
Cilantro Chelation Pesto

Fresh cilantro draws mercury, lead and aluminum from the body. This delicious pesto can be eaten daily after removal of dental filling, during a metal detox, or any time at all!

4 cloves	garlic
1/3 cup	Brazil nuts (provides selenium)
1/3 cup	sunflower seeds (provides cysteine)
1/3 cup	pumpkin seeds (provides zinc and magnesium)
2 cups	cilantro, or Chinese parsley, packed
2/3 cups	extra virgin olive oil
4 tbsp	lemon juice (provides vitamin C)
2 tsp	dulse granules (provides minerals)
	Bragg's liquid aminos or tamari to taste

Process everything in a food processor until blended into a paste. Add a dash of aminos or tamari 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 a part of your annual cleansing routine.

From the office of Dr. Mitra Doherty, B.D.S.

Nutritional Value of Select Ingredients

Cilantro – Cilantro is the leaf of the coriander plant. It has been used for 7,000 years for its many health properties, including being a carminative (relieves gas), digestant, stimulant, anti-diabetic, anti-inflammatory, anti-microbial, anti-anxiety, and cholesterol-lowering. It also is excellent for pulling toxins such as mercury, lead, and aluminum from the body.

Garlic – Garlic is touted as a "cure-all" due to its many uses in medicine. It has a beneficial effect on heart disease, cancer, and infectious diseases. It decreases cholesterol levels, detoxifies the body, stimulates the immune system, and the list goes on and on. Eat garlic raw and regularly for maximum benefits.

Sunflower Seeds – These seeds are great for those with high blood pressure, as they are very high in potassium and very low in sodium. They are high in protein, fibre, B vitamins, and vitamin E.

Pumpkin Seeds – These mighty seeds actually contain more iron than liver by weight, and are an excellent source of essential fatty acids (EFA's), protein, calcium, and phosphorus. They are commonly used to alleviate prostate problems, as they are high in zinc. They are also antiparasitic and used to combat intestinal worms.

Lemon Juice – With its antibacterial properties and high levels of vitamin C, lemon juice is a great addition to any recipe. It is also great for balancing pH and detoxifying the body.