

Cilantro Chelation Pesto

Fresh cilantro, or Chinese parsley, draws mercury, lead and aluminum from the body."

This delicious pesto can be eaten daily after removal of dental fillings, during a metal detox or any time at all!

Ingredients:

4 cloves garlic

1/3 cup Brazil nuts (for selenium)

1/3 cup sunflower seeds (for cysteine)

1/3 cup pumpkin seeds (for zinc, magnesium)

2 cups packed fresh cilantro, or Chinese parsley

2/3 cup extra virgin olive oil

4 tbsp. lemon juice (for Vitamin C)

2 tsp. dulse powder (for minerals)

Bragg's liquid aminos (to taste)

Process the cilantro and oil in a blender until the cilantro is chopped. Add the garlic, nuts and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste.

Add a squirt of Bragg's to taste and blend again. Store in dark glass jars if possible. It freezes well, so purchase cilantro in season and fill enough jars to last through the year.

Use daily for at least 3 weeks as an annual detox for mercury, lead and aluminum. It's great on baked potatoes, pasta, toast, with rice or as a vegetable dip. Make it part of your fall cleansing routine.

' Aga M, Iwaki K, Ueda Y, Ushio S, masaki N, Fukuda S et al. Preventive effect of *Coriandrum sativum* (Chinese parsley) on localized lead deposition in ICR mice. *J Ethnopharmacol.* 2001 Oct;77(2-3):203-8.

" Omura Y, Beckman SL. Role of mercury (Hg) in resistant infections & effective treatment of *Chlamydia trachomatis* and Herpes family viral infections (and potential treatment for cancer) by removing localized Hg deposits with Chinese parsley and delivering effective antibiotics using various drug uptake enhancement methods. *Acupunct Electrother Res.* 1995 Aug-Dec;20(3-4): 195-229.