



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## How To Reduce Body Burdens Of Mercury

**“Studies confirm that the mercury exposure cancels the benefit from a fish diet.”**

I heard one researcher say mercury is the second most toxic mineral on the planet right behind uranium. Imagine how confused the average American feels when they read that the American Heart Association and the Mayo Clinic recommends fish twice a week, yet the EPA warns us about excess mercury in fish. In fact, studies confirm that the mercury exposure cancels the benefit from a fish diet. The bigger the fish, the more mercury it contains; mackerel, swordfish, orange roughy, shark, tuna, Chilean sea bass, and grouper have the highest levels.

It has been estimated that as much as 5,000 tons are released into the earth's atmosphere every year from coal burning hydro-electric plants, natural gas, and refining petroleum products. But for most of us, mercury

exposure comes from old amalgam fillings, vaccines, seafood, industrial exposure, pesticides, herbicides, beauty creams, mirrors, and other industrial byproducts.

The mercury we are exposed to comes in organic and inorganic forms. The inorganic forms are less biologically active but can be vaporized. For example, dental amalgams in our mouths can be vaporized by chewing and then are easily absorbed. The organic forms mostly from fish are easily absorbed via our GI system and then transported to the brain, kidneys, or other storage areas. The good news is that our healthy bacterial flora turns the organic, highly absorbable methyl mercury into a less toxic absorbable form as they de-methylate the mercury.

One more reason to keep the good bacteria populated.

Dr. Russell Blaylock, a nationally respected neurologist summarizes the neurological effects of mercury in his excellent book, Health and Nutrition Secrets that can Save your Life. “We have seen that mercury even in concentrations too low to cause cell death, can affect multiple neuron cell functions, such as membrane transport, calcium regulation, energy production, neurotransmitter control, free-radical production, excitotoxicity, enzyme function, DNA stability and repair, and antioxidant defenses.”

It's a big deal. But here is the good news, Dr. Blaylock goes on to say “Nutrition can protect the nervous system on many levels by strengthening cell membranes,

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thus protecting DNA, chelating mercury, enhancing mercury removal, improving cellular energy production, reducing inflammation, and protecting the detoxifying enzymes systems in the body.

The reality is that we are all exposed to mercury in small amounts. The question is do we have natural binders or chelators that will push the metals out of our cells and membranes? The sicker we feel and the more unusual the symptoms, the greater chance you will find mercury as a body burden. In addition, stress, poor diet, and the cumulative effects of other environmental toxins, recreational drugs, and pharmaceuticals such as antibiotics, dilute our body's ability to cope with and eliminate mercury as well as other toxins.

I hope you understand that although in this video we are specifically talking about mercury, we are constantly exposed to other toxic or heavy metals like lead, arsenic, cadmium, etc. In other videos we've discussed that due to pesticide use most of the rice grown in the United States contains elevated levels of arsenic.

So, what can we do to daily reduce body burdens of mercury and other heavy metals? Eat foods that are high in sulfur that are natural chelating agents; this includes the cruciferous vegetables like cabbage, broccoli, Brussels sprouts, cauliflower, mizuna, mustard greens, horseradish, kale, collards, cilantro, watercress, radishes, and

turnips. Other foods like red peppers, oats, free range chicken, turkey, and duck provide cysteine which is valuable to make another natural chelator called metallothionein. Metallothionein can hold up to a dozen molecules of mercury.

Also remember chlorophyll is one of nature's true chelators. So, anything green will be an asset to minimize metal exposure. Another class of natural foods are the flavonoids of which blueberries, spinach, garlic, onions, organic strawberries, are excellent sources. It is interesting, the more we look at the biological almost pharmacological effects of fruits and vegetables, the better they look. The suggestion to eat 7-10 servings of fruits and vegetables is more like a prescription than a casual suggestion if we want to maintain health.

In terms of supplements, several have shown benefit. For example, Porphyra-Zyme from Biotics Research has been extremely effective for chelating metals, including mercury. Also, Receptor Detox helps rinse hormone receptor sites to make sure metals don't inhibit hormones from working properly.

Your wellness professional can help you put together a program that will help you assess and ease out toxic metals. We don't want to push them out too fast! The take home message in this video is "knowing we are exposed to mercury and other toxic metals, we should eat natural chelators and nutrients daily that can keep the body burden to a minimum."