



Heavy With Heavy Metals

Dear Dr. Brechtel,
I am concerned about exposure to heavy metals, like mercury and lead. Nutritionally, what can I do?

Dr. Malott-Brechtel

You should be. I just downloaded a list from the FDA of mercury containing pharmaceuticals, and boy was I surprised. It's a long list, and includes things like nasal sprays and eye drops, and of course the vaccine stabilizer, Thimerosal. For lead we worry about things like old paint, especially around windows where opening and closing might aerosolize lead containing dust.

Heavy metals are typically things to avoid because they tend to be very toxic to cells. Small daily accumulations of these poisons can come from seemingly innocuous sources, and can lead to a slow, insidious onset of the symptoms of illness.

There are however, certain supplements and foods that slowly chelate (bind) heavy metals and remove them from the body. Of course, the best solution is to avoid exposure to these molecules. You can stop by HerbalQuest in Galveston for more information on Heavy Metal testing, and natural chelation products.

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