



# Heavy Metal Detox Foods

## **Cilantro:**

Cilantro is a bright green plant also known by its Latin name CORIANDRUM SATIVUM is a heavy metal elimination powerhouse. Studies published by the U.S National Library of Medicine found that the organic compounds within cilantro have beneficial chelation properties that make it effective for eliminating multiple heavy metals including lead and mercury.

## **Malic acid:**

Malic acid is a substance derived from dried apples. Malic acid has been found to be a potent and safe chelating of heavy metals, especially aluminium. Aluminum, although not "heavy" as metals/metaloids go, is nonetheless toxic because it has been shown to cross the blood brain barrier. Multiple scientific studies show that people with neurological dysfunction including Alzheimer's disease and dementia as well as people diagnosed with other neurological degenerative diseases such as multiple sclerosis often have high levels of aluminum, making a strong case for aluminum causing/contributing to neurological problems.

## **Hawallian Spirulina:**

Hawallian Spirulina is a green powder is derived from the sea. Not only is it packed with trace minerals including iodine, a powerhouse nutrient for the thyroid, it is also great at helping the body eliminate certain heavy metals including mercury and copper.

## **Barley grass juice powder:**

This mighty plant packs a super-food punch. Barley grass is helpful for all sorts of ailments including prevention of diabetes, regulating blood pressure, enhancing immunity, protection for the liver, helpful in degrading organophosphate pesticides, anti-cancer, anti-inflammation and especially helping the body detoxify from heavy metals and harmful chemicals. PubMed has this to say about Barley Grass: "Barley grass contains 30 times thiamine (C<sub>12</sub>H<sub>16</sub>N<sub>4</sub>O<sub>5</sub>) and 11 times Ca than that of cow's milk, 6.5 times carotene and 5 times Fe content of spinach, 7 times vitamin C (C<sub>6</sub>H<sub>8</sub>O<sub>6</sub>) in oranges, 4 times thiamine in whole wheat flour [12, 26], 2 times protein in barley grains [27], its total flavinoids and alkaloids are 2.1 times, 10.7 times, and GABA 37.8 times of brown rice [10]."

## **Wild blueberries:**

Wild Blueberries are little blue bundles of joy that have been shown to cross the blood brain barrier, but this time in a positive way! The antioxidants found in most dark berries and especially wild blueberries are especially good at supporting healthy brain tissue as well as a healthy urinary tract. This makes wild blueberries especially helpful at supporting the elimination and repair damage from specific heavy metals, especially aluminum and cadmium which especially hide in both brain tissue and the kidneys and urinary tract.