

F.I.G.H.T. For Your Health - "H" is for Heavy Metals
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Did You Know...?

- Heavy metals are found in nearly everyone on the planet. Bone levels of lead today are more than 1000 times greater than just 400 years ago.
- Mercury toxicity from vaccines and amalgam fillings have been linked to Autism and other neurological disorders.
- Evidence suggests that heavy metal exposure is linked to Alzheimer's. Current reports indicate that 1 in 2 people will develop the disease by age 80.

Heavy Metal Exposure is Unavoidable! Emissions from coal burning in China blanket the United States with lead, mercury and cadmium. In San Francisco, 30% of one's mercury exposure comes from breathing the air. In the midwestern United States crop losses of wheat, corn, soybeans, and peanuts total in excess of \$5 billion per year, due to damage from acid rain, heavy metal particulates, and other toxic substances. Mercury has been found in every bird tested on Mount Washington, New Hampshire, at elevations of 8,000-10,000 feet.

Lead is also commonly found in cosmetics, toothpaste, water, and snow. Mercury exists in many adhesives, Preparation H, psoriasis ointments, contact lens solution, vaginal lubricants, drinking water, fish, dental amalgams, and tattoo dye. Arsenic, which may be associated with Type 2 Diabetes, is commonly found in chicken meat due to arsenic-based additives in the chicken feed. Aluminum is present in many antiperspirants and has been associated with Alzheimer's disease and ALS. Cadmium is found in cigarette smoke, processed meats, and instant coffee.

There is NO SAFE Level of Lead – or Mercury! Toxic lead exposure suppresses the immune system. Almost every cause of death can be tied to the level of lead in the body. Children are already heavy metal toxic at birth. As laboratory tests commissioned by The Environmental Working Group (www.ewg.org) have shown, umbilical cord blood contains over 200 toxins and twice the level of mercury than found in the mother.

High levels of lead have been associated with aggressive behavior in children and high blood pressure in adults. Men with high levels of lead in their bones are six times more likely to die from cardiovascular disease. Stenting and bypass surgery are of limited value as blockages exist throughout the body, not just in the vicinity of the heart. A 2004 study associated lead exposure with age-related cataracts in men provides proof that bone lead levels are adversely affecting the health of the brain, as the eye is an extension of the brain.

Mercury can be toxic to the kidneys and may be a factor in kidney failure. Exposure may result in neurological symptoms such as tremors, loss of balance, impaired hearing, tunnel vision, slurred speech, headaches, fatigue, impaired sexual function, and depression. Other symptoms might include nausea, vomiting, diarrhea, allergic dermatitis, gum disease, and many more.

Even more frightening is there is a synergistic effect when both lead and mercury are present together which results in them being *100 times* more toxic than when either exists alone.

Heavy metal detoxification must be a life-long focus. Our levels of heavy metals and other toxins are directly correlated to the body burden of infection that we carry within us. The more we can reduce our internal toxicity and improve our terrain, the less we will struggle with chronic infections and disease.

Detoxification does not occur overnight. It takes nearly 15 years for the bones to remodel, and there is no faster way to get lead out of the bones at this time. While IV chelation therapy may have the ability to lower heavy metals that are readily accessible in the body, it is not an ideal treatment option for chronic heavy metal toxicity. It may in the short-term lower the body burden but once the IV therapy is discontinued, heavy metals from deeper stores in the body, such as the bones, will reemerge. Additionally, as we are continually exposed to heavy metals from our environment, the only way to successfully address chronic heavy metal toxicity in the long term is to detoxify daily.

In my F.I.G.H.T. program, I have developed a number of strategies for supporting the body's ability to detoxify from heavy metals. These include:

- Beyond Chelation Improved (BCI) – consisting of a packet of nine pills taken once or twice daily.
- Essential Daily Defense – containing Calcium EDTA, Garlic, malic acid, and other detoxifying nutrients.
- ACZ nano – a liquid zeolite which has the ability to attract and capture numerous toxins such as mercury and lead.
- ZeoGold – a more powerful zeolite than ACZ nano which also helps to increase the body's level of glutathione which is the master antioxidant and is critical in detoxification.
- Beyond Fiber – providing necessary prebiotic inulin that supports the gastrointestinal tract during detoxification and helps balance beneficial flora in the gut.
- EZ Defense Gum – may bind heavy metals released from amalgam fillings as a result of chewing.

- Beyond Clean – a gentle bath powder containing EDTA that helps to detoxify heavy metals through the skin.
- Exercise/Sweating – If tolerated, sweat, sweat, and then sweat even more! Sauna therapy can be profound in assisting the body in the detoxification of heavy metals, chemicals, and other environmental toxins.

For more in depth information about heavy metal toxicity and how to detox using my F.I.G.H.T. for Your Health Program, please visit Gordon Research Institute online at www.gordonresearch.com.