




HEAVY METAL DETOX



Part Six Heavy Metal Detox Program

Welcome to this course Warriors!

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Heavy Metal Detox Program

Step One:

Testing - what information can you gather from a hair and urine test? Which metals were most present and what does your intuition tell you is the root?

Based on the points above in the “prep” phase, what areas do you need to focus on to ensure your body is as strong as possible and your emotions as healthy as possible? Dig into any specific area for a few days to discover what needs your attention and begin to take action.

- Gather your oils and supplements as well as food that you will need
- Cell Core Practitioner Code is: B9Ab3m80
- Young Living link is [HERE](#) and referral ID if you are not yet a customer is 1403175
- A heavy metal detox program will not sideline you and should not. Monitor your body and how it is responding to certain supplements and make adjustments from there. There may be some regression in children, and actually there should be, as that is usually a sign things are stirring up in the body and prepping to come out. Be mentally prepared to keep going (barring anything YOU feel qualifies as an emergency) This is not medical advice, rather when we embark on something new sometimes we give up when it gets hard and often that is when the body is about to make a huge shift.

Step Two:

- Begin to adjust the lifestyle as needed. Removing excess junk. Fragrances, toxins and chemicals in the home, adjusting food to be mindful of food dyes, seed oils, preservatives and glyphosate.
- Ensure the home has a good amount of dense nutritional fats like Ghee, beef tallow, grass fed butter, avocado oil and olive oil
- Digest and Cleanse for one week or the cleansing trio from young living to prep and clean out the colon
- Keep telling your body that it can do this. Your child can do this. The body is capable of radical healing. The mindset is key.

Step Three:

- Build up the strength of the gut and the ability for the colon to purge.
- You will do this by 1. Pre and probiotics daily (sulfurzyme powder at night, life 9 or mightypro at night) 2. Digestive enzyme at every meal (allerzyme, detoxzyme, mightyzymes) 3. Comfortone *if there is an underlying constipation issue 4. Or ICP daily + comfortone for a week then scale back to just ICP daily. 4. For loose stools this should be corrected by a capsule of digize daily and pre and probiotics.

- See how the body adjusts for a week and move on from there
 - Sulfurzyme powder and probiotics are taken every day
- **it is extremely important to keep the detox pathways open with sulfurzyme and minerals

Step Four

- Continue with core supplements daily: sulfurzyme, probiotics, enzymes, ningxia
- Add in a capsule of 5 drops digize and 5 drops longevity daily
- Choose your Cell Core binder based on your needs. The best way to choose if you do not know which one is: Biotoxin binder for beginners or anytime you want to detoxify from an exposure. Follow the directions on the label. HM-ET Binder for someone who has done some detoxifying before and is ready to increase the detoxifying power of the body, follow the directions on the label. ViRad binder: this is a more advanced stage, and will be used after a round of detoxification with the other two binders.

Vaccine Detox (modified)

This would be a great approach for a first timer, those with children who were vaccinated and you want to mitigate damage as soon as possible or if you are beginning an autism recovery program,

Vaccinating or not vaccinating is your choice as parents. Do your research properly, use actual books written by doctors, and peer-reviewed studies by a third party, and read the vaccine inserts (not the handouts they give you. The ACTUAL insert. You have to ask for it and they often won't give it to you. You can find inserts on the CDC website. Read them.)

You can never undo it. Yes, you can detox and flush out the toxins but it's not always 100% fool proof.

Here is a short version:

- Lavender on injection site
- Frankincense & Coriander on the spine to push out the heavy metals
- DiGize to protect the gut
- Peppermint on feet for fever
- JuvaCleanse on the feet and liver to clear the toxins.

Longer Version w/ essential oils above:

1. Put a cold compress on the site immediately afterwards and continue to apply.
2. Vitamin E, the natural form that is high in gamma-E will help dampen the immune reactions and reduce several of the inflammatory cytokines.
3. Vitamin C and D

4. DO NOT ever give fever reducers, (tylenol). It depletes glutathione and can make any adverse reaction worse.
5. lots of cilantro herb and coriander oil
6. detox bath if 1-2 c baking soda (you can add the oil in there too) baking soda
7. Raw camel milk to seal the gut (camelmilkassociation.org)
8. digize on the bottom of the feet is helpful when applied often
9. Probiotics (life 9 or mightypro)
10. Silica - You can purchase silica in liquid mineral form, as a cell salt, or as an herbal supplement
11. Omegas (omegagize)
12. Elderberry syrup 2 weeks before and after vaccination: Adult=1 Tbsp. every 3 hours, Children=1tsp every 3 hours there is a great recipe in here just use the search bar
13. Vitamin C (super C or super C chewables)
14. Colloidal Silver is also a very strong antiviral. I only recommend a brand called nutrasilver or coated silver
15. Zinc - a mineral that fights infection and improves immunity. It also helps with skin and respiratory tract related side effects of vaccines like rash and sudden outbreak of eczema, cough, cold and flu like symptoms.