

Heavy Metals Toxicity Chelation and Binding

One of the most effective ways to detoxify the body is by using toxin binders. As the name implies, a toxin binder is a substance that “binds” to particular toxins in order to help remove them from the body. You can think of binders like magnets, attaching themselves to toxins before eliminating them from the intestines, bloodstream and elsewhere.

Intestinal binders are a crucial part of any detox protocol. When the liver processes toxins, they get excreted through bile and into the small intestine. If the toxins are not bound to anything, most of them will get reabsorbed in the gut. This is called *enterohepatic recirculation*. Binders can be used to bind to the toxins so that they can pass all the way through the digestive tract to be eliminated.

You can use binders to help bind and excrete toxins from: Heavy metal toxicity, Dental work, including amalgam removal, Lyme disease, Vaccine aftercare, PANDAS, Coinfections, Parasite removal, Mold and more.

And binders work to remove everything from: Heavy metals, including aluminum, mercury, and lead, Mycotoxins from mold, Biotoxins from Lyme and/or parasitic infections, Plastic particles, Pesticides, Herbicides, Volatile organic compounds (VOCs) and more.

Our picks for the best toxin binders:

1) **Cilantro Metal Detox with Chlorella**

*Potent whole body cleansing formula that binds to heavy metals, helping to clear them from the body

*Chlorella added to increase the chelating and cleansing actions of the herb cilantro

*Provides effective antioxidant support for overall cell health

<https://www.pipingrock.com/v2/cilantro-supplements/cilantro-metal-detox-with-chlorella-4-fl-oz-118-ml-dropper-bottle-39285>

2) **Chlorella Broken Cell Wall**

*Chlorella is a green single-celled microalgae that contains the highest concentrations of chlorophyll known. Chlorella also supplies high levels of Beta-Carotene Vitamin B-12 Iron RNA DNA and Protein. The cell wall in this high quality Chlorella has been broken down mechanically to aid digestibility

<https://www.pipingrock.com/v2/green-food/chlorella-broken-cell-wall-1000-mg-120-vegetarian-caplets-39413>

3) **Zeolite Micronized**

*Zeolite is near the top in binding effectiveness. It selectively binds heavy metals and other toxins without interfering with vitamins and trace elements you need

*It has optimal detox capacity for ammonia, heavy metals, mycotoxins, radioactive materials, pesticides, and other toxins

*Zeolites are volcanic minerals created when volcanoes erupt and molten lava and thick ash flow into the sea. Zeolites are formed as a result of a chemical reaction between the ash from the volcano and the salt from the sea. Zeocare is highly refined and has been produced, micronized, sterilized and packaged here in the United States

<https://www.pipingrock.com/v2/detox-supplements/zeolite-micronized-400-g-1411-oz-bag-40678>

4) **Diatomaceous Earth (Food Grade)**

* Like zeolites, Diatomaceous Earth is another ancient, natural material with powerful detox capabilities. It's actually composed of fossilized diatoms, a type of microscopic algae that collected for thousands of years in now-dry lake beds. Again, like zeolites, the unique shape of these diatoms makes them excellent natural cleansers of the body

* Diatomaceous Earth is also one of the best sources of natural silica: a compound famed for several health properties, and one of the best detoxifiers of aluminum. Remember: there is food-grade, and non-food-grade Diatomaceous Earth. If you decide to supplement with this material, make sure you choose the food-grade option

https://www.amazon.com/DiatomaceousEarth-Food-Grade-10-Lb/dp/B00025H2PY/ref=as_li_ss_tl?s=lawn-garden&ie=UTF8&qid=1532964282&sr=1-1-spons&keywords=diatomaceous+earth+food+grade&psc=1&linkCode=sl1&tag=healtha01-20&linkId=a8808384e3f7338ca48fa54a31ff8db0&language=en_US&fbclid=IwAR13lEtSXnpiVdhlXznHxCtuth05VCixLxde2CSmbsktS41XX07Van0kdw

5) **ENTEROSGEL**

* A silica-based gel that has a high affinity for aluminum. It is also good for binding to gut endotoxins and is marketed to be used for food poisoning. It has a low affinity for vitamins and minerals

* Detoxifying oral gel passes through the gut, binds toxins and harmful substances and eliminates them from the body naturally within 7-12 hours. It is not absorbed into membrane, not absorbed into blood. It does not bind vitamins or any beneficial substances in the gut. Main clinical effects of Enterosgel: mitigates or prevents toxic and allergic reactions, helps to stop diarrhea or shortens the duration of diarrhea, relieves symptoms of indigestion (dyspepsia), accelerates the elimination of alcohol from the body, helps to restore beneficial intestinal microflora, protects gastrointestinal mucous membrane and promotes healing of its lesions, reduces the toxic load on the liver and kidneys

https://www.amazon.com/ENTEROSGEL-Toxin-Binding-Cleansing-225g/dp/B00JDHQBI6/ref=as_li_ss_tl?s=lawn-garden&ie=UTF8&qid=1532965313&sr=8-1&keywords=Enterosgel&th=1&linkCode=sl1&tag=healtha01-20&linkId=6b65741bbf528eed3bee6301674b8a9&language=en_US&fbclid=IwAR2gQlFm5kCGAFnvLED0ZIOUCPGj7tjicpkKpvz64YUeVnYPBRfcv5Uq7E

6) **Modified Citrus Pectin**

* A fiber made from the peel of citrus fruits that has a high affinity for lead, but also other heavy metals. It also has some immune-modulating properties

* This easily digested form of pectin can pass through the intestinal barrier, helping to support your overall wellness. This easy-to-use citrus pectin powder is typically used to support cellular health and is popular alongside detoxification programs

<https://www.pipingrock.com/v2/fiber-bran-supplements/modified-citrus-pectin-454-g-1-lbs-bottle-39938>

7) **Activated Coconut Charcoal**

* Activated Charcoal is one of the world's most highly-regarded detoxification substances. PipingRock Activated Charcoal contains only the purest carbon from natural vegetable sources. As PipingRock's fine-powder-activated coconut charcoal passes through the digestive tract, the porous material chemically binds to toxins — trapping them for it easy and efficient elimination from the body. Minimize uncomfortable gas and bloating and promote healthy detoxification efforts

* Activated Charcoal is a broad-spectrum binder that will bind a little bit of everything. This means it will bind toxins, as well as vitamins and minerals. For this reason, it is best used for acute situations, not long term

<https://www.pipingrock.com/v2/charcoal-supplements/activated-coconut-charcoal-780-mg-per-serving-180-quick-release-capsules-4431>

Because binders can bind to nutrients, most should also be taken away from food. It is generally recommended to take them at least 30 minutes before, or one hour after eating, at a minimum, of taking any supplements or medications. Binders can also, in some cases, contribute to constipation, so make sure to take them with plenty of water. **Hydrate, hydrate, hydrate!**

Excerpts taken from:

<https://www.jahealthadvocate.com>

<https://www.samsaraherbs.com/blogs/articles/the-5-best-natural-binders-for-lyme-mold-and-biotoxins>

<https://www.immanencehealth.com/how-and-when-to-use-binders>

<https://www.sophianutrition.com/blogs/sophia-life-blog/are-you-detoxing-with-the-correct-binders>