



Exploring Oral Chelation Therapy: Benefits and Controversies

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INTRODUCTION

Oral chelation therapy is a medical treatment that has gained attention for its potential to remove heavy metals and toxins from the body. While it has been used as an alternative treatment for various health conditions, its efficacy and safety remain a subject of debate within the medical community. In this article, we will delve into the concept of oral chelation therapy, its potential benefits, controversies, and considerations for those considering this alternative approach.

DESCRIPTION

Chelation therapy, in its essence, involves the use of chelating agents to bind and remove heavy metals and minerals from the bloodstream. The word “chelate” is derived from the Greek word “chele,” which means “claw.” Chelating agents essentially form chemical bonds with metals, making them easier for the body to excrete. While intravenous (IV) chelation therapy is the most well-known method, oral chelation therapy has been gaining popularity as a more accessible and less invasive option. It typically involves the use of oral supplements containing chelating agents like EDTA (ethylene diamine tetraacetic acid) or DMSA (dimercaptosuccinic acid). These supplements are often taken in the form of capsules or tablets. One of the primary purposes of oral chelation therapy is to remove heavy metals such as lead, mercury, cadmium, and arsenic from the body. These toxic metals can accumulate over time through various sources like contaminated food, water, and environmental exposure. Some proponents of oral chelation therapy suggest that it may help improve cardiovascular health by reducing the buildup of plaque in arteries. The theory is that removing excess minerals like calcium can prevent

or alleviate conditions like atherosclerosis. There is some anecdotal evidence suggesting that chelation therapy might have a positive impact on cognitive function, particularly in individuals with heavy metal toxicity-related cognitive impairment. Chelating agents may possess antioxidant properties, helping to neutralize harmful free radicals in the body, potentially reducing oxidative stress and its associated health risks. The most significant controversy surrounding oral chelation therapy is the lack of robust scientific evidence to support many of its claimed benefits. While there is some research on IV chelation therapy for specific conditions like heavy metal poisoning, the efficacy and safety of oral chelation therapy are still widely debated. The Chelating agents can have side effects, and oral chelation therapy is not without risks. These side effects may include nausea, vomiting, diarrhoea, and electrolyte imbalances. Furthermore, the long-term consequences of the chelating essential minerals from the body are not well understood.

CONCLUSION

Oral chelation therapy is a controversial alternative medical treatment that aims to remove heavy metals and toxins from the body. While some people advocate for its potential benefits in detoxification and improving certain health conditions, the scientific community remains skeptical due to the lack of conclusive evidence. Before considering oral chelation therapy, individuals should consult with healthcare professionals, prioritize evidence-based treatments, and take steps to reduce exposure to heavy metals in their daily lives. Ultimately, the decision to pursue chelation therapy should be made with careful consideration of the potential risks and benefits.

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