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INTERVIEW SERIES

**Are Our Bodies Really  
Contaminated With Mercury,  
Lead, And Flame Retardant?  
Here's How To Detox**



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Expert Interviews On Mind Body & Spirit

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I'm Michael Senoff, founder and CEO of [HardToFindSeminars.com](http://HardToFindSeminars.com).

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

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Michael Senoff

*Michael Senoff*

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## **Are Our Bodies Really Contaminated With Mercury, Lead, And Flame Retardant? Here's How To Detox**

Dr. Dietrich Klinghardt, well known for treating chronic pain and neurological disorders with integrative medicine, says toxins are everywhere. In fact, mercury is so commonly found, Dr. Klinghardt says there's not a river, stream or system that doesn't have abnormal levels of it. It even falls down in rain – it's everywhere. But it's not the only toxin you have to worry about. The average bone content of lead in humans is 400 to 1,000 times higher than it was 200 years ago. And then there's the flame retardant that's in there too.

Dr. Klinghardt says we're constantly ingesting a cocktail of heavy metals and bio-toxins and that can lead to fibromyalgia, joint pain, neurological disorders, hair loss, heart problems, poor eyesight, fatigue, and much, much more. And in this audio, you'll hear all about the toxins that are in our environment, how to figure out (and minimize) the level of your exposure, and the best ways to detox from it all.

### **You'll Also Hear**

- The one most cost-effective way to start detoxing today
- The surprising study that shows a possible link to toxins and mothers who give birth to autistic children
- The scary reason why toxins don't usually show up on any doctor's test – and the only way to know for sure what your level is
- The 3 different forms of mercury, and what they can do to the body
- Debunking the myth that one toxin causes one set of symptoms – and the different approaches and views that alternative medicine takes
- 3 spices you probably have in your cupboard right now that aid the body the quickest when it comes to detoxification – and how to use them to do that

The good news is if you get rid of mercury, most toxins will follow. And Dr. Klinghardt considers detoxing a critical step in the healing process because it can bring both the brain and body back to optimum health. So in this interview with him, you'll hear all about the amazing things that can happen when you get rid of toxins from your body, along with the detox protocol that will get you there.

*Hi this is Kris Costello and I teamed up with Michael Senoff, to bring can bring you the world best health-related interviews. So if you know anyone struggling with their weight with cancer, diabetes, ADHD, autism, heart disease or other health issues send them over to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).*

Kris Today we are talking with Dr. Dietrich Klinghardt. Dr. Klinghardt thank you so much for joining us.

Klinghardt My Pleasure.

Kris One thing I'd like to ask you about today is, a lot of people are talking about toxins in the environment and you've done a tremendous amount of research and study and teaching on this, what are some of the most toxic elements that we have in our environment right now?

Klinghardt You know, first of all there are basically two categories of toxins. There's the water soluble toxins and there's the fat soluble toxins. And then, amongst each of these, there's two subgroups. There is the positively charged ones and the negatively charged ones. And so, before me, after all these years of looking at toxicity and how to get stuff out of people, it still appears to me that the key culprit in most people; the key element if we manage to remove that, most other toxins start to tumble out of the system without much effort and there is still mercury in the (inaudible) form. See mercury exists in typically three different forms. You know, there is metallic mercury, then there is mercury that has lost one electron – that's the mercury solid, then there's the mercury that lost two electrons – which is both astral and (inaudible) mercury which are the most toxic forms of it. So, you know, it's like the keystone in an arch, like, when you remove that, the whole thing tumbles. The ecosystem in us of toxins.

Kris Are we exposed, this current generation more than, let's say, in past generations?

Klinghardt Yeah, you know, mercury is now found in some birds. It's found in rats. It's found in squirrels. It's found in deer. When there's a forest fire huge amounts of mercury are released from the

needles of the pine trees when they're burning. People are getting seriously ill downwind. We used to talk, 20 years ago about acid rain; now we talk about toxic rain, you know, the mercury falls from the sky with the rain because it has entered every system on the planet. There's not a single stream that don't have the normal levels of mercury in them. So things have gone pretty far. So there's just one aspect I wanted to highlight in the beginning, because there's like a certain mercury fatigue. People have talked about mercury for so long that nobody wants to hear it anymore, isn't there other more interesting toxins? And then this is the first layer, past that I still stay with the metals. My next chief culprit is lead. You know from the time the gasoline was leaded it has been blown into the air and rained down on farms and into the drinking water and there is many, many patients that I have that were never exposed knowingly to lead in any form or shape and yet their severely lead toxic. You know that the average own content of lead is now 400 to 1000 times higher than it was 200 years ago, that's anthropological research that is important to notice. These are people who are not welders or professional people who are exposed to it. Their reason people model these two metals up with each other, when you look your research and when you look at opinions and practical ways of getting people to talks is that both metals are so called (inaudible) metals that need to oxidize with sulfur if and there are extracted from the body by using different compounds of sulfur. And so there is no way to extract mercury without at the same time extracting lead, there is no way of extraction lead or chelating, complexion lead without gaining out the mercury. So, it's good to mention those two medals in one washer because they follow the same basic principles.

Kris                   And you work with thousands of people to try and get them healthier. And what kind of conditions do you see people that are suffering from this kind of toxic overload? What kind of conditions do you see that they have?

Klinghardt You know I think that the most important thing to know for the listeners there is now many different approaches to medicine. There is the traditional medical approach, were you trying to make a diagnosis with the idea is that one might grow causes one in this or one illness can, as one genetic flaw of causes one illness, or one event causes one illness. That is the old way of thinking about medicine. And then there is alternative medicine, was simply three or four approaches. People in 80's they had a number of alternative Physicians look through the glasses of candida. Like every patient who had any form of chronic illness whether it was chronic pain, headaches, fatigue, fibromyalgia, whatever it was, insomnia it was candida. They looked it through those classes and then the dies in treatment that resulted were good improvements in a number of people. But not ultimately, it wasn't satisfying. And then the 90's came everybody had a herpes virus, Epstein bar, herpes 6, and a lot of people started looking through those classes. And they tried to bring antiviral strategies on board to see if people would get well. They had some success and some of the people still stuck to the Candida thing, some did both and probably and that a success is that people doing just one of them. Then the 2000 came, when 2000 came in from the arrival of Lyme disease. And suddenly everybody lived through the glasses of everybody had Lyme disease and people were treated accordingly with antimicrobials, another approach that has emerged in alternative medicine. And then you know of course all along they had these people like Jeffrey Blant for Jonathan Wright that makes it pretty much every condition ultimately to a nutritional defect. You know that you needed it to increase your vitamin intake for certain things and then she corrected every illness that way, by looking through a functional medicine approach on both classes by finding out which metabolic pathway was disturbed, which vitamins could be given to turn on and improve the biochemistry. Now I live from the late 70's and to my own fate, my own illness, mayo suffering I discovered what was the most important step in my healing was to radically detox heavy metals

from my system. And that brought my brain back and brought my health back. And so I started looking at every chronically ill patient through those classes and early on in the treatment of chronic illness I place the diagnosis and treatment of heavy metals toxicity and early intervention and really pretty much proved to myself, to my patients, and also to other co-travelers on this path that was a very, very good strategy to treatment for chronic illness with a solid few months or even a few years of detoxification. And then on top of that, so like the icing on the cake for the treatment for Lyme disease, for the virus, for the mold, for the yeast, for the genetic abnormalities, and so forth.

Kris That's an interesting point that you bring up. That for each illness people do tend to look through their own glasses at what's going on. But your take is that the most important is to deal with the toxic overload first, is that right?

Klinghardt Yeah, but I like to sort of modify that little bit. Like I said in the beginning that mercury probably is kingpin in the whole accumulation that we have in the body. However, in the last 20 years things have significantly changed or other factors have come in. We know that we have the exposures of PPDE's, flame retardants, I mean we have exposure to estrogen's, to estrogenic medics and their chemistry. Or fatty tissues, the brain, the nervous system, the fat is continuously up some leading more and more of these carbon based toxins. Which ultimately appeared to be very involved and breast cancer, prostate cancer, very intimately involved in a number of neurological diseases. However, to clarify what I said before it more to get the carbon based metal chemicals and (inaudible) out of the system it is still the most meaningful approach to start with the mercury two but however little or much and mercury is in the system to focus attention initially there and then add the strategies in to get the metal chemicals out, through sauna, therapy through Corelli, the lysine, you know there's a number of strategies that have evolved to deal with the other things. However, the mercury should be first. And then the last thing I



want to say at this point that about half of toxins that are volume wise, amount wise, you know if he could weigh them in the scale half of the amount of toxins that would be found in our body are not the ones that caved in to our body from the outside but are created on the inside. And by the so-called micro-biome, by the microbes the live in us, that feels also increasingly on attack by the toxins and are they exposure to the electromagnetic fields that we're now exposed to. On the microbes and as feed on the attack and the mold is multiplying much faster than it did, the Lyme's bower keys are growing much faster than they used to, their mycoplasma is growing fast. The original ammonia is growing faster. And they all are bio plasma producing microbes. And so what you end up with, in a contaminated system, let's say there's a little bit of mercury, a little bit of flame retardants, a little bit of food preservatives, and the system now the microbes that are now actually present and us become virulent and they start adding to the pool of toxins, their own flavor. You know we know that candida alone produces several hundred and well known and classified micro toxins. And then there's of course a whole host of other molds in us that produce toxins Lyme disease, is, is known now create the DB talks and as is often referred to. (Inaudible) is creating its own toxins. And these things all accumulate in us and they all seem to be eliminated through the common so-called bio-toxin pathways. And we have to all use the same enzymes the body has used the same systems to sort them all out. And those pathways get increasingly congested, depending on our genetics and on the total body burden that we carry, the illnesses that result from the, show up very differently in different people. Yet, the approach to succeed in getting these things under control, for me it still starts with the mercury and then I take it from there. Addressing the other toxins, addressing the microbes, the bio-toxins producing microbes, minimizing the exposures and so forth.

*For more interviews with the world's top health and medical experts go to Michael Senoff's [hardtofindseminars.com](http://hardtofindseminars.com)*

Kris           And you got a lot of great information on your website, [theklinghardtacademy.com](http://theklinghardtacademy.com) and people can also, if they want to get in touch with you they can e-mail you at [info@klinghardtacademy.com](mailto:info@klinghardtacademy.com). And the other thing that I was quite interested in is that you have a lot of good information on the Internet on the Klinghardt detox protocol, what really interested me was a lot of these things are very commonly found. I mean you mentioned cilantro and I'd like you to expand upon that a little bit for our listeners.

Klinghardt   In order to eliminate toxins now and historically, you know in the couple of hundreds of thousands of years at us humans have been around we've of course had to develop in our organisms successful methods to eliminate toxins. Things were always good, you know people lived close to the areas where volcanoes erupted, where the earth was actually foul and contaminated of lead, mercury, and nickel, thorium, uranium, and so forth and humans had to develop enzyme systems and detoxification organs to eliminate those things. So we have the basic machinery in place and the wonderful thing is that plants have also been around for very long, much longer than we have probably about 3 billion years the planet, and you know we don't know exactly how long life has been here. Probably about 600,000,000 years and anything that Ms. Had to develop strategies to deal with the basic elements that are on the planet including mercury, lead, nickel and uranium and other chemically based toxins. And so were we look at what plants are doing to keep themselves alive and toxin free, different plants develop different strategies. And some of these can be transferred to humans by eating the plant. You know and so I took a very careful long look of what's published in the biological literature and found very, very good hints of what plants can be used for detoxification. So for me it always starts with an allergy Corelli, I've been ridiculed for that and "poo poed" but Corelli happens

to be the plant that probably has the highest number peer reviewed scientific articles written about it to detoxify biological systems. In a recent study comes from what we've been using for 20 years, that is very effective and eliminating masses of mercury, I mentioned in the beginning from the body. (Inaudible) mercury is the most toxic of the known elements or maybe molecules and there's not a single drug that is known to be very affected for (inaudible) mercury but, Corelli very good study made in Japan shows that is very affected and eliminating mercury from the body. Coriander or cilantro journals of the nuclear industries show that so untrue is very, very effective in eliminating from the body for you asked if mercury and this is again (inaudible) mercury in its different forms. So those two are naturally my favorites. Recently literatures also mentioned co-cumin the extract of turmeric being very effective in turning on our detoxification systems. Not just for toxic metals, not just specifically for mercury but really across the board for many different toxins. So I would say those three are the popup was there is many other herbs implants that are shown in the literature to have the talks capabilities you know a good one for example is also dandelion which turns on the bile flow in the liver which is a very, very helpful step in the detoxification. And then there is of course not a plant based other materials, there's volcanic ashes (inaudible) that have become popular recently, there is clay from the earth which is an excellent toxin binder, there is the ingestion of manganese high level of manganese which has been shown to protect us against the Shiga toxin. Recently in Germany a big outbreak of the very lethal form of the E-coli that was shown as the genetic cracking of the code, that E-coli was actually a re-combination of 20% of the Shigella genome and a 80% was the E-coli genome. And the Shigella genome have the ability to produce the Shigella toxin abbreviated cult Shiga toxin, which was responsible for the level of toxicity, the lethal, vicious, virulence of this book. And they were showing you know, when people have a reasonable intake of manganese everyday it takes 4000 times the amount Shiga

toxin two have any adverse effect on their system. So this simple example you know manganese who would've thought manganese could've been used to protect ourselves from bio-toxins. And you know I could go on, and on for hours from but these are examples of some of like the top of the list of the natural things that we use the detox pathways of people.

Kris So how do people recognize symptoms? What kind of are they going to experience that they are having heavy metal toxicity? What kind of conditions are they possibly looking at?

Klinghardt One myth I want to destroy right now, in the beginning, is the myth that one toxin has one set of symptoms. When you read to the toxicology books you read lead toxicity and looks very different from mercury toxicity and then you've read the toxicity from different types of candida or mold, looking very different from other types of toxicity and that is simply not true. All of the toxins have to be limited to the same detox pathways and most of the symptoms are simply caused by the overflowing of these pathways. And it's in the top three symptoms of general toxicity is: number 1 insomnia. Number 2 is daytime fatigue or lack of rest as I prefer to say, is fibromyalgia type body pain just discomfort in the body. Those are the top 3. And whether you make somebody toxic with lead or flame retardants because they're sleeping on their new nice mattress that hasn't (inaudible) or their working in a car garage and expose to vapors of benzene and toluene and everything that's in there in the gasoline, people will present with the same exact symptoms. The symptoms depend more on their genetics and their carry-load whatever they're bringing in and the time of their last exposure, that shapes and shapes their symptoms. So what I'm really trying to say is the symptoms are a very, very poor guide in directing you to the right diagnosis. What is helpful to assume that anybody that presents chronic or chronically recurring could be caused or attributed to by a particular toxin or a toxic

ecosystem. And that includes really everything that you know, poor eyesight, tinnitus, hair loss, skin problems, gut problems, heart problems, problems of the circulation, massive problems, hormonal problems, chronic bladder problems, joint problems, and nerve problems it really is the cocktail of bio-toxins and heavy metals and other environmental toxins that makes against the backdrop of your own genetics and against the backdrop of your current nutrition and exercise and psychological and social environment that shapes the symptoms and makes you the way that you are with your imperfections. And because of that is it good to have a structure with approaching the patient and are kind of medical/legal environment it's good to come up with attentive diagnosis based on some lab work. I mean it's pretty easy with an appropriate challenge test to dimension to the patient has some heavy metal toxicity. We use the hair analysis or the provocation test for the urine is usually measured are looking and the stool for doing a red cell blood analysis or doing a urine porphyrin test, and there so many different test available. And if you really want to prove it to somebody you treat them for a few days or for few weeks with a number of different metal mobilizing agents and then collected from fluids from different body compartments and then you'll see that there's significant amounts of things in there that shouldn't be in there. That been the lays the foundation for long-term protocol. Every study that's ever been like that there is never any body found in the last 20 years who was not lead or mercury toxic, nobody was ever found that didn't have flame retardants in their system. Nobody was ever found that they have some kind of mold or micro toxin in them. And so you know if he wanna open up to this it is intelligent and wise and very cost effective and very economical for the patient to start there. And then start focusing in on individual symptoms and see how they can be supported maybe with a vitamin protocol or a medical drug.

*This is Kris Costello reporting for Michael Senoff's hardtofindseminars.com*

Kris And Dr. Klinghardt where do to people find these kind of doctors? My own position and recently told me I had the best number she'd ever seen and that was blood test only. Unfortunately I still felt terrible. So how to people find the right practitioners that can help them if they are having chronic illness?

Klinghardt There's really two things in your question or your comment. One is the toxins that make a boil are the ones that are deep inside the brain, their deep inside the cells of immune system, bearing your bone marrow and they're not in your blood, they are not in your urine and they're not in your poop. And so if you have a practitioner who does a blood test and says that great, or does a urine test and says you look great you're not with the right practitioner. So the only way that you can demonstrate that somebody is toxic is that you first have to assume that their toxic and treat them for while were you give substances are able to mobilize a good amount of the toxins from the bone marrow, from the brain from the cells of immune system and then you look at the excreted body fluids or the blood to see if you do in fact mobilize something. And only patient that I've ever seen that is really finish with detoxification is the patient feels good and who with the appropriate provocation of toxins doesn't bring out any toxins. If a patient feels miserable and does not bring how any toxins in the year in far in the blood or in the poop that patient is so sick that they cannot mobilize the toxins that are in the sales, even with the agents that are given to them. And those are off in the sickest people. I don't want to make a diagnosis over the phone which I am not known to be that accurate with but I would dare to say that the Physician that you have worked with has not with deep enough and is probably well meaning and probably did a reasonable job but probably has done with deep enough. So where do you find people that do this? Well, I think a reasonable place to start is a group that I personally like is ACAM the American College of Advancement of Medicine, they had their home base, I think, in Laguna Hills in

California. Most the people that use this EDT (inaudible) no also have a high level of awareness of using the MPS, the MSA, (inaudible), the other strong detox agents, and people that have been in the field long enough have realized that none of the medical compounds are really are known to detoxify your biological system, that you need to bring in biological tools, plant extracts, minerals, vitamins to push out the last holding out toxins. So I think other than the people that I have trained personally and there's no different groups in the U.S. That I'd actually don't know that also teach detoxification, I know there's a lot of nutritionist, chiropractic groups they all have their place, they all have their methods, there is sauna therapy, there is certain electronic and laser based instruments that can push out toxins to a degree. But you know if I had my choice I go to people that are trained by myself. And I don't want to poo poo anybody incorporated or many different disciplines, many different methods and they all have their place. And when you really, really understand toxicity you know what this is a lifelong process that this is not something you do for a few weeks or few months and then you're done. You know just like you don't do you exercise you know, okay well I wanna be healthy so I exercise you know for 3 months and then I'm gonna be done or if I eat a good diet for 3 months then can I go back to eating my fried food? It's the same idea, detoxification in today's environment is for life and if anything is for life it cannot be based on medical drugs. Because even show and a side effect of the medical drugs are gonna catch up with you. It has to be nutritionally and based common and I think we're way ahead of the game with that one.

Kris And so people wanna find the Mercedes of detox practitioners they can go to [klinghardtacademy.com](http://www.klinghardtacademy.com) and do you have them listed on there?

Klinghardt You know because of the political environment we're very cautious about listing anybody. But there is like an inner referral system, once you enter in find somebody in the system they

know everybody else and it's an internal referral system. It's more like an oral tradition, there is a referral list but it's not complete and it may not give you enough information. But once you enter into the system there's that dialog there that we have with each other, there is a common level of knowledge, there's some of us that do not want to be seen, there is some of us that do want to be seen. So it's not difficult to find help.

Kris You mentioned another thing there called preconception health and that was really interesting. There was a sentence, something to the effect, "Emotional attachments in the DNA from ancestry." That's a real mind blower.

Klinghardt Well, it's not really let me expand on that a little bit. I did a small study that unfortunately I was not able to find publisher interest, where we measure the exposures to electromagnetic fields in pregnant mothers and could predict based on the measurements which mother would give birth to a child I would be neurologically disturbed vs. the mother that would give birth to a healthy child for a child I would go on to full healthy development. And unfortunately I was right that we could predict that, the more exposure that the fetus had in the mother's womb to ambient electromagnetic fields and micro based exposure from the ambience cell phone broadcasting, they hire the exposures the higher the chance that the mother would give birth to an autistic child. And the numbers of autism or roughly doubling every five years. I realize there was an emergency burning, I wanted to get the word out that they reel Health Care has to start before we conceive a child. We have to know okay we won the child what are the dangers during the pregnancy, what are the things that we have to get them before and we ever conceive, and to prepare. Like ideally the mother should be a reasonably detoxified before she is pregnant. You wanna make the diagnosis of active viruses, Lyme disease, micro plasma, mold exposures before the mother gets pregnant. And there are very simple tests, very simple ways of doing that. And then very simple texts and very prophylactic treatments and the



pregnancy goes smooth, goes beautiful, there's no complications the baby comes out beautiful, they're gorgeous, they're big, they're healthy, they're intelligent. And this is information that I want to pass on for a long time and time has come. I feel that is almost an emergency that we make this information available. And of course when we know how to make a really healthy mother they give birth to a healthy child. Of course if you do a fraction of that to the adult the adult will stay healthy. So you know we look of the different factors, you know the electromagnetic stressors what to do about that, it's very simple, very, very clear this science is on our side. We teach them how biologically treat the chronic infections that people have now and so forth. And the thing that you're referring to is that we know when a fetus is traumatized in the womb that leads to the methylation defects. The famous methylation block you know, we treat now with vitamin 12 and folic acid and many things, that is often the outcome of a disturbance that happens during the pregnancy. Unfortunately once the methylation block is said it is passed on to the offspring when they grow up and have children that methylation block is passed on for several generations. Outside the DNA and the epigenome that's a very, very new area of medicine, if you look and changes in the epigenome that are induced by psychological or physical drama very often during the pregnancy or in young childhood so, so we go into that and show the literature, the proof and also show them what to do about that.

Kris That is just incredible and it sounds we just touched on the tip of the iceberg here and Dr. Klinghardt we just wanna thank you again for joining us today.

Klinghardt It was a pleasure to be here. Thank you.

*That's the end of our interview, and I hope you've enjoyed it. For more great health related interviews go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).*

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