

Chelation Therapy

Chelation (pronounced key-lay-shun) therapy improves health by overcoming disturbances in biochemical harmony. Traditionally, chelation therapy refers to the prevention and over coming of disease by binding metallic chemicals which interfere with normal function and repair and removing them from the body. Cleansing the body via chelation impacts non-life threatening conditions such as skin wrinkling to dreaded conditions such as advanced atherosclerosis (hardening of the arteries.)

Chelation is a chemical term referring to the formation of a special chemical bond between a substance and a metal. Metals may be essential or toxic or both. Essential metals include magnesium, zinc and iron. (Essential substances are necessary for life.) Toxic metals include arsenic, mercury, and iron. (Toxic substances interfere with life functions and repair). Although essential for life, iron is toxic when in present in excess as are other essential metals. Traditionally, a man-made amino acid called EDTA is infused into the bloodstream. (Amino acids are building blocks of protein.) EDTA acts like a sponge and binds to toxic metals. The toxic metals bound to EDTA exit the body via urine and feces.

Metals participate in all enzymes in the body. (Enzymes a chemical which govern how the body functions.) If the right metals are in the right places, the body is efficient in doing what it is biochemically programmed to do, heal itself and function optimally. If toxic metals are present or essential metals are insufficiently present disease is favored. For example, if excess arsenic is present or enough magnesium is absent, a person is sick and is unable to recover unless the condition is resolved.

Traditional intravenous chelation has been used to overcome symptoms of impaired circulation such as that in the brain, heart (i.e. angina pectoris) and legs (i.e. intermittent claudication). Improvement in inflammatory conditions such as arthritis and psoriasis is commonly noted. Favorable changes also have been described in a wide range of other conditions involving macular degeneration, impotence, obstructive lung disease, arthritis, diabetes mellitus, kidney dysfunction, cholesterol, fatigue, and impaired memory. In addition, to the traditional intravenous administration other methods including oral are available.

Chelation is gaining unprecedented acceptance with the public as well as the medical community. Acceptance is based on the word of mouth success stories and numerous scientific articles reflecting effectively and safety. In one study evaluating over 22,000 patients who have received traditional intravenous chelation, 87% demonstrated measurable (objective) improvement. Millions of chelation administrations have been performed over 40 years worldwide. According to members of American College for Advancement in Medicine, chelation therapy has an excellent safety record when the appropriate protocol is followed.

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Studies favoring traditional chelation therapy are numerous. In one study following chelation, patients with chronic obstructive lung disease averaged 20% improvement in the volume and speed that air could be expelled. In another, study of patients with greater than 70% blockage of carotid arteries, which carry blood to the brain, blockage decreased by 42%. In a case report, one patient had a complete unclogging of a coronary artery 30% obstructed. In another study involving impaired circulation, 58 of 65 patients referred for coronary bypass surgery and 24 of 27 patients referred for lower extremity amputation, no longer needed surgery after chelation. In regard to prevention of dreaded diseases, after 18 years following a course of IV chelation therapy, a 10 fold decrease in the cancer death rate was noted.

During a session of traditional intravenous chelation therapy, patients relax in the doctor's office usually in reclining chairs in private rooms or in a room with other patients. Most patients enjoy the camaraderie. Sessions of chelation range from 1-4 hours each. The frequency and the number of administrations vary with patient need. Many patients take chelation to help overcome stress, maintain youthfulness, and improve vitality.

Although chelation therapy has been endorsed by the United States government Food and Drug Administration for some uses, it has not been endorsed for many others for which it is popularly used. For discussion of traditional chelation uses, clinical studies, acceptance, and how it works the book, The Case for Intravenous EDTA Chelation Therapy by Dr. Martin Dayton is recommended as a reference.

In a less traditional sense, various substances other than EDTA such as, DMSA, DMPS, penicillamine, vitamin C, citric acid, etc. are also used to cleanse the body of metallic toxins. Each has advantages and disadvantages and vary in the ability to cleanse the body of specific metallic toxins. Additionally, the term chelation therapy is also used to describe the bringing into the body of beneficial metals such as magnesium, zinc, and calcium bound to a carrier substance. Ascorbic acid (also known as vitamin C) bound to magnesium may be used to provide magnesium for the body.

The field of metal binding in medicine is complex as are the needs of each individual person. Applying the wrong therapy at the wrong time may cause significant harm. Caution should be exercised when confronted with self anointed "experts" with little formal training or experience, especially those advocating one size fits all "chelation" products and strategies. Applying the right therapy at the right time can bring enormous benefit. Seeking expertise to optimize therapy to individual need is important to maximize outcome and minimize ill effects. Life is too precious to be left to chance alone.

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