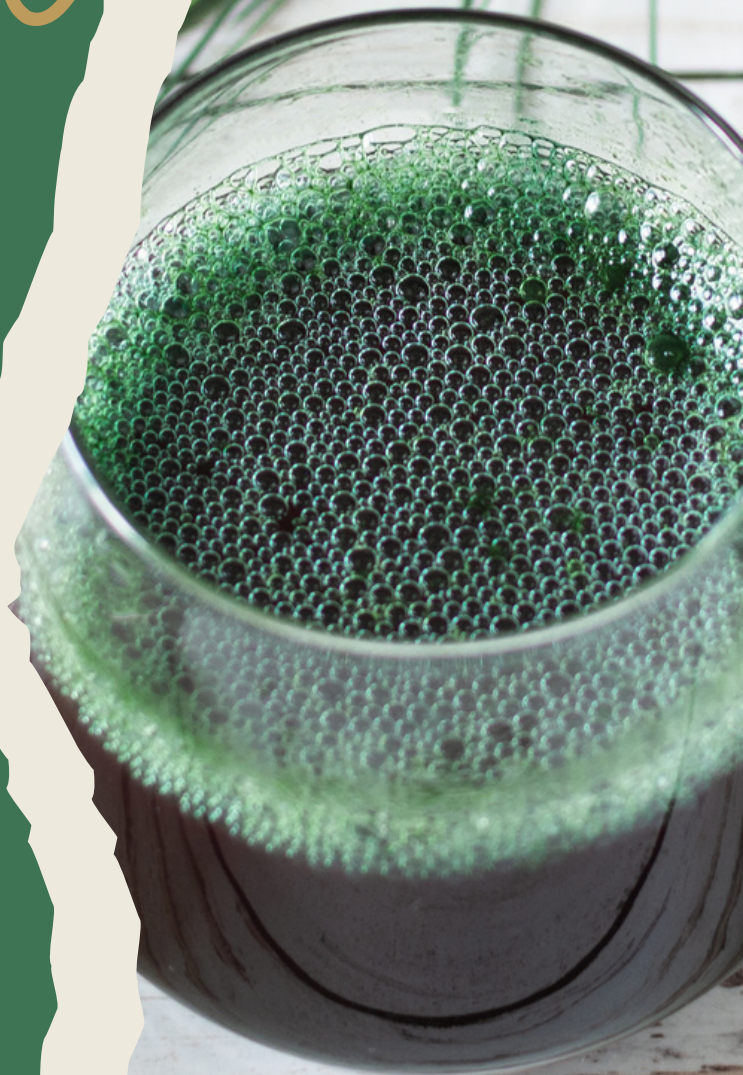


# HEAVY METAL DETOX

*Guide*

- **SAFE FOR EVERYONE**
- **HIGHLY EFFECTIVE**
- **EASY TO IMPLEMENT  
IN YOUR DAILY ROUTINE**
- **BASED ON MEDICAL  
MEDIUM INFORMATION**



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# Welcome!

Welcome to our Heavy Metal Detox!  
Here you will find helpful information on adjusting your daily routine to help you reach your health and wellness goals. We'll also discuss how toxic heavy metals affecting us and why it is so important to detox from them.. So, let's get started on your journey to a healthier you!

*"Every time you eat or drink, you are either feeding disease or fighting it."  
- Polina LeRoy*



*Holistic\_wellness\_mom*



*Holistic Wellness Mom*

*Polina*

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# Road Map to Success

01

## **Set Clear Goals**

Identify why you want to do a detox and what you hope to achieve from it. This will help you stay focused and motivated throughout the process.

02

## **Create a shopping list**

Make sure to stock up on healthy and nutritious foods that will support your detox plan.

03

## **Stay motivated**

Detoxing can be challenging, but stick with it and stay committed to your goals. Remember that a detox benefits extend beyond the short term and leads to long-term health and wellness.



# Why detox from **HEAVY METALS?**

## **Heavy metals you have in your body**

Most people have a mix of older metals and newer metals being passed down from generation to generation. The newest heavy metal exposure is when a child gets vaccinated at the pediatrician's office that contains mercury, aluminum and copper. Most likely the mercury and aluminum were unearthed in the last 50 to 70 years, saved in storage, and eventually purchased by the medical industry and placed inside a pharmaceutical. Many medications have toxic heavy metals in them, and at the same time, a child could have inherited toxic heavy metals that have been in the family line for hundreds to thousands of years from periodic exposures that our ancestors encountered. Older metals' faster oxidation rate makes viruses more interested in this aging metals, because they are easier to access and consume due to their instability.

## **The danger nobody talks about**

One reason heavy metals are passed down from generation to generation is that their presence in the body isn't recognized by medical research and science, unless it's an obvious poisoning. So heavy metals aren't identified as a destructive, dangerous threat to health, and the metals aren't cleaned out of the bodies of parents before a new generation is born. Toxic heavy metals are a big part of why human health isn't prospering at this time.

## **Health conditions caused by viruses and HM**

The viruses that cause autoimmune disorders feed on one metal or two. In difficult neurological autoimmune cases, either one virus is feeding on three, four, or more metals, or two or more viruses are each feeding on multiple metals. Virus feeding on toxic heavy metals produce dermatotoxins (responsible for skin conditions like eczema, psoriasis, vitiligo) and neurotoxins responsible for fibromyalgia, brain fog etc.



# Heavy Metal Detox

## DAILY ROUTINE

Heavy Metal Detox removes toxic heavy metals from the brain and body. These metals cause or are partly responsible for many symptoms and conditions, including ADHD, autism, eczema, migraines, brain fog, memory issues, anxiety, depression, and more.

We're all exposed to metals every day, through sources such as air fresheners, tattoo ink, scented candles, colognes, fabric softener, toothpaste, tap water, pots and pans at restaurants, aluminum cans, and the air we breathe – just to name a few. It's impossible to avoid them all in our daily life, let alone those we were born with or those we've been exposed to in the past that haven't left our bodies. Toxic heavy metals don't just naturally leave the body—they have to be removed with the right combination of foods. Heavy Metal Detox is specifically designed to help us get these troublemakers out of our bodies.

Every day for 3 months, or ideally 6 months, a year, or longer, you can follow this protocol:

1. Drink 16 to 32oz of lemon or lime water upon waking. Wait at least 15 to 30 minutes, then:
2. Drink 16 to 32oz of celery juice on an empty stomach. Wait at least 15 to 30 minutes, then:
3. Drink the Heavy Metal Detox Smoothie (original or advanced), or eat the Heavy Metal Detox Bowl, or eat the main five ingredients: cilantro, spirulina, wild blueberries, barley grass juice powder and atlantic dulse within 24 hours.
4. Snack on apples (1-3 apples) as desired until lunchtime.
5. Drink lots of water and avoid constipation to flush out toxins from the body.
6. For even better results remove: gluten, dairy, eggs, pork, corn, caffeine, lamb, vinegar, refined sugar, industrial vegetable oils.

# Key Ingredients

## FOR YOUR DETOX

### **CELERY JUICE**

Celery juice is a potent tonic that helps disarm the toxic metals so your body can heal. Toxic heavy metals have a destructive charge to them, which causes them to damage cells throughout your body, including cells in your brain and liver. Fortunately, celery juice contains something called sodium cluster salts, though this is unknown to research and science. The special properties of these salts diffuse the charge from metals like copper, mercury, aluminum, nickel, cadmium, barium, arsenic and more. The cluster salts render these toxins inactive and make them less aggressive.



### **RED APPLES**

Apples help detox heavy metals & radiation from the body.

Apples contain a fibre called pectin, which is extremely beneficial for digestive health. Apple pectin (and pectin found in other vegetables and fruits) have been found to chelate heavy metals (bind to them) for excretion.



# Key Ingredients

## FOR YOUR DETOX

### **WILD BLUEBERRIES**

Wild blueberries ignite purging effect in the brain. Wild blueberries contain dozens of unique and many undiscovered antioxidant phytochemical compounds. These compounds break up debris pockets that have formed as a byproduct of heavy metals interacting and aging in the brain. Not only do wild blueberries extract the metals, they excel at healing the damage the metals have left behind by restoring the brain cells. It is important to mention: farm blueberries don't have these healing properties.



### **SPIRULINA**

Spirulina is an incredible ally in rebuilding the central nervous system and removing heavy metals such as mercury and toxic copper from the brain and body. Getting rid of these metals gets rid of some of the favorite fuel of pathogens such as Epstein-Barr, shingles, and more. Its profound ability to round up heavy metals in the brain, liver, and intestinal tract is one of its greatest virtues. Spirulina is so versatile that it can clean up metals that the other smoothies ingredients have unearthed from the brain, and spirulina can clean up metals from the liver and intestinal tract, that would otherwise travel up to the brain.



# Key Ingredients

## FOR YOUR DETOX

### **CILANTRO**

Its unique combination of phytochemicals and mineral salts deliberately remove toxic heavy metals from the brain, freeing up neurons from toxic heavy metal oxidized residue, so that they can function at their best. When a person perceives an abrupt, harsh flavor from the herb, it means that she or he has a higher oxidative rate of heavy metals in her or his system. This doesn't mean the person possesses a higher level of toxic heavy metals. Rather, the heavy metals (in this case, usually a combination of aluminum, nickel, and/or copper, at whatever level) in her or his body are corroding rapidly.



### **BARLEY GRASS JUICE POWDER**

Barley grass juice powder, which is gluten-free, draws out heavy metals such as mercury from your liver, spleen, intestinal tract, pancreas, and reproductive system. Barley grass juice powder contains phytonutrients that feed an undernourished liver while allowing it to detoxify dozens of toxins and poisons you've inherited from the past and that you're exposed to in the present moment. It's a responsible detoxifier with take-and-give integrity, replacing the troublemakers it removes from the body with vital nutrients.

# Key Ingredients

## FOR YOUR DETOX

### **ATLANTIC DULSE**

Binds to mercury, lead, aluminum, copper, cadmium, and nickel. Atlantic dulse goes into deep, hidden places of the digestive tract and gut, seeking out mercury, binding to it, and never releasing it until it leaves the body. Atlantic dulse also serves as emergency backup, helping ensure that all the heavy metals that make it as far as the colon actually leave the body.



### **RADISH GREENS**

The leaves of the radish can be eaten or juiced if they are fresh. They are almost as good as cilantro for removing heavy metals like mercury, lead, arsenic, and aluminum from the body.

Radish greens are rich in vitamins, minerals, antioxidants, phytochemicals, and cancer-fighting alkaloids, plus the greens possess antipathogenic properties.

The greens help the colon and other parts of the intestinal tract that have lost the ability to absorb nutrients.



# HEAVY METAL DETOX SMOOTHIE

## Ingredients

- 2 bananas
- 2 cups frozen or fresh wild blueberries, or 2oz pure wild blueberry juice, or 2 tbsps pure wild blueberry powder
- 1 cup tightly packed fresh cilantro
- 1 tsp barley grass juice powder
- 1 tsp spirulina
- 1 tbsp Atlantic dulse or 2 dropperfuls Atlantic dulse liquid
- 1 orange, juiced
- ½ to 1 cup or more of water, coconut water, or additional fresh-squeezed orange juice (optional)

## Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more water or coconut water to reach desired consistency.





# What else to focus on FOR EVERY DAY HEAVY METALS EXPOSURES

## **TAP WATER**

Make sure you have a good filter installed in your kitchen, that removes all types of heavy metals commonly present in the tap water.

## **ALUMINUM CANS, FOIL & COOKWARE**

Avoid drinking beverages from aluminum cans (aluminum leaks into your drink), cooking with aluminum foil or aluminum baking dishes.

## **SEAFOOD and FISH OIL**

Avoid eating sushi: sea food and sea fish contain high levels of mercury. Supplements made of sea fish also contains high levels of mercury.

## **COOKWARE**

Make sure you use non-toxic cookware:

- good quality stainless still,
- cast iron,
- good quality ceramic pans and sauce pots.

## **VACCINATION**

Vaccines always contain high levels of heavy metals (aluminum and mercury) in order to trigger immune response.

Thank you!



## LET'S CONNECT



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