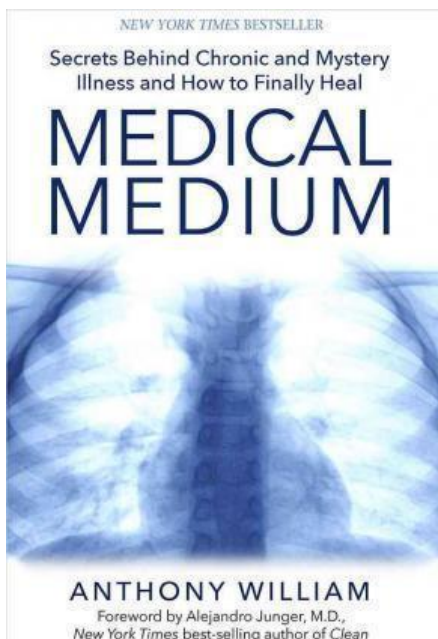




Info Pack - Nutrition to fight lead poisoning / detox heavy metals

By Elizabeth O'Brien, The Lead Education and Abatement Design (LEAD) Group Inc. (environmental health charity) www.lead.org.au, Manager, Lead Safe World Project (LSWP) www.lead safeworld.com, Founder, Volcano Art Prize (VAP) www.volcanoartprize.com

The “standard” Vitamins and Minerals that are important “for lead detox” are: Vit C (a natural chelator), Vit D, iron (best as food), calcium, zinc, magnesium, and phosphorus. Recently, a new article also found an association between higher dietary zinc, calcium and nickel and lower blood lead levels in Children. See “**Dietary zinc, calcium and nickel are associated with lower childhood blood lead levels**” (Gulson et al, online October 2018) at: <https://www.sciencedirect.com/science/article/pii/S0013935118305620>



I've recently read Anthony William's book “**Medical Medium: Secrets Behind Chronic And Mystery Illness And How To Finally Heal**” because a client recommended it for people aiming to detox their heavy metals. (Front cover at left)

Please find below some relevant text from pages she photographed from the book:

“REMOVING TOXIC HEAVY METALS FROM YOUR GUT [page 242]

In our modern era, , it's virtually impossible not to take in a certain amount of toxic heavy metals, such as mercury, aluminium, copper, cadmium, nickel and lead. These heavy metals often accumulate in your liver, gall bladder and/or intestines. Since heavy metals tend to be heavier

than the water that's inside your digestive system and blood, they sink down and settle into the intestinal tract – just like gold settles at the bottom of a river bed.

“Toxic heavy metals are poisonous, and if they begin to oxidise, their chemical runoff will mutate and damage whatever cells are nearby. However, the biggest issue with heavy metals is that they are prime food for bad bacteria, viruses, fungi, parasites and worms...

“Once the pathogens I mentioned above settle in, they'll start inflaming your gut – eg saturating the linings of your intestines or colon. They'll release poisons in your gut directly via neurotoxins they produce, and indirectly via their waste and toxic corpses. This is how most people develop illnesses and disorders such as IBS, Crohn's Disease (an inflammation of the gastro-intestinal tract), and colitis (an



inflammation of the colon – which is typically a chronic infection of the shingles virus described in Chapter 11 coupled with *Streptococcus* bacteria).

“Under a microscope, these by-products of dead viral matter and cast-off viral castings often look like parasitical activity. This throws off many analyses of stool samples and results in numerous misdiagnoses, which means that it's often a mistake when someone is diagnosed with a parasite. This is a huge confusion in gut health today.”

Anthony William's book goes on to describe foods for heavy metal detox and he also has published another book called: “**Medical Medium: Life-Changing Foods**”, which lists heavy metal detox as an outcome of eating many of the 50 life-changing foods identified. Just as a taster in case you are not sure about buying “**Medical Medium: Life-Changing Foods**”, I have also selected around 35 conditions which Anthony William says will be helped by eating his chosen 50 life-changing foods – though his book lists hundreds of conditions and symptoms – and included the foods he recommends for heavy metal detox, in a table. Please contact me if you'd like a copy.

And while reading a third book published recently, called “**Medical Medium: Thyroid Healing**” which includes a 30 day heavy metal detox diet, I've completed blood lead testing before and during following Anthony William's 30 day heavy metal detox diet (eating mostly raw, preferably organic fruits and vegetables and a delicious wild blueberry and coriander smoothie each day), and my blood lead level has started to fall! My blood lead level went from 3.1 micrograms per decilitre (ug/dL) on 9th February 2018, down to 2.7 ug/dL (a fall of 0.4 ug/dL or a decrease of 10%) on 19th April 2018 – a period of 69 days or nearly a third of the way through the 3rd round of the 30 day heavy metal detox diet.

Because I am post-menopausal and post-menopausal women typically have a RISING blood lead level (due to bone demineralisation leaching stored lead from bones), I've decided that I'll continue the Anthony William heavy metal detox diet and repeat the blood lead testing approximately two to three-monthly until my blood lead level reaches The LEAD Group's recommended target level of below 1.0 ug/dL. At the current rate of fall, my blood lead level could reach the target level by 24th February 2019! I guess it makes sense that it would take more than a year to detox over 60 years of lead intake!!

I will update this Info Pack, so please keep in touch! I may also update the The LEAD Group's list of Lead Detox Foods because Anthony William lists Heavy Metal Detox Foods in all three of his books, which are available from www.medicalmedium.com and if my blood lead level continues to fall (when it should by rights be rising), then reading those three books may become my only recommendation. In the meantime, if more people of differing ages were to test their blood lead, then trial the 30 day heavy metal detox diet (or any other diet you think might reduce your blood lead level) and retest their blood lead level, then that recommendation may be able to be made earlier than next February!



From the Medical Medium website, you can download for free (if you register to receive e-newsletters) "Special Report: Top 10 Super Healing Foods" by Anthony William, and six of the ten foods (celery, wild blueberries, cilantro, sprouts, garlic and leafy greens), he lists in his books as being heavy metal detox foods. So reading the Special Report and eating the super foods would be a good start to your heavy metal detox journey. If you do decide to detox lead using food, please send in your blood lead results before and after, so that we can start some citizen science through our Blood Lead Challenge (see below).

A useful list of Lead Detox Foods from the older version of this Info Pack is online at: <http://www.lead safeworld.com/solutions/foods-for-lead-detox/>; <http://www.lead.org.au/fs/fst86.html>; and <http://www.lead.org.au/fs/Foods for Lead Detox A-Z 20150214.pdf>

If the blood lead results show a “less than” sign (<), then they are below the limit of detection for that lab. In response to blood lead levels above the limit of detection - either 1 or 2 micrograms per decilitre (1 or 2 ug/dL but at some labs, even lower), or above 1 ug/dL, we recommend a two-pronged approach:

1. identify the lead source/s and remove the person from the source/s or the source/s from their environment; and
2. institute nutritional intervention by following the advice in this Info Pack.

If anyone in the family has a blood lead above 5 ug/dL the Dept of Health should step in and send out their own lead assessor (at no cost to you) to your house. If they don't send someone, purchasing one of our DIY-Sampling lab-analysis lead test kits (see <http://www.lead safeworld.com/solutions/lead-group-diy-sampling-lab-analysis-lead-test-kits/>) is your best option, as the samples are collected by you but posted to a lab for analysis (the cost of analysis and an interpretive report is included in the kit price). You can test lead in your drinking water using 2 sample containers from the 8-sample Comprehensive Kit or, if you only want to test lead in drinking water, you can just buy the 2-sample Water Kit. If a child or adult has a blood lead level above the limit of detection, the Comprehensive Kit should be used – you can even ask a professional to use the Kit to collect the samples.

The most usual exposure pathway for lead poisoning in young children is ingestion (from the fingers or objects that go in the mouth) of dust or soil, so dust wipe samples and soil samples from areas in the home and yard that are accessed by the child/ren, are the best samples to test for lead. But for adults, the most usual exposure pathway (excluding lead-contaminated medicines, beverages, food or cosmetics) is inhalation - most often during renovation or demolition activities on older buildings, but also during many hobby and occupational exposure scenarios. You should go through all the sources and pathways of lead poisoning that we have managed to list (it is by no means including ALL lead sources as new sources are created regularly) at <http://www.lead.org.au/lasn/lasno06.html>



before determining what to test (if anything needs testing once you get the blood lead test results).

Our old Info Pack 23 on "Nutrition to Fight Lead Poisoning" is online! For the full newsletter on the topic (including links to all references) please go to:

A. LEAD Action News Vol 10 No 2 (LANv10n2) Food, Nutrition and Lead Absorption - newsletter including articles on veganism and nutrition to fight lead poisoning (including all references):

[http://www.lead.org.au/lanv10n2/LEAD Action News vol 10 no 2.pdf](http://www.lead.org.au/lanv10n2/LEAD%20Action%20News%20vol%2010%20no%202.pdf)

AND

B. Fact sheet: Nutrients that reduce lead poisoning (a summary of the above newsletter article):

[http://www.lead.org.au/fs/Fact sheet-
Nutrients that reduce lead poisoning June 2010.pdf](http://www.lead.org.au/fs/Fact%20sheet-Nutrients%20that%20reduce%20lead%20poisoning%20June%202010.pdf)

There is some basic nutrition information in

[https://www.lead.org.au/fs/lead safe/Lead Your Health & the Environment-English.pdf](https://www.lead.org.au/fs/lead%20safe/Lead%20Your%20Health%20&%20the%20Environment-English.pdf) by the NSW EPA (Environment Protection Authority), and some detailed nutrition advice in

<http://www2.epa.gov/sites/production/files/documents/nutrition.pdf> by the US EPA.

A more recent addition to this Info Pack, is "Garlic Beats Drug in Detoxifying Lead Safely From Body" at <http://www.greenmedinfo.com/blog/garlic-beats-drug-detoxifying-lead-safely-body-1> and you can follow the link on that page, to [Natural Agents for Lead Poisoning](#) for more info on garlic (and sauna) and other natural agents for the treatment of lead poisoning.

Garlic every day for the rest of your life is a great antidote to the lead you took in every day that you were alive during the leaded petrol era (1935 to 2002 in Australia). In the USA, it is estimated that 1 in 10 people alive during the leaded petrol era (1921 to 1995 in the USA), will have their life cut short by lead (mainly through heart attack or stroke). The most concerning health impact of lead exposure for humans is that lead raises your blood pressure. People with hypertension should particularly be aiming to completely avoid further exposure to lead, and to remove lead from their bodies, in order to live a longer, healthier life.

Nutrition-oriented pages on our new [Lead Safe World website](#) include:

[Take the quiz by nutritionist Anthony Power, re heavy metals & other toxics in your body.](#)



anthony
power
nutrition

nutritional advice for life

Anthony Power Nutrition – located at Hawthorne, in Brisbane, Queensland 4171 Australia. Anthony’s great strength lies in the fact that he spends quality time with his patients to understand why they are not well. He has a great deal of experience in helping patients with hard-to-treat illnesses find out the root cause of their illness. He will prioritise the tests and changes that need to be implemented immediately and schedule those that can be done at a later date.
