

Heavy Metal Detox and Auto-Immune Disorders

By Jim Golick CCN, LDN

Tele Seminar Outline for Mon. Jan 15th, 2007

1. **Heavy metals** impair immune system, leading to hypo/ hyper function
2. **Common sources** of mercury, lead, cadmium, arsenic, aluminum
3. **Genetic factors** (poor methylation) (metallothionine defects)
4. **Nutritional factors:** Vitamins B-12, folic acid, B-6, and TMG. If you are low in minerals (sodium, potassium, zinc, manganese, calcium, magnesium) then elimination is difficult.
5. **Testing** with hair analysis: pros and cons
6. **Precautions:** prepare the bowels for battle, prevent constipation, go slow.
7. **Herbs and nutrients for “Detox Support”:** Chlorella, MSM, garlic, burdock root, red clover, silymarin, artichoke, dandelion, flax seed meal, apple pectin, psyllium, zinc, manganese, vitamin C, NAC, Glutathione/GSH, whey protein isolate.
8. **Dietary factors:** high fiber fruits and veggies, esp. leafy greens, high protein (eggs fish, and whey). Avoid most grains, Ezekiel bread and cereal ok.

About the speaker

Jim Golick is a Certified Clinical Nutritionist and Licensed Dietician Nutritionist in private practice in Lombard, IL. He was a manager of the Lombard Fruitful Yield Health Food Store during the 1980's. Jim has taught nutrition classes at the College of DuPage in Glen Ellyn since 1991. Over the past 20 years he has helped an estimated 10,000 people achieve better health through applied nutrition.

Jim is available for in-person, as well as nation-wide phone-based nutrition consultations. For further information go to www.nowfoods.com/nutritioncounseling