

Table 2 Addressing Toxic Metals on CVD Risk

Species	Study Type	Subjects	Findings	Citation
Human	RCT	24	Consumption of probiotic yogurt had a protective effect against further increases in mercury and arsenic	Bisanz JE, Enos MK, Mwanga JR, Changalucha J, Burton JP, Gloor GB, Reid G. Randomized open-label pilot study of the influence of probiotics and the gut microbiome on toxic metal levels in Tanzanian pregnant women and school children. <i>mBio</i> . 2014 Oct 7;5(5):e01580–e01594. doi: 10.1128/mBio.01580–14. PMID: 25,293,764; PMCID: PMC4196227. ⁵¹
Human	Meta analysis of RCT	1983	17 studies including 1 RCT, TACT, suggested improved outcomes which may provide more benefit to patients with diabetes and severe peripheral arterial disease	Ravalli F, Vela Parada X, Ujueta F, Pinotti R, Anstrom KJ, Lamas GA, Navas-Acien A. Chelation Therapy in Patients With metal toxicity and Cardiovascular Disease: A Systematic Review. <i>J Am Heart Assoc</i> . 2022 Mar 15;11(6):e024648. doi: 10.1161/JAHA.121.024648. Epub 2022 Mar 1. PMID: 35,229,619; PMCID: PMC9075296. ⁵²

Human	Meta analysis	968	Sauna treatment LVEF, 6-min walk distance, and flow-mediated dilation increased along with BNP decrease	Li Z, Jiang W. Acute and short-term efficacy of sauna treatment on cardiovascular function: a meta-analysis: reply. <i>Eur J Cardiovasc Nurs</i> . 2021 Oct 27;20(7):730. doi: 10.1093/eurjcn/zvab050. PMID: 34,329,397. ⁵³
Human	Multi-arm RCT	47	Greater improvements in CRF, SBP, and Cholesterol were noted in Sauna intervention when compared to exercise alone.	Lee E, Kolunsarka I, Kostensalo J, Ahtiainen JP, Haapala EA, Willett P, Kunutsor SK, Laukkanen JA. Effects of regular sauna bathing in conjunction with exercise on cardiovascular function: a multi-arm, randomized controlled trial. <i>Am J Physiol Regul Integr Comp Physiol</i> . 2022 Sep 1;323(3):R289-R299. doi: 10.1152/ajpregu.00076.2022. Epub 2022 Jul 4. PMID: 35,785,965; PMCID: PMC9394774. ⁵⁴

Abbreviations: CRF, Cardio Respiratory Fitness; SBP, Systolic Blood Pressure; LVEF, Left Ventricular Ejection Fraction; BNP, Brain Natriuretic Peptide.