

This article is listed here for my active patients. There are many tips and tricks to chelation. I would rather you not try it without our assistance. Please call for an appointment.

More information about heavy metal chelation and detox is available at noamalgam.com.

Adult Mercury Detox Protocol (how to chelate)

How do you know if you have too much mercury stored in your body? There is a strong possibility if you have ANY of the following: chronic neck and/or back pain, insomnia, chronic fatigue, fibromyalgia, thyroid problem, attention deficit disorder, ADHD, autism, asthma, psoriasis, eczema, diabetes, long standing yeast (candida) problems, MS, lupus, rheumatoid arthritis, ALS, any other auto-immune disease, kidney disorder, seizure disorder, heart conditions, lots of allergies, migraines, infertility of unknown origin, mental illness or a psychiatric condition. It should be a consideration in any other condition that no doctors seem to be able to figure out a cause for.

Here are the steps to getting better once you know you have a mercury problem:

1. If you have silver fillings, have them removed from your mouth. You must see a special dentist for this step. Not just any regular dentist can do this without exposing you to more mercury! **This is very important.**
2. At least four days after the amalgam is out of your mouth start oral chelation with DMSA. Take one 25mg DMSA capsule every 4 hours every weekend or every other weekend. Start Friday morning and end Sunday night.
3. With every capsule or every other capsule of DMSA take one cap of Advaclear by Metagenics. The timing is important for the DMSA but not important for the AdvaClear. Just get the AdvaClear in you at least three times per day. Some people feel better taking AdvaClear every dose rather than every other dose. AdvaClear should not be taken on non chelation days.
4. Some additional supplements might be added depending on how you are doing.

NOTE: Important! Every 4 hours includes overnight. You must wake up in the middle of the night the first two nights you chelate. You don't have to chelate on weekends but it is easier for most people to do the waking up at night on Friday and Saturday nights. If you forget a dose as long as it is within an hour go ahead and take it. If it is longer than an hour just wait and restart the next weekend.

It can take from 6 months to 4 years of regular chelation to completely clear mercury from someone's system. Most people see improvement within the first month to 3 months of chelation.

After 3 months of taking DMSA and AdvaClear either every weekend or every other weekend, lipoic acid should be added. Please see me for further information on adding the lipoic acid. Lipoic acid or lipoic acid containing supplements should NOT be taken

in regular supplements while chelating or at all until it is added to the chelation cycle and then, only on a chelation schedule.

Please do not add any more mercury to your body! Mercury comes from fish, silver or amalgam fillings in your teeth (the ones that are dark, black or silver in color, white ones do not have mercury in them), tattoo ink, flu shots, tetanus shots, some RhoGam shots, high fructose corn syrup.

Do not add any more lead to your body! Lead comes from tap water, soldering, welding, old plumbing pipes, old paint. Drink distilled or reverse osmosis water.

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