

# CILANTRO HEAVY METAL DETOX™ WITH CHLORELLA



- Herbal chelating function of cilantro cleanses the system of metals.
- Cilantro and chlorella work synergistically, increasing effectiveness.
- Chlorella helps clear toxins from the body.

As metals have become rampant in a modern food, air and water supplies, it is ironic that a delicate herb has now been found to help us combat these toxins in our bodies. Cilantro is an ancient herb that has been used for millennia for health and for its robust, savory taste. It was a favorite herb in the days of the pharaohs of Egypt, and it is still popular—used in worldwide cuisines. Beyond its culinary value, modern research has confirmed its benefits as a natural means of cleansing the body and blood.

Recent studies show that cilantro attaches to heavy metals in the bloodstream. This process, known as “chelation,” helps our bodies eliminate metals from our systems, and helps cleanse and purify our tissues, organs and blood. This process is supported with the addition of chlorella, a single-celled algae, that works synergistically to increase the chelating and cleansing action of the cilantro. Together the two work more effectively than either alone.



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## Health in a Toxic World

Thousands of noxious chemical compounds, many of which didn't exist on this planet 100 years ago, now pervade our food, water, and air. Heavy metals like lead, mercury, arsenic, aluminum, and cadmium enter our bodies through food, air, cooking utensils, deodorant, and even the fillings in our teeth. These metals can affect our nervous, immune and reproductive systems.

## Cilantro and Chlorella

Cilantro is one of the names used for the leaves of the coriander plant, *Coriandrum sativum*. It is also known as Chinese parsley and Mexican parsley. It is a native plant of Asia and Africa. Chlorella is a single-celled micro-algae. When chlorella is mixed with cilantro, the plants synergize into a very potent compound for cleaning and detoxifying the body by binding to heavy metals. This helps the body excrete the metals naturally.

## Chelation Properties

The binding properties of cilantro are thought to come from its biochemical content, including citric acid, phytic acid and amphoteric electrolytes that attach to metals. The sequestration of metal ions by chlorella is assumed to be accomplished by surface ligands in the cell walls. Simply stated, both cilantro and chlorella contain chemicals that bind with metals, and chlorella additionally helps purge the bound metals from the body.

## Benefits of Cilantro-Chlorella Extract

**Detoxification:** Cilantro and chlorella cleanse the blood by binding to heavy metals so they can more easily be eliminated. Dental amalgams may release mercury into the body. Cilantro and chlorella work together to remove mercury and other heavy metals.

**Liver Health:** One of the liver's tasks is to clear toxins from the body. By helping the liver do its job, we are giving this important organ greater

ability to accomplish its other myriad tasks.

**Digestion:** Cilantro has been used traditionally to promote the production of digestive fluids and to aid occasional indigestion.

**Antioxidant:** Cilantro is rich in antioxidants. Antioxidants benefit the entire body by protecting cells from free radicals. Free radicals are unstable molecules with one missing, unpaired electron in their outer shells. They steal electrons from other molecules to regain a stable state, often affecting those molecules. Antioxidants are among the most important classes of compounds one can consume because they protect healthy tissues from damage.

Our world is filled with chemicals that were unheard of, even a generation ago. Our bodies are under continuous assault, no matter how careful our actions. In a world where pollutants and environmental toxins are slowly poisoning us, natural compounds like cilantro and chlorella can help us keep our bodies in balance.

Planetary Herbals integrates the best of worldwide herbal traditions with modern clinical and pharmacological research. The result is an herbal product line that is unequalled for efficacy, safety, and dependability. For more information or purchase locations, please visit <http://www.planetaryformulas.com>.

## References

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