

**Cilantro Chelation Pesto** (use organic ingredients)

4 cloves garlic  
1/3-cup brazil nuts (selenium)  
1/3-cup sunflower seeds (cysteine)  
1/3-cup pumpkin seeds (zinc, magnesium)  
2 cups cilantro (packed fresh)  
2/3-cup olive oil  
4 TBS lemon juice  
2 tsp dulse powder or flakes  
To taste sea salt

Soak the nuts in water over night. Next day, drain the nuts and seeds and blend in the processor with olive oil, lemon juice, sea salt and dulse. Then blend in the garlic. Add the cilantro and pulse it in until blended. The author of the recipe says that two teaspoons of this pesto daily for three weeks is enough to clear mercury, lead and aluminum from the body. It may be frozen and stored. When I make it, I use it as a veggie dip or eat it by the spoonful! It's gone in 2-3 days!