

# The Healing Times

Newsletter #2 - the Chelation issue - Winter/Spring 2010

## **Dr. Ruhland's goal at the Natural Health Medical Clinic is to help you restore balance to your body, mind, and spirit.**

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Last September, The Natural Health Medical Clinic celebrated its 10th anniversary with a picnic at Seward Park. Fun was had by all long-time and newer patients.



Catherine and Al enjoying themselves at the 10th Anniversary Picnic at Seward Park.

## **Chelation: Key to Unlocking Health**

Chelation is the act of binding a toxin in order to form a larger molecule that the body may easily eliminate. Various substances are used as chelating agents, including amino acids that are able to chelate heavy metals. This process allows the kidney and liver to remove the toxins from the body.

Chelation is administered intravenously (IV) when our primary concern is exposure to toxic heavy met-

als, including lead, cadmium, arsenic, mercury, as well as aluminum, and excess iron and copper.

One chelating agent, EDTA, was originally designed to treat lead toxicity. A government-funded study of Navy sailors being treated for lead toxicity showed that EDTA cured both their lead toxicity as well as their arteriosclerosis. Thus, chelation proved to be a safe and effective alternative to invasive surgery.

Studies report that about 85 percent of patients undergoing chelation therapy have a measurable improvement in blood flow and/or a noticeable improvement of symptoms. Whereas mainstream therapies such as bypass surgery, angioplasty, and stents may increase blood flow to part of the heart, chelation improves circulation to the entire heart, as well as throughout the body. Thus, circulation is usually improved where needed, including the brain, eyes, and legs.

A partial list of the actions of EDTA include:

1. Binding heavy metals, especially lead, cadmium and arsenic.
2. Acting as a potent anti-oxidant, preventing free-radical destruction and oxidation of cholesterol.
3. Helping thin the blood to prevent blood clots.
4. Decreasing excess deposits of calcium, thus reducing the hardened deposits in the blood vessels.
5. Reducing blood pressure.

The fastest way to chelate is to intravenously administer a dilute formula containing one or more chelating agents, often with a combination of vitamins and minerals. Depending on the formula and the patient's condition, this may take just 20 minutes, or up to several hours.

The Natural Health Medical Clinic offers chelation for patients with metal toxicity, especially in the presence

of cardiovascular disease. In most cases, a series of 20 chelation treatments with EDTA are prescribed in people with arteriosclerosis. Patients have reported benefits such as decreased angina/chest pain, improved breathing, increased stamina for activity and exercise, decreased or eliminated need for medications for heart disease and high blood pressure, decreased diabetic complications, improved vision, decreased arthritic pain, decreased headaches, clearer thinking, and a better memory.

We have seen patients who were told they needed amputations due to hardened arteries. As a result of chelation, their legs were saved.

It is not uncommon to find patients told they would die soon without bypass surgery. After chelation, they are living healthy lives without undergoing surgery.

While most patients do not have any side-effects from treatment, some feel temporary flu-like symptoms, tiredness, mild headache or a tingling sensation, due to toxin removal. Patients receiving chelation treatments are advised to drink greater amounts of water to cleanse their kidneys.

To avoid any possibility of nutritional deficiencies from treatment, we offer IV nutrient repletions, and also recommend taking nutritional supplements with trace minerals. In particular, it is important to supplement with zinc and vitamin B6.

Perhaps the most outstanding feature of EDTA chelation is that it decreases free radical damage, which is partly responsible for cellular aging.

Please call the Clinic if you have any questions about using chelation as part of your health plan.

Natural Health Medical Clinic || 206-723-4891

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## Patients Share Their Chelation Experience

Lilly

“I had a recurrence of breast cancer, and I sought chelation treatment to help with my energy and health. After the treatments, I felt stronger and an overall sense of wellbeing. While still in treatment for breast cancer, things are looking very good.”

Bonnie

“When I would walk and be out of breath, I decided to do chelation. Now I feel young again because I’m able to walk without having to take so many breaths. Thank you Dr. Hans.”

Cathy

“I feel that the way Dr. Hans has his clinic set up is very conducive to the chelation treatment because it is very comfortable, relaxing and supportive.”

Peter

“I had Hepatitis C; no energy, numbness, back pain, and frequent urination. I am an artist, and was completely unable to work. After a couple of chelation treatments I noticed a boost in my energy. My urination became more regular and I had an overall sense of wellbeing. I have again been able to do artwork, prolifically, and have been invited twice to lead art workshops in Europe.”

Celia

“It was like peeling away layers of film as my vision became more clear. Soon I realized that I didn’t need to use my cataract glasses. Art work is all about light, and cataracts are about taking that light away. With these chelation treatments it feels good to have light back in my life.”

### CHELATION SPECIAL

For a limited time, we are offering one Chelation Therapy treatment per person at half price. This offer is not retroactive.

For those not interested in Chelation Therapy, we are offering a free bottle of nutritional supplement, herb, or homeopathic remedy, with the purchase of one other bottle. Lowest-priced bottle is free.

One offer per person. Cannot combine with other discounts.

Thank you to those of you who have already participated in our ongoing patient survey (begun in 2009). The findings have allowed us to improve our services. If you have not yet participated, call us and also get your free Nutrition Response Testing visit.