



Heavy Metal Detox PROTOCOL

juicing
vegetables
supplements
saunas
liver packs

Thyroid
DETOX



Heavy Metal Detox Protocol

Disclaimer: *This is a protocol my doctor and I put together to help me lower high levels of heavy metals. Depending on your health condition, this protocol might help but I recommend seeking the advice of your medical practitioner. The information in this document is not intended to treat, diagnose, cure or prevent any disease. The information here is for educational purposes only.*

Duration: 3 months

Recommended tests: Doctor Data Toxicity panel, urine.
You can order it here: www.directlabs.com, look for Toxic Metals, Urine-DD KIT.

Additional considerations:

1. I recommend starting this protocol separately from Thyroid Detox.
2. The success of your heavy metal detox will depend on your body's ability to excrete these heavy metals. From experience, I see a few factors that can inhibit this process:
 - presence of parasites (it's more common than you think)
 - digestive issues and ongoing food intolerances – I therefore recommend to do the heavy metal detox after you have been off common food triggers like gluten, dairy, eggs, etc.
 - bacterial gut infections, like the Small Intestine Bacteria Overgrowth (SIBO)
 - candida yeast overgrowth
 - low stomach acid.

If you feel like you have addressed the above and are ready to proceed, here is the heavy metal detox protocol.

Daily Protocol

Upon waking and before meals

Take two tablespoons of lemon/lime juice or apple cider vinegar in a glass of warm water 15 minutes before breakfast.

Alternatively, take HCl pills - take as many as you need until you get a burning sensation in the stomach. When you do, back off to the dose before it gave you the stomach burn. Sufficient stomach acid is key in your body's detoxification ability.



After breakfast, daily

Essential

- Fiber: 2 tablespoons freshly ground flaxseed
- Chlorella: 3-5 tablespoons (not a typo!)
- NAC 1000mg
- Probiotic

Good to do

- ½ teaspoon camu camu (for vitamin C)
- Coconut milk kefir or coconut water kefir (for additional bacteria)
- Vitamin B complex
- Prebiotic - green plantain flour, 1 teaspoon

Optional, depending on your health:

- Vitamin D – 5,000 - 10,000 units if your vitamin D level is low
- GI Revive to speed up gut healing, if you suffer from “leaky gut”
- Digestive enzymes
- Magnesium CALM if no regular (daily) bowel movement
- Add 4 saccharomyces boulardii before bed if you are dealing with candida yeast overgrowth

During the day: detoxing green juice

Green juice ingredients:

- cilantro (1 bunch per day)
- parsley (1/2 – to 1 bunch per day)
- dandelion (1/2 bunch)
- turmeric (2 inch root or add 1 teaspoon powder)
- lemon with rind (use ½ lemon)

After juicing the above, add the below and blend:

- a handful of sprouts
- 3-5 tablespoons of chlorella

Personal note: I used to drink the detoxing green juice as dinner. When you add flax seed to your juice, it feels like a complete meal. I recommend keeping your dinners light and early to optimize the liver detoxification at night. To optimize the process, make juice for 2-3 days in advance.

After lunch supplements

- Probiotics
- Alpha-lipoic acid 200mg
- NAC 1000mg

After dinner supplements

- Probiotics



- NAC 1000mg

3 to 4 times per week

- Infrared sauna - 20-30 min. Get a [portable one](#) or find a provider near you.
- Castor oil liver packs – generously apply castor oil on your liver, cover with an old towel or flannel cloth and place a hot water bottle over it. Relax to read or watch TV for one hour. Recommended 2-3 times per week while doing the detox.

Monthly

- Vitamin C Flush, [instructions here how to administer it](#).

Recommended brands

Probiotics:

Bifidobacteria and lactobacillus: [GutPro](#)

Spores: [Sporebiotic](#)

Vitamin C (buffered, ascorbic acid): [Designs for Health](#)

Vitamin B complex: [Pure Encapsulations](#)

Vitamin D, liquid form: [Thorn Research](#)

Digestive enzymes: [Pure Encapsulations](#)

N-Acetyl Cysteine (NAC): [Ortho Molecular](#)

Alpha-lipoic Acid (ALA): [Pure Encapsulations](#)

Magnesium CALM: [Natural Vitality](#)