

****UNION OF SAINTS**

Natural Recovery and Detox Support Program**

Non-medical, holistic wellness guidance

Chelation Therapy, Chelation Therapy Alternative or Natural Heavy Metal Detox May Be Prescribed By Physician

I. Purpose of Program

This program provides **natural supportive measures** for individuals recovering from environmental stressors such as:

- Pesticides
- Rodenticides
- Environmental heavy metals including arsenic
- General toxin exposure

All components focus on **detox organ support, antioxidant replenishment, and gentle elimination pathways**, without the use of prescription drugs.

II. Intake Notes

Participants report exposure to:

- Environmental chemical agents
- Heavy-metal burden concerns
- Skin sensitivity or irritation
- Systemic fatigue or inflammatory symptoms

No medical diagnosis is made.

Care is supportive, stabilizing, and natural.

III. Topical Support (Non-prescription)

These are natural topical agents used to support skin affected by environmental irritation.

Recommended topical options

- Aloe vera gel

- Calendula cream
- Chamomile ointment
- Shea butter or coconut oil for barrier support
- Witch hazel for mild irritation

Application notes

- Apply a thin layer to affected skin one to three times per day
- Avoid broken skin
- Avoid contact with eyes
- Discontinue if irritation worsens

No corticosteroids or prescription-strength creams are included, only natural alternatives, please consult local pharmacist.

IV. Internal Support Protocol (Natural, Non-medical)

A. Herbal and Plant-Based Support

These support natural detox pathways and antioxidant function.

Options:

- Cilantro or cilantro extract
- Chlorella
- Spirulina
- Garlic extract
- Turmeric or curcumin
- Ginger capsules or tea

B. Support for Liver and Kidneys

These botanicals traditionally support detox organs.

Options:

- Milk thistle (silymarin)
- Dandelion root
- Nettle leaf
- Burdock root

C. Antioxidant Support

Helps counteract oxidative stress after chemical exposure.

Options:

- Vitamin C—rich foods or natural C sources
- Alpha lipoic acid (ALA)
- NAC (N-acetyl cysteine)
- Green tea

D. Gentle Binders (Food-based)

These do *not* chelate but may help the body eliminate through digestion.

Options:

- Modified citrus pectin
 - Activated charcoal (short-term, away from meals)
 - Pectin-rich fruits
 - Seaweed (mineral replenishment)
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V. Hydration & Elimination Support

Hydration:

- Minimum 6–8 cups of clean filtered water daily
- Optional: lemon water, herbal teas

Digestive regularity:

- High-fiber foods
- Magnesium-containing foods
- Fermented foods for gut stability

Sweat-based elimination (optional):

- Sauna
 - Warm baths
 - Light exercise
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VI. Environmental Avoidance Guidelines

Participants are advised to reduce continued exposure by:

- Using air purifiers
 - Avoiding high-mercury fish
 - Using organic produce when possible
 - Avoiding fragranced sprays and aerosols
 - Switching to glass or stainless steel food storage
 - Filtering drinking water
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VII. Daily Schedule (Structured Format)

Morning

- Hydration
- Light stretching or walking
- Natural detox support herb or green powder
- Lemon water or tea

Midday

- High-fiber meal
- Antioxidant-rich foods
- Optional binder (food-based)

Evening

- Aloe or calendula topical support if needed
- Herbal detox tea (dandelion, nettle, ginger)
- Light, simple meal

Night

- Relaxation protocol
 - Adequate sleep routine
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VIII. Monitoring & Adjustment

Participants track:

- Changes in energy
- Skin response
- Digestive regularity
- Sensitivity to products or foods

If symptoms intensify, participants pause a supplement and reassess.

IX. Disclaimer

This program is:

- Non-medical
- For educational wellness support only
- Not a diagnosis or treatment plan
- Not a substitute for professional toxicology, medical testing, or emergency care