You could make a fairly tight argument to say that it is the single greatest health threat that has ever faced the human species. I suspect this will shorten lives."¹

And that's just mercury.

Heavy metals are in the air. They are in our water. They are part of the food chain. We ingest them and they settle in our cells. And the cells are where every biologic process starts. It's where every disease starts, too. The damage from heavy metals can eventually lead to heart disease, arthritis, and cancer.

It takes years for the toxins to build up. And that's a good thing. It gives you a chance to protect yourself from the damage. Maybe even reverse it. You can do it with a process called "chelation therapy."

What is Chelation Therapy?

You may have heard of it. Chelation therapy is an accepted treatment for heavy metal poisoning. It's been around for many years.

As a therapy for disease, though, it is controversial. And it is high on the FDA's "hit list." They have issued warnings to alternative medicine physicians who administer it.² But after seeing the results of chelation therapy for themselves, these doctors refuse to kowtow to the FDA. They are convinced that it works.

"Chelation" comes from the Greek word *chele*. It means "claw." It refers to the way an organic molecule can grab onto and bind to a mineral. In your body, it's the natural process by which minerals are absorbed. Citric acid, for example, will bind to calcium. That's why calcium citrate is more easily absorbed by the body than other calcium supplements.

The same process can remove heavy metals from the body. That's when chelation becomes "chelation therapy." Chelation therapy involves an intravenous infusion of a synthetic amino acid. It's called ethylenediaminetetraacetic acid (EDTA). In the bloodstream, it is drawn to heavy metals. It grabs them and binds to them. Then both the EDTA and the metals are processed through the kidneys and eliminated in urine.

Chelation therapy was developed by the Navy after World War II. It was effectively used to detoxify veterans who had been exposed to lead while painting battleships.³ But an interesting thing happened to some of them... Those who had been experiencing chest pain or leg pain due to narrowed arteries had a dramatic improvement in their symptoms.

Researchers were excited. They wondered if the therapy was removing more than lead.

One of the first studies was done at Providence Hospital in Detroit. Results showed that chelation therapy dissolved metastatic calcium. Metastatic calcium is the kind that is deposited where it shouldn't be. It shows up inside arteries and around joints and ligaments. The researchers theorized that removing it could help treat and prevent arthritis, kidney stones, and atherosclerosis.⁴

A follow-up study was conducted on 20 patients with confirmed heart disease. They were given a series of 30 chelation treatments. The Results? Nineteen of them had a reduction in chest pain *plus* an increase in energy and work capacity.⁵

Further trials showed even more benefits:

- Excess calcium in the blood that can produce plaque was reduced. This allows more oxygen to reach the cells. More oxygen means more energy for cells to rebuild themselves. It also contributes to improved mental function, memory, and mood. Blood became thinner and less sticky. This helps prevent blood clots from forming. Risk of heart attack and stroke is reduced.
- Blood pressure and cholesterol levels lowered. Again, good for heart health.
- Free radicals were neutralized. This reduces the risk of atherosclerosis, arthritis, cancer, and accelerated aging.^{6,7,8}

So Why isn't Chelation Therapy Mainstream?

This is a good question. One that opens a huge can of worms.

Keep in mind that chelation therapy has been around for over 100 years. The patent ran out on EDTA more than 40 years ago. There's no profit to be made from marketing it. No one is going to fund the hundreds of millions of dollars it would take to get FDA approval.

Timing was a factor, too. In the 1960s chelation therapy was being tested for the treatment of heart disease. Positive clinical reports were just coming out. But newer treatments were taking off at the same time. Cardiac surgery was coming on the scene. So were powerful pharmaceutical drugs. Eventually, conventional physicians viewed chelation therapy as old-fashioned. Unproven at best. Quackery at worst.

To make matters worse, there were several deaths from kidney toxicity in the 1950s. These occurred after EDTA chelation. However, at that time, the dose was 10 grams per infusion. It was too much, too fast. The dose used today is 2–3 grams.⁹

At that dose, chelation therapy has been proven to be safe. It does need to be administered by an experienced therapist, of course. And mild side effects can include:

- Headache from a drop in blood sugar. This can be avoided by eating a banana during the first hour of the infusion.
- Nausea from a deficiency of vitamin B6. It happens in less than 1% of patients and can be treated with B6 supplementation.

Limiting Your Exposure to Heavy Metals and Disease

Exposure to heavy metals causes free radical damage. And it doesn't take much. This can contribute to autoimmune disorders, Alzheimer's, and Parkinson's diseases. It's also a factor in heart disease, cancer, diabetes, and liver and kidney problems.

Here are some ways to protect yourself from:

- **Arsenic:** Drink purified water. Avoid commercially raised chicken and shellfish. Avoid contact with pesticides and insecticides.
- **Aluminum:** Avoid regular deodorants, antiperspirants, antacids, and aluminum cookware. Drink purified water. Read labels on medications and cosmetics.
- **Cadmium:** Do not smoke. Read cosmetics labels. Avoid handling nickel cadmium batteries.
- **Mercury:** Avoid silver dental fillings. Check labels of laxatives, antidepressants, and nasal sprays. Be careful when disposing of florescent lights. Before eating seafood, check the source.
- **Lead:** Check labels on cosmetics and paint. Dispose of old batteries. Check furnaces, pipes and underground fuel tanks.

Source: <http://www.drcalapai.net/services/heavy-metals-and-disease.html>

- Feeling faint. This can be the result of a drop in blood pressure. And blood pressure does sometimes go down during the treatment. This should be monitored.

There has also been some negative research. In the 1990s, three notable studies were done: Two in Denmark and one in New Zealand. Each one concluded that chelation therapy had no positive benefits. It turned out, however, that the studies were flawed. All three were done primarily on smokers with severe vascular disease. These are patients who do not generally respond well to chelation therapy. And only 20 treatments were given versus the recommended 30–40.^{10,11,12,13}

Still, when the American Medical Association and the American Heart Association condemn chelation therapy for the treatment of heart disease, they cite these studies. What they don't mention is that the studies from Denmark were discredited by the Danish Committee for Investigation into Scientific Dishonesty. Both studies had improper procedures *and* deliberate bias. The double-blind codes were broken. Re-evaluation of the raw data showed that it actually *did* support the benefits of chelation therapy.¹⁴

The AMA and the AHA also don't mention that at least 40 positive clinical studies on chelation therapy have been published.

In one, 65 patients on a waiting list for coronary bypass surgery were given chelation therapy. After the treatments, 58 of them were able to cancel the surgery. That's 89%! What's more, 27 of the patients had been recommended for amputation due to poor circulation. After the chelation therapy, only three patients had to go ahead with it. Twenty-four limbs *were saved!*¹⁵

Those are stunning results.

Today, many alternative doctors treat heart disease with chelation therapy. But in some states, medical boards have actually suspended or revoked the licenses of those who do.

Frankly, chelation therapy is a threat...

Not to patients' health. But to the bank balances of hospitals, surgeons, and pharmaceutical companies. As Dr. Garry Gordon—the “Father of Chelation Therapy”—points out, a coronary artery bypass can cost upwards of \$100,000 or more. Angioplasty runs about \$30,000. Drugs for cholesterol, blood pressure, and irregular heartbeats are big business. They create hundreds of millions of dollars in profits for Big Pharma every year.¹⁶

In contrast, a course of intravenous chelation therapy will cost \$2,000 to \$4,000.

In the United States, it is estimated that the use of chelation therapy on a large scale would save people \$8 billion per year on bypass surgery alone.

However, it is not covered by insurance or Medicare. And that implies it doesn't work. Not surprisingly, many physicians consider the subject to be a “hot potato.” Why should they try to

use a therapy that might get them run out of business? Even if chelation does work, it might not be worth becoming a target of the FDA and “quackbuster” groups.

So if you want to know if chelation therapy can help you, you have to find out for yourself.

The Intravenous Chelation Therapy Process

Dr. Christopher Calapai treats patients with chelation therapy in his Long Island practice. The treatment is individualized. It can help those with high blood pressure, angina, hardening of the arteries or poor circulation. It is also beneficial for diabetes, glaucoma, or ulcers of the feet and legs.¹⁷

The process he outlines is typical:

- During the first office visit, the patient has a complete physical exam. Medical history is thoroughly reviewed. Testing includes blood work, urinalysis, and hair tests for heavy metals. An evaluation of circulatory function is done.
- Once approved for therapy, the patient relaxes in a reclining chair. The intravenous solution is administered through the forearm. It includes EDTA and any vitamins and minerals indicated by the testing. The patient can read, rest, watch TV, or visit with others during the infusion. The treatment lasts three to four hours.
- Patients get between 15 and 50 treatments. It depends on the condition being treated and its severity. For symptoms of arterial blockage, the average is 30.

Most patients suffer no side effects. They routinely drive themselves home after treatment.

Dr. Calapai notes that chelation therapy benefits all the blood vessels, not just the major arteries. It helps the body heal and restores blood flow. That's why it is beneficial for so many different conditions. Bypass surgery is an emergency measure that does not get to the underlying cause of the problem. In many patients, it is the smaller vessels that are the most damaged.

The “Natural” Process of Chelation

So far, we've been talking about intravenous chelation therapy. But as mentioned earlier, chelation also occurs naturally.

When you eat meat or green vegetables that contain iron, for example, the iron is released during digestion. Then amino acids come along and combine with the iron. That's how it gets absorbed into the blood and used by the body. You can enhance this process by taking vitamin C. Or you can eat vitamin C-rich foods with the same meal. The vitamin C will chelate with the iron and speed its absorption.¹⁸

Oral chelation is another option. But most practitioners of chelation therapy still recommend intravenous EDTA for someone who is ill.

Dr. Elmer Cranton, a pioneer in chelation therapy, writes:

“Many nutritional substances administered by mouth are known to have weak chelating properties. But, none have the spectrum of activity of intravenous EDTA. Many nutrients such as vitamin C and the amino acid cysteine have the ability to weakly chelate metals.

EDTA can be taken by mouth in small doses but less than 5% is absorbed and only if taken without food. The utilization of EDTA by mouth is not adequate to treat established disease, although preventive and maintenance benefits might be obtained by that route.”

That said, here are some natural chelators that you can easily include in your diet:

Vitamin C: This vitamin helps eliminate lead. Researchers have found that people with the highest levels of vitamin C in their system also have the lowest level of lead in their blood.¹⁹

Garlic: It has been used to detox lead from children. In adults, it helps remove triglycerides (fat in the blood). Even light use of garlic in the diet is beneficial. But for medicinal purposes, add one to two crushed cloves of fresh garlic to your food each day.²⁰

Cilantro: This has been found to remove mercury, aluminum, and lead from both the body and the brain. Dr. Yoshiaki Omura observed in 1995 that subjects had higher than normal levels of mercury in their urine after consuming a soup made with large amounts of cilantro. Following up on this accidental discovery, he used cilantro to treat patients with mercury poisoning. After several weeks, the toxin was successfully eliminated from their bodies. You can give yourself this “poor man’s chelation treatment.”

All it takes is adding a quantity of cilantro to your diet for two or three weeks.

Advances in Oral Chelation Therapy

Newer oral chelation formulas are looking promising. In fact, not everyone agrees that oral chelation is less effective than intravenous treatment. Research is confirming that it does safely remove toxins.

One doctor who actually *prefers* oral chelation is Isaac Eliaz. He is a pioneer in the field of natural chelation.

Dr. Eliaz holds a medical degree from Tel Aviv University. He did his graduate studies in clinical herbology and classical Chinese medicine. He specializes in integrative cancer treatment and strengthening the immune system. He regularly publishes scientific studies in peer-reviewed journals.

The mainstay of Dr. Eliaz's chelation therapy is a combination of modified citrus pectin (MCP) and alginates from seaweed. This was the therapy first used on radiation victims from Chernobyl in 1986. It worked so well that Dr. Eliaz began to conduct his own research.

He did a small pilot study with five patients. After treatment with MCP and alginates, all five had impressive results. They showed a 74% decrease of heavy metals in their systems. They also showed dramatic improvements in PSA levels, asthma, IBS, adrenal fatigue, and depression. None had any side effects from the treatment. The study was published in an international peer-reviewed journal in December 2007.

Other research has confirmed the ability of MCP to reduce toxicity in the body. It is Dr. Eliaz's first-line treatment because of how it traps the toxins. Most chelating agents bind with a toxin and move it to the intestines. At this point, some of the toxin is reabsorbed into the body. That doesn't happen with MCP.

When MCP and alginates bind with toxins, they actually form pockets that trap the toxins. This blocks reabsorption. They are then excreted from the body.²²

Dr. Al Sears also recommends MCP for detoxing. He cites research that showed remarkable amounts of metals being chelated out of the body in just 24 hours.²³

After taking MCP, the urine of study participants showed an increase in these toxins:

- Arsenic: 130%
- Mercury: 150%
- Cadmium: 230%
- Lead: 560%

Dr. Sears recommends PectaSol, a patented formula developed by Dr. Eliaz. It is available from many online sources.

Dr. Edward McDonagh is another expert who supports chelation therapy. He's the founder of McDonagh Medical Center in Kansas City. Before he retired in 2012, he practiced nutritional and alternative medicine for 50 years. Board certified in family practice, he was certified in chelation therapy in 1994.

Dr. McDonagh has been publishing case studies on the benefits of chelation therapy for 30 years. These include:

- A female with 98% blockage of the carotid artery in her neck. After 30 chelation treatments, the blockage was reduced to 33%.
- 38 patients with chronic lung disorders. They received a series of 30 chelation treatments over nine months. Of the 38 patients, 34 had a 20% improvement in lung function.

- 61 patients with lower than normal bone density for their age. They were followed during three months of routine chelation treatment. There was no further loss of bone density. Those patients with osteoporosis showed a slight improvement in bone density.

The Chelation Therapy Protocol

Only you can decide if intravenous chelation therapy is right for you. Chances are your doctor will not recommend it. You may wonder why. Remember: This treatment is natural and can't be patented. Opponents don't say it doesn't work—they say it is “unproven.” Moreover, they are trying to keep it unproven.

The fact is physicians who administer chelation therapy see dramatic improvement in most of their patients. So much so that they take the treatment themselves! Clinical trials show that blood flow is increased in more than 75% of those who go through chelation therapy. There are about a thousand American doctors who specialize in this therapy... And their files are filled with success stories.²⁴

If you are interested in intravenous chelation therapy, go to the website of the American College for Advancement in Medicine (ACAM) at acamnet.org to locate a doctor in your area. All of the physicians mentioned in this issue are certified through ACAM.

It's also important to remember that doctors who practice chelation therapy see it as part of an overall healthy lifestyle. This also includes:

Daily Exercise: It doesn't matter whether you walk, run, bike, swim, or garden. Just elevating your heart rate for 20 minutes a day will burn calories and send oxygen to your muscles. The muscles then produce lactic acid, which acts a lot like EDTA. It circulates through the body, chelating and eliminating toxins.²⁵

Rebounding: It sounds fun... But bouncing up and down on a mini-trampoline is actually one of the best ways to help your body process waste. Dr. Morton Walker calls rebounding a “natural process of chelation therapy.” He explains that every cell in the body is exercised when bouncing up and down. The force of gravity causes each cell to move the fluid it contains. This flushes out toxins. Rebounding also exercises muscles. The lactic acid this produces helps dissolve calcium plaque inside the arteries. It pulls toxins out of the blood vessel walls. It removes foreign proteins from the body as waste.²⁶

Saunas: The skin is the largest organ of the body. It is a major channel of elimination. Using a sauna increases circulation. Thus, toxins stored in the tissues come to the surface and are eliminated in sweat. This greatly relieves the burden on the kidneys, which normally process toxins by eliminating them in urine.²⁷

If you want to try chelation therapy at home, consider the natural chelators like vitamin C, cilantro, and garlic. And the oral supplements like modified citrus pectin. Those are things you can use on your own—on a continual basis.

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