

# 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 C<sub>10</sub>H<sub>16</sub>N<sub>2</sub>O<sub>8</sub>. The substance currently serves a number of helpful purposes across a number of industries. 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.