

Detoxification

How to Feel Better By Removing Toxins From Your Body

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Are you afraid of being poisoned? By food for example? Sure you are. That's why you wash your food and cook it properly. Because you know that if you don't, you may get stomach upset, diarrhea and headaches. But that won't last long, right? What you don't know is: you ingest poisons you don't know about and get so sick that you may die. Symptoms can come so late and be so unspecific, that help will come too late.

August 14, 1996. The professor of chemistry at Dartmouth College, New Hampshire, Karen Wetterhahn, who was specializing in toxic metal exposure, accidentally spills a few drops of an innocent looking, colorless Mercury component called dimethylmercury on her hands, covered by latex gloves. She knew that dimethylmercury is very toxic. What she didn't know was: it can and it did penetrate her undamaged latex gloves and her skin and deadly poisoned her whole body in 15 seconds. She was fine and she didn't have any symptoms for a few months and considered herself healthy. Six months later she became very sick and in January 1997 was admitted to the hospital. Then she went into coma despite being treated and died in June 1997 (1).

What strikes me in this case is: even though everybody knew that she was dealing with mercury, they couldn't make a diagnosis early enough to save her life. That's how dangerous toxins are. That is how difficult it is to diagnose poisoning.

But she was not alone.

210 BC. Ancient China. The Emperor of the United China and the initiator of Great Wall of China project Uin Shi Huang is looking for eternal life. But how can he get it? He believes it is hidden in Penglai City on Penglai mountain, which was the base of the Eighth Immortals. The Emperor sends thousands of men on the ships to find this mountain. Nobody came back, because they knew: without the elixir of life they would be killed. Therefore they went ahead and found and colonized Japan. That's why the Chinese Emperor had to get magic pills from his doctors and scientists. After taking them he died. The reason: the "magical" pills contained too much mercury (2). Ultimately, the pills forced him to realize his mortality, but they made his name immortal because he became the first famous man, poisoned and killed by one of the most dangerous and well known contemporary poisons – mercury.

The privilege of being poisoned by mercury does not only belong to famous people.

Have you ever heard the expression: "mad as a hatter"? You probably have. What you may not know is: in 18th and 19th centuries many felt hat manufacturing workers went mad because they got too much mercury exposure from solutions for curing animal pelts. Apparently mad was Theophilius Carter, whom Lewis Carroll, the author of "Alice's Adventures in Wonderland", personally knew and who was believed to have inspired the vivacious character: the Mad Hatter. Don't forget that selling hats was the dominant trade at that time.

Mercury is very dangerous: it damages the brain, nerves, kidneys and lungs.

It causes fatigue, pains, itching, swelling, hair and teeth loss, muscle weakness, memory problems, irritability, personality changes and insomnia. It blocks your body from clearing catecholamines, you get too much epinephrine with resulting palpitations, sweating and high blood pressure. Enough? But how can you get this deadly toxin in your body?

October 23, 2008. Broadway Manhattan New York. Famous American actor Jeremy Piven appears in the Broadway hit play "Speed-the-Plow", costarring with Elisabeth Moss from Mad Men and Raul Esparza, three times Tony nominee. But very soon Mr. Piven misses a few performances and then announces, that he's not going to perform because of a sudden and mysterious illness (3). The author on the play David Mamet was joking that Mr. Piven decided to leave "to pursue a career as a thermometer". It was a very cruel joke, because Mr. Piven was suffering from Mercury toxicity. But how could he get that? Sushi twice a day for 20 years and possibly Chinese herbs. But sushi is not the only source you can get mercury from. Other sources of mercury are thymersal from vaccines, fluorescent lamps, cosmetics, waste disposal and other human generated sources, as well as dental amalgams. According to OSHA dental amalgam is toxic and dentists cannot throw it into the waste basket. However, they have been allowed to put it into your mouth for 15 to 20 years. Funny? Not really.

Mercury is not the only heavy metal that is deadly poison. There is another one, that is always around us. It poisoned and even killed a lot of human beings, celebrities included. But it sometimes takes more than one century to determine what the killer is. May 7, 1824 Kärntnertor theater in Vienna. Famous composer and conductor Ludwig van Beethoven is eager to defeat Italian composers like Rossini in Vienna, where Italian music was dominating. He changes the premiere of his Symphony #9 from Berlin to Vienna. He knew, that this is the first time a composer would be using voices in a symphony. What he did not know was: Symphony # 9 will become the best known piece of classical music ever known and the part of it, called "Ode of Joy" will become the European Anthem. He is standing in front of the orchestra and chorus and conducting. The symphony is finished. Music ends. Audience bursts into cheers. It gives the composer standing ovations. But strangely Ludwig van Beethoven is still conducting. Orchestra players knew the composer's best kept secret and immediately realized what is going on. The contralto Caroline Unger comes to the conductor and turns Beethoven around to see audience's standing ovations. People in the audience knew, that they just heard one of the best music pieces ever written. What they did not know was: the composer and conductor Ludwig van Beethoven was deaf. But it was not only deafness, that made him seek physician after physician for help. He was suffering from abdominal pain, indigestion, mood swings and depression. His health was deteriorating rapidly. Soon he became bedridden and died in 1827 at age 57. Just before his death he wrote: "As soon as I am dead, if Dr. Schmidt is still alive, ask him in my name to discover my disease..." (4). Even his autopsy did not shed any light on the cause of his

death. Despite his request for autopsy the cause of his deafness and death remained a mystery.

Until now. One extravagant stealing and one heroic act of mercy helped to solve the mystery of Beethoven's deafness and death and to write a new page in the toxicology story.

1994. London. Famous Sotheby's auction. Mr. Ira Brilliant, the founder of the Beethoven Center at San Jose State University in 1985, is sitting quietly watching the new items appearing in the auction. What he is looking for is not the art masterpiece, for which Sotheby's is famous. He is looking for a lock of 582 brown, white and gray hair in wood and glass frame. As per Sotheby's catalog this lock of hair is Ludwig van Beethoven hair. That is why Mr. Ira Brilliant buys it for 7200 dollars thanks to money given by a urologist Dr. Alfredo Guevara from Nogales Arizona. But they want to be sure, that the lock of hair really belongs to Ludwig van Beethoven. They request proof. And a few months later they received a letter from Denmark signed by Mr. Thomas Wassard Larsen. His grandfather Dr. Kay Alexander Fremming was practicing in a small village Gilleleje in Denmark, which was only 10 miles from Norway by water. He was rescuing Jews from Nazis, and one of the salvaged grateful Jews gave him his most precious thing -- the lock of Beethoven's hair as a gift. But how did this Jew obtain it?

Stealing is not a good idea. Especially from the dead. But when Ferdinand Hiller, Jewish composer and Beethoven's admirer snipped the lock of Beethoven's hair on the next day of his death, he did not think about it. He just wanted the reminder. And other people did the same things too. What Ferdinand Hiller did not know was: this lock of hair would eventually shed a light on the cause of Beethoven's death.

Now Mr. Ira Brilliant and Dr. Alfredo Guevara were sure that the lock of hair really was Beethoven's. And a bold idea came to them: what if, by analyzing his hair, they could figure out the cause of Beethoven's death? The hair went to forensic experts at the University of Arizona Medical Center in Tucson. What they found shocked them. Beethoven's hair was heavily loaded with another deadly heavy metal -- Lead!

Lead damages almost every part of our body: the brain and the rest of our nervous system, heart, digestive system, kidneys, bones etc. It causes learning problems, insomnia, mood disorders, abdominal pain, tremors, seizures and death. Children are especially sensitive to lead and may develop permanent damage. But where does lead poisoning come from? Paints! Other sources are air, food, soil, and consumer products. One hypothesis about why Roman empire fell is that they drank water from pipes made from lead!

What about if lead and mercury are together? They multiply the damage, made by both of them. When they are together it is not like 9 plus 9 equals 18. It is like 9 multiplied by 9 equals 81!

When did you last check your mercury and lead levels?

Even though heavy metal toxicity is extremely dangerous and difficult to recognize, that was not what really scared the scientists.

1980s. Fishermen in the US and Canada are very concerned because of declining salmon population. So scientists had to look into it. It looked like there were too many females and witty little males. But how did that happen? Mother Nature started making major mistakes? So they decided to check male to female ratio after hatching. And it was okay. But when they checked the ratio down the river females outnumbered males. So what happened to males? Did they die? There was no evidence of it. So how do they disappear? This remained a mystery.

Until they decided to check salmon's genes. Initially scientists refused to believe what they found. Salmon with male genes were actually female. So somehow after hatching males became females while going down the river. That's what scientists had never heard or seen before -- sex reversal. First they tried to explain this by low temperature-- which didn't work. Then they tried to explain sex reversal by partial migration between sex chromosomes because of mysterious external forces-- this also failed. Eventually every well-known fact came to their mind as a plausible explanation: a male can become a female issue in early life it is exposed to estrogens. But there are no natural estrogens in the Columbia River, where the studies were done. So it must be other man-made compounds like pesticides, detergents etc., that work like natural hormones--so-called environmental estrogens (5). That's when they really became scared. Because it was not the only disaster they found.

1970. Lake Ontario. Biologist Mike Gilbertson observes and unusually high death rate among gull chicks. What he found was: 80% of the dead chicks died before hatching. But what struck him as bizarre was that they had unusual deformities. He desperately searched for an explanation. The deformed chicks looked oddly familiar, they looked like he has used them before. But he could not remember where. Suddenly his memory gives him an answer: he had seen equally strange looking chicks in the past that were exposed to a dioxide poisoning. But his colleagues almost laughed at him: there was no dioxide in Lake Ontario. It took them more than 20 years to solve this mystery.

1988. Great Lakes. Mrs. Theo Colborn, who is a professor of zoology at the University of Florida, Gainesville, is interested in unusual gull's behavior: two gulls nesting together. Usually they are male and a female, who nest together. What she observed was: they were both females, nesting together. Were they "gay gulls"? Colborn began grasping for an answer. The only thing that can change a gull's behavior is hormones. But she is trained in zoology and does not know that much about hormones. It looked like endocrinologists, who could and who should solve the mystery, were not really interested in it. So she didn't have any choice, but to buy an endocrinology textbook and look into it herself. She learned that Swedish toxicologist Bengtsson was concerned with fish testicle shrinkage because of Baltic water contamination by organochlorine compounds. Could it be hormone disruption? In 1991 she gathered 21 scientists from 15 different areas to discuss the facts about gender change secondary to environmental

toxins, that behave like hormones. And they issued a document named "Wingspread Consensus Statement" (6) in 1991. This meeting became famous because that is where the terms "endocrine disruption" and "endocrine disruptors" were made.

But why are they so dangerous?

Normally hormones are substances that are messengers, like errand boys, that deliver the signals from our brain derivatives to endocrine glands and then to the rest of our body. Therefore only a tiny amount of hormone is necessary to transmit the signal. It's like a small key can open a huge safe. That's why only a few molecules of an environmental toxin work like hormones – endocrine disruptor, is necessary to destroy the beautiful regulation system mother nature created for us. That is why they are so dangerous, probably much more dangerous than mercury, lead, cadmium etc. Remember Lake Ontario- dead chicks and no dioxin? That's because the amount of poison can be so small, that it cannot be picked up by regular water analysis. And the consequences of being exposed to endocrine disruptors are disastrous: the body cannot regulate itself anymore, even to the extent that gender is changed. It's like if you try to insert the wrong key in a your apartment door lock and it gets stuck and you break the key: you cannot even to open your apartment with the right key and you are stuck.

Endocrine disruptors are everywhere: in our water, food, air, dust, detergents, cosmetics, pesticides, plastics, etc.. They can cause fertility problems, fetal loss, cancer, menstrual problems, low IQ and learning problems, behavioral problems, ADHD, autism etc.

But shouldn't mother nature protect us from various toxins?

Normally when toxins get into our body, they are removed by the liver in two stages. First stage which is called "phase 1" is immediate inactivation of the toxin by the group of enzymes called cytochrome P 450, when intermediate byproducts from the toxin are made. The next stage called "phase 2" makes these intermediate byproducts water-soluble so that they are going to be excreted in the bile through the gut or by the kidneys. As soon as this is accomplished, the toxin is inactivated and byproducts are removed from the body. Danger is over.

But what if our body is not familiar or not prepared for the toxin it gets from outside? Like heavy metals. Or like a man-made endocrine disruptors: pesticides, plastics, cosmetics etc.? Or your liver is getting too much toxins so that it doesn't have enough resources to deal with them? Then the natural detoxification system is broken. And you're in real trouble.

Bottom line is simple: if you are experiencing symptoms of toxicity such as

- fatigue
- mood problems or psychiatric problems
- ADHD

- insomnia
- palpitations
- tingling and/or abnormal sensations
- unexplained high blood pressure
- menstrual problems
- memory problems, etc.

you may be suffering from toxins.

What you need to get better—you need to be checked by a doctor, who specializes in detoxification.

Disclaimer:

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For more information about his services and to get free proven tips on how to lose weight and how to look and feel 10 years younger visit www.doctorkalitenko.com.

For medical news, read his anti-aging blog at <http://www.doctorkalitenko.com/blog>, or sign up for valuable e-seminars that can help you achieve your anti-aging and health goals in the most natural way.

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