



Garry Gordon, M.D., D.O., M.D.(H.), considers oral chelation essential for heart and circulatory health, as well as detoxification.

THE UNPOLLUTING OF MAN

Great Health for the Detoxifying Millennium

Oral chelation therapy with safe, nontoxic EDTA is the natural medicine at the right time—the era of the detoxifying millennium.

Oral chelation is great. No matter what you are doing to protect your cardiovascular and circulatory health or to protect yourself against environmental toxins, use of oral chelators can add a great deal of protection. Oral chelation offers numerous proven health benefits without side effects (see sidebar). Oral chelation is good medicine for this, the detoxifying millennium.

Oral chelation works by helping the body rid the arteries of disease-causing calcium deposits (that lead to hardening of the arteries); providing powerful detoxification support for heavy metals such as lead; and providing antioxidant protection against free radicals, reducing cross-linkages that cause tissues such as our skin and arteries to age.

Unquestionably, Garry F. Gordon, M.D., D.O., M.D.(H.), of Payson, Arizona, is considered to be the “father” of modern chelation. One of the cofounders of the American College for the Advancement of Medicine whose physicians are dedicated to the concept of better health via intravenous (IV) chelation, Dr. Gordon is among the world’s leading experts on alternative medicine with special emphasis on chelation therapy, nutritional remedies, mineral metabolism, and other alternative and preventive therapies. We’ve been working with Dr. Gordon to bring our readers important cutting edge health insights on oral chelation, which are derived from his own research, literature reviews, and clinical practice results.

Oral Chelation—How It Works

There are a variety of substances that act as oral chelating agents.

However, the amino acid **ethylenediamine tetraacetic acid (EDTA)** is considered to be one of the most powerful and non-invasive safe methods for supporting healthy circulation. EDTA is a proven chelating agent that draws out toxic minerals from the arteries and therefore makes them more flexible. “From my own experience as a medical doctor, I know that chelation therapy helps to keep people alive,” says Dr. Gordon. “People left for dead by their cardiologists are alive today, thanks to chelation therapy.”

EDTA is a common man-made amino acid that cannot be obtained naturally from foods. Today, EDTA is used extensively as a food additive. It has also been used for decades to prevent banked or drawn blood from clotting and in medicine for heavy metal detoxification.

Most recently, Dr. Gordon has shown that oral chelation is an important, safe method of health care self-management—especially in this time that he calls the “detoxifying millennium.”

“Oral chelation is a well-documented, firmly established medical practice,” he says. In his patients who use oral chelation formulas, Dr. Gordon has consistently observed a reduction of serum cholesterol by an average of twenty percent or

more, which he feels significantly decreases the likelihood of atherosclerosis.

“The thousands of patients who visit my clinic each year and follow our recommended oral chelation program have all successfully avoided strokes, and heart attack rates were also greatly diminished,” he says. “We’ve never had more than two heart attacks per year among all

DAN—The attorney for one of California’s leading professional medical licensing associations, Dan came to Dr. Garry Gordon’s northern California medical office to give him a “dressing down” for his extensive use of alternative therapies with heart patients. Eventually, Dan confessed that he himself suffered from a high-grade obstruction of his arteries and that he could no longer play tennis or swim.

Six weeks later on Dr. Gordon’s combination intravenous and oral chelation program, Dan’s doctor performed an angiogram and was shocked. He demanded to know where on earth his blockages had gone.

Feeling a little embarrassed, Dan admitted that he had become one of Dr. Gordon’s patients, and that he was using his oral chelation heart formula.

Needless to say, the medical licensing association dropped its case. And Dan is playing tennis and swimming again.



of our patients, even among those with a history of severe heart disease. I firmly believe that an oral chelation program can do more for your overall longevity than you can do even with the most prudent lifestyle possible because of the continuous nutritional protection chelation offers against a stressful and polluted world.”

Detoxifying in a Polluted World

Of possibly more interest, however, to many consumers and health professionals, is the lead removal poten-

tial of EDTA. Adults and children alike are building up incredibly high lead levels when compared to ancient men and women. The body has some tolerance for many poisons, including lead. But subtle neurological and circulatory problems, as well as more obvious violent and aggressive behavior patterns, can all be triggered in children and adults alike as a result of what are considered to be even "normal" lead exposures.

Consider this statement from researchers at the University of California, Los Alamos Scientific Laboratory, Los Alamos, New Mexico, that although they proved oral EDTA is only approximately four to five percent absorbed, in spite of this low absorption, the material is effective in accelerating the excretion of yttrium and lead. They conclude their article by stating that, "There is no satisfactory readily apparent explanation for this surprising efficacy."

The next interesting research comes to us from the Industrial Hygiene Division, Department of Health, Victoria, Australia, where scientists report that two-gram oral EDTA doses (twice daily) result in a five-to ten-fold increase in urinary excretion of lead. There was also a very considerable increase in fecal lead excretion.

Meanwhile, researchers Ronald C. Roxburgh and Leonard Haas (of Queen Elizabeth Hospital for Children and The London Hospital) report: "The experience gained during the treatment of the cases with oral calcium disodium Versenate [hereinafter called EDETATE] leads us to suggest that prolonged courses are without danger to the patient and, in addition, continue to enhance the renal excretion of lead in increased amounts."

"It is my personal experience that when using oral EDTA-based chelators the levels of heavy metal excretion initially tend to increase over time," notes Dr. Gordon. "The patterns of excretion also change over time, as one metal, like lead, becomes relatively depleted, and the excretion of other heavy metals tends to increase. Finally, you can achieve truly significant removal of many toxins but only slowly over time. Unfortunately, heavy metal toxicity is a lifetime problem because lead is so prevalent in our environment and is stored so deeply in the bones that you never achieve zero levels in anybody. However, the advantage of continuous oral EDTA is that you are not only increasing the excretion of toxins in urine and feces, but you are also continuously binding many heavy metals, making them significantly less available to induce free radical damage."

Editor's note: It is advisable to supplement your oral chelation program with a good multivitamin/mineral supplement such as **Beyond Basics™** (from MRM), containing ideal amounts of **zinc, potassium, magnesium, and calcium.**



We also recommend use of a quality liver support formula such as **LiveRX™** (also from MRM), providing additional **N-acetylcysteine**, as well as the antioxidants **milk thistle** and **alpha-lipoic acid**, to support detoxification and elimination. ❖

Dr. Gordon is available to patients on a consulting basis and can be reached via email at ggordon@gordonresearch.com or by phone at (928) 472-4263.

REFERENCES

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 J Lab and Clin Med, 1954;45(4):566-570.
 Roxburgh, R.C. & Haas, L. "The diagnostic importance of glycosuria in lead poisoning in children." Arch Dis Child, 1959;34:70-73.

EDTA Oral Chelation Helps:

- Prevent arteriosclerosis (hardening of the arteries).
- Rejuvenate your cardiovascular system.
- Improve conduction in all degrees of atrial ventricular heart blockages.
- Abolish extra heartbeats, skipped beats and rapid heartbeats.
- Decrease ventricular arrhythmias due to digitalis toxicity.
- Increase life expectancy.
- Reduce toxic lead and metal deposits and abnormal calcium deposits.
- Reduce blood pressure and blood cholesterol.
- Improve circulation.
- Support healthy vision and hearing.
- Support healthy liver function.
- Support healthy skin texture and tone.
- Prevent abnormal cross-linking of molecules that age tissue.
- Relieve symptoms of senility by increasing circulation to the brain.
- Relieve pain, hypoglycemia, phlebitis and scleroderma.
- Dissolve fats in plaque-lined arteries.
- Make blood slippery and prevent abnormal blood clotting.
- Increase tissue oxygenation.

Prescription for the Unpolluting of Men & Women

Cardio-Chelate™ from Metabolic Response Modifiers was created to meet the needs of those interested in the "alternative" approach to heart and circulatory health, as well as detoxification. Besides EDTA, the formula also supplies **methylsulfonylmethane (MSM)**, **N-acetyl-cysteine** and **vitamin C**.

While EDTA stands alone in its ability to remove toxic metals and abnormally metabolized minerals from the body, vitamin C, MSM and N-acetyl-cysteine can enhance its effects. These nutrients are vital for supporting the liver during the detoxification process. MSM and NAC are precursors to glutathione, a powerful free radical scavenger involved in the liver's detoxifying enzyme system. Vitamin C is a proven antioxidant and has been shown to prevent free-radical damage to cells in the arteries.

Dosage—Take two capsules, one to two times daily, with meals.

Availability—**Cardio-Chelate** is available nationwide at natural health centers and from health professionals. To find a natural health center in your community carrying them, contact MRM toll-free at (800) 948-6296.

