

“Clinically, I rarely find a man who does not have heavy metal toxicity. I believe this is the missing link in prostate health and why some men are completely non-responsive to traditional or natural therapies even when clinically indicated.”

Xenobiotics will store in specific tissues— brain, liver, heart, pelvis.

As is taught in Chinese medicine, “metals *descend*.” They go into the testes, prostate, ovaries, legs. When someone has heavy legs, first investigate heavy metals poisoning. These poisons block the earthly forces from transmitting up into our body from the earth (Kd1).

When working with heavy metals, you must *first work with other things*. “*Always mineralize someone before you start working on their heavy metals.*” You’ll see ticks and spasms as a result of the mineral deficiency. (Also give minerals while doing chelation or binding.)

UNDA 20, 38, 44: Every man over 50 should be taking this. (Spring & fall or every other month— depending on history/signs & symptoms)

Modifications:

- 2, 48, 258: general metal drainage
- 2, 7, 38, 48: specific pelvic and prostate heavy metal drainage
- 2, 7, 44: prostate infection or inflammation

Broad spectrum chelators:

cilantro
chlorella

Prostate gland needs:

- **zinc**
- vitamin E
- **selenium**
- **vitamin C**
- **pumpkin seeds** (eat 1/2 cup daily— 1/4 in a.m. 1/4 in evening)
- green drinks (**phyto** greens, etc.)
- **fish oil**
- saw palmetto (promotes conversion of testosterone to DHT) (???)
- **primrose** oil (he alternates pumpkin and primrose on 2-week cycles)

Equinox prevention protocol (~March 21 & ~September 21)

New moon to full moon: primrose oil (2 capsules BID)

Full moon to new moon: pumpkin seed oil (2 capsules BID)

Prostate Gland and Heavy Metal Exposure/Elimination

Metal	Sources	Protocol to Eliminate
Arsenic		"Must replace vit C and selenium first"
Lead "(any many born before 1972 will have lead in his body")	Batteries, car exhaust, water, soldering siding, newspaper print, dust and cinders, fruits & veggies, bone meal, printing ink, hair dye	Lecithin and zinc
Mercury	Dental amalgams, batteries, pesticides, fungicides, adhesives, antiseptics, wood wax, chemical fertilizers, lead lights, seafood from bad water, petroleum products, vaccines	Selenium, C, E, A, lecithin and calcium
Cadmium (not all that common, apparently)	Smelters waste, tap water from galvanized pipes, tire particles, cold cuts, sausage, bacon, lard, recycling plants, drink dispensers, mollusks and oysters, exhaust fumes, phosphate fertilizers, cigarette smoke	C, selenium, E, zinc and B6
Aluminum—"dramatic increase over past years" (also attacks adrenal cortex)	Aluminum foil, cooking utensils, cast iron, all antacids, antiperspirants, hair dye and bleach, kidney dialysis (shingles & flu vaccines!!)	Magnesium, A, B6
Copper	Swimming pools, drink dispensers, anti-algae reservoir, IUD, BCP, copper pipes	Zinc, manganese, molybdenum, C, B6
Vaccines	Animal juice, attenuated virus vaccines, heavy metals	