Blood lead levels above 5ug/dL need action

By Dr Rick Mack, BSc PhD (UQ Medicine), Member, The LEAD Group's Technical Advisory Board

LeadTox.blog https://leadtox.blog;
https://leadsafeworld.com/partners/lead-away/

Kids with Lead Poisoning https://www.facebook.com/groups/375900123128937

Moderator

·**16th March 2026** ·

[URL:
https://www.facebook.com/groups/375900123128937/permalink/1867294027322865/?mibextid=wwXIfr&rdid=bHPaBLzhv3abACTV#]

I've made the point several times that any blood level above 5ug/dL needs to be actioned. My personal opinion is anything above 2ug/dL is something that needs to be treated. But I'd like to provide some real clinical data to stress that I'm not making this up.

I think I can give you a pretty good idea with 2 very good reviews that were written in 2003 and 2017. I'm quoting the DOI reference for these articles because that's a shorthand way of accessing the articles.

The first is "**Lead neurotoxicity in children: basic mechanisms and clinical correlates**" by Theodore I. Lidsky and Jay S. Schneider. (DOI: http://dx.doi.Org/10.1093/brain/awg014) This article makes the point that the brain is affected by extremely low levels of lead and presents exhaustive details of those actions if you want to delve a lot deeper.

They make the following comment:

Accordingly, even after lead levels in the blood have decreased to seemingly insignificant concentrations, the lead that has been deposited in the brain continues to exert its neurotoxic influence. Thus, once an elevated blood lead concentration has been detected, it is too late to prevent lead's deleterious effects on the developing brain.

This fact, plus the very low blood lead levels established to negatively impact development, indicate that the only way to
prevent childhood lead poisoning is to prevent lead from ever getting into children's bodies.

I don't agree with the **too late** comment because work by Dr Thomas Guilarte's group indicates it's never too late. It's clear though that lead in your child's bones and brain is a very real and continuing danger.

The second review is: "**Both physiology and epidemiology support zero tolerable Blood Lead Levels",** by Syeda T. Shefa and Paul Heroux. (DOI: http://dx.doi.Org/10.1016/j.toxlet.2017.08.015)

The quote that matters is:

The brain, along with the kidneys, are critically susceptible to lead toxicity for their hosting

of high affinity lead binding proteins, and very sensitive physiology. Prolonged low-lead exposure frequently remains unrecognized, causes subtle changes in these organ systems, and manifests later at an irreversible stage.

Many of the effects of lead are reversible.

I am appalled to read about kids that have blood lead levels well above 5ug/dL where doctors offer no solution. This is about your child's future.

COMMENTS:

Sophie Reakes

My son has lead poisoning

His levels were 46 ug/dL

And he had chelation.

His levels are now 15.95 ug/Dl.

And we have to go back to the hospital in 2/3 weeks for more bloods.

18h

Rick Mack

That's pretty serious because a blood lead that high can lead to encephalopathy, essentially brain swelling which can be deadly. Chelation was absolutely necessary and it's good that the hospital is doing follow-up intervention.

If you're lucky enough to be in New York at the Montefiore Medical Center you're in good hands.

Otherwise you have to consider what happens when the hospital says they've done everything they can. Please read my posts to get background information. I'd like to encourage you to consider chelation cookies (see my post). If you have any questions, just message me or just reply.

COMMENT:

Elizabeth O'Brien

The LEAD Group charity, based in Australia, under the direction of Professors Bruce Lanphear, Mark Taylor and the late great Chris Winder have been giving advice on exactly what actions to take for anyone with a blood lead level over 1ug/dL for more than 15 years now. Actions begin with taking a personal history, testing most likely environmental sources at a lab via a LEAD Group Kit and advising on priority actions to take in response to the results. We also have comprehensive advice online and in emailable Info Packs about Foods to fight Lead Poisoning, How to Lead-Safely

Manage Lead Paint, Lead-Contaminated Ceiling Void (or Attic) Dust, How to Remove Carpet and Get your Chimney Dust and Ash removed and Manage LeadLighting, etc. In 2025 we added an emailable Info Pack on Dr Ulrich and Sally Mack's oral chelation EDTA biscuits for removing lead from the body over months and years. This Rick for this solution which has been sadly absent from our arsenal for the 34 years we were operating without being

impressed with any previously proposed lead removal solution. I am 69 and after a year of oral EDTA on biscuits, seeded crackers, breads and cakes daily, have for the first time in 35 years finally got my blood lead down to 1ug/dL - all thanks to Rick Mack! [See the Volcano Art Prize entry below.]

56% drop in blood lead in just over a year of low dose oral EDTA chelation

2025 Volcano Art Prize Entry. Artist: Grandma Lead [aka Elizabeth O'Brien].

Title: Daily Detox. **Lead-Safety Message:** In February 2025 I added CaEDTA biscuits or crackers and then FeEDTA crackers or bread to my usual breakfast &/or lunch lead detox foods (fresh ginger and garlic, garlic paste and garlic-infused oil, red onion, coriander &/or parsley, mixed pepitas, sunflower & black & white sesame seeds, sesame seed halva, psyllium, wild blueberries, orange rind in syrup, lime/lemon zest & juice, a brazil nut, LivOn Vit C, Calcium with Vit D, Magnesium) then in September 2025 I added RC3 Sea Minerals in milk, omega-3 oil, creatine (after it was ok'ed by my GP) & pistachio nuts & sour cherries for dementia prevention and improved sleep (when the brain is being detoxed). I've brought my blood lead level down over this last year by 56% on this daily lead detox regime.

https://volcanoartprize.com/portfolio-item/daily-detox/