

Gadolinium Exposure: What You Need to Know

Where It's Found

- MRI contrast dyes (even "safer" ones) used for enhanced imaging

What Is Gadolinium Deposition Disease (GDD)?

GDD occurs when gadolinium is retained in the body—especially in people with autoimmune issues. Symptoms may begin soon after MRI exposure and include:

- Brain fog, burning skin, pain, insomnia
- Neuropathy, tremors, twitching, and visual changes

What You Can Do

- Under supervision, consider chelation therapy with Ca-DTPA followed by Zn-DTPA
- Monitor and supplement minerals to prevent depletion during chelation
- Support detox pathways with:
 - Glutathione
 - Sauna, hyperbaric oxygen, anti-inflammatory diet
 - Supplements like turmeric, spirulina, wild blueberries, CBD
 - Moderate physical activity
- For more information, visit GadTTRAC: <https://gadtttrac.org>