

HEAVY METAL DETOX PROTOCOL

www.nihadc.com/library/detox-for-life-class-2-addit-resources/54-4-dosing-with-chlorella/file.html?accept_license=1.

- Maintenance Chlorella Dose.** 1/4th – 1 gm daily for as long as you wish. Take WITH MEALS or at bed.

This dose binds heavy metals in the food (e.g. mercury in fish), prepares for the Maintenance & Chelating Doses, and is most effective at removing neurotoxins from the brain through the liver to the bowel via bile.

- Mobilizing Chlorella Dose.** 3-9 grams daily x 1 month or more [at least 10-14 days before Chelating Dose]. After working up from Maintenance Dose by ½ to 1 gm daily, take all at once or 2 x daily AWAY FROM FOOD by 60”.

In this early phase of detox CHLORELLA IS BEST TAKEN ON EMPTY STOMACH, which concentrates it in the gut, scrubbing heavy metals from biofilm, gut lining, and pathogens to restore GI function. The *gut* is the major route for heavy metal detox, therefore it must be functioning well with *hopefully* multiple bowel movements daily. If not, re-absorption of the mercury is likely to occur. If you have GI disturbance then divide doses *with* meals. Although this will provide less bowel detox, it may be easier on the stomach. Once the gut and extra cellular connective tissues have been detoxed, Cilantro is added for an effective Chelating Dose combination.

- Chelating Chlorella-Cilantro Combined Dose x 1 day.** 6- 19gms of Chlorella [2-3 x the Mobilizing Dose] + Cilantro [? Dose & form]. Take the Chlorella 60” BEFORE A MEAL, then take Cilantro WITH THE MEAL [or at least 45-60” after taking Chlorella].

- Post-chelation:** For 3-5 days after finishing the Chelating Dose revert back to the Mobilizing Doses WITH MEALS this time. This continues binding the mercury from its release in the liver. This is also the time to do gall bladder flush.

- Stabilization:** Start the next cycle of Maintenance Dose before Mobilization & Chelation again.

NOTES

- Cadmium toxicity exacerbates or causes renal disease & BPH! See chart of HM toxic effects.
- Chew Chlorella as saliva tags it naturally with immune-supporting antibodies delivering them to receptive tissues.
- When eating fish, fish oil, or other potentially mercury-contaminated products, take ½ -1 grams of Chlorella to bind the mercury. *Remember that Fish Oils ARE rehabilitative to ALL cell membranes, and is anti-inflammatory!*
- Add Vitamin C to help prevent die-off symptoms during detox. But it inactivates Chlorella & Cilantro, therefore taken at the end of the meal, or at another meal apart from Cilantro & Chlorella completely.
- If experiencing continued GI discomfort with Chlorella, try adding cellulose (enzyme from health food store).
- If still a problem, use Porpha-zyme, or a clatherating agent (e.g. NDF, PCA, Metal Free)
- *I would consider adding fresh Dill spice or essential oil to protect the kidneys [while the gut is the main route of HM detox, some may be eliminated via the kidneys] + a prokinetic like Ginger [vs. a laxative] to keep the GI tract active. Ginger is also and general-purpose detoxicant/ anti-toxin.*