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WHAT TO EXPECT FROM CHELATION

By Robin A. Bernhoft, MD, FACS, DABEM, FAAEM

Let me tell you my personal experience as a chelation patient with our protocols, and what we observe in our patients. About a third of patients don't experience much one way or the other with chelation. Maybe a third find it exhilarating, and the rest have some sort of negative experience. When I receive chelation, I personally feel a little woozy and tired and occasionally get muscle pains. Some people get headaches or feel tired. Some get aggravation of their symptoms, or temporary relief from their symptoms.

The protocols we use from the American Board are designed to go up gradually and gently to full dosage, so if someone finds a dose too demanding, we can drop back down and try again later.

We are always eager to hear your responses or concerns.



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