

# LONGEVITY NEWS

*EDTA chelation with glutathione for health and longevity*



## IN THIS ISSUE

**REDUCE RISK OF HEART  
ATTACK AND STROKE,  
REDUCES THE NEED FOR  
BYPASS SURGERY**

**REDUCES BLOOD  
PRESSURE IN ABOUT 60%  
OF HIGH BLOOD  
PRESSURE PATIENTS**

**REMOVES CALCIUM FROM  
ARTERIOSCLEROTIC  
PLAQUE**

**REDUCES HEART VALVE  
CALCIFICATION, IMPROVES  
HEART FUNCTION AND SO  
MUCH MORE!**

## Live Longer, Live Better With EDTA And Glutathione

*Wake up. Be aware. Protect yourself.*

First used in the 1940s for heavy metal toxicity, EDTA chelation therapy was approved by the FDA for lead poisoning and remains the conventional treatment of choice. But in the 1960s, some forward-thinking doctors theorized that EDTA chelation might work for other problems as well, like combating the buildup of plaque in the arteries.

Talk about bad timing—about the time chelation was being suggested as a treatment for atherosclerosis, the first "successful" coronary bypass surgery was performed. The mainstream medical community embraced the bypass approach with fervor, and chelation was left in the dust. But a small group of physicians stuck with it. And although most mainstream doctors still recommend costly, dangerous, and terribly invasive surgery, EDTA

# A Closer Look At EDTA Chelation And Glutathione

*EDTA has been shown to be a powerful antioxidant that destroys free radicals-the culprits of atherosclerosis, cardiovascular disease, Alzheimer's disease, and some types of cancer.*

## EDTA Benefits:

- Removes or reduces angina pectoris – chest pains.
- Removes or reduces cardiac stress intolerance.
- Helps with shortness of breath in coronary artery disease.
- Improve memory and reduce the incidence of Pick's Atrophy and Alzheimer's disease.
- Reduces blood pressure in about 60% of high blood pressure patients.
- Can eliminate intermittent claudication (leg cramps, pain and numbness due to poor circulation).
- Can reverse diabetic gangrene.
- Can restore impaired vision, particularly in diabetics who suffer from macular degeneration.
- Prevents the deposition of cholesterol in the liver, reduces blood cholesterol levels, and reverses the toxic effects from digitalis excess.
- Can normalize 50% of irregular heart rhythms.
- EDTA chelation reduces or relaxes excessive heart contractions. Reduces heart irritability and increases potassium within the cells of the body.
- Removes lead and cadmium and other heavy metals from the body.
- It removes calcium from arteriosclerotic plaque. It dissolves kidney stones, reduces serum iron and protects against iron poisoning and iron storage disease of the liver.
- Reduces heart valve calcification and improves heart function.
- It reduces dark pigmentation associated with varicose veins.
- Heals calcified necrotic ulcers.
- Makes arterial walls more flexible.
- Helps to prevent and reduce osteoarthritis. It reduces and alleviates the symptoms of rheumatoid arthritis.
- Helps to smooth skin wrinkles, lowers insulin requirements for diabetics. It even dissolves large and small clots or thrombi.
- It can reduce the effects of scleroderma, an autoimmune disorder that can damage organs.
- Reduces the need for bypass surgery.

(cont.)...chelation has grown slowly but steadily over the last several decades. Chelation authorities now say that the therapy's beneficial effects on blood circulation may also have positive effects on impotence, intermittent claudication, and vision problems like age-related macular degeneration and glaucoma. And new research suggests that removing heavy metals through chelation can treat and/or prevent many serious diseases, including pancreatitis, gout, both rheumatoid and osteoarthritis, chronic fatigue, irritable bowel, Alzheimer's disease, multiple sclerosis—even cancer.

## Glutathione Benefits:

- Antioxidant –the body's master antioxidant, our bodies depend on it for the removal of toxins. Other antioxidants in our body depend on it to function properly.
- Detoxification – detoxifies a large number of pollutants by binding to carcinogens, heavy metals, herbicides, pesticides and radiation by forming a soluble compound with the toxin that can then be excreted through the urine or bile.
- Immune system – is at the heart of all immune function. Healthy growth and activity of immune cells depends on the availability of GSH. The protective activity of GSH is two-fold – it enhances the activity of immune cells and also functions as an antioxidant within them. Low levels are seen in many diseases such as AIDS, advanced diabetes, and cancers. Raising and maintaining your levels can help minimize the risk of diseases.
- Increased Energy – Our energy levels are a result of many factors – everything from the biochemical reactions taking place within our cells, to muscle function and even your sense of well-being. Glutathione enables the mitochondria of a cell to remain fully charged, enhancing muscle strength and endurance. Clinical trials have shown that lowering Glutathione in the mitochondria results in cell death.
- Repair – Our body is constantly under attack from free radicals, some from external sources and some generated in our own body. Free radicals attack the nearest stable molecule, "stealing" its electron. A molecule that loses an electron then becomes a free radical itself and attacks the next nearest stable molecule, this begins a chain reaction. Once the reaction is started it can cascade through hundreds of molecules. As this occurs over and over again the cell eventually dies or mutates. Sometimes the mutated cell mutates to a point that we know as cancer. Glutathione performs a vital role in repairing the damaged DNA by replacing the missing electron. Normal to elevated Glutathione keeps the repair of our cells at a maximum and reduces the number of cell mutations that would occur otherwise.

## References:

1. "Questions & Answers: The NIH Trial of EDTA Chelation Therapy for Coronary Artery Disease" 2002 [www.nccam.nih.gov/news/2002/chelation/q-and-a.htm](http://www.nccam.nih.gov/news/2002/chelation/q-and-a.htm)
2. Waters RS, Bryden NA et al "EDTA chelation effects on urinary losses of cadmium, calcium, chromium, cobalt, copper, lead, magnesium and zinc" *Biol Trac Elem Res* 2001 Dec;83(3):207-221
3. Sullivan JL "Iron and the sex difference in heart disease risk" *Lancet* 1981 Jun 13;1(8233):1293-1294
4. Cranton EM, Frackelton JP "Free Radical Pathology in Age-Associated Diseases: Treatment with EDTA Chelation, Nutrition and Antioxidants" *Journal of Advancement in Medicine* 1989 Spring/Summer;2(1-2)
5. Stevens RG, Beasley RP et al "Iron-binding proteins and risk of cancer in Taiwan" *J Natl Cancer Inst* 1986 Apr;76(4):605-610
6. Selby JV, Friedman GD "Epidemiologic evidence of an association between body iron stores and risk of cancer" *Int J Cancer* 1988 May 15;41(5):677-82
7. Stevens RG, Jones DY et al "Body iron stores and the risk of cancer" *N Eng J Med* 1998 Oct 20;319(16):1047-1052
8. <http://www.glutathioneexperts.com/what-is-glutathione.html>
9. <http://chemistry.about.com/od/lecturenoteslab1/a/Essential-Amino-Acids.htm>
10. <http://www.immunehealthscience.com/glutathione.html>