

## HEAVY METALS and SOLVENTS DETOXIFICATION

*For two case histories involving this, go to Anna's Case and/or Frank's Case.*

### SUBJECTS COVERED:

- Background
- Definition of toxin
- Definition of detoxification
- Examples of toxic chemicals
- Physiological functions important to detoxification
- Impairments linked to toxins
- Daily cycle/times and body systems
- Resources

### BACKGROUND

Trying to eliminate allergies through NAET, we observed that many of the treatments were initially successful. However, over several months, the allergic reactions gradually returned. It was only after detoxification that the allergies and sensitivities were significantly diminished if not eliminated.

For several years, we tried many detox protocols, including those advocated by Dr.'s Williams, Klinghardt and Crinnion. While progress was observed at various intervals, the most significant improvement occurred by enhancing our respective Kreb's citric acid cycles. As a matter of fact, we were astounded on two counts. First, having intensively detoxed for seven years (the frequently quoted outside timeframe for complete detoxification is 1.5 years—see the Williams videotape below in "Resources"), there was a significant amount remaining. Second, so few remedies were needed in such a short period of time to accomplish it relative to the number, frequency and duration we experienced in prior years.

The process we followed is detailed in the cases noted above. Simply stated, it entails primarily NK/AM-FM, KTS's My AminoPlex, and Marco Pharma's NeproTec. Specifically for heavy metal detoxification, Chelorex we found to significantly more effective and less abrasive than any other process. (For a much more detailed description, see Anna's Case and Frank's Case.)

For many years, there has been increasing attention to the issue of toxicity and its impact on human health. While much more needs to be learned about how and the extent to which toxins impact our bodies, there is even less known about how to detoxify.

## DEFINITIONS

According to Jacqueline Krohn, M.D., Frances Taylor, M.A., and Jinger Prosser, L.M.T., in their book The Whole Way to Natural Detoxification, "Dorland's Medical Dictionary defines a 'toxin' as a poison that is a protein or a conjugated protein substance produced by plants, some animals, and pathogenic bacteria... Another useful definition for a toxin is xenobiotic, which means a foreign chemical not produced by the human body. Dr. Elson Haas of Marin, California, defines a toxin as 'any substance that creates irritating and/or harmful effects in the body, undermining our health or stressing our biochemical organ functions'."

The March 1994, issue of "The International DAMS Newsletter", states that a lot of toxins are stored in fatty tissue and occupy the body cumulatively.

*The information below was taken from a paper "Mechanisms of Detoxification and Procedures for Detoxification", by Jon B. Pangborn, Ph.D., for Bionostics, Inc.; P.O. Box 111; 170 West Roosevelt Road; West Chicago, IL 60185.*

By detoxification we mean, "the body's own chemical and transport processes that clear tissues of contaminants. The chemical processes metabolize the toxic chemical (xenobiotic) into a form that is more readily excreted. Many of these processes are enzymatic. The enzymes often require cofactors that are derived from essential nutrients."

Several examples of toxic chemicals include:

- Alcohols
- Ammonia
- Endogenous toxins
- Exhaust gases
- Fungicides
- Heavy or toxic elements
- Herbicides
- Medications
- Pesticides
- Solvents and petrochemicals
- Street drugs
- Volatile chemicals

Physiological functions important to detoxification include:

- Adrenal
- Bowel
- Circulatory
- Gastric and small intestine
- Liver

- Renal
- Thyroid

In a 1997-copyrighted videotape entitled “Petroleum Detox Tape I”, Louisa Williams ND, LAc, MS, incisively reviews not only the history of our increasingly toxic environment but also its impacts on human health. In her presentation, she describes impairments linked to toxicity including:

- Intellectual
  - IQ
  - Attention
  - Concentration
  - Abstract reasoning
  - School learned skills
  - Cognitive efficiency
- Motor
  - Fine motor speed
  - Gross motor coordination
  - Gross motor strength
- Sensory
  - Visual disturbances
  - Hearing disturbances
  - Pins, needles, numbness
- Memory & Learning
  - Long-term memory
  - Short-term memory
  - Learning
- Visuospatial
  - Inability to draw or build simple constructs
- Personality
  - Depression
  - Delirium
  - Anxiety
  - Anger
  - Irritability
  - Fatigue
  - Tension
  - Psychotic disorders

Dr. Williams also describes linkages between toxicity and cancer, hormonal and reproductive disorders, and autoimmune diseases.

The table below was provided by Ann McCombs, D.O. and has proven to be quite accurate as well as useful. It indicates which meridians and their respective organs detoxify and at what time of day.

<b>TIME</b>	<b><u>MERIDIAN</u></b>
7:00 - 9:00 A.M.	<u>Stomach</u>
9:00 - 11:00 A.M.	<u>Spleen</u>
11:00 A.M. - 1:00 P.M.	<u>Heart</u>
1:00 - 3:00 P.M.	<u>Small Intestine</u>
3:00 - 5:00 P.M.	<u>Bladder</u>
5:00 - 7:00 P.M.	<u>Kidney</u>
7:00 - 9:00 P.M.	<u>Circulation, Sex</u>
9:00 - 11:00 P.M.	<u>Triple Warmer</u>
11:00 P.M.- 1:00 A.M.	<u>Gall Bladder</u>
1:00 - 3:00 A.M.	<u>Liver</u>
3:00 - 5:00 A.M.	<u>Lungs</u>
5:00 - 7:00 A.M.	<u>Large Intestine</u>

The information contained herein has been obtained from a variety of sources. This document is presented to increase awareness of the topic and educate the general public. It is not intended to be an extensive discussion of this subject, or to provide specific treatment guidelines.

## RESOURCES

Acne Resource Center: One of the possible symptoms of detoxification is acne. This site has a wealth of information on the topic.

Acute Toxicity Database re Aquatic Animals

Body Burden, the Pollution in People: a study led by Mount Sinai School of Medicine in New York, in collaboration with the Environmental Working Group and Commonweal

"BioProbe Newsletter"; 5508 Edgewater Drive; Orlando, FL 32810; (407) 290-9670 and fax 407-299-4149

Canadian Neurotoxicity Information Network: links to a variety of well-informed sites

Environmental Health Network of California: innumerable links to topically alphabetized subjects and organizations

Environmental Working Group

First & Second National Report(s) on Human Exposure to Environmental Chemicals: National Center for Environmental Health, CDC

Foodborne Pathogenic Microorganisms and Natural Toxins Handbook: The "Bad Bug Book", U.S. Food & Drug Administration Center for Food Safety & Applied Nutrition; "basic facts regarding foodborne pathogenic microorganisms and natural toxins. It brings together in one place information from the Food & Drug Administration, the Centers for Disease Control & Prevention, the USDA Food Safety Inspection Service, and the National Institutes of Health".

Food Quality Protection Act

Global Information Network on Chemicals: "a world wide information network for safe use of chemicals. From this homepage you can explore useful information sources provided by both international organizations and national institutions collaborating for safe control of chemicals".

In Harm's Way: Toxic Threats to Child Development: "Addresses Toxic Chemical Influences on Developmental Disabilities". This is an excellent resource for not only information but for professional development as well.

Natural Toxins

Northwest Coalition for Alternatives to Pesticides

Oregon Toxics Alliance

Organic Solvent Neurotoxicity, NIOSH, March 31, 1987

Our Stolen Future: a website based on the book by Theo Colborn, Dianne Dumanoski. and John Peterson Myers

Rogers, Sherry A., The E.I. Syndrome: An Rx for Environmental Illness

Smith, Elizabeth M.D., "Xenoestrogens the cause of fibrocystic breast disease"

The International Environmetrics Society: an extensive list of links to environmental statistics and environmental research programs

"The International DAMS Newsletter"; 1701 Buffalo Dancer TR. NE; Albuquerque, NM 87112; (505) 332-3252

Toxicity: various definitions

Trade Secrets: a Bill Moyers PBS report

Triple Warmer Metabolism: Three Concepts (Quoted from Reference Guide to Acupuncture Vol. 1: Zang Fu Principles and Diagnosis, edited by Zie Zhu Fan and William Dunbar; 1986 Northern Star, Inc., P. O. Box 138205, Chicago, IL 60613

- “...the mechanism through which the Qi of the environment (which enters in the Upper Warmer through the lungs, and the Middle Warmer through the stomach and the spleen) combines with Source Qi from the kidneys to create the true Circulating Qi (Jen Qi) of the whole body.
- ...regulated temperature and water metabolism between the three warming spaces.
- It is through ...(it) that Source Qi is transmitted to each of the organ channels, arriving at the source point on each channel”

Williams, Louisa ND, LAc, MS, “Petroleum Detox Tape I”, American Academy of Neural Kinesiology, 86 Valley Road, San Anselmo, CA, 1-888-638-7255