

Getting the Lead Out

David Christopher, M.H.

I was asked recently about lead toxicity in a six-year-old child. Despite having taken calls for forty years, I couldn't remember anyone ever asking about lead toxicity in a child. I proceeded to tell her about Dr. Christopher's Three-Day Juice Cleanse and his Bugleweed Heavy Mineral Formula, which have been very successful. After the call my curiosity led me to search for specific chelating agents. I knew of Silica attaching to aluminum and removing it from the body, so I searched for others with a similar effect for different metals. As I searched the internet chelation therapy kept coming up, which can cause renal toxicity and also remove essential metals such as Zinc, Iron, and Magnesium from the body. I was frustrated that these chemical therapies dominated search engines when I was looking for more natural approaches. Then I found a National Institute of Health article that was perfect. This article was a compilation of all studies relating to natural approaches to lead and cadmium toxicity.

They were able to conclude from many studies that a deficiency in essential metals like calcium, Zinc, and Iron can lead to greater absorption and toxicity of cadmium and lead. Foods high in calcium, zinc, and iron are bilberries, pumpkin seeds, cayenne pepper, spirulina, and nettles.

Vitamin deficiencies enhance sensitivity towards cadmium and lead. High levels of vitamins are antioxidant and can counter the oxidative damage from heavy metals. Vitamin C acts as a chelating agent for lead.

Most common fruits and vegetables are antagonists to lead and cadmium. In particular, tomato is regarded as one of the most powerful natural antioxidants and can prevent renal toxicity induced by lead exposure. Tomato has been shown to reduce accumulation of heavy metals and stimulates the production of metallothionein (small proteins produced by the body) which attract metals and chelate them out of the body.

Curcumin in turmeric binds to lead to form an excretable complex. The quercetin in onion, tomato, capers, and radish also chelate lead in a similar fashion to curcumin.

Algae such as spirulina and chlorella can protect the internal organs from lead caused damage and prevent teratogenic effects.

After discovering all of these ways to remove lead naturally, I called back to the grandmother of the six-year-old child suffering from lead toxicity and let her know about all of the tasty ways to get the lead out.

Trust the creator and remember Hippocrates taught us to make our food our medicine.

David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.