

VIS CLINIC NEWSLETTER

The Science of Nutrition



Environmental Medicine and the Unified Theory of Disease

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Swimming or Drowning in a Toxic Milieu

Excessive toxic metal exposure from the air, food, water, dental amalgams, and other sources is becoming a recognized and established underlying cause of both acute and chronic disease. With ongoing medical research validating the link between chronic diseases like heart disease, auto-immune disease, neurological disease, and environmental exposure to toxic metals, it is more important than ever for doctors and patients to be well-informed about the detrimental effects of toxic metals and the potential treatments for heavy metal toxicity, including IV chelation therapy.

Many times, as doctors we look for deficiencies in a patient's lab-work that may contribute to the patient's symptoms. Beyond sugar and cholesterol, we often forget to look for toxic excesses that can be causal factors in deteriorating health. Heavy metal urine testing allows the doctor a unique window into the assessment of a patient's overall toxic burden load. Many now believe that screening for heavy metals should be performed at least annually as standard of care. After all, elevated lead causes 18% of all-cause mortality and about 1/3 of cardiovascular mortality (1). Arsenic appears to cause 1/4 to 1/3 of the major cancers (2).

IV chelation therapy allows one to slowly undo the years of toxic-metal buildup that has bio-accumulated throughout their tissues.

What is chelation?

The Greek word “chele” means claw. Chelation is the binding of metals (like lead) to a protein “chelator” in a pincer-like fashion, forming a ring-like structure. Chelation is an important treatment protocol for the removal of toxic metals such as lead, cadmium, arsenic, gadolinium, and mercury from the body’s bloodstream and tissues. The strongest and most potent clinical chelation effect is achieved with intravenous chelation.

What is chelation used for?

The repeated administration of intravenous chelating agents is used to reduce blood vessel inflammation caused by specific toxic metals and to reduce the body’s total load of those metals, especially lead. It has been shown that the risk of dying from cardiovascular events begins when a person’s blood level of lead is still well within the established normal reference range.

Chelation rids the body of toxic bioaccumulations of heavy metals which allows the cells and enzymes of the body to function normally, lowers oxidation of tissues, decreases inflammation, and improves healing processes.

IV Chelation:

IV chelation therapy utilizes the chelating agent (NA-EDTA) and is referred to as IV-EDTA chelation. IV-EDTA chelation is being used in the treatment of all forms of atherosclerotic cardiovascular disease, especially heart disease and peripheral artery disease. Although there is less published research in these areas, chelation therapy is also being used to treat macular degeneration; osteoporosis; mild to moderate Alzheimer’s disease associated with heavy metal toxicity; autoimmune diseases, especially scleroderma; and fibromyalgia or chronic fatigue syndrome.

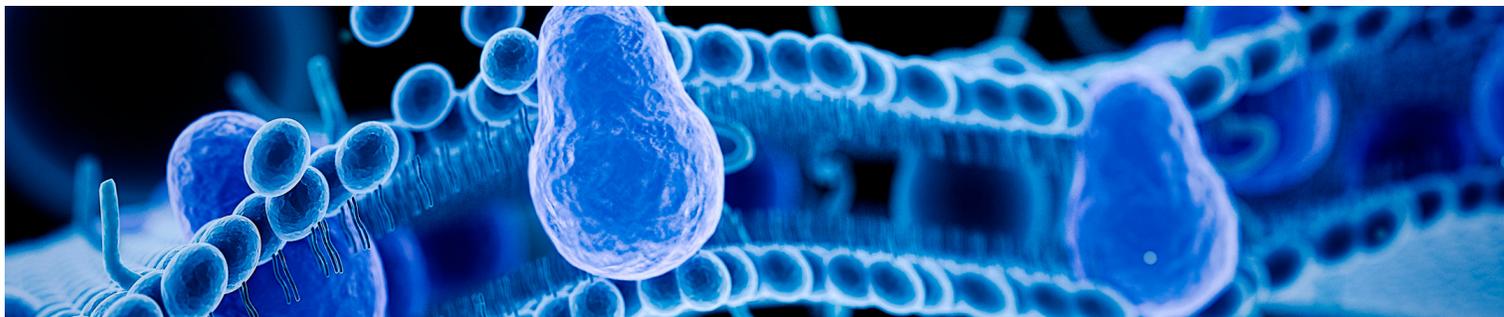
IV Chelating Agents and Dosing:

Vis Clinic utilizes both IV Disodium EDTA and IV Calcium EDTA. Disodium EDTA is the best and most studied form for cardiovascular disease as it can remove calcium from the arterial walls. Calcium EDTA is beneficial for removing heavy metals, especially lead, but does not have the track record for treating peripheral vascular disease that disodium EDTA has. Dosing of EDTA is based on a patient’s kidney function for safety and ranges from 1-3 grams.

Does IV Chelation really work?

The most recent study to examine the effects of EDTA chelation therapy proved that IV EDTA has great value for preventing cardiovascular events, especially in people with diabetes who had a history of heart attack. The Trial to Assess Chelation Therapy, or TACT, which Dr. Krier and Nurse Marsha took part in as treating clinicians, found an amazing 40% reduction in total mortality, 40% reduction in recurrent heart attacks, and about a 50% reduction in overall mortality in patients with diabetes who had previously suffered from a heart attack. TACT was a large, randomized, placebo-controlled study published in JAMA that randomized patients to a series of IV chelation’s using EDTA or placebo.





Chappell and Stahl performed a meta-analysis of studies showing objective improvement for patients with cardiovascular disease treated with intravenous EDTA chelation therapy. In the meta-analysis, 87% of patients improved, and there was a correlation coefficient of 0.88 between improvement in vascular function and treatment with EDTA.

Oral DMSA

DMSA is a prescription chelating agent that is available orally and is used to chelate lead and mercury in adults and children. Under knowledgeable guidance, this agent can be used successfully for toxic overload of mercury. In fact, it is the treatment of choice for mercury overload. It can be used for lead, but IV EDTA would be a better choice. Treatment with DMSA reduces free radical activity by binding and excreting heavy metals. However, there are no clinical trials that have studied DMSA as a treatment or preventative for vascular disease

Oral EDTA

Oral EDTA is calcium EDTA. Oral EDTA is only about 5% absorbed which means it largely sits in the gut (IV EDTA is 100% absorbed in the blood). Despite the many fancy marketing campaigns, this form of oral calcium EDTA is largely worthless for those with significant heavy metal burden unless you are using it while undergoing IV Chelation. There is a potential danger of oral chelation decreasing our essential minerals if not followed under knowledgeable guidance.

Points to Remember

IV NA-EDTA and IV CA-EDTA are broader chelators and are especially effective for lead. EDTA has perhaps the weakest affinity for mercury. If mercury is elevated with a challenge test, it might be prudent to treat with DMSA before prescribing intravenous EDTA. Maintaining good levels of beneficial minerals is important no matter what chelation agent(s) are prescribed.

Safety

If the published protocol from the TACT study is followed, safety is not an issue. With over 60 years of use of IV NA-EDTA for vascular disease, no fatalities have been attributed to EDTA when the protocol has been followed. The American College for the Advancement in Medicine estimates that around 800,000 patients have received IV NA-EDTA chelation therapy using the proper protocol. This makes IV NA-EDTA chelation therapy one of the safest medical procedures. Vis Clinic follows the studied protocols which are updated based on the latest research. Oral chelation is safe when protocols are followed under knowledgeable doctor supervision.

What should I expect during a IV Chelation Therapy?

During treatment, which lasts one-and-a-half to three hours, you relax in a recliner while EDTA is administered slowly through an IV. According to ACAM and TACT, a basic course of EDTA chelation therapy consists of about 36 treatments, usually done one time per week to preserve good mineral levels in the tissues. More treatments may be required in difficult cases. Most experts recommend monthly or quarterly maintenance after the basic course is completed.

Other Associated Therapies

Mineral Repletion IV

IV mineral repletion is generally recommended as needed while undergoing IV chelation therapy. For patients prone to mineral loss, a mineral repletion IV on non-chelation days may be used more frequently to keep mineral status normal.

IV Plaquex

IV Plaquex can be alternated with classical IV NA-EDTA Chelation treatments. Plaquex is a compounded medicine that contains polyunsaturated phosphatidylcholine (PC). PC makes up all the cell membranes in the body as well as the transport vehicles for cholesterol, such as HDL and LDL.

As we age, the PC in the cell membranes becomes damaged by toxins, free radicals, heavy metals, high blood pressure, high blood sugars as well as elevated levels of stress hormones such as cortisol and adrenalin. With aging, the body is no longer able to produce enough PC to repair this damage. Consequences of this damage are cardiovascular disease with plaque deposits in the blood vessels, liver damage, kidney damage and brain damage. Besides making up all the cell membranes, PC also has anti-inflammatory and antioxidant properties.

Plaquex therapy restores cell membrane integrity and cell membrane function which normalizes the cell metabolism. This in turn helps to clear out plaque deposits and improve the function of all organs, including liver and kidneys.

Plaquex is used to treat atherosclerosis. It is given to patients suffering from angina whose coronary arteries contain plaque deposits, but also in patients with carotid artery plaque and peripheral plaque in the legs causing claudication pain when walking. Because of its effect on the liver, brain, and the kidneys, it is also used to improve the function of these organs.

(1) Lancet Public Health. 2018 Apr;3(4): e177–e184. Low-level lead exposure and mortality in US adults: a population-based cohort study

(2) Cancer Epidemiol Biomarkers Prev. 2013 Nov; 22(11) Arsenic Exposure and Cancer Mortality in a US-based Prospective Cohort: The Strong Heart Study.



Vis Clinic March Lecture Series:

**Body Burden:
Swimming or Drowning in a Toxic Milieu
Dr. Chad Krier ND, DC**

One of the great thinkers of our time and the past president of my alma mater (Bastyr University), Jo Pizzorno ND, has come up with his "Thoughts on a Unified Theory of Disease." This is something I have been pondering over the last year and my conclusions are pretty much identical to his. We have a chronic disease crisis on our hands that far outweighs the acute Covid mess. Finding causal factors for chronic illness is difficult because of the multifactorial nature of chronic illness. Dr. Pizzorno's thesis is that "the combination of high and increasing body load of heavy metals, meta-metals and persistent and non-persistent environmental chemicals; multiple nutrient deficiencies and insufficiencies and loss of "unimportant" molecules from the food supply; dis-synchronization with the environment; and genetic susceptibility combine to disrupt physiology and cause disease".

This part of the lecture series will address the high body load of toxic chemicals and metals that bioaccumulate in our tissues because of low-level exposure from our surrounding environments over the course of our lifetime. Many heavy metals bioaccumulate in our bone. As we age and go thru menopause or andropause these heavy metals can be released from the bone into the tissues triggering disease. It is interesting that most/many chronic diseases start around the same time as our bone mass (toxin storage unit) starts to decline. The lecture will address toxic overload in general and include lab and therapeutic discussion.

**Body Burden:
Swimming or Drowning in a Toxic Milieu**

March 17, 2021

12:00-1:00pm

Cost: Free

**Join Dr Chad Krier as he discusses the high load of
toxic chemicals and metals that bioaccumulate in
our tissues**

**over the course of our lifetime, and ways this
toxicity can affect our health.**

Lab and therapeutic options will also be discussed.

[Click here to register](#)

Recordings available to all who register!



Vis Clinic March Lecture Series:

Healthy Cell Membranes: The Secret to Healthy Aging Dr Jennifer Mead, ND

As we age, the phospholipid makeup of the cell membrane changes. These changes are mostly due to oxidation from free radicals and neurotoxins from our environment and our own metabolic waste. This oxidation results in a reduction of phosphatidylcholine and increase in cholesterol and sphingomyelin, which makes the membrane less flexible and more rigid. The rigidity of the cell membrane is responsible for compromising all cellular functions.

We administer phosphatidylcholine in high amounts to replace the sphingomyelin and cholesterol in the cell membrane, increasing the fluidity of the cell membrane. Essentially, this therapy helps delay the aging process! Intravenous Phospholipid Exchange therapy addresses the systemic nature of neurotoxic and toxic syndromes and can be helpful for individuals with the following conditions:

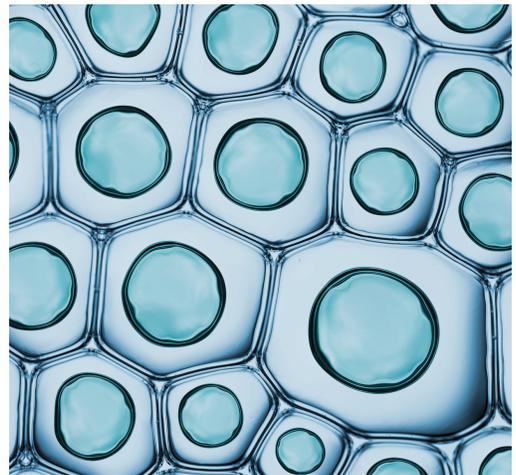
- Microbial infections
- Refractory heavy metal burdens
- Chronic fatigue
- Toxic mold exposure
- Fibromyalgia
- Lyme
- IBS
- MS
- Depression
- Autism
- Mood Disorders
- Parkinson's
- Psychosis
- ALS (amyotrophic lateral sclerosis)
- Environmental Illness
- Stroke
- Hyper coagulation
- Cardiovascular Disease
- Hepatitis and other liver diseases
- Longevity

**Healthy Cell Membranes:
The Secret to Healthy Aging**
March 24, 2021
12:00-1:00 pm
Cost: Free

Join Dr Jennifer Mead in a lively discussion on the effects neurotoxins have on our cell membranes and what we can do to support our cellular functions.

[Click here to register](#)

Recording available to all who register



Vis Clinic March Lecture Series:

Detoxify Your Home With These Simple Steps Dana Solomon, FMCHC, CINHC

Home Sweet home, the place we spend most of our time sleeping, preparing and eating meals, caring for our families and relaxing. Unfortunately, there are countless sources in our homes that produce chemicals and toxins where we least expect it. Did you know the air in your home is 2 to 5 times more polluted than the air outside? Chemical pollutants from building products, foam furnishing, carpet, and paint are just a few things that build up in the indoor air we breathe. Our bodies do their best to deal with this chemical overwhelm even though they are not designed to do so. It's up to us to lighten the toxic load by cleaning up our homes and our environment. Things like cleaning products, air fresheners, dry cleaning, carpeting, dirt and dust, mattresses, and VOC's from laser printers and toner dust are just a few culprits.

In this webinar, we will discuss where these hidden toxins are found and small changes you can make to clean up your environment.

Detoxify Your Home with These Simple Steps

March 31, 2021

12:00-1:00pm

Cost: \$20.00

Join Health Coach Dana to learn about the hidden toxins surrounding you in your own home and changes you can make to decrease the toxic load in your environment.

[Click here to register](#)

Recording available to all who register



Supplement and Diet Adjunctive Therapy for Removing Toxic Metal Burden

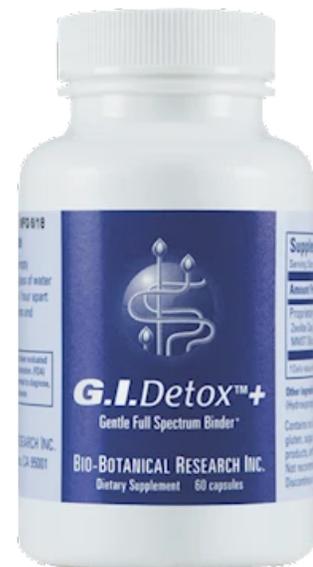
IV Chelation is the prime therapy for lowering toxic metal burden. Adjunctive supplements and dietary strategies can help lower the toxic metal retention more effectively and safely

GI Detox is a binding formula to support enhanced clearance of endotoxins, metals and xenobiotic compounds that includes:

- Zeolite Clay - Chelating and binding agent to assist in removal of toxins and heavy metals.
- Activated Charcoal - assists in binding and absorbing a variety of organic and inorganic compounds. MMST Silica - chelating agent to assist in binding toxins and metals.
- Humic and Fulvic acids - are known for binding metals and pesticide biotoxins.

GI Detox works by binding heavy metals that have found their way to the gut and prevents reabsorption of those heavy metals into the circulation. It should be taken away from all medications and supplements.

[Click here to purchase](#)



PectaSol Metal Detox provides a gentle, natural detoxification and helps lower body burden of environmental and heavy metal toxins. PectaSol Metal Detox combines the properties of Modified Citrus Pectin purified from the pith of citrus fruit peels and Algimate, purified from the kelp seaweed, to selectively bind to environmental pollutants for safe toxin cleansing. PectaSol Metal Detox works by binding up heavy metals that have made their way into the blood circulation. It is best taken away from food.

[Click here to purchase](#)

CheleX is designed to help the body rid itself of damaging oxidative elements. It features specialized ingredients, such as EDTA, Himalayan shilajit extract (50% fulvic acid), chlorella, coriander, and antioxidant-stimulating nutrients. These ingredients perform in concert to support your health when your body is challenged by environmental toxins, such as heavy metals. We use CheleX at the clinic for patients who need extra support while undergoing chelation or after an IV chelation protocol is finished during the maintenance phase. It is not a product to take on a regular basis without supervision and testing.

[Click here to purchase](#)



Diet

Natural chelation, although weak, regularly occurs from eating certain foods such as dark, leafy greens especially spinach, kale, chard & collards; green vegetables & fruit like peas, asparagus, broccoli, grapes & celery; Sea vegetables (seaweed); garlic and onions.

Other food items to consider include fresh herbs like parsley, dill & cilantro; blue-green algae, sprouts; wheatgrass; and Matcha whole leaf green tea.

To keep the kidneys healthy during chelation, it is recommended that patients drink 80 ounces of water per day.

Many patients who choose IV chelation, benefit from the **Mito-Keto Diet Program**.

[Click here for webinar classes on this important therapeutic diet.](#)



What's New at Vis Clinic?

Vital Proteins Peptides and Collagen

For a dairy-free upgrade to your morning routine, reach for Vital Proteins Collagen Creamer®! Packed with 10g of collagen per serving and energy-boosting MCTs from the coconut milk powder, this morning staple ensures a peppy start to any day. Supports healthy hair, skin, nails and joints. Our Vanilla Collagen Creamer includes 9g of healthy fats from organic coconut milk powder. FYI: Coconut is an excellent source of Medium Chain Triglycerides (MCTs), making it great for energy production. The dairy-free creamer contains our signature Collagen Peptides, which are easily digested and absorbed by the body.



Collagen is found in all of our connective tissues, tendons, ligaments and bones with its purpose being to provide these body parts with their strength, structure and elasticity. As we get older, our bodies become less efficient at producing collagen, which is why we recommend introducing ingestible collagen supplements to your diet. In addition to grass-fed collagen, which supports healthy hair, nails, skin and joints, comes skin-loving hyaluronic acid plus vitamin C, which helps promote the body's natural collagen production and promotes a more youthful appearance.

[Click here to purchase Vital Proteins Collagen](#)

Vis Therapies That Benefit Everyone!

Vis Clinic Infrared Sauna

Perfect for individuals struggling with...

- Cardiovascular disease
- Diabetes
- High blood pressure
- Congestive heart failure
- Rheumatoid arthritis
- Chronic fatigue
- Poor digestion
- Depression and anger
- Chronic muscle and joint pains
- Mold Toxicity
- Heavy Metal Toxicity
- Cleansing



Individual sessions or packages are available. Call Vis Clinic for information and pricing. Our sauna offers 3 in 1 wavelengths, allowing you to experience a deep, detoxifying sweat. Your health is calling. Try our Infrared sauna today!

NEW! Vis Clinic's Customized Meal Planning

Our Customized Meal Planning can help individuals eat healthy and clean, decrease overwhelm on what to eat, support overall cognitive health, save time, learn portion control, and save money. Each Meal Plan is created by our Vis Health Coach based on individual needs.

Interested in learning more? Contact us at 316 425-3729



Customized Meal Plans include:

- *1 week of meals (Breakfast, Lunch, Dinner, Snacks, and Healthy Treats)*
- *Complete Grocery List*
- *Clean Recipes (all tested in house)*
- *Nutrition information for each meal*
- *30 minute preplanning consult with the Vis Health Coach*

Vis Therapies That Benefit Everyone!

Normatec Compression Therapy

What is Pneumatic Medicine?

Pneumatic medicine is the use of non-invasive, painless, dynamic pneumatic compression to improve, vascular, venous, and lymph flow in the upper or lower extremities. The core component of pneumatic medicine is the NormaTec Pulse Technology inflation-deflation pattern, which uses dynamic compression (pulsing) to transport fluid out of the limbs.

Who Benefits from Pulsed Pneumatic Therapy?

- Lymphedema
- Venous Insufficiency
- Venous Stasis Ulceration
- Chronic Non-healing Wounds or Ulcers
- Other Edematous Conditions
- Prevention of Deep Vein Thrombosis
- Post-mastectomy Lymphedema
- Muscle aches and joint pain



How does it Work?

The device utilizes a patented compression technology, and multi-zoned garments which rhythmically inflate and deflate to carefully prescribed pressures, effectively mobilizing stagnant fluid in the limbs while helping disengage tissue and improve circulation.

PULSING: The pulsing action mimics the muscle pump of the legs and arms, greatly enhancing the movement of fluid and metabolites out of the limbs.

GRADIENTS: Veins and lymphatic vessels have one-way valves that prevent fluid backflow. Similarly, NormaTec Pulse Technology uses hold pressures to keep fluids from being forced in the wrong direction.

DISTAL RELEASE: Sequential Pulse Technology releases the hold pressures once they are no longer needed to prevent backflow.

Try our Infinity Massage Chair!

Massage Techniques Include:

Kneading * Tapping * Knocking
Shiatsu * Sync* Rhythm

Product Features Include:

Air Ionizer * 3D/4D Massage Technology * Calf-kneading
Massage * Automatic Footrest Extension * Wireless Remote
* USB Charging Station * 49" L-Track * Zero Gravity *
Spinal Correction & Waist Twist * Rhythm Technique *
Bluetooth Technology * Apple & Android App Functionality *
Zero Wall Space-saving Technology * Chromotherapy Lights
* Reflexology * Lumbar Heat * Body Scanning * Four Wheel
Massage Mechanism * Airbag Compression Therapy

