

The testing showed that nickel triggers an immune reaction in your body. It is possible that nickel in the things you eat and drink is triggering an immune reaction that is leading to the rashes and itching and could be leading to other types of inflammation in your body, such as fatigue, arthritis, headaches, abdominal pain, etc.

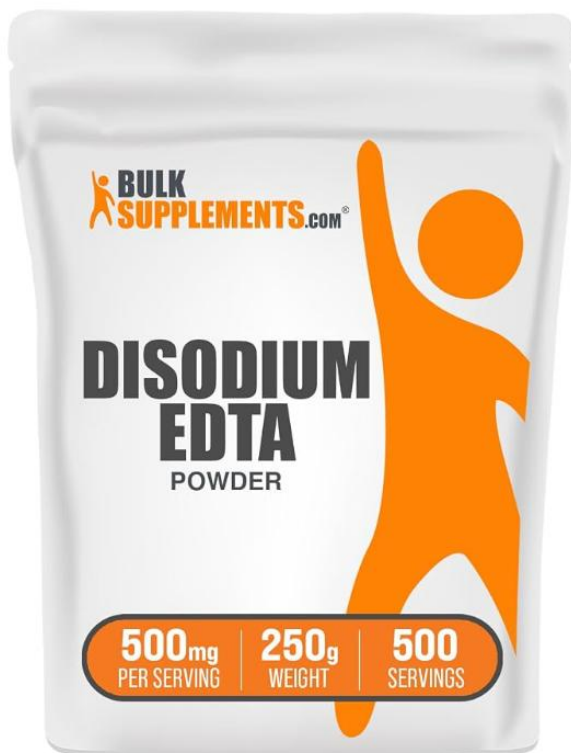
The only way to find out if nickel is the culprit is to get away from it for two months and see if your body recovers. It is almost impossible to stay away from nickel by avoiding particular foods, as the amount of nickel in plants is determined by the soil and fertilizer. So, instead we are going to have you use a dietary supplement that will bind to nickel before it can be absorbed into your body. Make sure you get **Disodium EDTA**.

Nickel can also be in water naturally or from being released into the water from metal storage tanks, pipes or plumbing fixtures.

Nickel in water does not cause any problems from bathing or swimming in the water.

You should do the following:

1. Get the Disodium EDTA and follow these instructions:
  1. Put ¼ teaspoon of the powder into 16 oz of water.
  2. Every time you eat, take 2-3 sips of the EDTA water (about 2 tablespoons, but it just has to be close – no need to measure it out), while you are eating. Taking it immediately before or after you eat is also ok, but best if you can take the sips in the middle of eating, so that it is mixed in with the food while it is in your stomach (the nickel doesn't get absorbed into your body until after the food leaves your stomach).
  3. It should take about 2-3 days to go through the 16 oz bottle of water.
  4. Most people find that they need to do this consistently for a couple of months, then they can stop and just use it on and off – starting it if their symptoms start back up and stopping when they feel back to normal.
  5. You MUST also do your best to follow the low nickel diet found at [www.thelownickeldiet.com](http://www.thelownickeldiet.com)
    1. We recommend using the supplement for at least the first two months, as it is the most reliable way to avoid nickel getting into your system, but if it helps, then some people are able to stop the supplement and manage the issue by watching their diets, other people do better using the supplement long term.
  6. If it hasn't helped after doing both the diet and the supplement for two months it means that addressing nickel in your diet isn't the answer and you can stop doing it.
2. You should only drink distilled or purified water. Do not drink tap water or spring water. Bottled drinks (like soda) should be fine.
3. If you take a vitamin or any supplements, take them with the EDTA water instead of regular water.



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BulkSupplements.com Disodium EDTA Powder - EDTA Disodium Salt, Food Additive - Food Grade, Pure, & Gluten Free, 500mg per Serving, 250g (8.8 oz) (Pack of 1)

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Size: **8.82 Ounce (Pack of 1)**

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