

Minimizing the toxic effects of silver-mercury fillings

Chlorella — The main agent used in the detoxification process is chlorella algae, which have been proven to bind with and remove toxic metals from the body.

Dosage: start with 1 gram (= 4 tab.) 3–4 times/day. This is the standard maintenance dosage for grown ups for the 6–24 months of active detox. During the more active phase of the detox (every 2–4 weeks for 1 week), whenever cilantro is given, the dose can be increased to 3 grams 3–4 times per day (1 week on, 2–4 weeks back down to the maintenance dosage). Take 30 minutes before the main meals and at bedtime. This way chlorella is exactly in that portion of the small intestine where the bile squirts into the gut at the beginning of the meal, carrying with it toxic metals and other toxic waste. These are bound by the chlorella cell wall and carried out via the digestive tract.

When amalgam fillings are removed, the higher dose should be given for 2 days before and 2–5 days after the procedure (the more fillings are removed, the longer the higher dose should be given). No cilantro should be given around the time of dental work. During this time we do not want to mobilize deeply stored metals in addition to the expected new exposure.

On the day of mercury amalgam removal, take chlorella immediately before the procedure. Following removal, open an additional two capsules and sprinkle the contents directly on your teeth. Keep the chlorella in your mouth for about ten minutes, to absorb any metal residues; after ten minutes, spit out the chlorella and rinse your mouth with water. Repeat this step that night as well. The following day, resume the regular program,

On the day of amalgam removal, vitamin C should not be taken until after the procedure otherwise, it may interfere with anesthesia.

Garlic — Garlic contains compounds called sulfhydryl groups, which aid in the detoxification process by transporting mercury through the body, especially the kidneys. For proper garlic supplementation, you must first determine your highest tolerance level for the herb. Use the "smell detection level" as a general guide: If you can smell the garlic on your breath, you're taking too much. As with chlorella, garlic should be taken in divided doses, with meals.

Cilantro — Studies have shown that cilantro or coriander (Chinese parsley) can help move mercury and other toxic metals out of the central nervous system for excretion through the urine or feces. To increase your intake of cilantro, make this "pesto" to increase your intake of cilantro:

Start with fresh, organic cilantro and wash it thoroughly. Place the cilantro in blender, along with water, sea salt and olive oil. Blend the ingredients until creamy. Take 1–3 tbsp of this cilantro pesto, three times daily with meals.

High-protein diet — A high protein diet is essential to mercury detoxification.

Additional supplements — Other helpful nutritional supplements include vitamin C and magnesium, which shorten the amount of time it takes for feces to pass through the bowel (this prevents excreted mercury from being reabsorbed by the body through the intestine); vitamin E; and N-acetyl-cysteine.

Being a powerful anti-oxidant and cell detoxification co-factor, N-Acetyl Cystiene (NAC) works to eliminate your body of free radicals and heavy metals. This improves your cellular health tremendously.

Zeolite - Detoxifies the body by removing heavy metals and toxins. Helps re-mineralize the body. Acts as a free-radical reducer. Acts as a powerful anti-inflammatory.