

Cilantro Chelation Pesto

According to Dr. Yoshiake Omura using this as a garnish, 1-2 Tbsp per day for two to three weeks, and for the rest of our lives. This will help chelate out mercury, aluminum, lead and other toxic metals. Acupunct. Electrother. Res. 96:21 (2), 133-60. As a garnish, it can be enjoyed everyday.

Remember our mantra, organic, local, and fresh is always the best!

3-6 cloves of garlic, smashed, coarsely diced

½ cup of fresh sprouted & dehydrated almonds, cashews, or pine nuts (see fresh roasting instructions, never buy rancid, roasted nuts at the store).

1 cup packed fresh cilantro leaves, rinsed, spun dry

2 Tbsp fresh lemon juice

6 Tbsp Organic Spanish or other extra virgin olive oil

Pinch of Celtic or Flower of the Ocean Sea Salt

Blend cilantro and olive oil until it makes a finely chopped blend, add the rest of the ingredients and blend until a delicious lumpy paste.

-Citric acid from lemon juice is a chelating agent.

-Cilantro acts as a chelating agent.

-Garlic acts as a chelating agent, immune booster, plus many other positive factors.

-Olive oil, nutritious, delicious, lubricating polyphenolic powerhouse.

-Sprouted & dehydrated organic nuts, protein, fats, fiber, nutrients and a few carbs.

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