

AS SEEN IN

natural awakenings

HEALTHY LIVING HEALTHY PLANET

health briefs

Removing Toxic Heavy Metals from the Body

Most of us have had fillings in our teeth that contain mercury and other toxins that are or were impacting our health since the dental procedures. Additionally, we have accumulations of toxins through our food, air and water impacting our organs, plus molds, pesticides, environmental and workplace exposures that finally add up to us being pretty unwell. The chronic build-up of heavy metals in the body can lead to a variety of health problems.

Poisonous or nonessential metals such as lead (Pb), mercury (Hg), cadmium (Cd) and aluminum (Al) have been associated with pathologies in the nervous, cardiovascular, hematopoietic, gastrointestinal and immunological systems as well as renal dysfunction, anemia, liver problems, cancer and Alzheimer's disease.

In addition, nutritional trace elements can be toxic at concentrations outside their physiological range. Excessive levels of iron (Fe), manganese (Mn), copper (Cu), chromium (Cr) and zinc have been associated with conditions such as degenerative brain diseases, oxidative damage and heart problems. Thus, it is important to regulate essential minerals while limiting toxic metal build-up in the body, and a means of clearing toxic or excess metals from the body is needed.

Once heavy metal exposure has been determined through testing, chelation therapy has been proposed for removing poisonous metals such as Pb, Hg, Cd, and Al, as well as reducing abnormal accumulations of trace nutrients such as Fe, Cu, and Zn. Chelation therapy employs anionic chelating agents such as ethylene diaminetetraacetic acid (EDTA) to bind heavy metal cations found in the blood. Once EDTA bound, these metals can be removed through the kidneys. There is evidence that EDTA chelation benefits patients by removing toxic and trace elements from diseased organs and blood vessel walls.



Those who think they may have a heavy metal problem should note: numbness and tingling in hands/feet; twitching or tremors in face or other muscles; excessive sweating of hands and feet; jumpy, jittery, nervousness; unexplained chest pains; tachycardia or increased heart rate; unexplained rashes or skin irritations; excessive itching; bloated feeling most of the time; or frequent or recurring heartburn.

Dr. DeeAnn Saber and Zach Saber practice at Transformational Medicine, where they are expanding services to include heavy metal testing and IV chelation therapy. Connect at 520-209-1755. See ad, page 4.

