



# The Chelation Controversy: How to Safely Detoxify Your Body

*Gregory Pouls, Maile Pouls*

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When our bodies start accumulating toxins faster than they can be eliminated, our tissues begin to store them. These stored toxins initiate degenerative processes that can lead to diseases such as cancer, heart disease, and arthritis. Chelating agents-substances that latch on to and carry toxins out of the body-can help free us of this destructive load. In this book, the authors discuss the proper use of oral and intravenous chelating agents.

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