Catriona Walsh

Supplement Guide

The Food Phoenix
NOURISHED AND FLOURISHING

Supplements you can use to augment a superb diet

You can use a combination of diet, special foods and supplements to ensure you have the best nutrition to help you combat gadolinium.

I've gone into a lot more depth about how diet and supplements complement each other in the ebook, "How To Ensure You Benefit From Supplements"

Get clarity on how to use supplements to improve your overall health after gadolinium

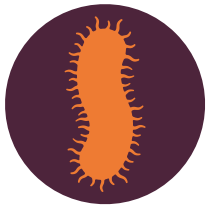
This Supplement Guide will help you identify how to support the following systems, and more:

Connective Tissues

Elimination

Digestive System

Mitochondria and Metabolism



Immune System

Protection of organs and tissues

Musculoskeletal System

So, you've had a gadolinium contrast MRI, and since then you've experienced a decline in your health. And it's not just you who has experienced this. Thousands of other people have noticed similar problems after one or more gadolinium contrast MRIs, myself included.

At the same time, there appear to be plenty of other people who are unaffected by gadolinium… at least on the surface. I say "at least on the surface" because there are still no ***good*** long term studies done on people with normal renal function to see what happens to their life expectancy, or whether they are susceptible to other diseases in the future, like diabetes, heart disease, cancer or Alzheimer's.

What made us so vulnerable? Nobody really knows the answer to this question yet.

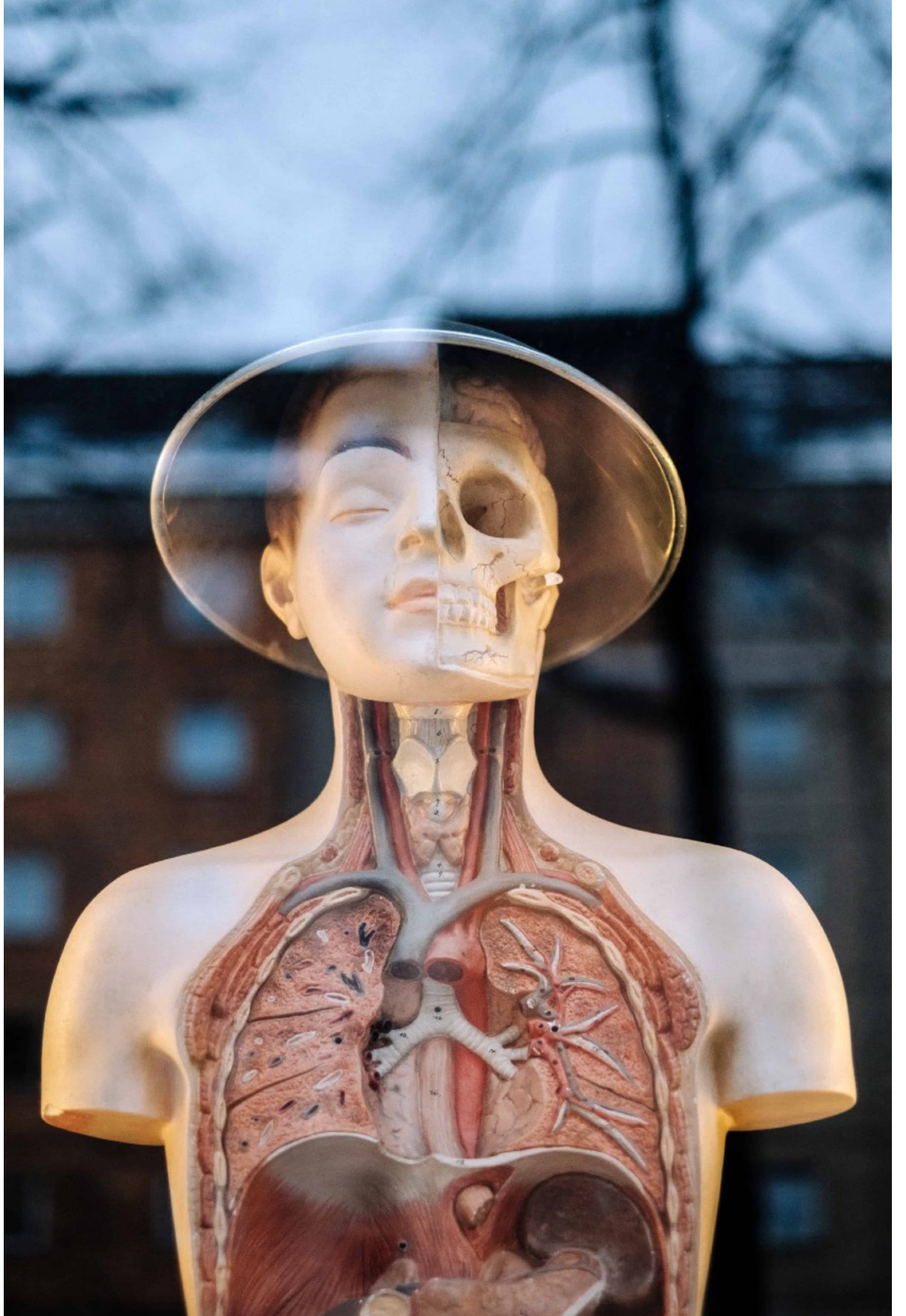
But I've noticed that several other things that impact on your connective tissue, immune system, and metabolism have been reported by people who identify with gadolinium toxicity in the forums, and in my own clients.

Does it feel like your life's been ruined by gadolinium contrasts?

So you might have at least one (if not more) of the following risk factors:

- an inherited connective tissue disorder, like hypermobility spectrum disorder, Ehlers Danlos Syndrome or Marfan's
- previous treatment with fluoroquinolone antibiotics, like ciprofloxacin, or related drugs, like mefloquine
- infections with Lyme and/or co-infections
- sepsis or other serious infections
- autoimmunity


P.CAMPHOR
SP.LIMONIS
COCULUS IND
CARBO LIGN
POT.BROMID
P.LYCOPOD
S.FŒNIC
ERGOT



Fortunately, some natural approaches have been shown to help mitigate the worst effects of many of these conditions. And they also appear to help with gadolinium toxicity, too.

I'm sure you already know that gadolinium is retained for months, years, or even the rest of your life, even in people who have normal renal function. And that it can be found in differing concentrations in different organs.

You're probably also aware that there are some drugs that can help to eliminate gadolinium from the body, called chelating agents.

But that, at present, these need to be given intravenously. As well as that, the response to the chelating agents appears to vary considerably. There are some people who are doing great and regaining their health again with chelation.

But equally, there are people who've deteriorated. And, at the moment, no way of knowing which category you'll fall into without first trying it.

Expense and availability are barriers that mean that chelation might not even be an option for you.

So, for many, natural approaches are the best option to try to restore your health back to where it was, pre-gadolinium.

But before we move on to which supplements are likely to be most beneficial to you, I wanted to briefly recap what gadolinium can do inside the body.

That way, hopefully, you'll be able to understand how the different supplements can help to counteract the damage.

Gadolinium: The Mischievous Metal?

Gadolinium is a toxic heavy metal. It's the most potent blocker of calcium channels that's ever been identified. It's also very difficult to eliminate from the body.

Gadolinium contrast agents were supposed to be completely gone from our systems within about 4 days of being injected, but now we know that't not true. Instead it's retained for months, years or even decades. And it can be passed in the womb from mother to child.

Mitochondria are absolutely essential, not just for life, but for good quality of life. And gadolinium damages them.

A lot of the damage caused by gadolinium occurs because it blocks our calcium channels, which are necessary for communication within and between our cells. And because it damages our mitochondria, which are necessary to provide the energy that keeps everything working.

These factors help to explain why gadolinium is also cytotoxic (kills our cells) and genotoxic (damages our DNA).

They also explain why gadolinium results in damage to our connective tissues.

Our connective tissues are the glue that holds everything in our bodies together.

Connective tissues consist of a matrix that attracts metals, particularly gadolinium.

All of our organs contain connective tissues; even our brains and eyes.

But it's our skin and joints that are especially rich in connective tissue. Bone is also a type of connective tissue.

So this helps to explain why bone acts as a reservoir for gadolinium, once it's been injected into our bodies.

Damage to connective tissues results in changes like fibrosis, so it's not a surprise that fibrosis is one of the hallmarks of gadolinium toxicity. In the skin and joints this can manifest as visible contractures and tightening. But it can affect the internal organs as well.

Connective tissue damage might not be as profound as fibrosis. Instead you could see a loss of elasticity, increased skin dryness, inflammation with pain and swelling, broken skin, or photosensitivity (increased skin sensitivity to the sun).

Our digestive tracts are also very rich in connective tissues, which help them to maintain their integrity.

Your digestive tract actually travels from your mouth to your anus.

The food you eat is digested inside your digestive tract, broken down into minuscule molecules, and then some is absorbed into your blood. A lot of it passes straight through and leaves your body as stool.

The wall of your digestive tract, with its connective tissue, is the only thing standing between your bloodstream and a horde of hungry microbes and partially digested food. And that wall is not impenetrable.

What happens when you lose the integrity of your digestive tract? Tiny bits of faecal matter can breach into your bloodstream. You'll feel pretty unwell as a result.

This is known, in layman's terms, as "leaky gut", but scientists call it intestinal permeability.

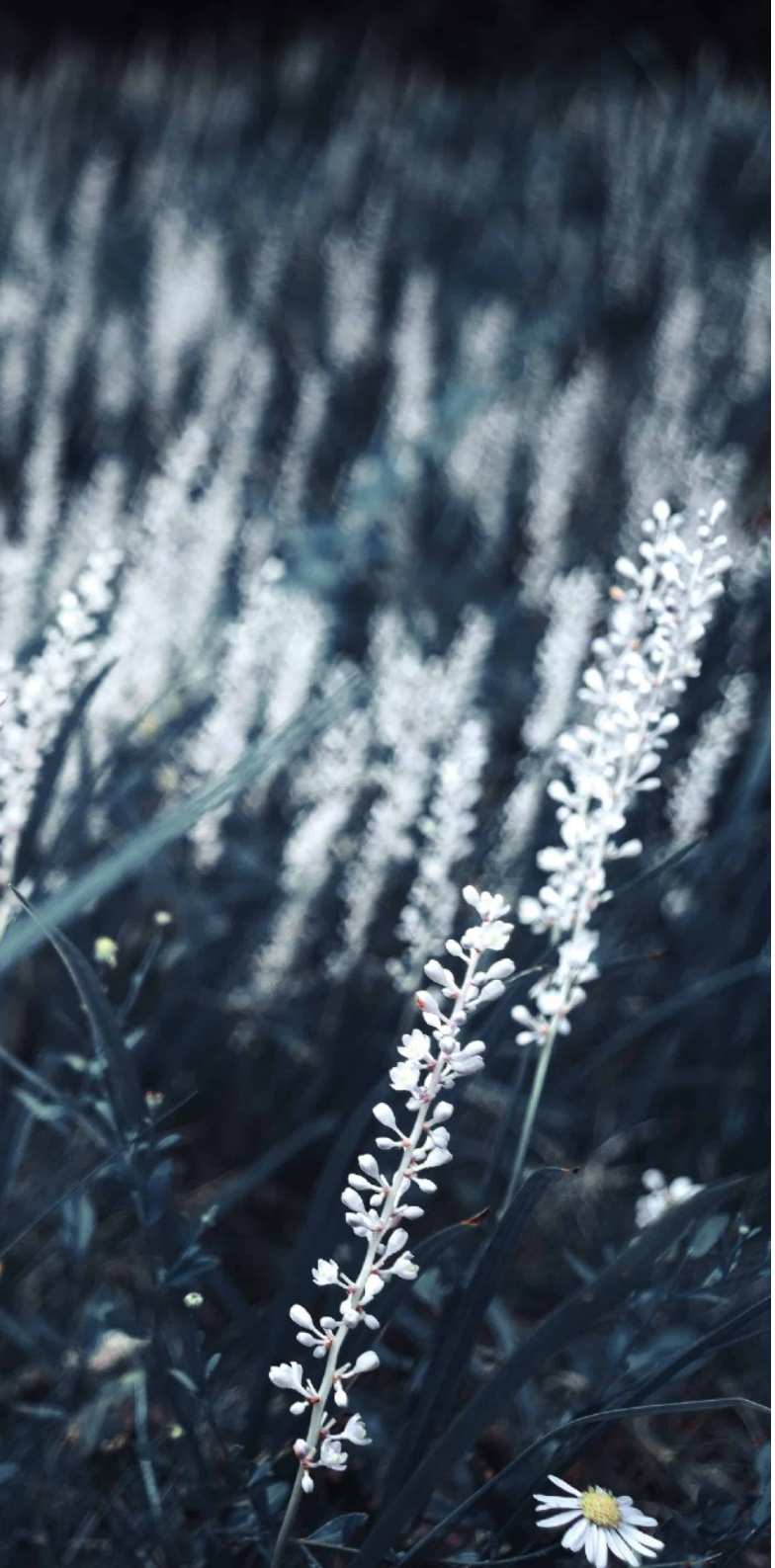
There are many causes of leaky gut, but heavy metal poisoning, stress, alterations in your gut flora, connective tissue diseases, hormonal changes and medications are often important.

And people who have been exposed to gadolinium have heavy metal toxicity, are usually very stressed, are often put on medications for their symptoms, have alterations in their hormones, and often have many factors that alter their gut microbes, in addition to damaged connective tissues.

Gadolinium is toxic to all cells, because every single cell in your body requires calcium. The fact is that there isn't a cell in your body that's safe from gadolinium. Now we also know that it can enter the brain via the glymphatic system (the brain's lymphatics). This ubiquity explains why symptoms of gadolinium toxicity can be so variable and vague. Severity of symptoms ranges from mild to almost immediate death.

And almost all of your cells have mitochondria. Some cells are particularly rich in mitochondria, because they have particularly high energy requirements. The organs that are especially rich in mitochondria (and so are even more likely to underperform when exposed to gadolinium) are the heart, liver, brain and kidneys.

Gadolinium is a metabolic toxin that has been shown in studies to contribute to high blood pressure, deposition of calcium in tissues (including arteries), dyslipidaemia (a pattern of blood cholesterol that is associated with increased risk of heart attacks and strokes), abnormal thyroid function and inflammation: All factors that contribute to atherosclerosis and increase your risk



of having a heart attack or a stroke.

In fact, a study on patients with nephrogenic systemic fibrosis (a gadolinium-induced illness diagnosed in renal patients) revealed that cardiovascular complications caused death in a large proportion.

As a result of the mitochondrial damage, gadolinium also causes free radical damage, which is also known as oxidative damage.

The immune system is also very vulnerable to gadolinium. Some experts believe that an underlying immune problem is to blame for an increased susceptibility to gadolinium toxicity.

I have a different perspective. Many diseases that are characterised by chronic inflammation often have, at their heart, a leaky gut and an unhealthy gut microbiome. And it's hard to work out the proportion of people who also have an underlying inherited connective tissue disorder, because chronic inflammation tends to damage your joints and reduce flexibility.

Gadolinium contrast agents are also neurotoxic (which means they are toxic to the brain, spinal cord and nerve cells). People have died after accidental injection of gadolinium contrast agent into epidurals where it was injected directly into the fluid that bathes the brain and spinal cord.

Originally doctors assumed that gadolinium couldn't access brain cells because of something called the blood brain barrier… until gadolinium was discovered inside the brain on autopsy in people years after their last scan.

And then we discovered that gadolinium sneaks into brain cells via the glymphatic system.

And then we discovered that gadolinium sneaks into brain cells via

the glymphatic system. And that's where it stays, unless you can crank up your elimination pathways.

Finally, there are some very concerning studies which raise the disturbing possibility that gadolinium is also a carcinogen (can cause cancer).

What do supplements need to do to help restore your health?

Once I had identified many of the ways that gadolinium could cause mischief, I was able to search for supplements and foods that combat these effects.

I hope you already know that a good diet is the foundation of your health. That's where you're going to get the majority of your nutrients from, as well as most of your antioxidants.

Supplements can help to ensure that any minor nutrient deficiencies are addressed. But you can also use them to stimulate healing and repair, and support the systems of the body to improve your general health.

Special foods are the third leg of the nutritional stool that helps support you when you have gadolinium toxicity. I'll deal with those in much more detail elsewhere.

Getting back to supplements, my main focus is on:

- identifying nutrients that are out of balance in your diet,
- supporting your mitochondria,
- supporting your connective tissues,
- supporting your musculoskeletal system,

- supporting your elimination pathways,
- supporting your digestion and gut health,
- immune support,
- protecting your mitochondria, cells and organs, including your brain, heart, kidneys and liver, and
- natural chelating agents

Although these were the main areas I wanted to focus on, I discovered that many supplements, and indeed foods, simultaneously support multiple processes.

So, side benefits of an antioxidant supplement, food or herb might include the stimulation of production of high quality connective tissue.

What benefits will you see from including these supplements?

Providing you also make the diet and lifestyle changes:

☑ You'll be another step closer to restoring your health.

☑ The elasticity, integrity and strength of your skin and joints will be improved.

☑ You'll improve your energy levels, and reduce fatigue.

☑ You'll be able to support your body in eliminating, not just gadolinium, but other toxins as well.

☑ Your body will cope better, despite still retaining some gadolinium.

☑ You'll notice an increase in vitality.

☑ You'll improve your quality of life.

☑ You'll start getting some degree of normalcy back again.

The Food Phoenix
NOURISHED AND FLOURISHING

235 Cavehill Road

Belfast

www.thefoodphoenix.co.uk