

Heavy Metal Toxicity-Natural Solutions David Christopher, M.H.

I was questioned recently about lead toxicity in a 4-year-old child. I told the mother about Dr. Christopher's Bugleweed Heavy Metal Formula and mentioned some foods like strawberries that chelate mercury out of the body and nettle leaves that chelate aluminum. But I thought she needed more information so I researched the subject. In my research I ran across an amazing study which was on the government website of the National Institute of Health. I have included some of the major points but I encourage you to read the full article.

Numerous studies link cadmium (Cd) to pulmonary, renal, hepatic, skeletal, reproductive and cardiovascular dysfunction; and is also classified as a group I human carcinogen. Lead (Pb) exposure induces neurologic and hematological dysfunction as do other heavy metals including mercury and aluminum. Any non-essential metal can damage cell structure twenty-four hours a day every day of every year they are imbedded in our bodies. Attempts to remove these dangerous substances can also cause major problems like stripping the body of essential metals like zinc, iron and manganese. Chelation therapy uses CaNa₂EDTA and or meso-2, 3-dimercaptosuccinic acid (DMSA) which themselves can cause damage to the kidneys (29), appetite loss, nausea, and diarrhea. (31)

Many studies show that a deficiency in essential metals allows the uptake of heavy metals (33, 34, and 35). So, the natural solution is to fill the binding sites by eating plant foods (fruits and vegetables) which contain these essential metals. All herbs are high in these micro nutrients.

The vitamins that you find in fresh produce are anti-oxidants that are able to scavenge free radicals and decrease lipid peroxidation, which occurs from the presence of heavy metals.

Garlic, Ginger and Onions are ubiquitous all over the world and are top rated anti-oxidants. "Garlic extract has been shown in studies to relieve Pb (Lead) induced neural, hepatic, renal, and hematic toxicity in rats and protects against Cd(cadmium)-induced mitochondrial injury and apoptosis in tissue culture models (73, 74, 75, and 76)." Not only does garlic protect body damage from its organosulphur compounds such as diallyl tetrasulfide, but it also helps chelate the metals out by providing amino acids which contain sulphur. These acids also block metals from being absorbed through the intestines.

Quoting from Dietary Strategies for the treatment of Cadmium and Lead Toxicity, "Tomato is regarded as one of the most powerful natural antioxidants (84) and can prevent renal toxicity induced by Pb(lead) exposure in rats (85). Moreover, tomato has been reported to produce metal chelating proteins and phytochelatins when exposed to heavy metal ions (86, 87). In fact, the oral administration of tomato has been shown to significantly reduce the accumulation of heavy metals (Cd, Pb, and Hg) in the liver of rats." Tomatoes stimulate the body's production of chelating proteins called metallothioneins.

We are constantly getting pummeled by metals in our polluted environment and the best we can do until we clean it up is eat nature's cure for everything, fresh raw produce, organic of course.

References:

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