

# Metal Toxicity

Metal detox can be complex. Different metals behave differently, and using the right detox approach safely is key.

This guide shares some of the key things I've learned throughout my healing journey. It's meant to provide a practical starting point, not cover every heavy metal or every possible detox approach.

## THALLIUM

Thallium behaves differently from other metals. Only a few options are commonly discussed for binding it effectively.

### Key Detox Option

- Prussian Blue: Binds thallium in the gut to prevent reabsorption (Generally the safest and most effective way to remove thallium)

### Supportive Option

- Potassium: Thallium mimics potassium in the body. Supplementing potassium helps block absorption and increase excretion (Use under the guidance of a healthcare provider)

### Supportive Binders

- Activated Charcoal: Can help bind thallium once it reaches the gut but is not sufficient alone for thallium detox

### Important Notes

Natural binders (chlorella, pectin, clay, zeolite) are supportive but cannot replace Prussian Blue for thallium toxicity.

## **MERCURY** (Easily Redistributed)

### **Chelators** (Help Remove Mercury from Tissues):

- DMPS: Strong, IV or oral, used for inorganic and methylmercury
- DMSA: Gentler, oral, great for long-term low-level detox

### **Supportive Binders**

- Modified Citrus Pectin (Pectasol): Non-redistributing, binds mercury, lead, arsenic, tin; gentle enough for sensitive systems
- Alginates (Sodium Alginate): Excellent for binding mercury in the gut, prevents recirculation
- Chlorella: Binds mercury in intestines, often paired cautiously with cilantro
- Humic/Fulvic Acids: Gentle, support cellular detox
- Bentonite Clay: Strong gut binder
- Zeolite (Clinoptilolite): Mild binder; best for tin and lead, weaker for mercury
- CellCore HM-ET Binder

### **Important Notes**

- Mercury amalgam fillings should be addressed before chelation. Using just binders is safer, but mercury can still leak back in until the source is removed.
- Cilantro and High-dose Alpha-Lipoic Acid (ALA) can mobilize mercury. Be sure to use an appropriate binder while using them.

## **TIN**

Tin is generally considered easier to remove than mercury or thallium.

### **Supportive Binders**

- Modified Citrus Pectin
- Chlorella
- Humic/Fulvic Acids
- Zeolite
- Bentonite Clay
- DMSA (if prescription chelation is needed)

### **Important Notes**

Tin often responds well to natural binders. Prescription chelation is generally reserved for higher levels or more significant exposure.

## **GADOLINIUM**

### **Chelators** (Help Remove Gadolinium)

- DTPA (IV): Primary chelator commonly used for gadolinium
- EDTA: IV chelator that may also be used for more significant exposure

### **Supportive Binders**

- Modified Citrus Pectin (Pectasol)
- Chlorella
- Zeolite / Bentonite Clay

### **Important Notes**

- Natural binders cannot replace prescription chelation for significant accumulation.
- Hydration and kidney support are essential during excretion.

# LEAD

## **Chelators (Help Remove Lead)**

- DMSA: Oral chelator commonly used in both children and adults
- EDTA: IV chelator that may also be used for more significant exposure

## **Supportive Binders**

- Modified Citrus Pectin
- Chlorella
- Humic/Fulvic Acids
- Zeolite / Bentonite Clay
- CellCore HM-ET Binder

## **Important Notes**

Lead accumulates in bones and can redistribute during pregnancy or bone turnover.

Supporting minerals (calcium, magnesium, zinc, selenium) are an important part of supporting lead detoxification and may help reduce reabsorption or deficiency.

## **Supportive Binders Summary**

- Modified Citrus Pectin (Pectasol): Gentle full-body detox binder, binds mercury, tin, lead, arsenic; non-redistributing
- Alginates (Sodium Alginate): Excellent for mercury in the gut
- Humic / Fulvic Acids: Supports cellular detox and the body's natural detox processes
- Zeolite (Clinoptilolite): Mild binder, effective for tin, aluminum, lead
- CellCore HM-ET Systemic Binder: Designed to support mercury, lead and mold detox
- Activated Charcoal: Useful for detox flares because it binds to toxins and some metals including thallium

## **Mobilizers & Detox Support Summary**

- Glutathione: Supports the body's natural detox process and helps transport toxins to the liver for elimination. Commonly used as part of many heavy metal and mold detox protocols.
- ALA: Strong mobilizer that crosses BBB, best for mercury (from brain & nervous system) also supports lead detox
- Cilantro: Mobilizes mercury & lead

## **Chelators**

Are compounds that bind heavy metals in the body.

Some chelators act in the gut (like Prussian Blue), while others work systemically in the blood and tissues (like DMPS and DMSA).

They are stronger than natural mobilizers and usually require careful use with proper elimination support.

## **Testing**

Blood

Hair

24-hour provoked urine test (my preferred method, as blood & hair only show part of the picture)

**Disclaimer:** This guide is intended for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Always discuss testing and treatment decisions with your healthcare provider.