

Heavy Metal Detoxification

If you are concerned that heavy metals could be a problem for you, one way to verify this possibility is to have a hair analysis done. High levels of heavy metals in hair are a good indicator of heavy metal exposure. You may also wish to talk to your health care provider about other options. In the meantime, here are some general indicators to consider.

Heavy metal detoxification is important for anyone who has worked around a lot of chemicals in their job (including painters, beauticians, lab technicians, dry cleaners, carpet cleaners, farmers and factory workers in many industries). It's also a good thing for people suffering from any kind of chronic inflammatory disorder or problem that involves nerve damage. Another important time to do a heavy metal cleanse is after dental work that involves the removal of amalgam fillings from the mouth.

Specific diseases may also signal a need for heavy metal detoxification. These include autism, autoimmune disorders, cancer, parasites, chronic yeast or fungal infections, hardening of the arteries and chronic inflammatory diseases like arthritis. Neurological disorders like Alzheimer's or dementia often involve heavy metals, although by the time these diseases are diagnosable, irreversible damage may have already been done. Because of this, it may be wise to periodically do a heavy metal cleanse for prevention.

Basic Heavy Metal Cleanse

If you know or suspect you have heavy metal poisoning, it's probably a good idea to work with an experienced doctor, naturopath or herbalist to custom design a program for your individual needs. However, as a starting point, here's a basic mercury and heavy metal detox program.

- 1 Tablespoon of Flax Seed oil or 2 Omega-3 EPA twice daily
- 1 Heavy Metal Detox twice daily
- 2-4 Algin three times daily or 1 Tablespoon Nature's Three in a glass of water or juice twice daily
- Once or twice a week take a drawing bath with Hydrated Bentonite (1/2 bottle) or a cup of any other fine clay. Another option is to take a foot spa bath.

When doing this program, make certain the bowels are moving at least two to three times per day. If not, you may wish to take some LBS II at bedtime or 2 Magnesium Complex twice daily. You may wish to do a general cleanse before starting the heavy metal detox program. This ensures that all eliminative channels are open.

The program should be continued for at least four to six weeks and up to three to four months. If one develops a strong cleansing reaction to this program, it's best to stop or slow down and focus on some general cleansing procedures for a few days. Then resume the cleanse at a slower pace.

Here's what each of the supplements in the program does.

Flax Seed Oil or Omega-3 EPA

One of the reasons why heavy metals are so hard to eliminate is that they are not naturally water soluble. Good fats are required in order for the body to bind and move heavy metals out of the system. These supplements also help reduce the inflammation heavy metals cause.

Heavy Metal Detox

This product is specifically designed to help the body bind heavy metals and remove them. The key ingredient, cilantro, has the ability to bind to, detoxify and clear heavy metals and other neurotoxins from bones, the brain and the central nervous system. Other ingredients include N-Acetyl-Cysteine and l-methionine (amino acids that help clear heavy metals from the body and improve the immune response), sodium alginate and kelp algae (for binding toxins for elimination) and alpha lipoic acid (a powerful antioxidant which helps heavy metal detoxification in the liver).

Algin or Nature's Three

Algin(sodium alginate) is a gelatinous substance extracted from certain brown algae. It binds heavy metals in the intestinal tract and carries them safely out of the body. Algin also prevents tissues from absorbing radioactive materials and protects tissues from toxins and carcinogens. Nature's Three is a fiber supplement which can do the same thing, but is not as strong as algin.

Bentonite or Other Clay Baths

Bentonite is natural clay that comes from volcanic ash. It has been used internally and externally for its absorptive properties. When hydrated, it has a large surface area and carries a negative charge that can safely absorb and lock on to a large amount of toxins, including heavy metals, which are then eliminated. It can be taken internally, but when used in a bath, it pulls heavy metal contaminants out through the skin. This accelerates the detoxification process. Any fine clay can also be used in the bath.

Foot spa baths can also be used to aid heavy metal detoxification. They are available through many health practitioners.

Additional Help and Information

If you would like more information about heavy metals, or need help putting together a heavy metal detoxification program, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

Coming Clean by Steven H. Horne

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Natural Detoxification by Jacqueline Krohn, MD, and Frances Taylor, MA

7-Day Detox Miracle by Peter Bennett, ND, and Stephen Barrie, ND

The New Detox Diet by Elson Haas, MD