



# DETOXIFYING YOU

Taking your body from the left to the right can be done and it is best done by cleaning the cells that make up your tissues and organs.

Detoxification has become very popular and some what of a watch word. Most of what I have read on the internet as the “magic answer” is that it is someones idea to make more money and may or may not work depending on the problem and products used. At worst, it’s just a pack of untruths in search of easy money. Which may or may not come with an eye catching label and a pretty spokesperson. So how does one decide what type of detoxification is needed and what to use and in what order to use what you use?

This is not an area that main stream medicine works with beyond life threatening situations. The best trained doctoral folks are Naturopaths with an NMD or an ND, next would be a special breed of Certified Clinical Nutritionist. You will also find some of the DC’s quite helpful and a few MD’s have figured this out, as well.

## Are you toxic?

That being said, first things first, are you toxic? Yes! Unless you live in a totally isolated environment and do not breath the air, drink the water, and eat the food, you are toxic. While cleaning up your water source helps, the junk in the air contaminates the rain as it falls on your organic food and the food that free range animals eat.



So, in essence, unless you have not lived on planet earth, you are indeed toxic to one degree or another, it's merely a question of how much.

Is being toxic to any degree worth the time and money to treat? Only if you want to feel better, have more energy, and live a healthier better quality life for the amount of time your here.

## What makes you toxic?

Yikes, this is a dissertation topic and I will hit the high points.

A. Heavy metals like, mercury, lead, cadmium, aluminum, arsenic, and nickel. With mercury being absolutely the worst as it's toxic to your body in very small amounts and it forms complexes with other heavy metals and they are extremely hard for your body to remove via its natural pathways.

B. Bacteria, viruses, and mold that your immune system can not kill and your natural elimination pathways are so clogged they can not get them out of your body and your GI tract does not work optimally because it's been damaged by drugs, and toxic food. Your lymphatic flow is very slow because it is full of garbage and cellularly crippled due to heavy metal in your intracellular matrix. Your kidneys are not optimally functioning for the same reason and they are sick with a virus or bacteria or mold. Yes, your creatinine clearance can be within normal limits on blood and urine tests but your kidney function may still not be optimal. If your low normal, watch out!

- C. Parasites, while not present in everyone where they are, they are a significant problem that must be cleaned up.
- D. Inherited diseases imprinted in the genes and passed along from one generation to another.
- E. Chemicals in, well you pick: pesticides, household cleaners, plastic containers, fertilizers and and and.
- F. Your thoughts, attitudes and emotions.

## How do we determine what's making you toxic?

- A. Take a history, ask questions, and listen, a good thing, listening.
- B. Testing
  - i. Energy testing: in order for you to be comfortable with this one you need to be ok with traditional Chinese Medicine diagnosis, and or kinesiology. Quantum Mechanics and

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holographic knowledge are very helpful. If these are not in your comfort zone then we have option two.

2. Lab work, blood, urine, and hair analysis.

## How do we detoxify you?

There's no one good way or one shining protocol because we are all biochemically unique as are our finger prints. So there's no one size, one protocol fits all and every treatment series is tailored to the individual. There are limits in choices and folks ability to tolerate and comply with treatment figures into each treatment.

However, these are the generalities we can discuss.

**FOR HEAVY METALS:** I like two types, oral and IV. If you are not very, very, sick and do not have debilitating unstable cardiovascular disease, oral is good. For years the oral route with EDTA chelation was a low probability because EDTA is not absorbed well into the intracellular nor the extracellular matrixes, making a good oral chelation treatment very hard. Yes, I have read the poop that comes in the mail and on the internet and I tried it personally for years. My result was I filled up with plaque and almost died. So don't trust the poop that comes in the mail and on the internet. I like President Reagan's watch words, "trust, but confirm." Generally the poop comes with glowing testimonials that need to be confirmed. It's not that the stuff in the mail and on the internet is all a pack of poop, it's not! There is real, solid, valuable, information there and in the mail. Please, just, confirm it's from a trust worthy source and not Fast Buck Freddy!

With that as a word of caution, we as a nation are a very inventive crowd (given the government will get out and stay out of the road) A very intelligent Phd toxicologist that gave a twelve hour lecture to us in my NMD course (yea, we did have toilet time and lunch and dinner) found a way to get Di-Sodium EDTA absorbed into the intracellular and extracellular matrixes so it can grab the metal and pull it out so the body can void it. The same discovery led to a number of adjunctive products so that the heavy metals are efficiently removed and indeed from your cells and thus organs and matrix's. The products must be tailored to your body and not rushing through treatment is very important.

There are also some very fine German Biologic Medicine protocols which I like and have a very long track record of successful use. These are a mix of very clean pure plant products, spryogenics, and homeopathics. These are mostly oral and the homeopathics can be given IM, IV, or oral depending on what works best for the individual. Most of this comes from Germany and takes a bit to get in the office.

The list would not be complete without herbal treatment as there are some compounded herbs that will efficiently remove heavy metals and are not first on my list at this time.

I use IV protocols but not all IV protocols. Many years ago I trained with one of the four medical doctors that pioneered IV chelation and invented oxidative medicine and treated thousands of patients for years. The bottom line here is some folks are very sick and need

medical supervision that exceeds my training and experience for IV treatments. For those folks John V. Spence, MD is your local option.

Last, there are many combinations of treatments and each must be chosen for that person's biochemistry and their ability to be comfortable with the treatment. IE: IV treatment is not for everybody for multiple reasons.

**FOR VIRUSES, BACTERIA, and MOLD:** an IV protocol is best and can not be done for everyone for numerous reasons. Next, we have compounded herbs, homeopathics, and spryogenics. As well as, a number of target focused treatments which can be very helpful. Again, these must be tailored and sequenced.

**FOR PARASITES:** we use pure herbs then compounded herbs if need be. Note there are some cases that will not resolve without pharmaceuticals and those folks will need medical supervision. Given the side effects of the drugs my suggestion is to try the naturopathic way first and avoid the drugs if possible.

**FOR INHERITED DISEASE:** a form of homeopathics and compounded herbs are my treatments of choice.

**FOR CHEMICALS:** we use amino acids, compounded herbs, pure plant based products and homeopathics.

**FOR THOUGHTS, ATTITUDES, and EMOTIONS:** we use homeopathics, spryogenics, and compounded herbs and herbal extracts.

## What three other doctor's have to say about heavy metal toxicity:

Dr, Kaayla Daniel and Dr. Galen Knight have observed that even when people follow healthy dietary guidelines, they can still have serious health problems. They may digest their food poorly, experience digestive distress, or be generally sickly.

One reason may be toxic metals like:

- Mercury
- Aluminum
- Cadmium
- Arsenic
- Lead
- Nickel, and other metal poisons that flood the environment and invade your body.

These toxic metals can cause or contribute to a long list of diseases including Alzheimer's disease, Parkinson's disease, and other brain and neurological disorders. While the medical establishment recognizes the acute toxicity that comes from high levels of metals in your body, far more people suffer the adverse effects of low-level, chronic exposure.

**Dr. Mercola's Comments:**

Most people are absolutely clueless about just how toxic mercury is. It is toxic at one in one billion-part quantities. That is about the same concentration of one grain of salt in one swimming pool. That is why having mercury fillings is such a major challenge to your health. Heavy metal toxicity, just like chemical toxicity, has become one of the most pressing health hazards of our day. Your body is assailed by chemicals and heavy metals on a daily basis, oftentimes from the most [innocent-looking sources](#), from your everyday [cookware](#) to your child's rubber ducky.

It has now gotten to the point where babies are being BORN toxic due to the toxic load of their mothers. A [2004 study by the Environmental Working Group \(EWG\)](#) found that blood samples from newborns contained an average of **287 toxins**, including mercury, fire retardants, pesticides and chemicals in non-stick cookware.

**How Do You Know if You're Suffering from Metal Toxicity?**

Acute metal toxicity is a lot easier to diagnose than that of chronic exposure. Indications of **acute toxicity** include:

- Sudden, severe cramping and/or convulsions
- Nausea
- Vomiting
- Sweating
- Headache
- Difficulty breathing
- Impaired cognitive, motor and language skills

Symptoms of toxic build-up due to chronic toxic metal exposure, however, are much more subtle, in large part because these symptoms are so "common," such as:

- Fatigue
- Digestive distress, and reduced ability to properly assimilate and utilize fats
- Aching joints
- Depression
- Impaired blood sugar regulation
- Female reproductive problems such as menstrual difficulties, infertility, miscarriage, pre-eclampsia, pregnancy-induced hypertension and premature birth

Sound like anyone you know?

As Dr. Daniel et.al. explain in this article, optimal nutrition is essential when dealing with metal toxicity because if you are deficient in essential metals, your body will use toxic metals as “stand-ins” instead. For example:

- Calcium is replaced by lead, which deposits primarily in bone, and disrupts the formation of red blood cells. Lead contributes to poor bone health such as osteopenia and osteoporosis.
- Zinc is replaced by cadmium, which tends to accumulate heavily in your kidneys. Cadmium overload is associated with peripheral neuropathy.
- Magnesium is replaced by aluminum, which, among other things, induces neurochemical changes and has been identified as a contributing factor to developing Alzheimer’s.
- Manganese is replaced by nickel, which is carcinogenic.

If you would like to know if you are toxic and if these toxins are taking a significant toll on your well being give Megan a call at 912-764-9187 and she can set you up an appointment for a Naturopathic Exam and preliminary consultation.

God Bless and have a Brighter Day,

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