

## **Functional Medicines' Point of View: Toxic Metals and Weight Loss**

**By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV**

Can't lose weight no matter what? Could the weight loss culprit be something as inconspicuous as mercury build-up in your body?

It is widely accepted that metal toxicity can impair neuroendocrine function. Simply put, this means that normal thyroid function can be impaired from toxic metals such as mercury, cadmium, lead and others.

### **What are Toxic Metals?**

Toxic metals are metals that are not required or of use to your bodies chemistry. Mercury is the example we are all probably most familiar with. Toxic metals can also be variations of metals for which there is a biological use, but in the wrong form are toxic.

What is the Weight Loss Connection?

For the purpose of weight loss, or an inability to lose weight no matter what, the effect of toxic metals on thyroid function and estrogen production becomes of particular interest.

Impaired thyroid function, specifically the impairment of T4 to T3 conversion will act like an invisible force field around your body fat. No amount of diet or exercise will be of use for someone with sufficiently impaired thyroid.

There is good scientific evidence that metal toxicity can impair endocrine (thyroid) function.

When we look at the scientific evidence for toxic metals and impaired thyroid function, there are numerous studies indicating lead, cadmium, and mercury with impaired thyroid function.

What we can say for sure is this

1. Toxic Metals in your body are undesirable
2. Toxic metals may impair thyroid function in certain individuals
3. If you cannot lose weight, and have high levels of heavy metals, you may consider a protocol to remove toxic metals.

The Best Test to Objectively Measure Your Level of Heavy Metals

I recommend having your physician order the 3 or 6 hour urinary heavy metal toxic test using a challenging agent such as DMSA or DMPS.

\*\* I also recommend the QuickSilver Scientific Tri-Mercury/Toxic Metal Testing.

The following test was ordered on a patient who had an impossible time losing weight. She simply was unable to convert T4-T3.



CLIENT #: 31118  
DOCTOR: Grisanti

*Toxic Metals; Urine*

		TOXIC METALS			
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	< dl	< .35		
Antimony	(Sb)	0.3	< 0.2		
Arsenic	(As)	25	< 80		
Barium	(Ba)	3.7	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	0.2	< 4		
Cadmium	(Cd)	0.8	< 1		
Cesium	(Cs)	8.6	< 10		
Gadolinium	(Gd)	< dl	< 0.8		
Lead	(Pb)	8.1	< 2		
Mercury	(Hg)	91	< 4		
Nickel	(Ni)	1.8	< 10		
Palladium	(Pd)	< dl	< 0.15		
Platinum	(Pt)	< dl	< 0.1		
Tellurium	(Te)	< dl	< 0.5		
Thallium	(Tl)	0.6	< 0.5		
Thorium	(Th)	< dl	< 0.03		

The mercury levels were "significantly" elevated

Once the patient was treated and the mercury and lead were reduced and removed her weight problem was solved. Her T4-T3 conversion issue was again solved.

How Can You Rid Yourself of Toxic Metals?

- 1: Find a doctor thoroughly trained in the evaluation and treatment of heavy metal detoxification
- 2: Be certain your phase I and phase II detoxification pathways are functioning optimally
- 3: Eliminate all heavy metal exposure (we provide guidelines to all of our patients on potential exposure)
- 4: InfraRed Sauna
- 5: After a careful evaluation by your health professional, they may recommend DMSA, DMPS chelating agent or the QuickSilver Toxic Metal Protocol.

Dr. Badanek has been and currently is 40 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at [Dr.Badanek.com](http://Dr.Badanek.com) and [www.alternativewholistic.com](http://www.alternativewholistic.com), and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151