

Heavy Metals Detox

Harmony & Health

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Heavy metal poisoning is not a new problem as there are scholars who believe that Rome was destroyed by lead poisoning from the pipes used in their water supply. Sadly, there are still 23 heavy metals we are exposed to daily through air and water pollution, paints, pesticides, cleaners, batteries, dental work and a host of modern products. Regarding dental work: there is very little silver in silver fillings. They are about half mercury (48-50%) with the rest of the filling typically composed of some silver (15-37%) and various amounts of tin, copper, and zinc. The FDA and the ADA regard these amalgam fillings as generally safe material. But two other branches of the government (OSHA and EPA) have determined that mercury is so toxic to human health that levels of mercury should be practically eliminated in the environment and workplace. Dentists are not supposed to touch the stuff with their hands, yet we are told it is safe for our mouths. The issue with this dangerous toxin is that it has an affinity for fats and since the nervous system is 50% fat, mercury is attracted to nervous tissue.

Heavy metal toxicity has been implicated in learning disabilities and behavioral problems, autoimmune disorders, rheumatoid arthritis, chronic fatigue, type I diabetes, fibromyalgia, lupus, Lou Gehrig's disease, myasthenia gravis, and multiple sclerosis. It may also contribute to the development of cancer, heart disease, and dementia.

Here are steps to help the body detoxify from mercury and other heavy metals:

- **EFAs:** 1 tablespoonful of **Flax Seed oil** or 2 **Super Omega-3** EPA twice daily
- **Heavy Metal Detox:** 1-2 capsules twice a day
- **Algin:** 2-4 capsules 3 times daily & / or **Nature's Three:** 1 Tbsp in a glass of water or juice twice a day
- **GreenZone:** 1 Tbsp twice a day or 6-9 capsules twice a day
- **Clay Baths:** once or twice a week. Take a drawing bath with 1/2 bottle of **Hydrated Bentonite** or 1 cup of **Redmond Clay** in water and soak at least 30 minutes. Or an **Apple Cider Vinegar** (raw) detox bath is another option.

This program should be continued for at least 4-6 weeks and up to 3-4 months. If you develop a cleansing reaction (i.e. nausea, diarrhea, rash), it is best to stop or slow down and focus on general cleansing for a few days. When doing this program, make certain the bowels are moving at least 2-3 times per day. If not, consider taking 1-2 **Gentle Move** twice daily. You may wish to do a general cleanse, such as **CleanStart**, before starting the heavy metal detox program. This ensures that all eliminative channels are open. Some optional supplements you can consider adding to enhance the program, include: **Alpha lipoic acid**, **N-acetyl cysteine**, **Hydrated bentonite** (internally), **Bowel Detox**,

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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