



Detect and get rid of harmful heavy metals

Heavy metals in your tissue are the cause of many diseases. They damage the nerves and subsequently the associated organs. They can trigger cancer, cardiovascular diseases and neurodegenerative diseases such as Alzheimer's [1]. Environmental physicians estimate that 60-70% of all chronic diseases may be due to exposure to heavy metals. Often the accumulation acquired over a long period of time and not acute poisoning is causing the symptoms. If the above-mentioned diseases are diagnosed, the accompanying symptoms are usually treated. These may improve for a short time, but there is no complete cure as long as cells are contaminated with heavy metals.

Heavy metals are metals with a density higher than 5g/cm^3 . These include e.g. lead, iron, copper, cadmium, but also mercury. Although some metals occur naturally in our bodies and also fulfill important functions, they are toxic above a certain level, e.g. zinc.

Your body can compensate stress caused by toxic metals for a long time and maintain its health. However, the immune system, the regulatory mechanisms and the detoxification organs become weaker and weaker and the compensation process costs a lot of energy. This manifests itself in constant tiredness and susceptibility to infections. The mitochondria, the energy producers in your cells, can only supply your body with enough energy once the heavy metals have been removed. These inhibit the action of enzymes, which in turn block the detoxification system and promote the formation of free radicals [2]. Every metal in the body reacts to electromagnetic radiation, to which everyone is exposed, as the mobile phone network surrounds us with a perpetual "radiation salad". Anyone who uses a cell phone further increases this effect [3].

Do you think you're not poisoned?

No one can escape poisoning in this day and age. There are many sources:

- Mercury from amalgam dental fillings: It is ten times more toxic to nerve cells than lead and three times more toxic than arsenic or cadmium [4].
- The same disorders caused by mercury have also been documented for titanium, which is used not only for dental implants but also for hip prostheses [4].
- Vaccinations
- Our rainwater is polluted [5]. Sewage treatment plants cannot clean up what is not even tested, let alone known.
- There are heavy metals in your food. Fish in particular are heavily contaminated. But these substances are also found in industrially grown vegetables because they are absorbed through the soil or irrigation water [6]. When processed into baby food, already small children are harmed [6]. Even if you only eat organic grown food: Soil

from neighboring fields with conventional cultivation and the pollutants from the air also end up in the organically cultivated fields and thus in the harvest.

- The air around us is polluted by vehicle and airplane emissions, cigarette smoke and geoengineering [8, 9].
- Cosmetics or clothing bring these toxins into your body through your skin.
- Exposure from materials in the home or workplace.

There are many symptoms and they are very individual

They range from insomnia, nervousness, dizziness, tremors, numbness in the limbs, pain and inflammation of all kinds, memory problems, loose teeth, tinnitus, anaemia and digestive problems to the serious illnesses mentioned above.

Therefore, my patients first receive a checklist where they can determine possible exposure to specific metals/other toxins based on their symptoms.

Below I list various test options for diagnosing heavy metal exposure. It is important to know which toxins/metals are involved, as the respective detoxification procedures differ.

Once a year, I recommend a general detox program [10] to everyone these days.

What tests are available?

Home urine test: You take a sample according to instructions, send it to a laboratory and receive the result of an acute stress test with a detailed explanation.

Blood test with a therapist: Your blood is analyzed for toxic metals circulating in it. The test is more expensive and more accurate than the urine test, but it also only measures acute poisoning.

DMPS test: In this test, a so-called chelating agent is administered beforehand via infusion. The test can therefore only be carried out by a therapist.

Hair or nail mineral analysis: This test determines the heavy metal load retrospectively over a long period of time. It can be applied if you do not use nail polish or hair dye. You send clipped nails or the amount of hair from your neck that fits into a teaspoon to a laboratory and the analysis will be sent to your place [11].

Getting rid of heavy metals

If a burden has been identified, there are various ways to eliminate it.

The physician and researcher Dr. Klinghardt recommends a gentle cure that you can follow at home for three months [12]. It contains chlorella algae, which dissolves mercury from the connective tissue, transports it into the bloodstream and excretes it via the liver into the intestine. For this reason, it is important to strengthen the liver, intestines and kidneys before any detoxification so that they can cope with the increased demand [13].

Zeolite from volcanic rock or the healing clay bentonite also bind heavy metals in the intestine.

Additional measures

- Drink detoxifying teas, e.g. nettle tea
- Take high doses of vitamin C (Caution! Not at the same time if you are taking coriander extract during the Klinghardt cure)
- Calcium and magnesium in the correct ratio of 2:1, e.g. available here <https://www.cellavita.de/gesundheit/nahrungsergaenzung/calcium-natur/sangokoralle-vita-calcium-sango-500g?c=68>
- Eat a mainly alkaline diet.

Much success!

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