

FLUSH OUT HEAVY METALS WITH FOOD

God must have known that life in the twenty-first century would be hazardous. Breathing polluted air poses risks. Drinking water, unless purified at the tap, is risky business. Food is often contaminated with sprays, powders and gases to deal with pests, bacteria and mold. Most cleaning agents carry warning labels, and many personal grooming products are unhealthy. Heavy metals like mercury, aluminum, lead, arsenic and cadmium show up routinely in hair analysis and medical tests.

In His goodness, God has provided natural chelators in many foods. These unique substances act like Velcro hooks within the body, latching onto toxic substances and bringing them to the kidneys and colon where they can be excreted. Foods like apples, garlic, onion and cruciferous vegetables (cabbage, broccoli, brussels sprouts, kale, etc.) are known detoxifiers. Now the world's most widely used culinary herb is arresting the attention and respect of dentists, physicians and lay persons looking for natural ways to achieve health.

Amazingly, this simple herb dramatically accelerates excretion of mercury, lead and aluminum from the body, often accomplishing major detoxification within just three weeks. While the rest of the world seasons its food daily with the protective leaves of this potent herb, Americans, living in probably the most toxic environment on earth, are hardly aware of its existence.

While treating patients for trachoma (an eye condition caused by micro-organisms which can lead to blindness) and viral-related problems such as herpes simplex types I & II and cytomegalovirus infections, Dr Yoskiaki Omura discovered this remarkable herbal remedy, so essential in bringing about complete recovery.

While antibiotics seemed to clear up symptoms initially, Omura was puzzled by the fact that they would eventually recur, often within a few months. Being a bit of a detective, Omura found that disease organisms apparently hide from antibiotics and thrive in body tissues where heavy metals concentrate. As he tested urinary excretion of heavy metals, Omura noticed that mercury levels increased after subjects ate healthy servings of a Vietnamese soup containing *cilantro*.

This clue led to further testing that showed cilantro was also effective against lead and aluminum. Patients who used cilantro along with natural anti-viral agents or antibiotics and essential fatty acids (Omega-3) eliminated baffling infections for good. Omega-3 fatty acids, otherwise known as brain food, are naturally present in abundance in flax seeds and flax oil. Small amounts of omega-3 fatty acids are also found in walnuts, soybeans and dark green, leafy vegetables. Other sources include fish, but they are contaminated with mercury and other toxins, so a plant source of omega-3 is preferable. Omura's remarkable discovery uncovered a simple, inexpensive, painless way to deal with recurring infections, both viral and bacterial.

In subsequent studies, Omura tested cilantro as a chelator for mercury build-up resulting from removal of amalgam fillings. His research indicated that despite the best precautions, significant amounts of mercury show up in the lungs, kidneys, endocrine organs, liver and heart following removal of fillings, whereas prior to removal he found no mercury in body tissues of the test subjects. Omura now prescribes two to three weeks of cilantro therapy for successful mercury chelation from body organs.

Cilantro is the name given the leaves of the coriander plant. Used extensively in Asian cuisines, it is often called "Chinese parsley." Cilantro is also a key ingredient in Mexican cuisine and foods of other Latin and South American countries. It's distinctive flavor marries well with strong-tasting ingredients like chilies, lemon grass, cumin and lime. In India bowls of chopped cilantro leaves are routinely provided as a cooling alternative to the hotness of curry and chili dishes. When you eat in an Indian or Mexican restaurant, don't be bashful about asking for extra cilantro along with your order.

Many supermarkets and ethnic grocery stores carry fresh cilantro leaves. Look for those that are bright green, moist and fresh looking, not wilted or yellow. Wash thoroughly. Cut off the thick, bottom stem ends. Add fresh cilantro leaves to salads, salsa, soups and sandwiches. Make a tasty pesto by replacing basil and parsley with cilantro. Garnish cooked beans, rice and potatoes. Two teaspoons of Cilantro Pesto every day for two or three weeks is equivalent to the dosages Omura used in his research.

CILANTRO PESTO

Yield: 3½-4 cups

Cover generously with pure water and soak* for 8-10 hours:

1 cup raw, unroasted almonds, cashews or walnuts or dry-roasted peanuts

Drain nuts, discard soak water, and place in blender or food processor.

Add to blender in order listed:

¼ cup pure water

¼ cup *fresh* lemon juice

¼ cup cold-pressed, organic flax** oil

1 teaspoon salt (or to taste)

2-3 diced cloves of *fresh* garlic

1 bunch *fresh* cilantro leaves
(cut off thick stems)

Process until you have a lumpy paste, adding a little more water if necessary. Scrape down sides of blender jar and whiz again until smooth. Adjust seasonings as desired. Add ground cumin or other herbs to vary flavor. Spoon into jars, cap and refrigerate or freeze. When using, minimize exposure to air, heat or light.

The omega-3 fatty acids in flax oil are very fragile.

- Use this homemade pesto sauce on hot pasta and in pasta salads, as a garnish for cooked grain pilafs, as a topping for rice and bean dishes, as a substitute for guacamole or as a cracker or bread spread.
- Spread pesto on whole wheat tortillas and top with refried pinto or black beans, tomato chunks, diced onion and bell pepper, sprouts, etc. Roll up and enjoy a wrap sandwich.
- Thin pesto and use as a salad dressing.
- Use as a dip for fresh veggies.
- In the Canary Islands, this recipe is called “Mogo de Cilantro” and is offered in place of butter with boiled potatoes and corn.

*There is some evidence from animal research that suggests that using raw nuts and seeds may negatively impact pancreatic function due to the presence of enzyme inhibitors. Enzyme inhibitors are nature’s way of preventing nuts and seeds from sprouting during storage.

Soaking deactivates these enzymes as they leech into the soaking water. Soaking also enhances the availability of nutrients as complex proteins, carbohydrates and fats are broken down into simple nutrients, making them much easier to digest. Soaking also increases B vitamins and vitamin C.

**You may use other oils, such as olive oil, but be sure to include some flax oil or other source of omega-3 fatty acids in your diet every day.

NO BLENDER - NO PROBLEM Just spread your favorite nut butter on bread, toast or crackers and eat with 8-10 sprigs of cilantro each day or add cilantro to soups, salads and sandwiches for the same health benefits.

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