Mercury & Heavy Metal Detox

Please follow these instructions carefully. This is not a time to "wing it" and do your own thing. Detoxing too quickly can be extremely harmful! Keep in touch with me about how you are feeling.

Please use the Super Silica in all the water you drink to support the detox.

DO NOT USE green algae, chlorella, spirulina, or any other type of chelation or zeolites (other than HM-ET Binder), at the same time as you are doing this protocol. It's also best to not eat any type of seafood and to avoid exposure to wet paint that has VOCs.

Here's the easiest way to do the protocol for those who don't like cleaning out a bathtub. You will need:

- About 30 minutes for setting up, soaking and clean up
- Styrofoam cooler
- Flap-tie tall kitchen trash bags
- Coffee pot or tea pot filled with hot water
- Digital submersible thermometer
- Paper Towels
- Timer
- Bath Towel
- Waiora NCD Natural Cellular Defense
- (optional) CellCore Biosciences HM-ET Binder - This supplement can be taken prior to the footbath or on following days to reduce possible detoxification symptoms.

1. Heat water in coffee pot or tea pot. You will use the hot water to adjust foot-bath temperature upon filling the cooler and to keep temperature consistent as you soak.
2. Line styrofoam cooler with a kitchen trash bag. I prefer those with flat ties rather than drawstring.
3. Set up a place where you will sit to do foot-bath. Have hot water, thermometer, bath towel, timer, and paper towels within easy reach.
4. Fill cooler with water as close to 104°F as you can. Be sure you can carry it comfortably. Remember you may need to add more water later so don't overfill the cooler.
5. Set the cooler with water in it down where you plan to sit for 20 minutes. Check the temperature. It is best to be on the hotter side and as close to 104°F as you can be. DO NOT GO OVER 105°F - you can release toxins too quickly and harm yourself! You want to keep the temperature between 100°F and 104.9°F. If it's below 100°F your body will not detox.
6. Once you have the temperature where you want it put in the amount of NCD drops as recommended by your practitioner.
   - If 1/2 drop dosage is recommended: Put 1 drop in 1 cup of water and mix it up. Then pour 1/2 cup of that mixture into the foot-bath water.

   NEVER USE MORE DROPS THAN RECOMMENDED.
7. Set your timer for 20 minutes and put your feet in the water. Fold the bath towel in half and cover the top of the cooler in order to keep the heat in.

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continued

8 Keep your feet soaking in the foot-bath for 20 minutes and check the water temperature every 5 minutes. When the temperature drops, move your feet to one side and slowly pour a little hot water in the cooler AWAY from your feet. Wait a second and mix up the water then recheck temperature. Make sure it remains between 100-104°F.

9. When the timer goes off take your feet out of the hot water and wipe them down with the paper towels.

10. Pour the water from the foot-bath SLOWLY into the toilet (remember mercury and toxic metals are in that water so minimize splashing and releasing of the mercury into the air). Close the lid of the toilet and flush the toilet with the lid shut. Close the room and turn on vent/fan to evacuate the air from the room and ensure that any other contaminants in the air are removed.

11. Put the paper towels you wiped your feet with into the trash bag in the cooler. Close up the trash bag, remove it from the cooler and dispose of it outside if possible.

12. Immediately take shower and wash off the entire area that has been submerged in the water with natural olive oil soap. This step is very important because the metals that come out will be sitting on the top of the skin so you want to make sure you get rid of them.

DO NOT DO THIS PROTOCOL 2 DAYS IN A ROW.

The bath can be done every other day at the most. Your body can recover between detoxes. Make sure to drink **Super Silica** in your water to receive maximum benefits of the detox.

This protocol takes time to remove all heavy metals from the body. You will typically remove about 1/3 oz. mercury with every 2 drop foot bath. Once the mercury is gone the body will then finish getting rid of the other heavy metals. I know that it feels like it takes forever, but a fast metal detox can have serious consequences you really don't want.

Relax in the warm water and
know that you are removing the most dangerous toxins from your body.

Enjoy!

How does mercury get in our bodies?
Amalgam "silver" fillings
Seafood
Vaccinations
Paint (yes, even today's paint contains mercury as a preservative)
Crowds of people - as they speak their breath contains mercury from their fillings
Fluorescent lights
Parasites
Hair dyes, pollution and more.

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