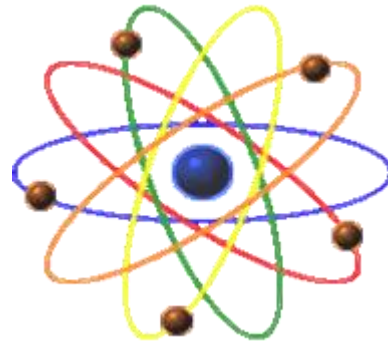


Heavy Metal Toxicity

Scientists tell us that the human body often contains, as a result of the [toxic environment](#) we live in, microscopic pieces of heavy metal, such as [mercury](#) (from your [dental fillings](#) or [vaccinations](#)) or lead, or even iron. These tiny pieces of metal are like time bombs, waiting to cause trouble. These are so minuscule that you could think of them as almost the size of atoms. Perhaps several atoms, but these are tiny pieces of metal which are, actually, toxic. While generally overlooked by traditional medicine, these traces of heavy metals in our bodies probably cause and aggravate most [health conditions](#), including [heart disease](#) and [cancer](#).

These pieces of heavy metal originating from our [environment](#), [vaccinations](#), our [fillings](#), our diet, can be so minuscule that they can easily become embedded inside some tissue in the body. The metal could be located inside the [liver](#), for instance, the [kidneys](#), the [heart](#), just about anywhere in the body.



Please note that you could have millions of these tiny pieces of metal inside your body! What are the implications of this?

When a [free radical](#) happens to collide with one of these tiny pieces of toxic metal, **instead of this collision creating a single new [free radical](#), there could be a chain-reaction of MILLIONS of new free radicals produced from this one impact.** This is the devastating effect that free radicals have on the body.

Free radicals are a fact of life, they are present within us, moving along, and somewhere along the way this minuscule particle hits a microscopic piece of toxic metal.

We now have 1,000,000 new free radicals created in that instant. Each new free radical moves off in some new direction, spreading throughout the body. Many of these new free radicals will hit other pieces of toxic metal, causing other MILLIONS of [free radicals](#) to become newly created, each of them ready to damage your DNA and increase your chances for [cancer](#).



It's important to keep in mind that we don't need to be TOO worried about this because this has been going on inside our bodies for years and we're still alive!

So what should we do about this heavy metal and free radical problem then? We should:

- Try to find ways to stop metals from creating free radical chain reactions in our bodies ([Vitamin C](#), [vitamin E](#) and other antioxidants can help us do this)
- Try to prevent these free radicals from ever coming into contact with toxic metals in our bodies in the first place.

Fortunately, there is a way to accomplish this. This method is called **oral chelation**.

Guidelines for a successful heavy metal detoxification program using oral chelation

First, do NOT attempt to [fast](#) during a heavy metal detoxification program and make sure you ingest a lot of protein. It is very important to have a high protein diet during a heavy metal detox because the sulfur-bearing amino acids in the protein will greatly facilitate detoxification.

Maintain 2 to 3 [bowel movements per day](#). If you are not having this many bowel movements per day, try increasing your intake of [psyllium](#).

Remove toxic metals from the connective tissue with chlorella.

[Chlorella](#) is an important part of the detoxification program, as approximately 90% of the [mercury](#) in our bodies is eliminated through the [stool](#). Chlorella is an algae which has high levels of chlorophyll. Because it is one of the purest, most potent foods on earth, it is almost impossible to take [too much chlorella](#).

Detoxify from mercury using garlic, MSM and cilantro.

Other weapons in our heavy metal detoxification program include: garlic, MSM and cilantro. Start eating [garlic](#) daily, the food rather than a supplement, to enhance sulfur stores. 2-3 cloves a day is an excellent idea. Make sure you CRUSH the garlic to release its active ingredients.

Start taking MSM. [MSM](#) is a form of sulfur which acts on cell membranes and which will help your body eliminate the [mercury](#).

Start taking cilantro. Cilantro will help mobilize mercury out of the tissue so the chlorella can bind to it and allow it to be excreted from the body through the [stools](#). Cilantro is available in most grocery stores. I just add mine to the [vegetable juice](#) I prepare in my juicer. My favourite source for organic cilantro in 1 pound bags is [here](#).

During heavy metal detoxification, make sure you take a multi-purpose vitamin which contains all the essential minerals. It's important to have a generally healthy mineral base.

Remove heavy metals using NAC and EDTA.

Finally, our most powerful tools to assist us in our heavy metal detoxification: NAC and EDTA.

[N-Acetyl-Cysteine \(NAC\)](#) is another very important component of a good mercury detoxification program.

Start taking [EDTA](#) on an empty stomach on a daily basis. The difference between oral EDTA chelation and IV chelation therapy is discussed in detail [here](#).

Finally, throughout your toxic metal detoxification program, it is imperative to first start with a [colon cleanse](#) (this should be the first step of any detoxification program) and [maintain your liver in an optimum state](#).

Reference website: <http://www.healingdaily.com/oral-chelation.htm>