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/