

# The Way to a Healthy Heart with Oral Chelation Therapy

Most of us cannot afford to undergo intravenous chelation therapy. However, oral chelation therapy has become a viable option to improve our heart and circulatory health, thanks to the pioneering work of Garry Gordon, M.D., D.O., M.D.(H.) whose mission is telling the world about the value of EDTA.

“Let me tell you the heartening truth,” Dr. Gordon told us recently when discussing his pioneering efforts to establish oral chelation therapy as a viable means of maintaining heart and circulatory health. “These true life stories are the tip of the iceberg when it comes to the powers of oral chelation for reversing heart disease. Indeed, in my thirty years as a doctor, I have treated more than 5,000 people for heart disease. The mainstream cardiologists consider the diagnosis of congestive heart failure to be a virtual death sentence, because over 60 percent of their patients are dead within the first year. I believe that I have the lowest death rate of any physician dealing extensively with heart patients. In fact, I haven’t lost one patient with congestive failure in 10 years. I must attribute part of this success to oral chelation.”

Now, Dr. Gordon, who is considered the “father” of intravenous (IV) chelation therapy for heart and circulatory health and largely credited with establishing the original protocols for IV chelation therapy and who most recently founded the International College for Advanced Longevity Medicine, wants to spread the word about oral chelation therapy. The answer why is simple: he believes oral chelation can help people prevent a

heart attack or disabling stroke in their own lives; aid their detoxification quest from modern pollution; and help to extend healthy life span.

## Chelation with EDTA

“Oral chelation,” says Dr. Gordon, “is a simple, non-invasive method for decalcifying the arteries and restoring their natural flexibility.” The process relies on the nontoxic amino acid **ethylenediamine tetraacetic acid (EDTA)**, a common human-made amino acid that cannot be obtained naturally from foods. Today, EDTA is considered to be completely safe by the federal government and is used extensively as a food additive and for treatment of heavy metal poisoning. It has also been used for decades to prevent banked or drawn blood from clotting.

It was in the 1950s when doctors using EDTA chelation to treat patients with lead poisoning noticed the simultaneous disappearance of cardiovascular symptoms. Dr. Norman Clarke noted that after several chelation treatments, one patient experienced complete relief of angina pectoris pain. Between the years of 1956 and 1960, Dr. Clarke’s patients showed an impressive 87 percent improvement in symptoms of coronary artery disease following a series of chela-

tion treatments. A recent study indicated that EDTA treatment of lead poisoning reduced lead blood levels. It was later theorized that as EDTA removes unwanted toxic metals, it simultaneously helps to loosen and remove abnormally located mineral deposits, such as calcium from arterial plaque. It is important to realize that some essential nutrients, such as calcium, iron and copper, can become abnormally arranged when they are exposed to oxygen, and stimulate free radical damage in arterial cells. As these complexes gradually accumulate with cholesterol they can contribute to plaque buildup in the artery wall. Chelation, using EDTA, has shown the unique ability to bind to many of the minerals involved in free radical pathology.

In the early 1980s, 2,870 patients at the Clinica Tuffik Mattar in Sao Paulo, Brazil were treated with EDTA chelation. The results were impressive with 89 percent of all treated patients showing marked or good improvement in atherosclerosis symptoms. Also in the early 1980s, Dr. Richard Casdorff, then Chief of Medicine at Long Beach Community Hospital and assistant professor of medicine at University of California Irvine, observed similar results in patients with arteriosclerotic heart disease and reduced cerebral blood flow. All of the patients in his studies showed significant clinical improvement as well as enhanced blood flow.

Yet, while many people have heard of IV chelation therapy with EDTA, Dr. Gordon has shown that this proven chelating agent also works orally to support healthy heart and circulatory function; in fact, he has posted some 507 published references on the use of oral EDTA for human health at his website at [www.gordonresearch.com](http://www.gordonresearch.com).

“People left for dead by their cardiologists are alive today, thanks to oral chelation therapy,” he says. “I know. They’ve come to me to be my patients once they’ve exhausted all other alternatives.”

## Oral Chelation Healing Story



**REGGIE**—A golfer friend of Dr. Gordon’s and Stanford University graduate, Reggie underwent emergency bypass surgery after a failed treadmill. In spite of the surgery, six months later, Reggie’s doctor told him that his EKG was so bad he could have a heart attack at any time. Reggie confessed, on the day he slowly entered Dr. Gordon’s office, he was very seriously considering committing suicide. Fear and desperation were etched into the furrows of his forehead. Unfortunately, the circulation to his legs was nearly blocked, and his leg was nearly black.

Dr. Gordon told Reggie he thought he could help him, but that somehow they had to revitalize his circulatory system and build-up what heart doctors call collateral circulation—that is, revitalizing Reggie’s blood flow via smaller, often overlooked arteries and vessels leading from the heart.

Today, fifteen years later, Reggie is 93. An avid golfer, he won’t go longer than 12 hours without using the special oral chelation formula Dr. Gordon put him on for his heart. Chelation therapy—both intravenous and oral—has played an important role in Reggie’s heart recovery program.

**Advantages of Oral EDTA**

Studies suggest oral EDTA is an effective chelator for removing toxic heavy metals and minerals from the body. According to some doctors, the absorption and effectiveness of one month's consumption of an oral chelation product produces effects similar to one three-hour intravenous chelation session. But other doctors say the benefits of oral chelation are even more significant than this comparison. In addition, an oral product with EDTA is more cost effective for patients who do not have the means to afford intravenous treatment (averaging \$100 per session).

**How Chelation Works...**

Medical scientists have developed an entire family of drugs—calcium channel blockers—to prevent cellular accumulation of calcium, because when calcium levels become too high in the tissues of the arteries, the arteries become hard and inflexible; in short, they become mineralized, fossilized. They lose their flexibility.

Chelation with EDTA, then, is a chemical process by which a metal (e.g., lead) or mineral (calcium) is bonded to another substance, then excreted. Chelation is a natural, indeed a vital, process that goes on continually in our bodies. Chelation therapy with EDTA safely supports this natural process.

Particularly due to our toxic environment coupled with high-fat diets, sometimes the body needs help in drawing out toxic minerals and metals—both of which play a role in heart disease (consider the well-documented role of both excess calcium and lead in hypertension).

**Arteries Turning to Stone**

"When I started out in medicine some 30 years ago, most so-called experts argued that calcium accumulation was a late-

stage phenomenon in the progression of coronary artery disease, and not really very important," says Gordon. "Today, thanks to ultra high-speed CAT scans, we now find calcification in the coronary arteries so tiny that they won't show up in an x-ray. So today we have come full circle and once again believe that calcification is an early warning of impending arterial blockage.

"Take a man who is 80. His aorta has 140 times more calcium than when he was a child of 10. This means that over time, his arteries are turning to stone. In fact, we could live to 120 years or our full life span if we could avoid such hardening of the arteries, the skin and other collagen-based tissues."

**This accumulation of calcium in the arteries leading to their hardening is reversible with oral chelation.**

The bottom line is this: as someone who has worked with many heart patients, often who've not received adequate help from their cardiologists, Dr. Gordon has found that oral chelation is an important part of keeping the blood flowing and heart beating. It is not the only part of his program but a critical part.

**EDTA Safety...**

EDTA can be safely consumed continuously by patients for 30, 40, or even 50 years, providing life-long effective support at the molecular level against many of the major recognized factors that are now believed to bring on cardiovascular-related deaths.

"Mechanisms aside, the one issue we all agree on is the overwhelming safety of EDTA when administered in proper dosages (patients with kidney impairment need to be closely monitored, as

they do with any nutritional supplement or medication)," notes Dr. Gordon.

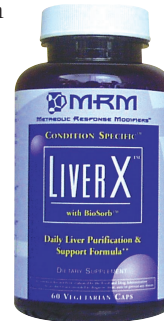
When administered by a properly trained physician, intravenous EDTA has an extremely low risk of side effects—less than 1 in 10,000 patients. Oral EDTA, which does not require a physician's intervention, is even safer.

Many patients on blood thinning medications are able to reduce their dosage or eliminate their need completely with oral EDTA. Of course, you'll need to work with your doctor if you are on such medications, but your physician can easily monitor your blood parameters.

However, because EDTA is a nonspecific chelator, it can also remove certain essential minerals from the body. Therefore it may be advisable to supplement with a good multi-vitamin/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-acetyl-cysteine**, as well as the antioxidants **milk thistle** and **alpha-lipoic acid**, to support detoxification and elimination. ❖



*EDITOR'S NOTE: We are grateful to Dr. Gordon for taking the time out of his busy schedule to speak to us about oral chelation and hope to bring you more breakthrough reports. Dr. Gordon is available to patients on a consulting basis and can be reached via email at [ggordon@gordonresearch.com](mailto:ggordon@gordonresearch.com) or by phone at (928) 472-4263.*

**REFERENCES**

Uhl, H.S.M., et al. "Effect of ethylenediamine-tetraacetic acid (EDT) on cholesterol metabolism in man. Preliminary report of effect of parenteral and oral administration of disodium and calcium salts." *Am J Clin Pathol*, 1953; 23:1226-1233.

**Prescription to Support Healthy Circulation**

**Cardio-Chelate™** from Metabolic Response Modifiers was created to meet the needs of those interested in the "alternative" approach to heart and circulatory health. 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, its effects can be enhanced by including vitamin C, MSM and N-acetyl-cysteine. 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 **Cardio-Chelate™**, contact MRM toll-free at (800) 948-6296.

