What is Chelation Therapy and EDTA?

Chelation (pronounced key-LAY-shun) therapy is the use of EDTA to bind harmful metal or mineral molecules remove (or chelate) them from the body.

EDTA is the acronym for Ethylene Diamine Tetra-Acetic Acid. This substance is also sometimes referred to as Edetic Acid or Tetra Acetic Acid. EDTA is a synthetic amino acid with a molecular weight of 292.25 and a molecular formula of C10H16N2O8. EDTA chelation therapy is approved by the FDA for the treatment of lead poisoning and other metal toxicities when used intravenously.

A number of studies have found that chelation therapy can produce positive effects in patients with blood vessel diseases and blood flow issues. The U.S. Navy administered EDTA orally to thousands of sailors in the 1940's to help combat lead toxicity. The substance currently serves a number of helpful purposes across a number of industries. EDTA can effectively act as an antioxidant in foods or as a chelating agent in many pharmaceuticals and cosmeceuticals. It has also been used as an anticoagulant for blood taken for hematological investigations.

EDTA Chelation can be administered via an IV Drip, and usually takes three hours to complete a session. Approximately 30 administration are standard for IV chelation therapy. EDTA Chelation is also available in the form of a suppository, pills & capsules and liquid chelation.

Generally, most chelators are considered effective at cleansing the body of heavy metals and toxic minerals. When the EDTA chemical composition does not include calcium, the chelation therapy can assist in cleansing the body of harmful metastatic calcium or pathologic calcium from plaque in arteries, veins, and tissues. The EDTA does not affect the bound calcium in teeth and bones. However, if calcium is already mixed with the EDTA then the calcium levels in the body will not be affected.

While EDTA chelation therapy can provide many positive results, it can sometimes be hard on your body's mineral store. It is helpful to undergo an analysis of your body's mineral levels prior to receiving heavy metal chelation therapy. Your health provider can review your mineral levels and suggest a proper mineral replacement protocol. Hair analysis is an inexpensive and effective test for gauging your mineral health. A more accurate and expensive analysis is an Erythrocyte Mineral Analysis which tests for the amount of minerals that are actually present inside the red blood cells.