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Healing by Design

Heavy Metals

1. Reduce your exposure! Metals are everywhere, but here are the absolute basics in order of importance...
 - * Avoid all "silver" fillings or getting any metal in your mouth. If you have fillings, have them SAFELY removed and replaced with non-toxic options, ideally from a holistic dentist.
 - * Never, ever, ever get a vaccine of any kind. Children and pregnant women are most at risk to be poisoned by vaccines. The flu shot has incredibly high levels of mercury, but all vaccines are poison, and all contain heavy metals.
 - * Don't eat fish, or if you do eat small fish like anchovy and sardines. The ocean has been poisoned with MILLIONS of pounds of mercury and other wastes from chemical companies and mines.
 - * Avoid commercial makeup which is loaded with metals and chemicals. Avoid cigarettes, car exhaust, pollution and smog, pesticides, herbicides, metal cookware, etc.
2. Get your metals tested! The most accurate test for **mercury is the tri-test** which checks both inorganic and methyl-mercury through blood, urine and saliva. There is also a **Blood Metal Panel test** which checks other heavy metals and important nutrient levels for detoxification. The company is called **Quicksilver Scientific** and you can be tested through a registered practitioner.
3. Open up detoxification pathways. Colon, kidney and liver cleansing are all crucial to the removal of metals from the body. If the metals cannot be excreted, toxicity builds up in the body. Consider the **colon, kidney and liver cleanses from Spirit of Health**.
4. Learn how to remove different metals from the body. There are certain substances and products that remove cadmium, arsenic, lead and titanium. There are different products that work to remove mercury, nickel, silver and petroleum. Make sure you have the right detox. protocol for your situation.
5. Make sure your mineral levels are adequate for detox. You will only find this out through testing. In general, you need zinc, selenium and magnesium for proper detoxification. Your magnesium levels should be higher than your calcium (most people are chronically deficient in magnesium) and your zinc levels should be higher than copper. Copper is also important for detoxification.

6. Bentonite clay is a general product people can take daily that will help to remove some metals (not all) and will also remove chemicals from the body. 1 teaspoon 2x daily on an empty stomach is a great place to start.

7. Brown seaweed is a great heavy metal chelator and detoxifier. In fact, this is why so many fish are contaminated. Seaweeds and algae soak up metals like a sponge and then the fish eat them! Sadly, this is why our fish are so unsafe today. However, taking a pure, clean brown seaweed product can help a lot with cleansing metals and chemicals from the body. The best I know of is called **Modifilan**, which is a concentrated 40:1 seaweed concentrate.

8. Chlorella and cilantro are well-known metal detoxification agents. You can start taking chlorella tablets, or eat cilantro. There are also products that contain these ingredients such as **Toxin Therapy by Harmonic Innerprizes**.

9. Boost glutathione! This is important when it comes to detoxification. Here is how you can do it.

- * Take glutathione supplements

- * Even better, boost it in the cells naturally with **Protandim**. Take 1 daily. Or for stronger effect, take 1 tablet 3x daily for 10 days, then stop for 4 days and repeat.

- * **R-Lipoic acid, combined with vitamin C** will also boost glutathione in the body. Another product called NAC is also a precursor to glutathione.

10. Clear metals from the intestines using clay charcoal and/or silica. Silica is best for binding metals in the gut. There are specific products for this. You really need a LIQUID silica to have the strongest affect on detox.