

Metal/Toxin Detox Ingredients

The following information constitutes a general approach to removing toxins that may be present from taking **any** injections/medications, mercury amalgams, ingesting/inhaling environmental toxins, etc.. Hypodermic injections should be regarded very seriously, given that it breaches the protective mechanisms (in this case the skin) of the body. There is generally no need to take an injection other than for a hypovolemic situation (D50W, etc.) or for another detox protocol – chelation therapy.

Given the long list that follows, a few points may be worth considering when applying a detox to your own personal situation:

- Educate yourself – use the list as a guide to empower yourself through your own research.
 - refer to the reference list at the end which contains only a few books to better health and understanding.
- Intuition – when choosing items to assist in a personal detox program tap into your own intuition as to what “feels” right for you.
- Availability – what you may find readily available may be the remedies for you.

A few of the standard “heavy metal” standbys are:

- Zeolite (powder) – metal/toxin eliminator
- Diatomaceous Earth (powder) – detoxification; key mineral supplement; anti-parasitic
- Chlorophyll (liquid) – neutralize toxins
- Spirulina/Blue-Green Algae – nutrient source; anti-oxidant; anti-inflammatory
- Chlorella (algae)/Cilantro (fresh herb) – powerful metal detox combination (see details below)

This is the Nutrition Protocol to Prevent Damage from Spike Protein and Derivatives due to Injection and to Protect from Spike Protein Shedding:

- Zinc (30-80mg per day depending on immunological pressure)
- Vitamin D3
- Lypospheric Vitamin C (30ml, twice daily)
- Quercetin (500-1000 mg, twice daily)
- Iodine - Lugol's
- PQQ - Pyrroloquinoline Quinone Disodium Salt
- Pine Needle Tea for shikimic acid or shikimate (from green edible pine needles) There are toxic pine needles, be careful! When drinking pine needle tea, drink the oil/resin that accumulates too! Shikimate, shikimic acid and their derivatives possess: cancer fighting, antiviral, antimicrobial, anticoagulant and antithrombotic properties.
- Fennel and/or Star Anise Tea: These are also an excellent source of shikimate or shikimic acid (which is known to neutralize the spike protein)
- C60 (1-3 droppersfull per day): One of the issues we are seeing with those who have been injected is disturbances in their energetic field (magnetism) and hot spots of inflammation. C60 is a rich-source of electrons and acts like a fire extinguisher to inflammation and simultaneously (because it bio-distributes throughout the body) drives a normalization of electron flow throughout the body. In this category, we offer two products, the traditional C60 product* is made by yours truly and the C60 SuperConcentrate* is made by a carbon scientist friend of mine and contains a higher concentration of electrons.

- Charcoal (2-4 capsules a day): Charcoal is the pre-eminent detoxifier and when taken on an empty stomach, works its way down into the intestines and activates a blood purification process known as “interstitial dialysis”. Our Kohlbitr* product is the premier activated coconut charcoal in the world and we also now offer the more gentle birch charcoal.*
- Citrus fruit (especially blood oranges, due to their high hesperidin content — hesperidin is a chalcone like quercetin that deactivates spike protein)
- Peppermint (very high in hesperidin)
- Wheatgrass and Wheatgrass Juice (blades are high in shikimate)
- Superherbs to help disable spike protein:
- Schizandra Berry (high in shikimate)
- Triphala formulations: In Sanskrit, the word Triphala means "three fruits": a combination of Indian gooseberry (*Emblica officinalis*), black myrobalan (*Terminalia chebula*) and belleric myrobalan (*Terminalia bellerica*). The terminalia fruits are rich in shikimate.
- St. John's Wort (shikimate is found throughout the entire plant and in the flowers)
- Comfrey Leaf (rich in shikimate)
- Feverfew (leaves and flowers are rich in shikimate)
- Ginkgo Biloba Leaf (rich in shikimate)
- Giant Hyssop or Horsemint (*Agastache urtifolia*) (rich in shikimate)
- Liquid Ambar (Sweet Gum tree) A tea of the spiky seed pods is rich in shikimate.

Dosing with Chlorella/Cilantro for Neurotoxin Elimination:

Removing neurotoxins from your bowel is critical for successful treatment of heavy metal, toxic chemical, chronic infection detoxification as well as endogenous toxins that are produced by the “bad” bugs in the bowel and exogenous toxins that we eat. Toxicity, specifically neurotoxicity, is one of the root causes of all chronic diseases. The importance of binding neurotoxins and removing them in the feces is outlined in the end “Understanding Neurotoxins...”

Chlorella is our food of choice for detoxing the bowel and body, because it is not only a great chelator but a very important food supplying many vital nutrients required to detox and change your internal body chemistry (or internal milieu) to a healthier environment. Other alternatives to bowel detox of neurotoxins are apple pectin, Zeolite, chitosan, charcoal, clay and cholestyramin.

Chlorella is both a chelator – moving heavy metals out of the body and a mobilizer, moving mercury and other heavy metals from deeper stores to more readily removal areas. We use in it both capacities.

- There are three strategies to dosing chlorella:
 - i. Low dose: .25 – 1 gram with meals: this dose will bind mercury and other heavy metals in the food that you eat (i.e. mercury in fish).
 - ii. Mobilizing dose: 3-9 grams per day; the dose could be taken all at once or divided with meals, at night. (See below).
 - iii. Chelating dose: 2-3 times the mobilizing dose - to be used during chelation days.
- There are two strategies concerning when and how much chlorella to dose
 - i. Take the entire mobilizing dose at one time once or twice a day 1 hour away from food. This is the best strategy for gut detox because it concentrates the chlorella in the gut, scrubbing the heavy metals from the biofilm, gut lining and the pathogens. This strategy is often

used earlier in the detox treatment, when bowel functional restoration is important.

ii. Once the gut and extra cellular connective tissues have been detoxed for at least 1 month (for some longer), chlorella and cilantro are used for the most effective detox combination. The strategy is to take chlorella 30-60 minutes before meals and/ or at night before bed followed by cilantro. This strategy will be most effective in removing neurotoxins that are detoxed in the liver and delivered to the bowel from the bile.

Chlorella is very complimentary with other detox agents and support agents, which can be used for more efficient and effective detox.

- Processed (nanonizing chlorella products): Matrix Metals, NDF, Metal Free
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- Vitamin C and antioxidants, Ecklonia Cava; Minerals and electrolytes
- Sulfur products: MSM, DL Methionine, taurine, garlic, NAC
- Zeolites: Alli-thiamin
- Phospho lipids with Ca EDTA ...
- OSR
- Chelating agents: DMPS, DMSA, Na EDTA, D-Penicillamine, glutathione

<https://botanologia.gr/wp-content/>

Addendum to Detox Protocols -

Dr. Makis - <https://librti.com/view-video/sudden-death-explosion-around-the-world>

- nattokinase – breaks down blood clots
- brain function – NAC; organic olive leaf extract; D3, C, melatonin, magnesium bisglycinate
- taurine
- quercitin
- selenium

References:

- 1) What Really Makes You Ill? - Why Everything You Thought You Knew About Disease is Wrong
Lester, Dawn/Parker David
- 2) Goodbye Germ Theory
Trebing, Will Dr.
- 3) Bechamp or Pasteur? – A Lost Chapter in the History of Biology
Hume, Ethel D.
- 4) The Invisible Rainbow – A History of Electricity & Life
Firstenberg, Arthur
- 5) CROOKED – A History of Man-Made Disease
Maready, Forrest
- 6) Pasteur: Plagiarist, Imposter – The Germ Theory Exploded
Pearson, R.B.
- 7) The Contagion Myth
Morell, Sally Fallon MA/Cowan, Thomas MD
- 8) Power vs. Force
Hawkins, David PhD, MD
- 9) Love Your Disease – It's Keeping You Healthy
Harrison, John, MD
- 10) Cause Unknown – The Epidemic of Sudden Death in 2021 and 2022
Dowd, Edward
- 11) The Urantia Book
Various Authors
- 12) A Course in Miracles
Christ Michael
- 13) The Blood and Its Third Element
Bechamp, Pierre Jacques Antoine, Professor MD

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Videos related to this Paper & the Truth Centre, Keremeos, B.C. – BitChute, search name “davesheers”
For those who know that something is not right, and do not know where to turn, they can find community & Truth on our Saturday evening Zoom sessions @ 6pm PST – email ds7715990@gmail.com for invite/link.