

# Toxic Metal Testing Updates

For most toxic metals stool testing after a chelation challenge, Porphyra-Zyme will yield the best results. The highest percentage of toxic metals exits the body via the stool. Caution should be exercised that sea food is not eaten three days prior to testing as it is naturally high in mercury and can throw off consistency of the test by artificially elevating mercury. In the same token, aluminum is a very common mineral in soil. And so, especially when other minerals are low, aluminum can be found in various amounts in food.

Dr. David Quig, the toxic metals expert from Dr. Data, shared with me that Dr. Data does not measure aluminum in their fecal metals profile because test result levels were not consistent. Just as eating seafood could affect the levels of mercury in the fecal test, the range of aluminum in food would affect the actual testing result of detectible aluminum in the stool test. Rice grown in India has different minerals and toxic exposure from rice grown in Louisiana. He, therefore, recommends using hair as a sample to measure an ongoing exposure. The name of the test is Hair Toxic Element Exposure Profile. When using hair as a tissue sample you are measuring exposure in the last three months.

To measure hidden or embedded stored aluminum in tissue, a urine test is preferred. Again, use a chelating agent that chelates aluminum like Porphyra-Zyme, 6 tablets bid for three days, then collect urine for a 24 hour period. This is called a provocation challenge. The name of test is Urine Toxic and Essential Elements, and it tests for 38 metals and minerals. The addition of essential minerals gives you additional data, and the cost is negligible.

If you test for the same metals, combinations of hair, fecal, and urine, please remember the test results will be different as each test is measuring different methods of excretion. However, when toxic metals are high in any medium, they must be addressed. One of the major inhibitors of the methylation cycle is toxic metals.