

GET THE LEAD AND MERCURY OUT

How to Detox Heavy Metals to Prevent Cancer, Cardiovascular Disease, and Chronic Fatigue

BY HELKE FERRIE



Environmental and dietary toxins can kill rapidly or slowly, through one-time powerful doses, or through low-level exposures over long periods of time. Fortunately, we now know how to treat and prevent the effects of almost all the poisons which humanity has created – using detoxification combined with strategic nutritional supplementation

(Editor's note: It is interesting to see how much we have progressed in the field of cellular detoxification since 2005, when Helke Ferrie first reported on the subject. In this article, she shares important advances over the past 14 years.)

OPINION In the mid-1990s, I embarked upon a personal road to recovery after suffering from a near-fatal neurological disorder. Caused by pesticide poisoning from 20 years of exposure to DDT in India, as well as mercury poisoning from dental amalgams, my case of toxic overload was not especially unique. In fact, poisoning by environmental and dietary toxins are pervasive in the medical literature throughout the history of humankind:

- Many ancient Romans unknowingly died of lead poisoning from the pipes used in their plumbing and the pots used in cooking. It is even theorized that low-level lead poisoning may have caused the insanity of some emperors.[1]

- Napoleon Bonaparte was likely to have died from prolonged exposure to the arsenic contained in toxic fumes given off by wallpaper at Longwood House, his prison home on the island of Saint Helena in 1821.[2]

- American sailors became ill during the Second World War from lead poisoning. As a result, lead was removed from ships' paint (and later from all paints), and it was navy doctors who first developed chelation therapy.

- In the 1950s, hundreds of deformed babies were born to mothers in Japan's Minamata Bay area. The deformities were found to have been caused by parental consumption of fish from area lakes contaminated by industrial mercury, a

heavy metal which inhibits fetal development during formation of the brain and neurological system.[3]

- Close to 6,500 people died or became ill in Iraq in 1972 after ingesting bread made with wheat that had been treated with a methylmercury-based fungicide.[4]

These are the types of tragic events which resulted in the refinement of tests over time to detect toxicity levels of all heavy metals and other toxic substances such as PVCs and solvents. As well, the enormous increase in the use of heavy metal-laced pesticides, along with industry's growing reliance on mercury, lead, barium, arsenic, and platinum further strengthened the need for such diagnostic methods as well as treatments.

THE TOXIC ORIGINS OF DISEASE

The science of medical toxicology is now growing as fast as the production of toxins. When the Human Genome Project was completed in 2003, the first major benefit was not (as hoped for by investors) the

identification of specific diseases located on specific genes. Instead, on April 16, 2003, the U.S. National Institutes of Health held a press conference to announce that their research had identified some 200 genes found to be vulnerable to environmental toxins linked to cardiovascular disease and cancer.[5] Many of these genes are regulatory, continuously affecting thousands of other genes simultaneously. So attempting to genetically manipulate even one of them, in the hope of conferring resistance against our pervasive environmental contamination, is now thought to be impossible.

So the Human Genome Project had unwittingly reaffirmed key tenets of environmental medicine, which are:

- To stay healthy, humans must avoid toxins in air, food, soil, and water;

- Preventive or therapeutic detoxification is necessary for ongoing restoration of health;

- Humans need nutrition that is uncontaminated by processing, genetic manipulation, and synthetic chemicals.

None of this can be patented. Instead, the world must be cleaned up if we wish to survive as a species. Lead has already been removed from all paint products and so has mercury from pressure-treated wood.

Medical research has made great gains in detecting toxins and developing detoxification techniques, yet few doctors are trained to recognize the toxic origin of most diseases because medical school curricula and clinical practice guidelines are mostly focused on symptom-controlling drugs. Fortunately, there are many naturopathic doctors who