

New Trends in Chelation Therapy: Pioneering Answers to Today's Toxic World

By Dr. Michelle Alpert, D.O.

Hheavy metals don't talk—they just leave silent footprints. Was the Roman Empire destroyed, in part, by lead poisoning from the goblets in which Romans quaffed their daily wine? Poisonous metals like mercury, lead, cadmium, arsenic and aluminum are present in everything from our dental fillings to our fish, cookware, paint, pipes, car exhaust, batteries, and air and water. The World Bank has identified lead poisoning as the primary environmental disease among children in the United States and the rest of the industrialized world. In a recent U.S. study of 3,800 children and adults, representing a cross-section of the population, investigators documented traces of 11 heavy metals in their bodies.

These metals blend to create a toxic soup that suppresses our immune and nervous systems. Heavy metal poisoning can be both profound and subtle, leading to chronic disabilities, illness, susceptibility to infection, high blood pressure, kidney damage, depression, and impaired mental functioning.

What's the answer? We can't step off the world and stop living. But we can use cutting-edge chelation techniques—both oral and intravenous—to help ferry these toxic metals out of our tissues, and restore and protect our health. Heavy metals can lead to excessive free-radical proliferation, which can damage cell membranes, making them far more vulnerable to damage. Chelation helps protect cell membranes, allowing the body's natural healing mechanisms to halt and often reverse the disease process.

Chelation comes in many forms—agents like EDTA, DMSA, DMPS, even supplements like N-acetyl cysteine and alpha lipoic acid are thought to be good chelators. All chelating agents bind with heavy metals, which are then excreted through urine and stool. Chelation therapy has survived and prospered thanks to a relatively few courageous physicians, many of whom are members of the American College of Advancement in Medicine (ACAM). To date these physicians have treated close to a million patients with occlusive vascular disease with a success rate that conventional medicine can only dream of.

Chelation therapy is one of the best kept secrets for improving your health. Chelation impacts more than just heavy metals. It seems to quench free radical damage and restore the flexibility and function of blood vessels throughout the body. It even lowers the risk of cancer according to Walter Blumer, M.D. and Elmer Cranton, M.D.

In another study of 343 patients who were suffering from mild cardiovascular problems, such as rapid heartbeat, heart pain, pressure in

the chest and dizziness, calcium EDTA combined with nutrient and mineral therapy improved or cured 88% of patients.

Recently, state-of-the-art, intravenous form of calcium EDTA. Calcium EDTA was pioneered by Garry Gordon, M.D., D.O. M(DH), a world-renowned expert on chelation therapy, nutrition, mineral metabolism, and alternative and preventive therapies, Dr. Gordon was one of the pioneers of the original protocol for chelation therapy. Patients do well on this new formula and it steadily reduces their toxic metal load. This form of chelation only takes about half an hour, a fact that busy patients love, and is good at chelating mercury as well as lead, cadmium, arsenic and other common heavy metals. It is becoming an increasingly popular form of chelation therapy in the U.S. today for its ease of use.

Calcium EDTA administered intravenously along with healthy vitamins and minerals, to make sure that levels of magnesium, calcium and other nutrients are replenished. I also recommend safe, oral nutrient

chelators like chlorella, selenium (which can help combat mercury poisoning), vitamin C (a good, weak chelator of many heavy metals), and garlic (the sulfur in garlic is a safe, mild chelator). The combined triad of intravenous chelation therapy, nutrient and mineral therapy, and oral chelation with safe, healthy substances, has proved beneficial to a wide range of patients—from dancers to heart patients to the neurologically impaired. ■

Dr. Michelle Alpert is a holistic practitioner in New York City who has had great success with chelation therapy and can be reached at 212-675-9343.

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for improving your health***



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