

The new toxic scare

Help your patients get rid of heavy metals

BY JON BARRON

Many chiropractors are realizing that many of their patient's health ailments — headaches, exhaustion, and muscle cramps — are coming from heavy metal toxicity.

Heavy metal toxicity represents a constant health threat — not through single large doses, but through constant incremental exposure. Heavy metal toxicity has been implicated in everything from an increased risk of Alzheimer's and cardiovascular disease to mental retardation and cancer.

The three most likely culprits are lead, aluminum, and mercury.

LEAD

With the elimination of lead-based house-paint, and the increased use of lead-free gasoline, lead poisoning is certainly less prevalent than it had been years ago.

However, low-level toxicity is still an issue. Coal-burning power plants still spew lead into the atmosphere. The problem with lead is that it accumulates, unless you take active steps to remove it.

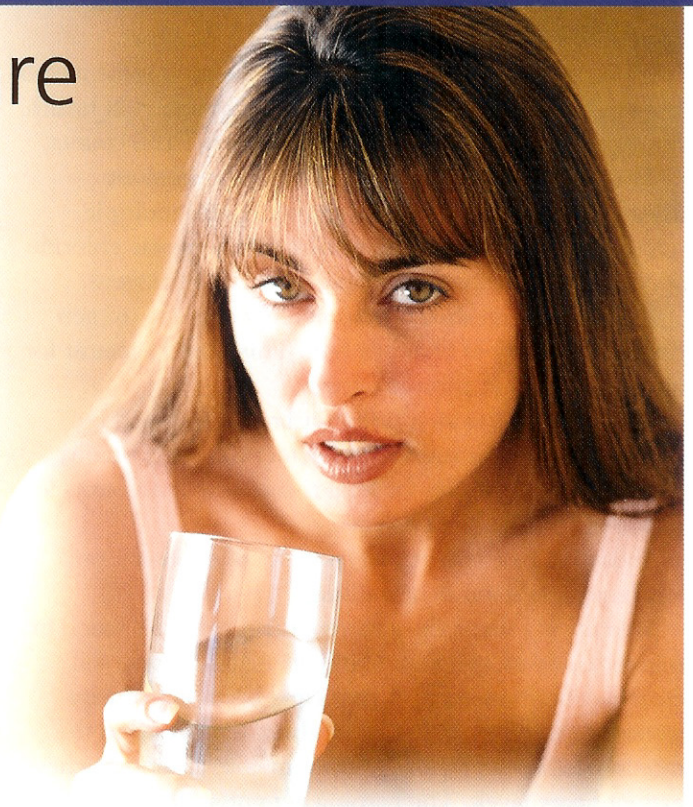
The EPA estimates that from 10 percent to 20 percent of human exposure to lead may come from drinking water. Infants who consume mostly mixed formula can receive from 40 percent to 60 percent of their exposure to lead from drinking water.

The EPA warns that if lead is not detected early, children with high levels of lead in their bodies can suffer from damage to the brain and nervous system, behavior and learning problems (such as hyperactivity), slowed growth, headaches, and more.

Adults are also at risk and can suffer from reproductive problems (in both men and women), high blood pressure, digestive problems, nerve disorders, memory and concentration problems, and muscle and joint pain.

ALUMINUM

Once aluminum enters your body, it accumulates in your brain, where it kills off neurons, leading to memory



loss. And thanks to the significant amounts of aluminum found in food emulsifiers, antiperspirant deodorants, hair sprays, baking powder, many types of toothpaste, much of our drinking water, and most of our cookware, you are exposed to a lot of aluminum over the course of your life.

Aluminum may be one of the prime factors in the onset of Alzheimer's disease. The connection between aluminum and Alzheimer's disease became even stronger when, in 1995, *Neurotoxicology* reported that the widespread use of aluminum salts to purify water could account for the large numbers of people suffering from Alzheimer's.

And recently, a connection between aluminum and fluoride was made. New research has revealed that fluoride in drinking water makes the aluminum that we ingest more bioavailable. As was reported in *Brain Research*, Vol. 7 84:98, the combination of aluminum and fluoride causes the same pathological changes in brain tissue found in Alzheimer's patients.

Note: Metallic aluminum is different from plant-derived aluminum (aluminum hydroxide). No studies have ever shown a connection between aluminum hydroxide and toxic levels of aluminum in the human body — which is a good thing, because there is a lot of it in our food supply.

MERCURY

People have known about the dangers of mercury since the days of the Roman Empire, when slaves who worked in the "quicksilver" mines died horribly after two or three

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years of exposure. And in the 19th century, the workers who used mercury to make hats — the “Mad Hatters” — went bald and suffered from severe muscular tremors, dementia, and fits of wild, uncontrollable laughter.

It's no secret that mercury is one of the most toxic metals known. Numerous studies have shown its impact on health. Strong evidence shows that mercury lowers T-cell counts.

This, alone, implicates it in cancer, autoimmune diseases, allergies, Candida overgrowth, and multiple sclerosis. The EPA has determined that mercuric chloride and methyl mercury are possible human carcinogens.

It has also been shown that mercury cuts the oxygen carrying capacity of blood by half. This would account for many instances of chronic fatigue.¹

Mercury also has an affinity for brain tissue and is implicated in brain tumors and dementia. And, finally, mercury has an affinity for fetal tissue, which accounts for its implication in birth defects.

Today, we face two primary sources of exposure: our food supply and our dental fillings.

Mercury is a naturally occurring toxin, which is found in soil, rocks, wood, and fuels like coal and oil. Simple soil erosion deposits mercury in rivers and lakes, but concentrations remain low, unless, as has been discovered in the recently deforested regions of the Amazon, erosion reaches extraordinary levels. The burning of rainforests also releases mercury that has been taken up from the soil by the trees.

But the major source of mercury in our food chain, responsible for about one-third of the levels found in our bodies, is the burning of coal to generate electric power.

Mercury that naturally occurs in coal is released during burning. Enters the air and is then precipitated into the oceans, lakes, and rivers. According to the EPA, coal-fired power plants in the United States emit about 48 tons of mercury into the air every year — and more than half of this mercury falls within five miles of the plant itself.

When it reaches the water, microorganisms consume it and convert it into a substance called methyl mercury.

Methyl mercury accumulates in the muscle tissue of fish, animals, and humans. According to the EPA, fish at the top of the aquatic food chain bioaccumulate methyl mercury to a level approximately 1 million to 10 million times greater than dissolved concentrations found in surrounding waters.

Of course, when you climb one more rung up that food chain, you find us, the people who eat fish. Just like the predatory fish that we catch and eat, we store mercury in our tissues.

THE BOTTOM LINE

When it comes to heavy metals, there are three clear steps available to you.

1. Avoid exposure. Say no to new amalgam fillings and, if possible, have a dentist who understands the process replace your existing fillings. (However, you will need to

detox after removal.) Avoid aluminum cookware and aluminum based deodorants. Stop eating high-mercury fish such as swordfish, shark, orange roughy, and albacore tuna. And filter fluoride and lead out of your drinking water.

2. Use an herbal colon detoxifier. Sweep heavy metals from your colon and draw them from the tissue lining the walls of your intestinal tract using a powerful herbal colon detoxifier. (Note: colonic irrigation will not remove heavy metals from your intestinal walls.)

3. Cleanse heavy metals from your body. They will not leave on their own. Cilantro and chlorella provide a powerful proven option for removing heavy metals from your body.

Cilantro changes the electric charge on intracellular deposits of heavy metals to a neutral state, which relaxes their tight bond to body tissue, freeing them up to be flushed from the body.

Studies have shown that levels of mercury, lead, and aluminum in the urine increase significantly after consuming large amounts of cilantro.²

Once free, the next step is to actually facilitate the removal of the metals from the body. And here's where chlorella comes in. Chlorella possesses the capacity to absorb heavy metals. This property has been exploited as a means for treating industrial effluent that contains heavy metals before it is discharged, and to recover the bioavailable fraction of the metal in the process. In studies undertaken in Germany, high doses of chlorella have been found to be very effective in eliminating heavy metals from the body — from the brain, intestinal wall, muscles, ligaments, connective tissue, and bone.³

Together, these herbs provide a powerful oral chelation combination in your body. ☸



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