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CHELATION/..AND ONE MINUTE CHELATION by ROY B. KUPSINEL, MD

INTRODUCTION

Chelation is derived from a Greek word that means to claw or to grab. There are natural and synthetic substances that can chelate minerals from the human body. The Germans developed a product back in the days of World War II called EDTA (ethylene diamine tetraacetic acid). American physicians found it of value in treating sailors suffering from lead poisoning secondary to their use of lead based paints on the Navy ships. It chelated out lead from the body. It was found also to improve circulation by chelating the calcium deposits in the arteries. Think of EDTA as Pack Men gobbling up the toxic heavy metals and the misplaced calcium. Initially, the doctors were very enthusiastic about this discovery and its circulatory use but establishment medicine allegedly has suppressed chelation therapy for all but the lead poisoning indication. Perhaps the advent of vascular surgery that includes the most well known coronary bypass operations put EDTA chelation on the so-called "back burner." After all, this surgery is accepted as standard in medical practice and extremely costly when compared to that of EDTA chelation. The cost of a series of twenty to thirty regular three to four hour chelation treatments may run in the range of \$2,500 to \$3,500 whereas open heart surgery may run \$50,000 to \$75,000 or more and may be of questionable long term value and of much higher risk to survival. Also, EDTA works on the entire body whereas the surgery is limited only to the involved locations, e.g, heart, aorta, leg or neck arteries. It increases the caliber of the arteries, brings more blood with additional oxygen to the organs, tissue and glands and thus improves nourishment. Many patients with the following conditions have shown improvement with chelation therapy: Alzheimer's Disease, Chronic Fatigue Syndrome, Fibromyalgia, migraine headaches, arthritis, macular degeneration, hypertension, osteoporosis, diabetes, stroke, and memory loss.

Back in the 1970s an organization called AAMP (American Academy of Medical Preventics) was founded by a group of brave medical physician pioneers headed by Gary Gordon, MD. It has grown much larger and is now called ACAM (American College for Advancement in Medicine). The focus of ACAM is not just limited to chelation but also on other alternative medical practices. Today there are many members throughout the United States and the world that practice chelation therapy. It is legal in most of the states of the US but last I knew, not in Kentucky nor in the province of Ontario in Canada.

EDTA is available in oral form -- in some preparations alone or combined with other natural chelators. Many physicians question its effectiveness orally because as an amino acid it is to some degree broken down by the digestive juices in the stomach. However, there are clinical studies showing its effectiveness and safety in oral formulations with about 5% of the EDTA active. Now, let us turn our discussion to "regular" EDTA Chelation therapy and the "one-minute" chelation option.

CHELATION, EDTA -- THREE TO FOUR HOURS

The protocol or recipe for Chelation Therapy that is used today was created by Dr. Gary Gordon in the 1970s. Regular EDTA chelation therapy is administered by the physician or a qualified technician under direct supervision of the doctor. In addition to the EDTA I generally add to the intravenous bottle of 500 cc of sterile water -- magnesium chloride, potassium chloride, vitamin C, vitamin B-1/Thiamine, B-6/pyridoxine, B-Complex, B-12/Cyanocobalamin, folic acid, Heparin (anti clotting agent), and sodium bicarbonate, for buffering the solution. I have been doing chelation for over fifteen years and none of my patients have encountered any serious or severe side effects or reactions. Most come for problems related to circulation in the heart, the rest of the body, high blood pressure and toxicity from heavy metals and improve to varying degrees.

Other chelating prescription substances have been developed such as DMSA/CHEMET by McNeil

Laboratories and DMPS. These sulfur containing drugs are very potent chelators. DMSA comes in an oral form and DMPS in both oral and injectable. Vitamin C may be administered intravenously by the physician to cleanse the body of toxic metals. All must be prescribed by the licensed physician. In my practice I have found EDTA chelation therapy of great value to my patients. In a nutshell it helps to remove the toxic heavy metals from the body such as lead, mercury, cadmium, aluminum and nickel and also the misplaced calcium that may contribute to hardening of the arteries, kidney stones and arthritis. When the plaque in the arteries is broken down the arterial caliber increases, the blood supply to the organs tissues and glands increases as does their oxygenation, nourishment and health. I encourage my patients to combine the EDTA chelation with oral chelation products.

Here are some other supplements that may be used for cleansing/detoxifying and or chelation. Vitamin A, Beta Carotene, cysteine, methionine, Kyolic - the sociable garlic, Lactobacillus acidophilus, SBE or soil based organisms, fiber products or stool bulk formers - apple pectin, psyllium husks, proteolytic enzymes, aloe vera, and digestive enzymes. Some practitioners prescribe various homeopathic, botanical or herbal remedies such as cilantro and chlorella or combination oral products containing many chelating substances. Currently available on the market without prescription are oral chelation products that contain various combinations of natural chelators with or without EDTA.

It is important to realize that the focus of this article is primarily on chelation and cleansing the body. There are often many more areas of the being that require treatment. I call these common denominators of degenerative illness and recommend you read my article CREDIBLE MEDICINE, which goes into a detailed overview. It is available upon request.

CHELATION -- ONE MINUTE

The one-minute straight intravenous push method of administration of CALCIUM EDTA has been used safely without adverse effects in Europe for over thirty years by Walter Blumer, MD, near Zurich, Switzerland. Dr. Gary Gordon has recently developed a new and proven protocol that only takes **one minute** with an intravenous push of a more concentrated solution of Calcium EDTA. To compliment the treatment, the patient takes on a basis of three times a day an oral chelation product that further enhances the excretion of the toxic metals and excess calcium via the urine and stool. The pushes may be administered two to three times a week for a suggested total of 20 - 30 treatments. Then a monthly maintenance booster is in order.

The recommended lab work is minimal and the cost affordable. Initially, a urinalysis is done to evaluate the patient's kidney function that is essential for excretion. The other two tests are a six-hour urine test and stool exam. These are done with the first or second One Minute chelations and may be repeated later; for example at six month intervals to evaluate the toxic heavy metal burden. The first tests that are provocative (provoke toxic metal excretion) establish a base line, and the subsequent one(s) evaluate the removal of the toxic heavy metal burden from the body. With these tests, the oral chelation supplement is taken before, during the intravenous chelation push, and a few hours after; and continued three times a day. I charge \$50 for the one-minute push. Supplement and lab prices available upon request.

The patient may receive intravenous nutrient (vitamin/mineral) injections in conjunction with the one-minute chelation. The one-minute chelation can be alternated with the standard three to four hour chelation. For the patient unable to receive the one-minute chelation, it is wise to go on an oral chelation program.

If you are seeking a physician for regular intravenous EDTA chelation therapy you may contact ACAM at 1-800-532-3688 (California)