

Stephen Heuer's Mercury Detox Protocol



Detoxification is the key health!

If you have mercury fillings and are experiencing unexplained illness or symptoms, mercury toxicity is likely the cause. It is common knowledge that mercury is a poisonous, toxic substance! If you have mercury fillings, we recommend you consult a natural dentist and have them removed immediately. There is no safe level of mercury so **even after mercury fillings are removed, it necessary to follow a detox protocol.** As a nutripath, Stephen Heuer has successfully helped many people detox from mercury poisoning (including himself). The way back to health is a combination of complete whole body cellular detoxification, proper nutrient intervention and an extremely healthy diet as a foundation. You can get well after mercury fillings, if you are committed to detoxification as an important step on the path to wellness.

Mercury Magnet: 1 cap per 75 lbs. of weight 1x per day in a.m. with other products that are 30 minutes before meals. If after 3 days detoxification symptoms of fatigue are not too aggressive, then keep at this dosage. If detoxification creates too much fatigue or other symptoms that interfere with lifestyle, then reduce dosage to 1 cap daily or every other day. Take until well.

Bio EnRGy C: 1tsp 3x per day 30 minutes prior to meals.

Pectasol: 1 scoop taken at beginning of each meal in water. Take until well.

Mineral Magic: ½ tsp. with Breakfast. Take ongoing.

Liver GI Detox: 2 caps with 2 meals per day. Take until well.

Beetmax: 1tsp 2x per day.

Barley Max: 1 tsp 2x per day.

One World Whey: ½ - 1 scoop 2 times per day. Take until well. Supplies cystine, the key dipeptide needed to create glutathione. Non Denatured Whey from Grass pastured cows is nature's most powerful, effective and concentrated source of the sulfur amino acid cysteine. The way cysteine is delivered to the body makes all the difference as to how well it is used. If it is delivered in the dipeptide form called cystine, then the results are superior to pure cysteine all by itself. Non Denatured Whey supplies nature's richest source of cystine.

Support for the Adrenal Glands and Your Daily Optimal Energy Needs:

The damage mercury causes to the kidneys and adrenal glands manifests itself as fatigue, depression, anxiety, and highs and lows in energy. Since mercury damages the kidneys and adrenals, it important to rebuild these systems while restoring energy levels. A fantastic combination of products to do to this are:

ADR Medix(Rebuilds Adrenals) 30 drops upon arising in 2oz of water

Kidney Medix (Rebuilds Kidneys) 30 drops at noon in 2oz of water

Myothon 2-3tabs in a.m. and 1-2 tabs around noon

Baobab Fruit Powder 1 scoop with water in morning

If the digestive system is tending to constipation, it is imperative to use **Oxy Powder** to cleanse the intestines of all old fecal matter. This provides the most thorough means of cleansing the intestines quickly. Take 8-10 caps at bedtime for 3-10 days. If you have a poor appetite and are not craving meats, then add 1-2 caps of Betaine HCL 30 minutes before a meal and take 2-4 caps with your meal. You can add 2-4 pancreatic enzymes to each meal as well.

To restore optimal beneficial bacteria populations, it is best to take **Progurt**. Progurt is the most powerful probiotic in the world! It contains the full spectrum of 400 to 600 friendly bacteria needed in a healthy human digestive tract. There are two ways to take Progurt. You can culture it into a yogurt using raw milk from grass fed cows or put it in warm water and add the prebiotic product. Culture Progurt for 12 to 24 hours and use 2 tablespoons daily. Store the unused portion in the refrigerator.

In order for the body to effectively detoxify mercury, heavy metals and toxins of all kinds the liver must be healthy enough to produce enough albumin protein and the blood must have enough protein it is as well as cholesterol. Dr. Melvin Page DDS and Dr. Hal Huggins DDS, MS have over 80 years of combined blood test results on tens of thousands of clients, showing that the only time that people got well was when their blood protein levels were high enough and their cholesterol was 222mg per 100 ml of blood. These positive blood chemistry changes could only take place when enough healthy animal proteins, animal fats with 1-3 teaspoons of healthy salt per day, were consumed. Healthy salt is subject to debate but **Celtic Salt** appears to be the very good.

It boils down to eating close to what your ancestors ate two to three hundred years ago. Many of us are mixtures of blood lines and do not have one pure ancestral past, however the ancestral diet that feels most correct for you can be figured out by how you feel from eating these foods. The ratios of types and proportions of foods will vary for each person. In his book **Nutrition and Physical Degeneration**, Dentist Weston A Price document his 10 around the world to six different continents to determine who were the healthiest people and what they are. He found that all the primitive people living on their indigenous diet were extremely healthy. They had wide down bones, no crowded teeth, wide nostrils, and strong constitutions and were of a happy disposition. He found they all had one thing in common; they all ate high amounts of animal protein and animal fat. In fact, 40% of their diet was composed of saturated animal fat.

It is important to note that when it comes to choosing animal products, the source is very important. There is a huge difference between unheated raw milk from grass fed cows and heat-sterilized milk from fed lot raised cows. As Dr. Hal Huggins points out in his book **Seeking Your Ancestral Diet by Interpreting Your Blood Chemistries**, heat sterilized milk from fed lot raised cows causes all kinds of diseases, On the other hand, unheated raw milk from grass fed cows or goats is a fantastic health food for most people whose ancestral diets included it. There are some, like Dr. Huggins, who make blanket statements of avoiding milk because they do not make this important distinction. If your ancestry consumed raw milk products, you will likely benefit from the same practice. If you do not know where to get raw milk from grass fed cows, go to www.realmilk.com. On this site, you will find all states listed. Click on your state and you'll see a list of suppliers of raw cow or goat's milk and some excellent meat and egg products as well.

Drinking enough water is very important. Because water sitting in pipes or in plastic bottles has lost its structure that causes optimal hydration, it is important to do one or more treatments to the water to restore its hexagonal structure. One simple way to improve water structure is to use medicinal herbs and brew the water into a tea. The best tea to support your hydration and detoxification is **Red Clover Blossom** tea. Simmer this herb into a tea, let it cool down and drink as needed. Red Clover supports the body's ability to detoxify the blood. It is known as a blood purifier. You can also drink fresh pressed vegetable juices if you have a juicer and use the juices as a supplemental form of water that effectively hydrates cells. If you really want convenience, then get Megahydrate and add 2 caps of Megahydrate to each 32 ounces of bottled water you consume. This is the way to improve hydration of bottled water when you are traveling. An additional benefit of drinking Megahydrate treated water is that it is a powerful electron donor. This means that it will neutralize free radicals. When you travel by plane you are subjected to Gamma radiation from the sun, going right through the plane and into your body. When you have Megahydrate in your body, you stop a large percentage of this free radical damage. The net result is you do not have jet lag when you reach your destination. Jet lag is nothing more than a lot of free radical damage from gamma radiation that causes cell damage to billions of cells. Once you arrive at your destination, your body works for 1 to 3 days to repair this damage, during which time you feel tired of "Jet Lag".

I've seen clients have major improvement in health and absence of symptoms in as little as 3 months. I've seen it take longer for major improvements in quality of life to occur. The mercury detoxification can happen quickly, but the time to rebuild damaged organs, glands and tissues takes longer. The time it takes to eradicate viral and fungal presence can make it a longer process as well. However, having already traveled this road, if you need further guidance beyond mercury detoxification, please contact Tom Palladino at (805)364-3051. Tom Palladino developed a treatment process to administer the scalar energy reverse-phase angle harmonic of a pathogen, thereby causing that agent of infection to fall apart. Scalar energy operates at the quantum level and is capable of disassembling all types of pathogens thus eliminating the causative agent of disease. Once the causative agent of a pathogen disease has been eliminated the symptoms associated with that infection decrease or disappear altogether.

All bold blue text items can be purchased at sgn80.com or call [888-988-3325](tel:888-988-3325). Copyright to Stephen Heuer, BS Nutripath