

Cilantro Metal Detox

Herbal Detoxification



You may already love it in soups, tacos, or salads; now you can experience its health benefits. 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 the newest fusion cuisines, made into pesto or mixed with oils for sauces. Beyond its culinary value, modern research has confirmed its benefits as a natural means of cleansing the body and blood.

Studies undertaken recently show that cilantro attaches to heavy metals in the bloodstream. This process, chelation, helps our bodies eliminate metals from our systems, to cleanse and purify our tissues, organs and blood. As metals have become rampant in modern food, air and water supplies, it is ironic that this ancient, delicate herb has now been found to help us combat these toxins in our bodies. Chlorella, single-celled algae, have been added to this formula, increasing the chelating and cleansing action of the cilantro.

CILANTRO METAL DETOX supports three of the twelve deep metabolic systems in the SystemiCare™ Pyramid: Antioxidant Defense, Digestion, and Liver/Detoxification. The twelve systems are those identified by Source Naturals as cornerstones of vibrant health and well-being.



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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 damage our nervous, immune and reproductive systems. Hydrocarbons from smokestack industries, wood burning stoves, car exhaust, as well as fuel additives like MTBE, poison the very air we breathe and the water we drink. Our livers are pushed to their limits clearing these toxins from our bodies.

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 are one-celled micro-algae. When chlorella is mixed with cilantro, the herbs synergize into a very potent compound for cleaning and detoxifying the body by binding to metals. This helps the body excrete them naturally.

Chelation Properties

The binding properties of cilantro are thought to come from its biochemical constituents, 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 and Chlorella

Antioxidant Defense: Antioxidants benefit the entire body by protecting cells from free radicals. Free radicals are associated with inflammation, aging, and many health problems. They 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 molecular compounds that readily let go of their outer electrons, which are donated to the free radicals, to complete and stabilize them. Cilantro is rich in antioxidants.

Liver/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 these and other heavy metals.

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

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, Source Naturals is pleased to bring you CILANTRO METAL DETOX, a powerful and potent cleansing and detoxification tool that is an excellent defensive supplement for your overall health and well-being.

References:

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