

## A heavy metal detoxification programme by means of indigestible food and -components

In Germany a scientific study with the purpose of investigating the absorption of injurious substances was carried out at the "Institut für Hygiene, Sozial- und Umweltmedizin" by Prof. Selenka at Ruhr University Bochum. For this purpose an In-Vitro test system was developed (a stomach/gut model) by which the degree of segregation of the orally obtained organic as well as inorganic injurious substances from the contaminated environment could be evaluated.

In this stomach/gut model the binding ratio of the elements arsen, cadmium, chrom, mercury, nickel, and lead to indigestible food was investigated in an artificial digestion juice. As this is about an In-Vitro-Test-System, no general conclusions should be made on basis of the results.

However, the fundamental processes in the stomach-gut area can be observed, and this was also underlined in the concluding remarks of Dr. Martin Kraft's scientific report: "Bindungsverhalten von Arsen, Cadmium, Chrom, Quecksilber, Nickel und Blei an schwerverdaulichen Lebensmitteln und Lebensmittelkomponenten in künstlichem Magen-Darm-Saft, diss., Bochum 1998".

It was concluded that indigestible food have a clear tendency of a stronger binding ability towards heavy metals. Especially the knowledge that the alga product BIO REU-RELLA has an eminent capacity of binding lead, chrom, cadmium, and mercury (in downward order) could probably be useful.

The below restrained heavy metals have been proved in f.inst. a 500 µg mixture which also corresponds to the results of the investigations carried out in 1989 on the alga *C. Pyrenoidosa* by Mahan u.a.

Lead (Pb)	81 %	Cadmium (Cd)	53 %
Mercury (Hg)	42 %	Chrom (Cr)	24 %
Nickel (Ni)	9,0%	Arsen (Ar)	8,7%

It can be concluded that when eating indigestible food and taking food supplements then the natural detoxification from heavy metals can be very much improved. Consequently a tooth "renovation" by removal of amalgam fillings can be carried out without damaging side effects.