

A PROVEN HEAVY METAL DETOXIFICATION PROTOCOL

Heavy metals are classified as among the most dangerous toxins which can assault the body – upsetting the immune system and being the cause of various illnesses. The following are the main causes of heavy metal toxicification:

Cause	Example	Heavy Metal
Nutrition	Fish	All heavy metals
Metal Jewelry	Bracelet	Copper, Nickel
Amalgam	Fillings	Mercury
Drilling of Amalgam fillings	Dental rehabilitation	Mercury
Exhaust fumes	Cars	Lead
Smoking	Cigarettes	Cadmium
Remedies	Vaccines	Mercury

Mercury Toxicification

Of all the heavy metals, mercury is the most detrimental to human health and among the most challenging to eliminate from the system. Some of the main areas where mercury concentrates in the body are in: the nervous system (brain, spinal marrow, autonomous nerves); kidneys, suprarenal gland, liver, intestinal wall; connective tissue and erythrocytes.

Mercury's impact on the central nervous system is particularly serious as it can impair nerve cells' ability to absorb nutrients and inhibits the process of normal flushing away toxins. Mercury causes toxins deposited in the nerve cell (e.g. dioxin, formaldehyde, pesticides and other metals such as tin and aluminum) to essentially become trapped in the cell. This makes drainage of mercury a prerequisite to detoxifying the brain and nerve tissue of all other noxious substances.

Some of the primary illnesses caused by mercury toxicity are:

- Neurologic illnesses (depression, migraine, multiple sclerosis, Alzheimer's disease, amyotrophic lateral sclerosis, Parkinson's disease).
- Organic illnesses (fibromyalgia, illnesses of the kidneys, illnesses of the spinal marrow, illnesses of the thyroid, allergies, neurodermatitis, asthma, tumors).
- Auto-immune diseases (lupus, scleroderma, arthritis, colitis ulcerosa, Crohn's disease).

Symptoms indicative of mercury poisoning include:

- Chronic problems in the joints
- Pains in the muscles, trembling
- Insomnia, easily irritable
- Lack of concentration, exhaustion, tiredness, weakness
- Symptoms of the intestine (constipation, mycosis)
- Psychic changes (over aggressiveness, excessive shyness)
- Children: impairment of the learning faculty, stuttering, problems in the eyes, problems in the ears, autism
- Inflammation of the gums.

Heavy Metal Detoxification with Cilantro, Chlorella and Wild Bear Garlic

Three botanical remedies (cilantro, chlorella and wild bear garlic) when combined constitute one of the most effective methods of heavy metal detoxification.

Cilantro™ contains *Coriandrum sativum* (Cilantro), which mobilizes heavy metals, especially mercury, from tissue so that they can be excreted from the body. According to Dr. D. Klinghardt the use of cilantro is the only known method to detoxify brain and nerve tissue of mercury. All other agents used in mobilizing mercury, such as DMPS, DMSA and D-Penicillamin, cannot pass the blood-brain-barrier, or rather pass it in a sufficient way.

The high natural sulphur content of Ursinum™, an extract of *Allium ursinum* (wild bear garlic), binds heavy metals that have been mobilized to form solid compounds, thereby preventing their uptake by other body tissues; thereby preventing the mere relocation of heavy metal from one area of the body to another. The stability of Ursinum's complex binding characteristics result in heavy metals no longer being submitted to the enterohepatic circulation, thereby increasing the total number of bound heavy metals that are excreted.

Biorella™, containing 100% *Chlorella pyrenoidosa* (Chlorella), has been proven to be effective in mercury detoxification. It is toxin binding and helps to repair and activate the body's detoxification functions while restoring bowel flora. When used in conjunction with Cilantro and Ursinum, Biorella facilitates drainage of the heavy metals via the intestine.

The Heavy Metal Detoxification Protocol, on page 9 (opposite), outlines how to use these remedies in achieving optimal results and outlines adjunctive remedies to use in preparation for and following this detoxification process.

Cilantro, Ursinum and Biorella are distributed by Biomed and produced by Nestmann Pharma of Germany. For fifty years, Nestmann has been producing herbal and homeopathic remedies of superior quality through insisting on the industry's most rigorous quality control standards.

In producing Cilantro and Ursinum they use only fresh herbs of cilantro and wild bear garlic of the highest quality grown by ecological cultivation. The chlorella algae used to produce Biorella is cultivated under strictly controlled conditions in an area of East Asia where the environment is free of pollutants. The algae are carefully dried and tested for quality, purity and the absence of micro-organisms and pollutants. Only algae meeting these high standards are used in Biorella tablets.

Production follows standardized procedures according to the international GMP-regulations (Good Manufacturing Practices), and through a special gentle method of production Nestmann ensures the optimal availability of the bioactive substances. The consistent high quality of these products is checked by means of a final control process and latest analytical methods. Through carrying out all production steps at their factory, Nestmann ensures products of optimal quality.

To verify the quality of these remedies, Biomed Quality Control personnel visited and inspected Nestmann's facilities, near Bamberg, Germany. Furthermore, Biomed undertook a doctor-assisted blind test of four reputed leading professional brands of Chlorella. The results of this independent test showed Biorella to be the highest grade of the four.

HEAVY METAL DETOX PROTOCOL

A pre-condition to extensive heavy metal detoxification is the efficient functioning of the drainage organs.

Activation of Drainage Organs

Kidney	SOLIDAGO - 40 drops three times a day in 236 ml (8 oz.) of pure warm water between meals (See kidney drainage protocol).
Liver	HEPATICA - 20 drops in 60 ml (2 oz.) of warm water three times daily 20 minutes before meals.

Heavy Metal Detoxification

Mobilize heavy metals
 CILANTREX - begin with 1 tablet 2X daily and increase to 2 tablets 3X daily.
 During the initial phase of detoxification CILANTREX should be taken one week on and two to three weeks off.

Binding metals and accelerated heavy metals drainage, protect red & white blood cells
 URSINUM - begin with 1 capsule two times daily and increase to three times daily.
 Can be taken in conjunction with, but (ideally) 15 minutes after CILANTREX.

Drainage via the intestine
 BIORELLA - begin with 4 tablets three to four times a day 30 minutes before meals and before bedtime.
 During the active phase of the detox (when CILANTREX is administered) increase dosages to 12 tablets three to 4X a day.

Cell detoxification, Enhanced microcirculation and oxygenation
 OMEGA 3 (from Fish Oil) - 1 capsule 4X daily during active phase & 1 capsule twice daily for maintenance. Best if taken together with BIORELLA.

Accompanying Remedies
 Subject to practitioner's evaluation of the patient's constitutional weaknesses the following additional remedies may be administered.

Restore bowel flora
 PROBIOTIC 7-IN-1 - 2 capsules 3X daily.

Acid/Alkaline balancing
 BASIC POWDER - 1/2 to 1 teaspoon of powder in liquid or BASICTAB - 2 to 4 tablets, away from food up to 3 times daily.

Other Considerations
 EFFERSEA - 5 grams (one teaspoon) or to bowel tolerance will increase the transit time of feces through the bowel.

Colonic irrigations administered once weekly during active phase will assist in eliminating mercury and other toxins from feces.

Diet
 High protein diet should be pursued during heavy metal detoxification.

Duration
 An active detoxification program for adults can take from six to 24 months.

Special Note:
 Amalgam fillings
 The removal of amalgam fillings to eliminate effects of mercury still requires detoxification to mitigate the residual effects of this heavy metal. On the day the amalgam is removed take BIORELLA - 20 tablets immediately before procedure. Following the procedure sprinkle 2 - 4 crushed BIORELLA tablets on the teeth and hold in the mouth for approximately ten minutes. Rinse mouth with water. Patient should repeat again at bedtime. CILANTREX should not be taken during the time amalgams are removed, as the increased mobilization of heavy metals from elsewhere in the body is unwarranted at this time.

CAUTION
 A heavy metal drainage protocol is not recommended during breastfeeding or pregnancy.

Heavy Metal Detox Remedies

Cilantrex™

Ingredient

Each tablet contains:

Coriandrum sativa100 mg

Ursinum™

Ingredient

Each tablet contains:

Allium ursinum325 mg

Biorella™

Ingredient

Each tablet contains:

Chlorella pyrenoidosa200 mg

