

THE AMIGOS OR IRRITANTS

from an article by Dr. Lawrence Wilson

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I. INTRODUCTION

Definition of the amigos. These are toxic forms of common minerals such as iron, manganese, copper, aluminum, chromium, selenium, calcium, magnesium, boron and vanadium. Others are nickel, cobalt, molybdenum and lithium. There may be other minerals that can form these toxic compounds, as well.

Sources. Today, most children are born with some of these mineral complexes from their mother's bodies. The amigos also tend to increase with age. They are found in all foods today.

Chemical structure. These chemical compounds are either oxides or carbonates. Both are highly alkaline compounds. Examples include MnO_6 , FeO_2 , FeO_3 , and AlO_2 .

Toxicity. The amigos are quite toxic. They cause oxidant damage. This causes inflammation that irritates the tissues, and in some cases stimulates the glands.

Positive roles in the body. Even though the amigos are toxic, they appear to have positive effects upon weakened, toxic and nutritionally depleted bodies. These are:

1. To stimulate adrenal glandular activity. This has a balancing effect upon the sodium level in the tissues, and upon the sodium/potassium ratio.
2. To balance the pH of the body when the body is too acidic. Most everyone today has a deficit of alkaline reserve minerals. This causes an acidic condition of the body tissues, which is very harmful. The amigos can help with this problem.
3. To act as stimulants in the brain. The amigos keep the brain functioning, to a degree, even though it is through stimulation, and not nutrition.

Why call them amigos? One of our consultants noted that these minerals often leave the body together - like friends. The word in Spanish for friends is amigos.

II. SYMPTOMS AND DETECTION

SYMPTOMS

The amigos contribute to many, if not most health conditions, both individually and collectively.

COLLECTIVE OR GENERAL EFFECTS

One of the main effects of the amigos is *inflammation*. This, in turn, can result in hundreds of symptoms and diseases from arthritis and headaches to PMS, high blood pressure, cataracts, kidney disease, irritable bowel syndrome, anxiety, depression, bipolar disorder, arteriosclerosis and cancer. The list of conditions caused by inflammation is very lengthy.

Another effect is infection in the body. This occurs, in part, because iron supports bacterial growth. It also occurs because an imbalanced pH supports damaging microorganisms in the body including parasites, bacteria, and fungi.

Another effect is cancer due to iron accumulation. To help reduce iron when cancer is present, I suggest avoiding red meat and eggs until cancer is in remission. High iron is also associated with Type 1 diabetes.

The amigos cause a reduction in aerobic metabolism because this requires the **right forms** of iron and copper, in particular. This causes fatigue, and can contribute to many other health conditions.

The amigos can have a curious effect on the personality...with more anger and less clarity of mind due to iron, manganese and aluminum toxicity.

Excessive levels of aluminum and manganese are also associated with dementia, a condition that is becoming far more common today.

Copper and other minerals in amigo or oxide forms contribute a lot to scarring and adhesions. These conditions are related to inflammation of a certain type. Scars and adhesions tend to improve as one eliminates the amigos from the body.

A more long-term effect is aging of the body. Inflammation through oxidant damage slowly destroys the tissues, dries out the body, and eventually kills it.

INDIVIDUAL EFFECTS OF THE AMIGOS - IRON, MANGANESE, ALUMINUM, NICKEL, COPPER, CHROMIUM, AND SELENIUM

IRON. Iron can deposit in the pancreas and contributes to many cases of diabetes and hypoglycemia. Unfortunately, doctors do not look to this cause of diabetes. They would need to biopsy the pancreas or liver to find it.

Iron is also known to deposit in the heart and the arteries leading to hemochromatosis and hemosiderosis, among other conditions. It can also build up in the joints, where it causes arthritis. It also favors the growth of certain bacteria and contributes to infections.

In the brain, iron settles in the amygdala and is associated with the emotion of rage or anger...

MANGANESE. Toxic manganese tends to settle in the brain. Symptoms may include dizziness, ringing in the ears, Meniere's syndrome, Parkinson's disease and dementia.

Manganese toxicity may also contribute to skin disorders, emotional issues, joint problems, muscle twitching and disturbed sleep. As the manganese comes down, these often improve.

Some people with high manganese have the following qualities: highly intelligent and sometimes quite intellectual, non-emotional or somewhat emotionally detached or even a schizoid, somewhat irritated or irritable, and perhaps somewhat arrogant. This, of course, will change as manganese is eliminated.

Manganese madness. Very high manganese is associated with a form of schizophrenia or detachment if mild, and other anti-social and at times violent behaviors. Manganese miners are subject to a condition called manganese madness. Psychopathic murderers were found to have high levels of hair manganese, as reported in *Toxic Metal Syndrome*, by Casdorff and Walker.

Also, we have found one hair product, *Phomollient Styling Foam* by Aveda, that is high in manganese. Do not use this product, especially just before sampling hair for a hair mineral analysis. Manganese compounds are also found in **gasoline**.

ALUMINUM. Aluminum compounds in the brain are known to interfere with cognitive activity, memory and other mentally-related functions. Aluminum also has an affinity for the skin, and can cause symptoms there.

Aluminum can replace some calcium in the bones and be a cause of fractures caused by weak bones.

NICKEL. Nickel is often associated with feelings of anger, depression and at times suicidal thoughts. When the nickel is removed, these thoughts tend to go away. In this sense, nickel is a most fascinating toxic metal in the body.

AMIGO COPPER. Copper can cause hundreds of symptoms. These are discussed in the article entitled [Copper Toxicity Syndrome](#)

CHROMIUM AND SELENIUM. At times, chromium and selenium also accumulate in oxide forms. They can cause blood sugar problems, fatigue, weakness and other symptoms.

PRINCIPLES OF DETECTION VIA HAIR MINERAL ANALYSIS

1. As stated above, most everyone has plenty of amigos. It does not matter if they appear elevated or not on a hair test.

If they are not revealed on an initial hair mineral test, they are simply hidden within the organs of the body. In this case, if one embarks on a nutritional balancing program, the amigos will be revealed on a future test as they are removed from the body.

2. Elevated hair levels of any of the amigo minerals usually signals the presence of amigos. (These minerals are iron, manganese, aluminum, nickel, cobalt, molybdenum, lithium, boron, vanadium, chromium, selenium, and perhaps calcium and magnesium).

3. If one amigo is elevated on a hair mineral test, **(iron, manganese or aluminum)**, the other two are present in excess, as well.

The level of aluminum that I consider elevated is greater than 0.4 mg%. An elevated level of manganese is above 0.04 mg%, and an elevated level of iron is above 2 mg%.

Hair must not be washed at the laboratory for accurate readings.

4. Many people have extremely low levels of the amigos on their initial hair mineral tests. This pattern is a poor eliminator. This means the body cannot eliminate the amigos properly. As a result, they build up inside the body.

III. AMIGO REMOVAL

REMOVAL IS NOT EASY

In fact, it is almost impossible. The main reason is that the amigos are adaptive. This means they perform essential functions in a weakened body to support the adrenals, balance the pH, and assist the brain.

For this reason, the body will resist their removal. If one can get them out, they will also tend to come back.

NUTRITIONAL BALANCING FOR AMIGO REMOVAL

A complete nutritional balancing program is the only method of which I am aware, that can remove all the amigos safely and deeply. The way the program works is as follows:

1. Makes the body more alkaline. This can only be done properly by replenishing the alkaline reserve minerals. These include zinc, chromium, selenium, manganese and perhaps a few others, in their proper forms. These are found in cooked vegetables, mainly, and nowhere else. It is the main reason why the diet we suggest is very high in cooked vegetables.

2. Restores the adrenals. The reason for this is that the amigos falsely elevate the sodium level and the sodium/potassium ratio. This is necessary to maintain life in many people.

The amigos are needed, in other words, if the adrenal glands are exhausted. To remove the amigos, one must get rid of the need for the amigos as a compensation for weakness in the body.

This can happen within a few months on a nutritional balancing program, but often it takes a few years. Then, suddenly, the hair level of iron and/or manganese will elevate for a few months as a deposit of these metals is eliminated from the body.

In many cases, *sauna therapy or coffee enemas* are required in addition to diet and nutrient therapy to release stored iron, manganese and aluminum.

3. Use antagonists. Calcium, magnesium, zinc, manganese and perhaps other supplements appear to help antagonize and remove the amigos.

4. Balance the key mineral ratios on a properly performed hair mineral analysis. This is also required in most cases to eliminate most of the amigos. Only nutritional balancing science focuses on this aspect of healing, that I am aware of.

THE NEED FOR REST

The amigos are stimulants. When they come out of the body, the stimulation stops and one becomes very tired!

If one continues to work too hard or run around too much, the process of amigo removal slows or even stops. This is an important reason why people become or may remain tired for a while on a nutritional balancing program. It is imperative to rest a lot more, and not to worry about feeling tired when on a nutritional balancing program.

EXAMPLE: IRON

Medical doctors are sometimes amazed how easily iron can be reduced in the body using nutritional balancing science alone. Removing bioavailable iron using a complete nutritional balancing program may take a few months to several years. However, it is done safely and more effectively than the standard medical methods of removing excess iron from the body.

The standard medical methods are bleeding the patient on a regular basis, or the use of an iron chelating drug such as deferoxamine or Depen. Neither of these methods are totally satisfactory.

Bleeding removes many other vital nutrients. It also removes a lot of bioavailable iron, which is not desirable.

Deferoxamine has many toxic side effects, and for this reason, is rarely used. The toxic effects may stem from the fact that chelating agents tend to remove vital minerals such as zinc, along with the

iron.

SHOULD ONE TAKE ANTI-OXIDANTS?

Many doctors recommend taking anti-oxidants to counteract the effect of inflammatory substances such as the amigos.

Nutritional balancing uses cooked vegetables as the main source of anti-oxidants. You will get plenty of them this way.

I do not recommend taking most anti-oxidant supplements, however. The reasons are:

1. They are extremely yin in macrobiotic terminology. No matter how good they are to eliminate symptoms, they make the body too yin, and in the end this is very harmful... and can even shorten one's life.
2. They are a very partial solution, and not that good. They can reduce some inflammation and oxidant damage. However, they do not fix the problem at a deep level, so some damage continues. **The real solution is to remove the amigos or oxidant forms of the minerals.**

SUPPLEMENTING WHEN THE HAIR LEVEL OF THE AMIGOS ARE ELEVATED

At times, one must supplement manganese, iron, calcium, magnesium or other elements, even when the hair levels are high. The most common reason for this is that the high levels represent toxic forms of these elements.

In fact, these need to be removed from the body with a nutritional balancing program. They do not represent high levels of bioavailable forms of the minerals, so supplementation may be needed for a time.

IV. OTHER TOPICS

VALENCE AND THE AMIGOS

The amigos tend to have a valence of +2 and +3. This is important for the compounds they form. This topic is discussed more in the article entitled Valence Of Minerals And Nutritional Balancing on this site.

ELECTRON TRANSPORT AND THE AMIGOS

The amigos tend to replace iron and copper in the electron transport system, and this always impairs biochemical energy production. This can cause fatigue, yeast and fungal problems, and may even play a role in the development of cancer.

It also substitutes a more “stimulated” type of energy for the healthier natural energy a person should have. This has a lot to do with moving from a healthy fast oxidation rate to a more unhealthy and stimulated fast oxidation rate or a slow oxidation rate.

DEVELOPMENT AND THE AMIGOS

The presence of a lot of the amigos in the body slows or entirely stops the process called development. This is a fascinating process that involves growth of the subtle human energy fields. It requires proper nutrition, but also a proper pH of the body and the right intestinal and other flora throughout the body..

TRANSMUTATION AND THE AMIGOS

Transmutation of the elements within the body requires the presence of the correct intestinal flora. Also, certain microorganisms in other locations are also required, as they actually perform the transmutations.

The amigos get in the way of the proliferation of these microorganisms by upsetting the pH and other aspects of body chemistry.

Probiotics. Taking probiotics is usually not helpful to promote the proper bacterial flora in the body. The process is quite complex, goes through stages, and the right microorganisms are found on the foods.

The key is the body must be able to support their growth. The amigos interfere with this. For this reason, many times our clients feel worse taking probiotics, and I don't usually recommend them. A little miso soup, yogurt or sauerkraut is plenty, and even this is too much, at times.

GETTING HELP PATTERN AND THE AMIGOS

A very favorable hair mineral analysis pattern is called *getting help*. It consists of a steep rise in the level of magnesium on a retest hair mineral analysis. This pattern has to do with elimination of an amigo form of magnesium.