

## Lead poisoning

**Calcium** competes with lead for absorption in the digestive tract and for storage sites in the bones. With adequate calcium, you retain less lead. As a general preventive measure, I recommend that all teens and adults take 500 milligrams (mg) to 600 mg of calcium twice daily... and that children ages three to 12 take 500 mg once daily.

**Chelation treatment** is needed to pull lead from tissues so that it can be excreted. The form used depends on the severity of toxicity. Options (from least to most aggressive) include oral medication taken five to seven days a week... rectal suppositories used every other night before bedtime... or intravenous (IV) therapy for one to three hours weekly.

Patients must have kidney and liver function tests done before starting chelation to ensure that treatment will not overtax the organs responsible for detoxification. Naturopathic physicians and holistic medical doctors administer all types of chelation... and chiropractors provide oral chelation. Most people experience little or no discomfort, though side effects may include skin rash, digestive upset, fatigue, cloudy thinking and/or moodiness. Treatment typically takes from two to eight months, depending on symptom severity. Follow-up testing indicates when treatment is complete. Unfortunately, insurance rarely covers chelation.

To guard against mineral loss during treatment, supplement daily with a high-potency multivitamin/mineral plus an additional 1,200 mg of calcium and 600 mg of magnesium.

If you have lead toxicity, ask your doctor for a blood test to measure iron levels. Iron-deficient people absorb two to three times more lead than those with adequate iron. If necessary, your doctor can prescribe iron supplements. *Caution:* Do not take iron unless diagnosed with a deficiency — excess iron damages the liver.

**Smart:** If you suspect that any portion of your home was last painted before 1978 — when paint containing lead was banned — paint over it to minimize flakes or dust that might pose a threat. If your home was built before 1940, install a charcoal filter on each water tap.

**JOB'S AND HOBBIES LINKED TO LEAD EXPOSURE**

As mentioned above, lead exposure continues to be a potential problem in more than 900 vocations and avocations. If you are involved in any of the following, ask your doctor to test you for lead toxicity...

- Battery manufacturing
- Ceramics
- Chemical industries
- Construction or demolition
- Firing ranges
- Foundries
- Gasoline additives production
- Jewelry-making
- Lead mining, smelting, soldering or refining
- Pigment manufacturing
- Pipe-fitting
- Plastics industries
- Sewage treatment
- Stained-glass-making
- Welding

<http://bottomlineinc.com/get-the-lead-out-of-your-body/>

Mercury poisoning can damage your brain, central nervous system and kidneys. Some of the symptoms of toxic build up in the body due to heavy metals include fatigue, depression, impaired blood sugar regulation, and female reproductive problems. Primary causes of mercury poisoning include dental fillings, pesticides, and eating fish that have been exposed to mercury. A study for Biodiversity Research Institute in Maine showed that 84% of all fish available for mass consumption have unsafe levels of mercury. Tuna and swordfish usually have the highest levels, but other fish are still susceptible to toxicity.

A great and festive way to combine a few mercury cleansing foods is to regularly make fresh salsa with tomatoes, garlic, onions, and a generous serving of cilantro.

#### **Natural remedies:**

**Garlic** is another natural remedy that can be used to heal from lead and mercury poisoning. In 1960 a Belgian scientist discovered in his research that garlic can bring about detoxification in cases of chronic lead poisoning. The sulfur in garlic also plays a big role in combatting mercury poisoning.

The great amount of active sulfuric compounds in garlic inspired Petkov to examine it as a

remedy in the prophylaxis and therapy of chronic lead poisoning. His first experiments with guinea pigs and rats showed garlic had significant results in reducing the toxic effects resulting from repeated application of lead acetate. Armed with this preliminary experimental data, Petkov began to examine the effect of a garlic preparation on a large group of workers endangered by chronic lead poisoning or with evidence of presaturnism.

Clinical-pharmacological tests, lasting from one to three months, showed that under the effect of a garlic preparation, the number of workers presaturnism (punctured erythrocytes and porphyrin in the urine) decreased by 83 %.

Furthermore, the amount of porphyrin still remaining in the urine of some of the workers treated with the garlic preparation was much decreased. In workers with evidence for presaturnism, the garlic preparation caused a statistically significant increase in the number of erythrocytes and in the amount of haemoglobin.

The favourable effect of garlic on chronic lead poisoning might be explained by the fact that a part of the lead powder in the gastrointestinal tract reacts with the active sulfur components in garlic, and is then excreted by the faeces in the form of insoluble sulfides without being resorbed.



<http://www.lead.org.au/lanv1n1/lanv1n1-10.html>

Last year, a remarkable study published in the journal *Basic & Clinical Pharmacology & Toxicology* revealed something very special about garlic: it is a natural detoxifier of lead and is not only as effective as a common chelation drug known as d-penicillamine at pulling this metal out of the body but is also much safer.

The study was titled, "Comparison of therapeutic effects of garlic and d-penicillamine in patients with chronic occupational lead poisoning," and sought to confirm previous research in animals that showed garlic (*Allium sativum*) is effective in reducing blood and tissue lead concentrations.<sup>[1]</sup>

<http://www.greenmedinfo.com/blog/garlic-beats-drug-detoxifying-lead-safely-body-1>

**Aloe Vera** which can be taken in juice form or by using the gel from the plant (in moderation) can help with heavy metal toxicity especially lead because it loosens bowel movements so that toxins can be expelled from the body.

**Brazil Nuts** contain selenium which is a powerful mineral for neutralizing toxins.

**Cilantro** is a heavy metal detoxifying superfood which actually binds mercury in the bloodstream and facilitates it leaving the body. It is also a very powerful remedy for flushing lead and aluminum

**Chlorella**-factsChlorella, another heavy metal superfood is a single-celled fresh water algae that acts as an efficient detox agent. The large amounts of chlorophyll present in chlorella make it extremely powerful, allowing the body to process more oxygen, cleanse the blood, and promote the growth and repair of tissues.

**calcium** has also been found effective in preventing the accumulation of lead in body tissues. This mechanism has been investigated by several university research teams. K.M. Six and R.A. Goyer found that reducing dietary calcium in rats greatly enhanced the body burden of lead, evidenced by increased levels in blood, bone and soft tissues.

C. Snowdon found that in calcium-deficient rats given water containing lead, lead replaced the lacking calcium in bones and teeth.

**EDTA** is a prescription medicine, given by injection into the vein (intravenously) or into the muscle (intramuscularly).

Intravenous EDTA is used to treat lead poisoning and [brain damage](#) caused by lead poisoning; to evaluate a patient's response to therapy for suspected lead poisoning; to treat poisonings by radioactive materials such as plutonium, thorium, uranium, and strontium; for removing copper in patients with [Wilson's disease](#); and for treating high levels of [calcium](#).  
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**Chelation:** black activated charcoal, coconut charcoal, chlorella, seaweeds, zeolite, diatomaceous earth.

**Undergo chelation therapy.** If you have higher levels of lead in your body, your doctor may prescribe that you undergo chelation therapy.<sup>[14]</sup> This treatment can help your body excrete lead in your urine with medication.<sup>[15]</sup>

- Chelation therapy uses mineral ions or cations that bond with lead in your body. Once this bond is formed, the mineral ions or cations help your body excrete the lead in your urine.<sup>[16]</sup>
- Chelation therapy in children may be at lower levels than in adults.<sup>[17]</sup>
- Chelation therapy is often given for either a 19 day course or two separate five day courses.<sup>[18]</sup>

3 consultations from me to begin with at 880 peso (\$40) each. Hand written research documents on your 1 illness. Weekly\*3. 2640 peso complete payment. Benjamin couwenberg. 099189103.

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