



Heavy Metal Toxicity



Awareness

We are exposed to heavy metals daily through environmental toxins such as pesticides, food, water, exhaust fumes, industrial building fumes, exposure to gunpowder, fish, plastic bottles, vaccines, mercury fillings, tobacco and much more.

Heavy metals deposits in the body typically in the kidneys, brain, bones, and around the heart. The effects that heavy metals have on us lead to hormone imbalance, immune system suppression, mitochondrial dysfunction and microbiome imbalances.

Common Heavy Metals

1. Lead (Pb)

- Target organs: Bones, Kidneys, and Brain.
- Health effects:
 - Developmental delays in children
 - Reduced IQ and attention span
 - Anemia
 - Kidney damage
 - High blood pressure
 - Reproductive problems

2. Mercury (Hg)

- Target organs: Brain, kidneys, lungs.
- Health effects:
 - Tremors and mood changes
 - Impaired cognitive and motor functions
 - Depression
 - Kidney damage
 - Birth defects and developmental problems (especially from methyl-mercury)

Supplements of the Month

The following supplement is **25% off** for the month of July:

CoQ10 100mg or 300mg: A powerful antioxidant that supports heart and vascular health.

The following supplement and IV are **15% off** for the month of July:

NutriClear: NutriClear provides the ideal nutritional foundation for those in need of metabolic clearing, while also supporting hepatic function, energy production and intestinal balance. This can be used as an enhanced protein powder or as a 3-4 week detox.

Heavy Metal IV: A combination of EDTA, DMPS and Glutathione to help bind and remove heavy metals from the body. This will require several treatments in order to reduce total body burden.

(Requirements are that you are an active patient and have had a kidney test (GFR) in the last 6 months.)

3. Cadmium (Cd)

- Target organs: Kidneys, bones, lungs
- Health effects:
 - Kidney dysfunction
 - Bone demineralization (leading to fractures)
 - Lung damage (from inhalation)
 - Increased cancer risk

4. Arsenic (As)

- Target organs: Skin, lungs, bladder, liver
- Health effects:
 - Cardiovascular Disease
 - Skin lesions and pigmentation
 - Cancer (skin, lung, bladder)
 - Neurotoxicity
 - Immune suppression

5. Aluminum (Al)

- Target organs: Brain
- Health effects:
 - Neurodegenerative diseases like Alzheimer's
 - Bone disorders
 - Anemia

General Symptoms of Heavy Metal Toxicity:

- Heart Disease
- Autoimmune Disorders
- Cancer
- Chronic Candida
- Fatigue and Weakness
- Digestive Problems
- Cognitive and Behavioral changes
- Headaches
- Numbness or tingling in extremities
- Muscle and Joint Pain



So I have heavy metals... What do I do about it?

1. Heavy Metal Testing: Urine Elements are traditionally used to evaluate exposure to potentially toxic elements and wasting of nutrient elements. Toxic metals do not have any useful physiological function. Instead, they adversely affect virtually every organ system and disrupt the homeostasis of nutrient elements. By collecting your urine for 6 hours and sending out a sample to the lab, before and after using a chelator to pull the metals out, we are able to tell which metals are in your body and at what levels your exposure is at. We are also able to tell how effective the chelator is.

2. IV Chelation: Quick and painless, IV chelation for heavy metals takes roughly 30-45 minutes and will pull the metals out of the soft tissues, bones, muscles, and organs to be expelled through your urine. The Heavy Metal (Chelation) IV paired with a DMPS push and Glutathione push is our most effective and bulletproof way of bringing down the toxicity caused by heavy metals being stored in your body.

OFFICE UPDATES

- Our office will be closed in observance of the 4th of July! We will be back in the office on July 7th.
- Dr. Huynh will be out of the office July 4th- July 9th.
- If you are a cash pay patient for lab work and you receive a bill from LabCorp after paying our office directly, please send a copy of your invoice via email to admin@wvncaz.com and we will help you to rectify this billing mistake.
- **PRODUCT SHIPMENTS UPDATE:** As we are rolling into the hot summer months, we highly recommend coming into the office directly to pick up your supplements. We can not guarantee that products are going to make it to your home cold (even sending it with ice packs) and some of our supplements need to stay refrigerated and vegetable capsules run the chance of melting together. We can overnight ship, however we still can not guarantee that once the package leaves our office that it will get delivered on time. All product shipments in the summer are subject to your own discretion and will not be refunded or replaced should you choose to have us ship them out. We will always do our best to make sure we are preparing them as best as we can. Thank you for your understanding!

Videos from our Doctors

(please click their photo to view the video)



Dr. Huynh covers many important topics in regards to the affects that heavy metals have on our children including the impacts they have on neurological development, behavior, learning, and overall health. Children are particularly vulnerable because of their developing systems. She also briefly touches on the trace amounts of Aluminum that are found in vaccinations and tips on limiting heavy metal exposure in children.



Dr. Nguyen discusses heavy metals, the overlooked contributing factor in chronic illness management. Heavy metals will burden the immune system, trigger inflammation and interfere with the body's natural healing processes. Using specialty testing , we are able to identify these markers and create a custom care plan for you that will detox your system of the heavy metal load.



Dr. Rada goes into depth on the link between having high levels of lead and damage to your bones. Lead is stored in the bones and replaces the calcium which then interferes with bone remodeling, leading to osteopenia or osteoporosis. Dr. Rada gives you tips on how to limit your exposure and eliminate it from your system.