



TREATMENT PROTOCOL FOR HEAVY METAL DETOXIFICATION

Treatment of heavy metal toxicity must be done in such a way as to minimize potential toxic side effects that can result from the metals coming out of the places in the body where the body has sequestered them and into the general circulation where they can cause more harm. Most practitioners favor a pulsed approach to allow the body to recuperate between active detoxification periods.

_____ **Cilantro/Chlorella Regimen.** Use the cilantro tincture one week on and two weeks off according to the following schedule. The chlorella will be used continuously but in higher doses while taking the chlorella as shown.

Week 1: Chlorella capsules, 2 capsules 3 times a day 30 minutes before meals.

Week 2: Start cilantro tincture, 2 drops in hot water twice a day right at the beginning of the meal (breakfast and dinner), 30 minutes after taking chlorella. Increase the dose by one drop each day until, by day 7, you are taking 8 drops twice a day.

Increase chlorella to 3-4 capsules 3 times a day, again 30 minutes before eating. If you get side effects during this time, e.g. headaches, GI distress, flu-like symptoms, etc., it means you need to **increase** the chlorella to as much as 4-5 capsules 3-4 times a day until you get improvement.

Weeks 3 & 4: Same as week 1

Week 5: Increase chlorella as in week 2.
Start cilantro at 9 drops twice a day as in week 2 and increase to 10 drops twice a day and continue at that level for the rest of the week.

Weeks 6 & 7: Same as week 1.

Week 8: Chlorella as in week 2.
Cilantro 10 drops in AM, 5 drops at noon, 10 drops in PM (before each meal)

Weeks 9 & 10: Same as week 1.

Week 11: Cilantro 10 drops three times a day before each meal.
Chlorella as in week 2.
Continue this regimen during the "on" week of a 1-week on, 2-weeks off regimen for the rest of the treatment course.

_____ **DMSA Regimen**

DMSA _____ mg. three times a day at the beginning of each meal for 3 days on, 11 days off.
Repeat this cycle every 2 weeks.

Chlorella 2 capsules 30 minutes before each meal during the 11 days off, 3-4 capsules before each meal during the 3 days on. Increase as necessary up to 5-6 capsules 3-4 times a day to control any side effects on the days taking DMSA.

DMPS Mineral Replacer 1 capsule twice a day but **NOT** on the days of or the first day after taking the DMSA.

_____ **EPA-DHA Extra Strength or Omega Synergy Ultra Marine** – 2 capsules twice a day with

food.

_____ **Allicidin** – 1 capsules with each meal

_____ **Sports Formula** – 1 Tbsp. in 8 oz. of purified water or similar liquid twice a day