
When Detox is Dangerous (Part 2 of 2)

Safe Heavy Metal Chelation and Mercury Amalgam Removal

Health Centers of the Future, LLC.

**Why You Must Have Mercury Amalgam Safely Removed
and Why Most Heavy Metal Detox Does Not Work and Is Often DANGEROUS**

Removing the Heavy Metal Source

Yes, I finally found the source of my illness – mercury amalgam fillings – but I had 6 or 7 remaining fillings that required safe amalgam removal before I started the mercury detoxification process from my body and brain. This time I had to do it correctly so I didn't become even sicker. I can't tell you how many stories I hear of people getting sick after removing mercury fillings because they went to their regular dentist after reading that silver mercury amalgam fillings make people sick. I developed a pre-amalgam removal protocol (prep phase) that prepares the liver, kidneys, gut and the cell. These detox pathways need to be strengthened first, so the mercury that is released during the removal process or detox makes its way out of the body instead of redistributing to your brain. You can add unnecessary years onto the mercury detoxification process if you jump in without preparation. The proper safe amalgam removal protocol has been used by hundreds of doctors around the country and thousands of patients around the world with amazing success.

For the actual removal of amalgam fillings, you must work with a biological dentist that is trained in proper, safe amalgam removal. The mercury vapor that comes off of the filling when the drill heats it up is significant and will go directly up your nose and into your brain. The dentist must provide you with fresh air or oxygen to avoid this. I prefer that the dentist uses an in office air filtration to create a vacuum away from the patient and himself. There are many other proper removal procedures that are necessary that are often overlooked. For example, the great Hal Huggins, who removed more mercury amalgam fillings than anyone and is considered the world's authority on safe amalgam removal, noted that if the midline in the mouth were crossed during a removal procedure, the patient would often become more ill. **NOTE: *www.iaomt.org is a good source to find a biological safe dentist in your area.***

Safe and Effective Heavy Metal Chelation and Detoxification Strategies

Many of those who research the dangers of mercury amalgam and actually locate a dentist to perform a safe amalgam removal fail to detox after the removal. Proper chelation must start 4 days after the last filling is removed, other wise the body will begin to release metals from the tissue and new symptoms can arise.

Caution: It is not recommended to do more than three months of detox using a true binder like CytoDetox™ and high dose alpha lipoic acid (ALA) if you still have amalgam (silver) fillings.

The True Cellular Detox™ program uses CytoDetox™ for two months of the three-month program; therefore, if you have fillings it would not be recommended to use CytoDetox™ longer than the three months of the program. The other supplements with the program are still strongly recommended beyond the three-month program to support the body's natural detox pathways. If the natural detox pathways are compromised heavy metals and other toxins will begin to build up within the body. The other supplements in the prep or body phase will aid in keeping the pathways open and not adding to your toxic load.

Once all of the mercury fillings are out of the mouth, the Cytodetox™ and ALA can begin again!

If you don't detox after the removal, you may feel better for a few months but unfortunately, this time will be short lived. I refer to this as the "honeymoon period." Once the source has been removed, the mercury will begin to mobilize from other areas around your body. It is truly amazing, but the innate intelligence within your body will not let go of the mercury that has bio-accumulated over time – especially what has accumulated in the brain – until the source is gone. It seems as though the body knows that doing so will cause more damage. In an effort to protect itself, it holds on to the mercury; when the source is removed however, it starts letting go. These negative symptoms do not become apparent until anywhere from 6 – 12 months after the amalgam fillings are removed. This is truly eye opening to many clients because it is not until I do a patient history with them and point this out that they realize the connection.

Brain Detox Is a Must: This Is Why You Don't Feel Well!

It is not enough to get toxic mercury fillings out of your mouth and body; you must also get the mercury out of your brain. It's not the mercury in the body that causes the major problems; it is the mercury in the brain that will initiate an unexplainable illness. Without proper heavy metal chelation, mercury will remain locked in your brain forever, causing a variety of unexplainable symptoms even though you are amalgam free.

The mercury vapor from amalgams, organic mercury from fish, and mercury from other sources will cross into the brain where it turns to inorganic mercury. It is the inorganic mercury that remains locked in the brain for life unless removed correctly. It will begin to slowly rob you of vitality and your ability to think clearly. Memory loss is not something that happens in old age; it's something that happens when organic forms of mercury cross into the brain and convert to inorganic mercury, which bio-accumulates in your brain over years. Again, getting your fillings out is not enough! Clearing the mercury from your body and seeing a metal test that looks clear is not enough; you must clear it from the brain. Rarely (if ever) is the inorganic mercury targeted in the brain, and if so, it's done incorrectly or not long enough to truly make an impact. The "brain phase" of the True Cellular Detox™ should be repeated several times for most people. For those with health challenges, 1-2 years is a good average.

You can see at this point that there are many pit falls in heavy metal detoxification. The biggest, without a doubt, is when it comes to detoxing metals from your body and the brain. You need to work with a practitioner who is trained in proper heavy metal detox protocols, like the True Cellular Detox™ program. This may even be more important than working with the correct dentist, but both are critical for ultimate success without question.

DANGER!!! Why Herbs and IV Chelation Therapies are Dangerous

I had said earlier that I have yet to find an "alternative" or "regular" doctor doing heavy metal detox correctly. Most alternative doctors use different herbal or homeopathic supplements for heavy metal detox and the MD's use IV chelation. I can tell you it is far beyond my opinion and rooted in scientific literature that neither of them work, and worse yet, are very dangerous.

Let's start with the alternative side of things. Herbs are great for many things and so are homeopathic remedies, but when it comes to heavy metal detox, they are not "true binders." Therefore, they fail to do a good job of removing the metals completely from the body. Metals such as mercury and lead got their name "heavy" metals title for good reason; they are in fact very heavy. Due to their physical weight and some other unique properties, heavy metals can deplete the body of its natural detoxification properties such as sulfur, certain amino acids and enzymes, glutathione, and methyl groups. Once this occurs the heavy metals begin to bio-accumulate in the body and worse yet, in the brain. Heavy metals are not like other toxins; they not only eventually exhaust precious detoxification pathways, which allow the bio-accumulation of other toxins, but can in turn cause other toxicity issues from hidden infections and pathogens.

Heavy metals will allow a safe haven for pathogens such as candida and Lyme. The immune cells will not come near the toxic mercury, so the pathogens adapt and hide from the immune system around the mercury. I could never get rid of my chronic candida until I got my metal burden lowered to a certain level. The Lyme bacteria and heavy metals have a unique synergy as well. It is estimated that 90% of the population in certain parts of the country have Lyme disease; so why are they all not sick? Lyme, like other pathogens such as candida, herpes virus, Epstein Barr virus and others are opportunistic and will only affect someone who is immune compromised. This is what heavy metals like mercury do; they provide an altered terrain, which is ripe for the bad guys. Most, if not all, Lyme disease sufferers have heavy metal issues and both need to be addressed for lasting recovery.

To successfully detox heavy metals out of the body and brain, and to prevent the dangers of re-absorption, a “true binder” must be used. Herbs such as *cilantro*, or binding agents like *chlorella*, do not have the molecular structure to hold on to a heavy metal permanently. **Therefore, they only stir up the metals and cause them to redistribute somewhere else.** Most likely, they end up in the brain and cause more bizarre and unexplainable symptoms. These types of detox agents do not contain a double “SH group” called a “thiol group or an ion cage like structure that holds the metal until it is safely out of the body. This in fact defines a “true binder,” and is the only safe and effective way to remove heavy metals.

I know you have read all the great marketing of the “metal magnet” known as chlorella, but on pre and post-heavy metal testing using urine or stool, there is no difference from the pre (without the chlorella) and the post (with chlorella). In other words, it does not bind measurable amounts of heavy metals during testing. At least chlorella, because it is such a poor binder of heavy metal is not dangerous, unlike IV chelators or cilantro, which I will discuss below. Chlorella can be a great super food if not contaminated with other toxins. Therefore, chlorella may be fine for other purposes, just not detoxing heavy metals.

Certain herbs, on the other hand, are dangerous when used for heavy metal detox. Most of the dangerous herbs have perhaps a “single thiol group” (not a double), or an ion type of bond that does in fact pull metal however, it holds on to it very weakly. This can cause the metal to become “stirred-up” like dust in a house and redistributed somewhere else in the body. It fails to carry it fully out of the body for real detox.

I recall experimenting with many of these types of herbal detox and natural remedies. These detox attempts at times led to me becoming very sick even to the point of being suicidal. Unfortunately, this happened more times than I care to tell you, but I will share one story of the dangers of cilantro with you. One day I had read that cilantro chelation can move mercury out of the brain, and knowing that it was the brain mercury that was my real problem I decided to juice up some fresh cilantro. Well, let’s just say that after a few days of drinking cilantro, my wife was ready to check me in to an insane asylum. I am not kidding; I lost it. Thank God at this time I knew the proper way to use a true binder like DMSA (meso-2,3-dimercaptosuccinic acid) and Alpha Lipoic Acid (ALA); together they were able to bring me back to sanity. We did not have CytoDetox™ at this time, which is a “true binder” that holds the metals with a stronger bond than anything to date. It can even cross the cell membrane and enter the brain, which is where the big problem really lies.

The Dangers of IV Heavy Metal Chelation Using DMSA and DMPS

Allopathic doctors such as MD’s that understand that heavy metals do ruin lives, and the removal of it can save lives, typically use “true binders”, but use them incorrectly in the forms of IV’s. Let me be fair, many alternative doctors who understand that true binders are what work, often times use them incorrectly as well.

Many doctors perform IV chelation using a prescription true binding agent such as DMPS (2,3-dimercapto-1-propanesulfonic acid), and unlike the herbals and other binders I mentioned above, it works! The problem with using IV chelation therapies is that they will pull a lot of heavy metals all at once and do not stay in the body long enough, and therefore can cause redistribution of heavy metals. DMPS and DMSA are water soluble and go in and out of the body very quickly. Because it

pulls heavy metals so well and yet leaves the body so quickly, it sets up a concentration gradient in the body, initiating the remaining metals to move out of the tissues. Let's go back to basic chemistry and remember that things move from higher concentration to lower concentration in the body. The problem is the chelating agent has moved out of the body, bringing heavy metals with it. This leaves a lower concentration area behind, causing the deeper stored metals in the body to move out of the tissues into circulation, only to redistribute somewhere else. This can cause many unwanted symptoms and worse yet, if it crosses into the brain, you have made a bad situation even worse.

The fact that true binding agents like DMPS and DMSA are in and out of the body so fast is great in that it makes the agent itself very non-toxic. As an example, you could take three bottles of DMSA (don't try this at home), or do a massive amount of DMPS in an IV and have no symptoms from the binder, but depending on the level of heavy metals within your body, get the "crazies" from heavy metals redistributed into your brain. As you can see, redistribution can occur from herbals with a weak bond or "true binders" used incorrectly. Unlike the weak binding of herbals, this problem can be solved using a true binder like DMSA or CytoDetox™ correctly, within its half-life. Meaning taking it often enough that it prevents redistribution of metals back into the body or brain.

The True Binder That Has Become The Game Changer

For years we used DMSA every 4 hours, day and night, with great success in the True Cellular Detox™ system, but DMSA can only be purchased as a prescription now, making it much harder to access for most people. DMSA was effective but had some drawbacks, like having to take it every 4 hours, including getting up in the middle of the night to take pills. Another problem was that the sulfur in the product would feed candida and other pathogens in the gut, causing unwanted symptoms for some people. A more simple to use and effective true binder is **CytoDetox™**, which only needs to be taken twice a day (some may do better with 3x a day), and has no negative effects on the gut or increasing candida. It is actually a stronger bond, and binds more than just heavy metals. **The bottom line: it's easier to take, safer, and more effective.** During the time DMSA was being taken from the supplement world and pushed into the pharmaceutical world, I was praying for a true binder that was not only a replacement, but something better. God answered that prayer. For the sake of not sounding trite, I need to share the story.

The Story Behind CytoDetox™

CytoDetox™ was brought to me at the perfect time, and I have to say it was in fact an answer to prayer. The FDA had been in the process of taking DMSA (a true binder of heavy metals) off the market as a "supplement", which it had been for years, and making it available by prescription only. I was in turmoil over the situation because DMSA, when used properly, is an amazing tool to clear the body of heavy metals. It doesn't cross into the cell or the brain, but because it is water-soluble it helps clear out the body before going deeper with fat-soluble agents. Seeing my concern over the situation, my wife reminded me to pray about it. It was just the right thing to say, as she reflected on other instances like this when there seemed to be something I could not solve, that could have a major impact, and God showed up with the answer. I listened to my wife, and prayed that God would bring something even better. We should all listen to our wives more often.

Within two weeks, a gentleman who had worked with liquid zeolite for years called my wife trying to get in touch with me. Normally these calls would not make it through because we get so many calls like this where someone is trying to sell us on the next thing. This time was different because having just told me to pray about this she immediately said "You need to talk to my husband." Whether you believe in God and prayer or not this is the way it happened, and for me it was not a coincidence.

If I hadn't just prayed about it, I too would have been very skeptical about this product. Many people bring me new detox

products to try, but it usually doesn't take much research to realize it's just another product that either does nothing or works too far downstream to make a difference. When the gentleman on the phone told me it was a liquid zeolite my hopes were crushed. Years before, we tested many of the liquid zeolite products with no success. Zeolite is from volcanic rock and is broken down into small particles that have a ion binding cage. It binds heavy metals and other toxins very well. It has been used for years throughout the world to bind environmental toxic waste and heavy metal contamination. The problem is the particles are too big even in liquid form to cross the gut to be used in the body. Most company's boast of their products "Nano size particles" in liquid form that are small enough to cross the gut, however we never found this to be true upon testing. Even though it is in liquid form it was still a particle suspended in a liquid and not soluble. Many people do give testimony to these liquid zeolites, likely due to the fact that they are true binders and did bind metals in the gut. They can, therefore, have a positive outcome, but are still too far downstream for my interest. I theorized that those with severe leaky gut could have benefited from a more systemic effect, but there was no proof for sure.

When I spoke these facts to him he stopped me and agreed, but assured this zeolite (clinoptilolite) particle is very different. He noted it is the first particle to be hydrolyzed, and not only crosses the gut but into the cell and the brain as well. Now he had my attention, but I remained very skeptical. He told me of the man who was responsible for the patent-pending process named Nikolaos Tsirikos-Karapanos PharmD, MD, PhD, FETCS. He is a researcher, educator, and recipient of two of the most prestigious awards in cardiovascular research. Now he really had my attention, and I needed to speak with Dr. Tsirikos- Karapanos to better understand his research and process. And, as they say, the rest is history. The world now has a true binder that not only leaves the gut but crosses into the cell and the brain.

Combining this product with the 5R's concept of raising intracellular glutathione and preventing autointoxication and lives will truly change. This is True Cellular Detox™ and, God willing, we will continue to train more practitioners around the world in the process because this is what really works. Remove the interference (R1) from the body and brain, and the God-given innate intelligence will do the healing.

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