

## ORAL CHELATION PROTOCOL

### DEFINITIONS

**CHELATION:** The process by which mercury and other heavy metals are “loosened” or released from the tissues and cells of the body using some agent like “cilantro tincture”, fruit pectin, etc.

**ABSORPTION/DETOXIFICATION:** The process by which the “loosened” heavy metals are absorbed in the digestive tract or the in the kidneys, aided by some agent like chlorella, bread, wheat flour, gluten, egg white, egg yolk, butter, cream, etc., and excreted from the body.

Effective chelation is a two part process involving both the release of mercury from the tissues and the subsequent “mopping up” and excretion in the urine and stool.

**POTENTIAL PROBLEMS:** Several problems can arise by using the **oral chelation protocol** without proper supervision:

1. If too much mercury is chelated without the proper proportion of absorption and elimination, then you can become symptomatic, and perhaps make yourself very sick.
2. Sensitivities: to mercury, to cilantro, to chlorella- these need to be evaluated over time while you first begin to chelate.

**CAUTION: Never begin a mercury detoxification or chelation protocol while you still have a major source of mercury or metal in your body.** Serious adverse reactions can result. If you have mercury amalgam dental fillings in your teeth, have the fillings replaced by a competent dentist skilled in protocol designed to protect you from additional exposure to mercury before you use the chelation protocol. You may wish to find a dentist in your area who is a member of the International Foundation for Toxic Free Dentistry.

### SPECIFIC PROTOCOL

**SUGGESTED GUIDELINES FOR USE** (Please see “**Individual Dosing**” below before beginning)

1. **Cilantro Mother Tincture- a Chelator.** Organic, fresh leaf Cilantro tincture made according to Homeopathic Pharmacopeia of the United States (HPUS) standards.
  - (a) For Adults: take up to 1 teaspoon (tsp) daily with food, **5 days ON, 2 days OFF**
  - (b) For Children: take up to ½ tsp daily with food, **5 days ON, 2 days OFF**
2. **Chlorella- an Absorber.** Cracked cell wall chlorella from reputable company. Consider taking 1/3 dose with each meal.
  - (a) For Adults: take 3500mg **DAILY, EVERYDAY**
  - (b) For Children: take 2500mg **DAILY, EVERYDAY**
3. **R-Lipoic acid (RLA) – a Chelator.** Take about 100 mg with each meal.
  - (a) For Adults: take 300mg **5 DAYS ON, 2 DAYS OFF**
  - (b) For Children: take 100mg **5 DAYS ON, 2 DAYS OFF**

\* Note: It is okay to take cilantro, RLA and chlorella at the same time, preferably with a meal or with several meals.

## INDIVIDUAL DOSING

**CILANTRO:** Cilantro is only taken approximately 5 days per week in order to give your pathways of elimination a necessary break. Begin slowly by taking a 1-2 drops first 2 weeks to gauge your reactions. If you are very sensitive or have food sensitivities, begin with one drop. Reactions could be that existing symptoms may worsen, old symptoms may return, or even new symptoms may develop. Don't be alarmed. This simply means that you need to either slow down your chelation, or increase the amount of absorption you are doing. Please stop taking cilantro and call your homeopath if any new or uncomfortable symptoms arise. Experience shows that most symptoms can be addressed with the proper homeopathic "antidote".

**DO NOT TAKE until all mercury amalgam fillings have been removed.**

**CHLORELLA:** Begin by taking one tablet (about 200 mg) daily for the first few days to gauge your reaction. Slowly increase to maximum amount over the next 4-5 weeks. If you are very sensitive you may wish to try a smaller amount to start with, such as 50 mg. *Remember, you must take chlorella (or use other means) to absorb the heavy metals that you are loosening.* Chlorella should be taken everyday. Please stop taking chlorella and call your homeopath if any new or uncomfortable symptoms arise.

**R-LIPOIC ACID (RLA):** Begin by taking 30-50mg daily for the first week. Then each week, increase your dosing until you reach the prescribed amount. Some people may be able to tolerate larger amounts than others. Reactions could be that existing symptoms may worsen, old symptoms may return, or even new symptoms may develop. Don't be alarmed. This simply means that you need to either slow down your chelation, or increase the amount of absorption you are doing. Please stop taking RLA and call your homeopath if any new or uncomfortable symptoms arise. Experience shows that most symptoms can be addressed with the proper homeopathic "antidote".

## IMPORTANT TIPS

- ❖ While gelatin chlorella caps are easy to use, some are concerned with the possible Monosodium Glutamate (MSG) content. You may wish to empty the caps into juice, peanut butter, yogurt, smoothie, ice cream, pudding, etc. to administer. Some prefer it in smoothies or milkshakes or sprinkled on food. **We offer non-gelatin tablets that can easily be crushed or pulverized into a powder.**
- ❖ Mix cilantro tincture into juice or water. If desired, mix in small amount of boiling water to burn off the alcohol
- ❖ To administer cilantro to children: mix it into something tasty. See the first tip for more ideas. Children seem to love the new chlorella tablets and will generally chew them. They think it's fun to show you their green tongue!
- ❖ **Absorbing foods:** Yogurt; kefir; sour cream; cream; animal protein- meats; wheat flour such as in breads, cookies, crackers and/or cake; white flour (is particularly absorbent); eggs (recommended 4-6 daily). Sugar, sweeteners like agave, honey, coconut sugar, maple syrup, etc. Sugars and gluten are also very helpful in absorbing mercury. And yes, you are reading correctly ☺. The foods they tell you to eliminate from your diet actually help you detox for heavy metals, and when used accordingly, improve your overall health. If you have "gluten intolerance" consider that gluten transports mercury through your gut. You may have problems with membrane permeability, in which mercury is one possible cause. Long term homeopathic treatment can address and many times restore proper balance. All things in moderation!
- ❖ **Chelating foods:** fruits, especially those high in pectin such as green apples and pears, cherries, berries; foods high in Vitamin C (and vitamin C itself) such as: citrus fruits, avocados, potatoes, tomatoes, carrots, cucumbers, green beans, lettuces, radishes...
- ❖ **Decrease or eliminate your intake of seafood and ocean fish** (as most ocean fish contain small amounts of mercury and even a small amount is harmful) unless you can buy it from an inspected and reputable source

guaranteed to be free from mercury and other toxic heavy metals. Of course farm raised fish are feed antibiotics during the cold months to prevent bacterial growth- this is a factor you must weigh.

## CONCLUDING REMARKS:

- ❖ Please use only under strict supervision by an experience health care practitioner. Clinical observations on thousands of clients shows that this *oral chelation protocol* works reliably and gently. When instructions are followed carefully, it can be done safely and without any adverse side effects.
- ❖ EDTA, while chelating other toxic metals like lead and iron, does not chelate mercury.
- ❖ Tests show that, without active detoxification, even twenty years after mercury sources and exposures such as dental mercury amalgam fillings have been completely removed, substantial amounts of mercury still remain in the body.
- ❖ It takes at least 4-5 years of active detoxification to completely eliminate mercury from the body.