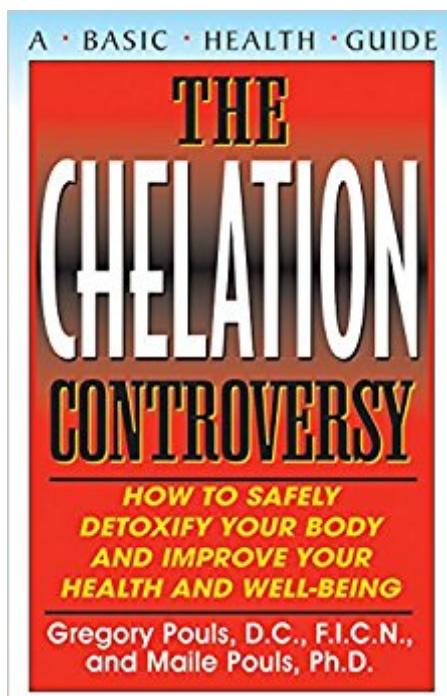


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# The Chelation Controversy: How To Safely Detoxify Your Body



## Synopsis

When our bodies start accumulating toxins faster than they can be eliminated, our tissues begin to store them. These stored toxins initiate degenerative processes that can lead to diseases such as cancer, heart disease, and arthritis. Chelating agents—substances that latch on to and carry toxins out of the body—can help free us of this destructive load. In this book, the authors discuss the proper use of oral and intravenous chelating agents.

## Book Information

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âœMy main goal in life is to reach as many people as possible with scientifically valid information regarding how to use nutrition and alternative medicines safely and wisely. I want for all Americans to fully understand the benefits of becoming âœnutritionally sufficientâ™ and to possess âœbalanced body chemistryâ™. I want to create a comprehensive natural health program that assists people to âœget well and stay wellâ™. As a doctor, I want to help people avoid the pitfalls and toxicity of disease-management health care. I want to teach people about how to take charge of their own health with basic and advanced concepts of nutrition and wellness education. I want to serve people as an author and educator regarding disease prevention through nutrition and detoxification, awareness of chemical exposure and nutritional deficiencies as related to human health, awareness of personal environments, and as a resource for solution-oriented products. I have a tremendous amount of referenced literature about nutrition, health, human-made chemicals, and the environment. These are my passions.â • Dr. Gregory Poulis, DC, FICN

Nothing new about chelation therapy here, not very thorough. This is not the best book if someone is looking to actually DO chelation and wants to learn about it. So far Andy Cutlers book seems to have a lot of information and makes sense.

The Chelation Controversy: How to Safely Detoxify Your Body is sort of OK. Some recommendations may be helpful, and some are not. I have read a half dozen books on detoxification before I finally found the most crucial aspect that none included. I will come to this shortly. But first it is important to beware that many things recommended for detoxing may themselves be harmful. This can include the chelators, DMPS and DMSA, ozone, even numerous supplements if they are not accurately tested beforehand. The above applies whether the toxic exposure was mercury or other heavy metal, mold, pesticide, formaldehyde, drugs or other. The most crucial and missing aspect is that quite often a chronic porphyria has been permanently induced by the toxic exposure. This then is what often makes the person chronically sick and very ~~allergic~~ ~~allergic~~ to foods and environmental chemicals. I put allergic in quotes because the adverse reactions to foods and env. chemicals may really be porphyric, not allergic, reactions. After porphyria is induced, people can become even more intolerant of drugs and even vitamins. There is only one book then to get and read for immediate help. This is the book written by Dr. Steven Rochlitz, titled, PORPHYRIA: The Ultimate Cause Of Common, Chronic And Environmental Illnesses. With Breakthrough In Diet, Supplements And Energy Balancing. It isn't sold on . See the author's wellatlast dot com site. There is even an awesome, recent, free interview/lecture on the testimonials page. Save your health as I did after reading Rochlitz's remarkable book. It was so helpful. It's so far beyond this and the others I've read. Best of luck in your detoxing.

If you are looking for an acceptably scientific book/resource on metal chelation - do not bother with this book. This is a generic regurgitation of folklore beliefs about postulated curative effects of chelation. To set it straight - detox/chelation therapies might or might not be beneficial. What this book fails to delivery is the sound foundation of such advice. Hence it can even be potentially damaging as bad advice can be extremely dangerous (e.g. a wrong protocol for ALA-based metal chelation). This book is just a generic b/s which you see in most other sources on candida, adrenal insufficiency, etc, i.e. -feel low on energy? -cannot sleep? You must be having XXX. In this particular book case, XXX is some covert poisoning. As an alternative, grab a hair metal and a provoked urine metal tests from a reputable lab (such as Doctor's Data e.g.) and then visit a

CAREFULLY selected medical practitioner who is good enough to understand what covert chronic low-level metal poisoning can do to your body/brain. Or, if you want to understand it for yourself, once you have the culprit metals, start with a good textbook on the subject such as "Handbook on the Toxicology of Metals". Alternatively if Hg is above the norm try the two books published by Andy Cutler. In fact try them regardless as the therapies and the logic Andy discusses applies to many other heavy metals (e.g. lead) besides mercury the chelation agents of his choice have affinity with. Summary: I've borrowed the entire collection from the interlibrary service of our university in the search of supplementary literature on chelation. The books listed above are poorly written garbage to which this review applies to as well: Everything you should know about chelation therapy - Walker The chelation way: the complete book of chelation therapy - Walker The chelation controversy - PoulsNatural mercury detoxification - Rasmussen Detoxify or die - Rogers

It is a small easy to read book with the most important facts on chelation summarized. Great for quick reference. It furnishes me with enough information in order to make an informed decision on the best method of chelation.

Probably not your first book on chelation therapy. More like second stage information. This stuff is a life saver.

The book is easy to understand, explanations are given for medical or scientific words. However, I think chelation is a crock. I am studying consumer health and just about everything in this book is opposite what is in my health textbook (Consumer Health: A Guide to Intelligent Decisions).

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