




HEAVY METAL DETOX



Part Two Testing

Welcome to this course Warriors!

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Testing

Testing can be good and it can be not so good. This is the arena where we must be advocates! We are essentially exposed to heavy metals all the time, its really a matter of how good our detox pathways are working and how efficiently our body is at expelling, and of course avoiding direct exposure like vaccines, dirty water and amalgams.

Heavy Metals can hang out in many parts of the body and each test only offers a “snapshot” so I do recommend different types of tests to get a better idea of what might be going on but also your intuition. For example if vaccines are a part of the root cause, well doing a test can help but you knowing the root is even more powerful, because tests often do not show all and even worse a practitioner that has no idea what to do or how to really understand and accept that vaccines could very well be the root cause. Hair, blood and urine tests are the most widely used.

Hair Metal Testing

For almost all testing I have used Great Plains lab with good success and you can self order and self pay for these

TESTS

Hair testing can pick up on a variety of metals but is not very accurate for others and definitely not very effective with amalgams. This is, however, a very easy test to do especially for babies and kids.

Urine testing - the Gold Standard

This is considered the gold standard and the testing we used because it uses a chelator that binds to heavy metals and can provide a more accurate reading. This test does require a bit more work, taking multiple samples and using a chelator like DMSA to bind and then help flush out some metals. The one consideration for this type of testing is if someone has really impaired kidneys. If that is the case consider this type of testing very carefully.

Blood Testing

This is one I do not recommend as much, especially for children this can be really traumatic to use needles etc... Also in the blood metals are typically only present for one week and after that they begin to pool into different parts of the body. While you can do this type of testing you will want to separate out different baselines. So again, a lot of work and much more challenging with getting blood taken.

Multiple Testing

This is the best approach to get a baseline and cross reference. In this case you could do all three and so how each metal shows up and in what quantity. This for me, would be useful in more of the worst case scenarios (exposures) and more for older children and adults. With young kids you can stick to hair and urine.

NSF HEAVY METALS DAILY GUIDELINES

- Arsenic:** <10 mcg per day (<0.01 mg/d)
- Cadmium:** <4.1 mcg per day (<0.0041 mg/d)
- Chromium:** <20 mcg per day (<0.02 mg/d)
- Lead:** <10 mcg per day (<0.01 mg/d)
- Mercury:** <2 mcg per day (<0.002 mg/d)

CellCore uses the mg/d per day calculation when analyzing heavy metal numbers



FACTORS TO CONSIDER FOR HEAVY METAL TOXICITY



WHAT IS THE SOURCE OF THE HEAVY METAL?

Food and supplement sources that have gone through the microbial process are going to be different than a free-floating heavy metal in the water supply.

WHAT IS THE OXIDATION STATE OF THE HEAVY METAL?

Heavy metals are considered dangerous depending on the free radicals they can create and the oxidative state of that metal.

IS THE HEAVY METAL BOUND TO A CARBON MOLECULE?

Is it a plant-derived or non-plant-derived heavy metal? A metal ion bound to carbon shares a strong covalent bond, making it harder to separate it into a dangerous free ion.

WHAT IS THE pH OF THE HEAVY METAL?

Metals are more or less reactive, depending on the pH of their environment. The same metal can be tolerated at a lower pH than it can at a higher pH.

Why the Body Needs the Right Forms of Heavy Metals

The right forms of heavy metals help support the body. Because metals are critical for vital body functions, the correct distribution of these metals within cells, organs, and tissues must be regularly maintained. Again, it's not only deficiency or overload of these metals that cause health symptoms, but rather the nuances of how these metals are formed and structured. Individuals can get these essential metals and minerals from their food and supplements.

When it comes to the lesser-known metals that have often been seen as harmful, make sure to consider the form of the metal. Check to see how reactive the metals are, how the metals bond to a carbon with covalent bonds, if the pH is low, and if it is plant-based.

Essential Metals for the Body

Calcium

- Activates enzymes throughout the body
- Allows nerves to send messages
- Assists in blood clotting
- Builds teeth and bones
- Helps regulate blood pressure
- Promotes muscle contractions

Cobalt

- Helps make red blood cells
- Maintains the nervous system
- Works as an essential component of vitamin B12 production

Copper

- Assists with metabolizing fuel
- Cleans up free radicals
- Helps make red blood cells
- Regulates neurotransmitters

Iron

- Activates certain enzymes
- Helps make hemoglobin and myoglobin
- Makes amino acids, collagen, hormones, and neurotransmitters

Manganese

- Helps form bones
- Helps metabolize amino acids, carbohydrates, and cholesterol

Nickel

- Breaks down urea to prevent urea toxicity
- Enhances the activity of hormones
- Metabolizes lipids
- Prevents iron deficiency

Potassium

- Balances fluids in the body
- Helps to maintain a steady heartbeat

- Makes muscles contract
- May benefit bones and blood pressure

Sodium

- Balances fluids in the body
- Helps send nerve impulses
- Helps make muscles contract

Zinc

- Bolsters the immune system
- Helps blood clot
- Helps make proteins and DNA
- Helps wound healing and cell division

Dosing Makes a Difference

As with anything in life, moderation is key. When it comes to figuring out the dosing, it's all about balance and regulation. You are guiding your patients or clients to see which concentrations work best for their bodies. That's why we always recommend dosing slow and low and adjusting from there. Work with your patients/clients to see when to push and when to back off, especially when it comes to detoxing.

The dose is always an important indicator if a heavy metal is dangerous or not. When dosing, remember to do the calculations and mathematical conversions, so you can empower your patients or clients that they are taking products for the restoration not the detriment of their health.

When someone sees a heavy metal on a label (likely Prop 65), or a report on heavy metals in a product, educate them on what the different measurements look like and the standards that must be met for safe and effective products.