



Naturally Detox from Heavy Metals



Heavy metals like lead, mercury, and cadmium can build up in the body from everyday exposure, potentially causing fatigue, brain fog, and immune issues. All of us have had some exposure to heavy metals.

While chelation is needed for serious poisoning, natural detox methods can help support your body's ability to eliminate low-level exposure safely. Your liver, kidneys, gut, and skin work together to remove toxins. Natural detox methods aim to boost these processes. These methods do not force heavy metals out abruptly, which can create serious side effects and discomfort.

Natural Ways to Detox Heavy Metals

1. Eat Foods That Bind Metals

- **Chlorella and cilantro:** Help mobilize and bind metals for elimination.
- **Pectin-rich foods** (apples, citrus, carrots) and **seaweed:** Bind metals in the gut to prevent reabsorption.

2. Support Liver and Kidney Health

- **Cruciferous vegetables** and **sulfur-rich foods** (garlic, onions, eggs) boost detox enzymes.
- Drink plenty of water and try herbal teas like dandelion or milk thistle.

3. Strengthen Gut Health

- Include **fiber** and **probiotics** to aid toxin elimination and block metal absorption. Some people might need to do a gut reset before increasing fiber or probiotic intake.
- Avoid ultra-processed foods, vegetable oils, tap water, and other gut irritants that make detoxification more difficult.

4. Encourage Sweating

- Exercise and infrared saunas help remove metals like mercury through sweat.

5. Use Detox-Supportive Nutrients

- **Vitamin C, zinc, selenium, magnesium, and alpha-lipoic acid** protect and support detoxification.