

CHELATION THERAPY

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IMPORTANT

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What is Chelation Therapy?

Chelation therapy is an "alternative Therapy", which is used to clean the patient's arteries by using intravenous chelating agents in conjunction with dietary supplements and lifestyle recommendations. Consequently, the focus is on a whole food diet, correct food combining (separating starches from protein), stress reduction, and aerobic exercise.

The term "Chelation" means "combining with metal, and the typical chelation therapy agent is *ethylene diamine tetra-acetic acid* (EDTA). This is a synthetic amino acid, which removes toxic heavy-metals from the body by binding to them, and then eliminating them through the kidneys. Toxic metals most commonly found in the body are mercury, lead, cadmium, arsenic and aluminium

EDTA is non-toxic when used correctly; however it is recommend that only certified chelation Therapists be consulted.

EDTA also binds to calcium, which builds up as plaques on the walls of the arteries, and by removing this calcium, the plaques are reduced and circulation is improved.

Chelation therapy is not only used for heavy-metal toxicity, but for snake venom poisoning, radiation toxicity, digitalis intoxication (from heart drugs), and heart arrhythmias as well.

When was Chelation Developed?

Chelation, using EDTA was developed in Germany, in the 1930s, to remove calcium from hard water. Chelation was introduced to the United States in 1948. In the 1950s, chelation therapy was first used with excellent results to treat lead poisoning.

Since then, Chelation Therapy has been refined to the state-of-the-art level we find today. And many people have found it effective in the treatment of heart and arterial disorders.

Due to chelation's powerful healing action, it is now a popular alternative treatment.

Where Can It Help?

Chelation is mainly and optimally used to treat heavy-metal toxicity and cardiovascular disorders like hardening of the arteries and high blood pressure. It also helps improve such conditions as arthritis, diabetes, cancer, stroke, osteoporosis, gangrene and senility.

How Does It Work?

When heavy metals remain in the body and come in contact with oxygen, tissue-damaging free radicals are produced. A free radical particle of energy is very unstable, lacking one electron which it must receive in order to be re-balanced and stable. Free radicals travel through the body damaging the cells in the lining of the artery walls as they search for the missing electron.

Further, heavy metals in the body suppress the normal healthy enzyme reactions which drive the metabolism. When EDTA is introduced into the bloodstream, it binds the heavy metal to itself, and the EDTA metal complex is then carried through the bloodstream to the kidneys where it is excreted in the urine.

Removal of the heavy metals stops contact with oxygen, greatly reducing free-radical production and the consequent damaging effect on artery walls and other tissues. The removal of the heavy metals also removes the suppression effect on the normal enzyme systems, and thus promote a healthy metabolism.

In addition, EDTA binds to the calcium deposits on the walls of the arteries and pulls it into the bloodstream where it is carried to the kidneys and eliminated. The removal of this calcium promotes improved blood flow to the heart, the brain, and to the other organ systems.

Treatment

Chelation therapy involves intravenous injection of EDTA into the blood stream in sessions that last for three to four hours. Further, a series of chelation treatments can include up to thirty treatments depending upon the desired results.

To control blood sugar levels, patients are advised to eat before a treatment, and "snacking" during treatment will help to maintain blood sugar levels. During the treatment, the patient either sits or lies down while the solution of EDTA and other vitamins and minerals is dripped into the bloodstream via a vein in the arm or hand. The solution is specifically matched to the patient's needs. Further, the patient may do light activity such as reading, writing, watching television, napping, etc, during treatment.

Kidney function is monitored every fifth treatment, as they are responsible for the excretion of the chelated minerals.

How Does it Feel?

After treatment, the patient may feel tired, light-headed, experience muscle cramps, or headache - this usually passes with twelve hours of treatment. Some individuals have reported feeling energized and clear-headed after therapy.

It will take up to twelve weeks, after a course of therapy, for the full effects of chelation to be noted.

As mentioned previously, an important adjunct to chelation therapy is a healthy moderate lifestyle which includes a whole food diet (using food combination techniques), vitamin and mineral supplementation, anti-stress techniques, and suitable exercise. But most important - NO SMOKING.

Are there any Natural Chelators?

Oral chelators such as vitamins A, C, E and reduced l-glutathione, may be used before treatments are started, and as maintenance supplements to minimise free radicals and their damaging effects.

Some chelation therapists claim that in cases of cardiovascular or degenerative diseases, oral chelates are not a substitute for intravenous chelation therapy.

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