FOLLOW-UP GUIDE · PLUME-AREA FAMILIES

Lowering Lead: What Really Works

Reviewing Evidence-Based Options

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Step 1: Know your number

A **blood lead test** is the only way to know. Everything else depends on the result.

Children under 6 and pregnant women in the plume zone: ask your doctor about testing in the coming weeks.

What happens at each level (children, CDC)

Under 3.5 µg/dL	Keep up lead-safe habits. Nothing more needed.
3.5 and up	Find and remove the source, check diet, retest. The health department may inspect the home.
45 and up	Prescription medicine to pull lead out (chelation), under a doctor's care.

Traditional Evidence-Based Strategies

- **Stop the exposure.** Nothing beats it: wet cleaning, shoes off and handwashing (see Keeping Little Ones Lead-Safe pdf).
- **Regular meals and snacks.** An empty stomach absorbs more lead.
- **Treat low iron.** Ask your doctor to check. Iron helps when a child is low, not otherwise.
- **Calcium from food**: milk, yogurt, cheese, greens.
- **Pregnant?** Ask about 1,200 mg of calcium a day. In a trial it lowered blood lead during pregnancy.

**Calcium, Iron, and Zinc intake helps block lead absorption. Low levels of these allow for greater ease of lead to settle in your body.*

Naturopathic Evidence-Based Strategies

- **Vitamin C, 500–1,000 mg/day (adults).** In an 8-week trial, blood lead fell and urine lead rose. Urine levels are the best indicator of chelation.
- **Probiotic *L. plantarum* DSM 33464.** Lowered urine lead in a placebo-controlled trial of 54 children. It binds lead in the gut.
- **Garlic.** Lowered blood lead in lead workers, from 426 to 347 µg/L. *Excessive* amounts can interact with blood thinners.
- **NAC, 600 mg/day (adults).** Raised antioxidant levels and lowered blood lead in 171 lead workers. *Most useful for lead that was breathed in.*
- **Best used as a combination:** organic chlorella, organic cilantro, alpha-lipoic acid

**The above listed are not yet FDA approved for use. It is always best to ask a doctor before initiating supplement or dietary changes.*

Check for other lead at home

The blast may not be your biggest source. Look for:

- Peeling paint in homes built before 1978, and bare soil beside them
- Some imported spices, cosmetics and glazed pottery
- Hunting and shooting: ammo reloading, ranges, fishing sinkers
- Lead dust on work clothes from jobs like construction, munitions, or battery work. Change before coming home.