

Title:

**SCIO-Bio-Electronic Supported Elimination of
Toxic Substances from the Human Body
(SCIO Detox)**

Developed By:

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Abstract:

We are living now in the age of big contradictions. Development of science makes medicine be able to carry out great achievements but in the meantime, lifestyle-dependent diseases outbreak in epidemic growth. There is an ever increasing toxic burden implied on all of our patients. We must detox to survive. Detox is becoming more difficult in an ever increasingly toxic world.

Methods of detoxication have been known for a long time and they revive today. The SCIO has the electronic signatures of thousands of toxins in its repertory. Also the trivector signatures of the detox organs and their hormones. The SCIO can put electronic signals of these signatures into the body for the body electric to guide for increasing the detox abilities of the body. This article reviews the safety of the SCIO and its tremendous assistance to detox in over four hundred patient records. 425 patients are assayed for toxins and retested after the SCIO treatments. The results were astounding.

Key Words: Biofeedback, stress, stress reduction, Detox, Auto-Toxins, Sue-Toxins

Introduction:

This article reviews the clinical results and experiences of users of the SCIO/EPFX biofeedback device after almost six years of medical use in my medical practice in Budapest, Hungary. The practice of biofeedback dates back to the fifties. The technique of using biofeedback devices to diagnose stress and treat stress is receiving more attention in our ever increasingly stressful world. In this article we review the positive results achieved from clinical experience treating patients on a day to day basis. In over two hundred million patient visits the SCIO/EPFX over the last two decades, the SCIO was is an estimated 80% success rate in reducing stress and assisting many medical procedures. There were no reported significant risks reported during this two decade twenty years of use. The SCIO is proven safe and effective.

Although SCIO biofeedback is an effective clinical procedure, it is not used in isolation from other therapeutic techniques. Since many of its clinical applications focus on the reduction of anxiety or physiological arousal, relaxation procedures have been used with biofeedback to maximize this effect. The patient undergoing biofeedback treatment is often introduced to a relaxation technique prior to receiving biofeedback.

In this article we will concentrate on the results of using the SCIO/EPFX device in a medical clinical setting.

Why is it more important for the man of today to support the elimination of toxic substances from the human body?

We are living now in the age of big contradictions. Development of science makes medicine be able to carry out great achievements but in the meantime, lifestyle-dependent diseases outbreak in epidemic growth. The synthetic chemical

industry has produced over 30,000 chemicals that are toxic to the human body at some level. Only three of these have been fully researched to understand their complete environmental picture. We live in an ever increasing toxic sewer. We must detox to live. Everybody makes their own auto-toxins, as excretion is a part of biology and life. Our bodies are ever more toxic and desperately need detoxification. There are two important questions coming up here:

- Is there a perspective in the direction of treating chronic toxic diseases allopathically?
- Do we in every way know the reactions of the human body to clinically apply SCIO methods?

What are toxins and what is detoxication?

An intense Reactive Toxin is a substance that provokes an adverse reaction in the organism immediately or within hours. This can be an inner or an outer response. Detoxication is a natural method supporting increased excretion or elimination of substances of inner or outer source being present in the organism. Thus, we support the excretion of the organism in order to remove accrued excretas, intermediate- and end products of metabolism, needless micro- and macro-elements as well as toxic substances of the outside world. The human body has a very effective ability to detoxicate that is performed by the great detoxicating organs (liver, kidneys, skin) continuously. A common way of detoxication ability of the human body is the transformation of the foreign, exogenous substances (this is the so called bio-transformation). On the one hand, the regulation method/therapy applied by me supports the effectiveness and harmony of this life-function and on the other hand, the relief of either functions becomes possible. The human body needs continuous detoxication that a healthy man can carry out without any further help since his

metabolism works optimally. In the course of a healing process the deceased organism often wins over the disease by its inner detoxication mechanisms. Unfortunately, we cannot avoid meeting toxic substances in our environment of today that's why it is important to support their elimination.

Let us give names of some of these items mentioned.

First of all

- toxic heavy metal salts that infiltrate the body
- cadmium in the inner of pork and beef
- lead in the air, fruits, greens, liver and kidney
- mercury in amalgam fillings, in ocean fish
- nickel in bridges made of metal
- nitrate, nitrite and nitrozamines in conserving and coloring substances
- radioisotopes
- polycyclic aromatic hydrocarbons at barbecuing and grilling
- volatile hydrocarbons
- washing and cleaning supplies, fabric softeners
- allopathic remedies and their remains
- nutrition additives
- air fresheners, insecticides
- Dr. Reckeweg made a point against eating any pig product. The pig does not sweat and thus can not properly detox. These pig toxins are called Suine toxins (Sue toxins). The sue-toxins are responsible for many toxic burden diseases such as arthritis, carbuncles, cancer, boils, skin disease, liver burden.

What symptoms does someone have if his detoxication is insufficient?

Characteristic symptoms, especially when an internal medical check-up's results are negative:

- constipation
- changeable stooling
- urine and sweat of heavy odor
- bad breath
- constant tympany
- coated tongue, tooth impression in it
- parodontosis, heavy decay
- fatigability, deconcentrationness
- frequent headache
- loss of hair
- unclear skin
- changeable symptoms of allergy

What does the status of toxic balance mean?

A patient at this stage is not sick yet but he has many returning symptoms. His laboratory findings are normal or just minimally differing. To uncover this, regulation therapies, like SCIO, are very effective and they are able to avoid the manifestation of the disease. The patient is still healthy, not classically sick, so prevention still works here.

There is the so called unstable toxic balance when the patient is already sick there are symptoms of disease, there is degeneration in internal medical and laboratory findings (hypertension, blood lipid and sugar at top limit, articular complaints, headache,

dermatological symptoms and those of allergy and respiratory system, hormone problems, overweight). The patient regularly takes medication, he does not feel sick yet but there is a feeling of discomfort. Awareness of illness is rising.

Here we have to mention the Metabolic X Syndrome:

- overweight
- hypertension
- diabetes of II. type
- arteriosclerosis
- gout
- lipidosis

Another factor to mention is the regulation rigidity that we can observe in the case of the chronically ill with degenerative or tumor disease. The regulation process here is complicated and slow. In the case of these patients detoxication would be of high importance but this could reduce the effectiveness of certain treatments like cytostatic remedies and radiation therapy.

Methods and Materials:

How does the SCIO Detox regulation therapy proceed?

The first time, the status of the patient is being tested and recorded with laboratory, inner medical, gynecological, etc. findings. The test includes the level of acidosis, the status of metabolism, inflammation processes in the body, charting allergies as well as the measurement of the energetic reactivity of the organism. Here be decided, what diet the patient should follow, what remedies he is getting (vitamins, osteomolecular remedies, homeopathy, herbal therapy) and how frequently he should get regulation therapy with

the SCIO-device.

In the first 3 weeks the patient gets a treatment once a week due to the close control. This is necessary because acidosis at the beginning of the detoxication may temporarily increase; complaints and symptoms may become more intensive. Therefore excretion as well as the immune system need stronger support in this phase and psychic help is also of a high importance.

By the end of the 3. month, 70-80 % of toxic substances can be eliminated with SCIO. This isn also visible in the laboratory and ultra sound findings. In the 2. phase of the treatment the bowl flora is supported and the immune system is strengthened. By the end of the 6. month the patients feel themselves more energetic, chronic diseases stop or reduce to a minor level. Liver regeneration is about to start.

The complex therapy applied by me have been used with 350-400 patients with very good results. The average age of the patients makes 45 years; breakdown by sex makes 2/3 of female and 1/3 of male patients.

By the end of the 6. months I can say that the complaints having returned for years ceased, the allergies were gone, 70 % of the patients stopped taking any medication.

Process of the treatment:

1.-3. week:	once a week
4.-12. week:	every fortnight
last 3 month:	once a month

As of the 3. week

fatigability decreases by 80-90 %;

stool is normalized in 90 %;

somnipathy is gone in 100 %;

emotional pattern gets better in 90 %;

laboratory findings get better in 50 %, by the end of the 6. month they normalize in 90 %;

medication intake decreases by degrees, by the end of the 6. month most medication can be omitted in 90 %.

It is important to remark that I do no detoxication under the age of 18 due to the unpredictable reaction since children's organism is very unstable.

Results: How does the regulation therapy proceed?

The first time, the status of the patient is being tested and recorded with laboratory, inner medical, gynecological, etc. findings. The test includes the level of acidosis, the status of metabolism, inflammation processes in the body, charting allergies as well as the measurement of the energetic reactivity of the organism. Here be decided, what diet the patient should follow, what remedies he is getting (vitamins, osteomolecular remedies, homeopathy, herbal therapy) and how frequently he should get regulation therapy with the SCIO-device.

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The complex therapy applied by me have been used with 425 patients to date with very good results. The average age of the patients makes 45 years; breakdown by sex makes 2/3 of female and 1/3 of male patients.

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Discussion:

Stress is a part of all disease pictures and stress reduction should be a part of all medicine. The detox capacities of the human are in operant control of the Parasympathetic nerval system. Thus stress reduction is a factor in detox as well. But the SCIO EMR pulse has profound effects on detox by moving free radicals which have magnetic properties. The cybernetic loop also stimulates the detox system. The SCIO/EPFX or in fact any biofeedback can be helpful for stimulating awareness, control, responsibility ,detox and return of health. The techniques tested in this paper were shown extremely helpful in reducing stress and detox.

In conclusion, the authors views the SCIO/EPFX as an important biofeedback tool useful for detox in many stages of stress reduction-oriented therapy and would encourage allied professionals and regulatory bodies to recognize its value.

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APPENDIX 1

HOMOTOXICOLOGY

The body must deal with detox. We must exhale to inhale. We must urinate and defecate. Our skin must sweat and our mucous membranes detox as well. We must cleanse before we nourish. There is a simple fact of biology that no organism can survive in its own waste. Because of this we have been given an instinct to dislike our waste products. These have become some of our swear or taboo words, such as shit, piss, or snot. We scold our children when they discuss these.

As we are exposed to more and more toxins our detox mechanisms of the body are overloaded. This can often produce an excess toxic release. Such as diarrhea, excess sweat, smelly urine, skin conditions, etc. Since we have an instinct to dislike these auto toxins we often see them as symptoms. If we are so unlucky or unwise to then see an allopath, then the allopath will most often fight the symptom, by prescribing a drug that blocks the detox response. Antihistamines block the detox of our sinus, Antipyretics stop the detox of our fevers, Antispasmodics stop the intestinal cleanse, and on and on. The worst drugs are the steroids such as the cortisone creams that stop the skin detox and drive the toxins in deeper. Steroids are the best compounds for fighting detox symptoms.

The German field of homotoxicology shows us how these toxins can build up and start to be deposited into other tissues and eventually cause cancer. The chart on Homotoxicology outlines the process. At the top there are the stages of detox, and down the side we have the tissue types where the toxins can have effects. A field of detoxifying homeopathy has arisen from this observation. By using certain toxins homeopathically we can stimulate detox and correct the allopathic damage. This allows for us to deal with the underlying disease and then clear up the symptoms naturally. The symptoms are just signposts of deeper pathology.

If we use organic toxins we call them nosodes. Nosodes are disease-causing tissue. If we use synthetic man-made compounds we call them isodes. Often times a synthetic compound entered into the body is dealt with inappropriately by the liver. The liver makes proteins to bind to the toxins and disable

them. If the liver makes an inappropriate protein a new toxin can result. This is called a prion. Prion homeopathics can also help us in treating exposed patients. This allows us to develop a refined arsenal of homeopathic medications for the illnesses of the world.

The use of nosodes, isodes, allersodes, and sarcodes is an ever increasingly popular form of homeopathy around the world. It is gaining in medical popularity daily. This art needs to be responsive to an ever changing world. As new viruses are developing and genetic variance is continuously changing the entire microorganism field, only a flexible model for development of homeopathics can allow us to respond to new health crises. There are new synthetic compounds developed daily around the world as well.

APPENDIX 2

GENERAL DETOXIFICATION AND PREVENTION

1. **Procure a good source of water.** Ordinary tap water must be double-filtered to remove most chlorine and fluorine. Activated charcoal filters are inexpensive and good (change filters once every 4 months to forestall bacteria buildup). Water processed by reverse osmosis is best, but daily output (on most available units) is limited. Distilled water is not recommended for long-term use because it is "dead" and may chelate and hasten excretion of essential metals. The addition of wetting agents to water makes a water that is helpful for cleansing and healing. Spring water is good, but be sure to have questionable sources checked for pollutants.

2. **Avoid air pollutants.** Make every effort to live and work away from the denser urban areas. If this is not possible, try to get away for several weeks a year (preferably to the mountains or to a clean ocean) to rebuild lung tissue. Use air filters or air ionizers in the home and office. If you exercise outdoors, do it during relatively low-pollution times such as very early in the morning or well after rush hour at night.

3. **Avoid commercialized foods.** Buy produce, grains and other staples from health

food stores and co-ops at which the likelihood of obtaining foods grown in good soil is greater; or grow your own in healthy soil. Carefully wash produce from supermarkets: use soapy water or 0.2 ounces hydrochloric acid to 3 quarts of water. Place produce in the water for 5 minutes. Grains, beans, vegetables, fruits, nuts, sprouts and other simple foods are the best dietary staples. They are inexpensive, healthful, tasty, easy to prepare and ecologically sound. Seed products are best when sprouted. Cover with damp cloth for 24 hours, then dry. This washes away enzyme inhibitors.

4. **Curtail the use of chemical sundries in the home.** This includes cleaning fluids, insect repellents, garden sprays, air fresheners, detergents, dry cleaning fluids, etc. Try to obtain natural cleaners and solvents.

5. **Improve your eating style.** This means, in addition to eating the right foods, to avoid overeating (under-eating is best) and eat at the right times. The bulk of the day's food should be eaten before the early afternoon. Avoid big dinners after 6:00 p.m., they do not digest properly. Also, relax before and after meals. If you are upset or very tired, it is best to skip the next meal. Never eat or drink foods or beverages that are very hot or cold. If your hand cannot tolerate the temperature, neither can your stomach. Fluids alone, fruits alone, melons alone. Fresh and raw should be your guideline.

6. **Exercise!** Everyone needs vigorous exercise - at least 15-20 minutes three times per week, every day is better. Start with an easy program and build up. Jogging and swimming are good, and mini-trampolines are excellent if you are very much out of shape, or need something for indoors during the bad weather.

7. **Embark on a basic supplementation program.** Consult with your doctor and use basic protective food supplements daily. We highly recommend the following products. **"A-Z Formula":** 2 tablets per day. Provides many trace elements and protective factors not found in ordinary foods. If there is iodine sensitivity, use "A-Z Formula minus Iodine". "A-Z Mega" may be used for the severely deficient person.

"Amino Acid Mineral Liquescence": 2 teaspoons per day. Provides all amino acids and minerals needed for life and detoxification.

"Fatty Acid Liquescence": 2 teaspoons per day. This contains all fatty acid components needed for life. Compensates for loss of nutrients from hybridization and cooking.

"Phosphatidyl Choline": 1-2 tablets per day. Provides essential fatty acids and helps keep cholesterol under control, while stimulating brain performance.

Yogurt: 1-2 cups per day (or use buttermilk, kefir, etc.). These fermented dairy products provide beneficial bacteria for colon health.

"B-Complex" and "Brain Liquescence": 1-2 teaspoons per day (use a natural RDA potency). Amounts above what can be obtained from food have preventive and protective value. Also "A-Z Formula", "A-Z Formula minus Iodine", or "A-Z Mega" in severe nutritional deficiencies.

"Vitamin C Liquescence": 2 teaspoons per day. A basic protective water-soluble vitamin.

"Vitamin A" and "Vitamin E": 5,000 IU and 100 IU respectively per day. These are two basic protective fat-soluble vitamins.

"Immune Stim" and/or "Oriental Cold and Flu": 1 bottle in the flu season as a preventative measure.

"Beautex": 10 drops 3 times a day. Exposure to beauty shop toxins.

"Algin": 10 drops once each day. For radiation exposure.

APPENDIX 3

DETOXIFICATION

Ease of flow is wellness. Ease of flow involves the physical, the spiritual and the emotional. When disease starts, we get "Dis-Ease" of flow or blockage of flow. This usually starts with the inability to detox. If you do not detoxify, you cannot nourish. Work on detox first, then absorption, nutrients, mental attitudes, spiritual, social and finally education.

$$\text{Clearance (elimination)} = \frac{\text{hepatic clearance} + \text{renal clearance}}{\text{volume of water specific to the toxin}}$$

Kidney and liver function, and the amount of good water consumed, determine the clearance. The volume of water needed to facilitate removal of toxins varies with the toxin: monosodium glutamate, for example, requires much less water for its elimination than a lipid-soluble toxin such as, say, DDT.

We do know the clearance factor of a toxin is a mathematic relationship of hepatic clearances (liver added to the kidney clearance). This equation is over the water coefficient for each toxin. Each toxin has an amount of water that it takes to get rid of that particular toxin. For example: Valium is a pharmaceutical which has an H₂O coefficient of two gallons. With approximately two gallons of water, you can rid your body of the normal dose of valium, provided your liver and your kidneys are working properly. The more water, the better your clearance. For some strange reason, we find that the liver has to have a better capacity to detox than the kidney, or detoxification does not work properly. The liver should be worked on before the kidney.

The clearance factor for DDT is only 50,000 gallons of water for what you have in your body right now. The big problem is you cannot stop your exposure to DDT. Everyone has five to seven percent of DDT in their bodies now, and that amount can only increase if we do not stop the use of insecticides and pesticides. DDT is only one of the many

insecticides to enter our bodies. There is no way we can detoxify fast enough, to overcome the exposure. To detoxify you need good water, a good liver and good kidneys. These are the major keys to detoxification. The better the water, the better the detox. The better the liver, the better the detox. The better the kidneys, the better the detox.

It is our opinion that we can decrease the clearance factor of water needed to detoxify by using homeopathy.

APPENDIX 4

XENOBIOTICS

"Xenobiotic" is a word used in classic biology and the World Health Organization to indicate toxic compounds. Not all toxic compounds come from the environment such as air and water pollution. Toxic compounds can be manufactured within the body. It is wrong to think that all toxins are derived from synthetic substances and external impacts. In fact, any nutrient can become a toxic problem if ingested in large amounts. Even water can be toxic, if we drink too much at one time.

Within the last hundred years, man, through synthetic development, has drastically increased our toxic exposure, which now jeopardizes life itself. These toxins that have been generated from insecticides, herbicides, petroleum, etc. have had profound impact on biology. With this in mind, a new system of medicine for detoxification must be addressed.

This new system is also an old system, for it is homeopathy. Through ingestion of very, very small trace amounts of poisons, the body can have a paradoxical rebound effect. Present-day scientists have found in a new study of hormesis that tickle doses, small trace doses of a toxin, such as radiation, petroleum, synthetics and chemicals can have stimulatory effects on the human body.

At the University of Wyoming cell biologist, Joan Smith-Sonneborn, has found that tickle

dosages of radiation have extended the life spans of flies, rabbits and other organisms, and Health Physics devoted its entire issue to the study of hormesis. As we can see, this allows for the understanding of what homeopaths have known for years; that a small amount of a toxic agent can have a beneficial result on the human organism.

Xenobiotics allow for the understanding of hormesis that modern science is starting to understand, opening the door for a new biology and a new modality of medicine, so that we don't try to demand action with large-dose pharmaceuticals, but tickle the life-force of the patient to respond and to normalize itself for health.

Detoxification of Xenobiotics

The detoxification of xenobiotics is important and should be a central issue in health care. Even slight toxemia can block the electron transport chain, upsetting enzyme function, disturb mitogenic radiation and overtax the eliminative functions. Meanwhile, the earth is being overrun with toxins i.e., air and water pollutants, insecticides and defoliants, radioactive wastes, etc., which threaten not only the individual's powers of detoxification but life itself. Health professionals are behooved to deal with this plague of xenobiotics on both the clinical level and the community or social levels.

Exposure to toxins starts at conception. Subtle toxins can penetrate the amniotic barriers and interfere with development. The figure at the bottom of the next page illustrates the prenatal periods during which organs are susceptible to serious damage from exposure to toxins. The ear is most sensitive, which probably accounts for the otitis and hearing disorders prevalent in our society.

Everyone has a toxic burden, consisting of their total accumulation of xenobiotics. When the toxic burden reaches a level that exceeds the power of the detoxicative mechanisms' ability to cope, a breakdown occurs. The breakdown usually occurs as a "last-straw" sort of situation: the toxic burden built up over decades is suddenly manifest by a superficially trivial exposure or event.

Dr. Reckeweg's Homotoxicology describes five levels of defense against toxins:

1. The reticuloendothelial system. This consists of the lymph system, white blood cells, macrophages and the humoral wing of the immunity (antibody development).
2. The pituitary/adrenal axis. This system is activated when the other systems are overloaded.
3. The neural reflex system. This includes the entire nervous system.
4. The liver. The liver performs an array of detoxicative functions with its oxidases and via the bile.
5. The mesenchymal system (connective tissue).

We might broaden Dr. Reckeweg's system #1 to include the skin and lungs, making system one representative of the instantaneous defense system. Kidney and other endocrine functions can be added to system 2. A new category, system 6, can be added to complete the list: the bowel, especially the bowel's flora. The bowel's flora shifts in response to the toxins it encounters. So-called "unfriendly" flora such as candida may actually be friends in disguise, since they help deal with toxins that might otherwise overwhelm the system. Yeasts, for example, are better equipped than bacteria to deal with heavy metals.

Identification and treatment of allergies or hypersensitivities, stress reduction, awareness training, physical culture such as exercise, yoga, etc., proper food and water, nutritional supplementation and others can reduce the toxic burden and avert health catastrophes.

Also, cleaning the environment is helpful and, in some cases, mandatory. Toxins obey the second law of thermodynamics and tend to diffuse from areas of high concentration to areas of low concentration. Thus, if an individual can be removed from a toxin-laden environment, the toxins will eventually pass out of the system. This is always for complete healing and sometimes for noticeable results: if the individual has a severe hypersensitivity to a particular environmental contaminant, he must be removed from contact with it.

Detoxification can be speeded by good homeopathic prescribing and by nutritional supplementation. The latter are limited in their usefulness, but are good for fortifying the system and can act as chelating agents.

Detoxification programs should last from three days to a month, depending on the individual case. After that you will need to rebuild tissues through improved diet, exercise, stress reduction and mental treatments. These phases of detoxification and rebuilding should be cycled for complete healing.

We detox through the urine, the kidneys, the blood, the bowel, the liver, the small and large intestine, the breath, the lungs, the sweat glands and the skin. Mucous and sinuses are internal. They are meant as an internal drainage that should help tip us off if something is wrong. We must not forget the need to detox our mind, our spirit, our social and our environment.

There are five principal avenues of elimination. The function of each of them should be

encouraged, along with the use of homeopathics.

1. Lungs. Naturally, most gaseous toxins exit the body via the lungs. Deep-breathing exercises and ion generators are valuable for disfunction.
2. Bowels. Most solid wastes exit the body via the bowels. Bowel function can be promoted with bulk laxatives (Mucovata, bran, etc.), peristaltic stimulants (herbal laxatives such as senna, cascara, etc., and the acetylcholine precursors choline and pantothenic acid), stool softeners, acidophilus, and enemas or colonics when necessary. Long-term use promotes dependency, robs potassium and depletes muscle tension.
3. Skin. While the skin is one of the most neglected avenues, encouragement of elimination by this route can be very advantageous. Exercise, saunas, sweat baths, swimming or any activity that breaks a sweat and opens the pores is beneficial.
4. Kidneys. The filtering of waste through the kidneys is vital. The primary requisite here is plenty of good water - energetically active, pure and well-oxygenated.
5. Mucous membranes. These dump toxins into the intestines for elimination and control parenchymal endothelial balancing of minerals.

Urine

Bowel

In stool analysis there are many different types of stools, and the quality of the stool can tell us much about the health of a person.

Steatorrhea can be found in a person by looking at the person's stool. In steatorrhea there is an inability to absorb fats, and an inability of the small intestine to make the proper enzymes to break down the fats, proteins, and carbohydrates. This will result in a stool which has some of the following characteristics:

1. The stool will be light in color.
2. It will float because of the high fat content.
3. It will be oily.
4. It will have a fowl smell because of the foods not able to be broken down, sometimes even containing undigested particles of food.

This might trigger us to use small intestine digestive aids to help in the digestion of the fats.

A silver or aluminum-colored feces, especially accompanied by jaundice, could come from a growth blocking the pancreas gland duct and warrants medical attention. This is an extreme case of steatorrhea.

An internal ulcer, which bleeds into the intestinal tract, will cause a black, crusty type of stool. This is due the heavy dose of hemoglobin that has formed in the stool. These individuals should take an ulcer formula such as "Ulcer" and be on a cabbage juice diets to help increase the vitamin K factor in the blood and heal the ulceration.

Black or tarry-colored stools, not related to large doses of iron, are suspicious evidence of bleeding in the gastro-intestinal tract. Sometimes taking large amounts of aspirin can cause gastrointestinal upset, and possibly even breaks or bleeding in the gastrointestinal tract.

Pencil-thin stools can sometimes be indicative of an allergic substance that has been eaten by the person, which causes a histamine-type release swelling of the tissues in the large intestine, and this swelling results in very thin stools. These thin stools, thus, can be indicative of an allergic reactivity to a substance that the person might have consumed.

To test for lactose intolerance, we should look for gastrointestinal symptoms that will disappear if the person avoids all milk products for four days. Then if the person drinks milk, and the symptoms recur, it will tell us that there is a possibility of lactose intolerance. Then by taking commercial lactate, or any other commercial products that are preparations of lactase *with* milk, we can see if that will help the situation so that we can further diagnose the lactose intolerance.

Greenish-type stools may be indicative of a problem with the bowel in the liver release.

An extremely fowl odor might be an indication of a parasitic infection, such as giardia, or possibly amoebae.

If the feces size seems to change, and has different consistencies, this could be a sign

of an obstructed bowel.

Stool analysis can also reveal intestinal parasites, as we can look for worm eggs with a microscope using sugar solutions. (Occult) blood analysis can tell us about the possibility of colon-rectal cancer, red color in the feces can reveal visible blood, not just occult blood.

Tapeworms can come from eating raw, or inadequately-cooked meat, such as steak tartare, raw fish, and other sushi preparations. Most worm infestation comes from being barefoot on the ground or pavement where dogs have deposited excrement containing worms. Even where there are no breaks in the skin, these worms can get into the feet. Hookworms can complicate intestinal function and also cause anemia.

One test for tapeworms in a child can be accomplished by the "scotch tape" test on a glass slide. Every night for a week, take a piece of scotch tape, wait for about one and a half to two hours after the child has been under the warm blankets. Often times the worms will come out to lay their eggs at the anal area of the child. Wind the piece of scotch tape around the eraser end of a pencil, sticky-side out. Touch the sticky surface to the anal area of the child. Peel the scotch tape and put it onto a glass slide; look through a pocket microscope. You will see the pinworm eggs if they are there. A 30-power pocket microscope bought from Radio Shack can help to tell us about these different worm intruders. Pinworms are the number-one cause of appendicitis. Most of these eggs can be seen with the naked eye, but the microscope definitely helps. This child will also have itchy buttocks, and often times his nose will be itchy as well. Giardia is so small that it cannot be seen with the naked eye, but it can sometimes be seen with the help of a 30-power pocket microscope.

The amount of the stool should be related to the amount of the diet. It is normal to have at least one bowel movement a day, sometimes two or three. To have one per meal is not irregular. If one has eaten large quantities of food and not had enough bowel movements, this might indicate a problem. Large quantities of grains, fruits, vegetables and other fibrous foods can often increase the amount of feces, while large amounts of proteins and liquids tend to decrease it. The color of the stool should be medium brown, and should be uniform in color throughout. Eating large amounts of green vegetables sometimes makes the stool green. Certain anti-biotics can cause a yellowish tinge. Food colorings, dyes, and drugs can also alter stool color. The consistency should be firm, not hard, or watery. Each segment should be from one half inch to one inch in diameter.

A diet high in fiber or not enough digestion will cause the feces to float. The normal pH of the stool should be close to 7, neutral. Large amounts of meat in the diet can make it more alkaline; large amounts of carbohydrates will make it more acid. There should be little evidence of glucose, no evidence of blood, white blood cells or parasites. Eating rare meat, certain vegetables and fruits, and vigorous brushing of the teeth are things that could cause a false, positive blood test of the stool.

Breath

Breath as a system of detoxification is the number-one system of fat removal in the body. We must depend on the pulmonary expertise of the heart and lung system for it to be able to detox.

There are several different ways in which we can measure the pulmonary ability of the system. An easy test to use for measuring the pulmonary function is that of walking one-half mile in six minutes. If, for example, a person finds himself out of breath after walking a few minutes, or after walking the one-half mile, it is reasonable to assume that there is a pulmonary function problem that needs medical attention. A person should also be able to hold his breath a minimum of 40 seconds to be healthy; anything under 30 seconds indicates the need for medical attention. A good set of lungs should be able to blow out a candle at two and one-half feet. Anything less than two feet shows a problem with the pulmonary system.

Accompanying the breath is sputum, which can be analyzed as well. It can be analyzed for several different factors very easily. If there is a pink-tinged sputum, there might be some blood from the lung, possibly from an asthmatic who has a little bleeding in the lung. A rusty-colored sputum is sometimes an indication of pneumonia. Yellow sputum is a sign of bacterial infection, whereas green sputum might indicate sinus involvement, as well.

We can perform the match test by holding the mouth open as much as possible without puckering the lips, taking as deep a breath as possible and exhaling the air. A match held six inches from the open mouth should be easily blown out. Inability to successfully perform this test means that there is the possibility of a lung problem.

Another test is that of the forced expiration time test. With the mouth open as wide as possible, breathe in as deeply as you can and as forcibly and as fast as you can, exhale. You should be able to exhale out all the air within two to six seconds. If you take more than six seconds to push out all the air from your lungs, it is a warning signal that there might be an obstructive or restrictive problem within the lung.

Another factor that can be brought into analysis is that of breath odor. Halitosis, or bad breath can be significant of certain medical problems. Often times the valve at the top of the stomach, the cardia valve, is rotted away or has an inability to close. This will produce a putrid odor. Infections of the sinuses and teeth will produce halitosis without the complication of the hydrochloric acid smell. Sweet odors can tell us about improper spleen function. An acetone type smell can be a warning sign for diabetes. It might also appear, if someone is on a reducing diet or has too few carbohydrates. This can produce ketosis. If combined with yawning, this means that the person has slipped into a ketonic acidosis, which could be risky. Advise this person to eat some carbohydrates, such as fresh fruit. See if it brings energy to the system.

An ammonia breath odor can be the first sign of a kidney or possible liver disease.

A frothy type sputum can be a clue that there is heart failure or possibly lung edema, showing that the heart is performing inadequately.

If there are little pieces of chalk-like substance in the sputum that are actually calcium, this could be an indication of a fungus infection of the lung, or the consequence of exposure to certain minerals or silicosis.

Carbon monoxide can accumulate in the system and block oxygenation. It will drastically limit estrogen production and also limit testosterone production in males. Many forms of impotence are complicated by a decrease in oxygenation by a carbon monoxide blocking. This happens particularly in smokers. Decrease in sexual drive in either men or women can be a sign that there is carboxyhemoglobin, which means that carbon monoxide has taken the place of oxygen in the blood.

Carbon monoxide testers can be bought from the American Gas and Chemical Company, North Vale, New Jersey, 07647. For \$35 a package of twelve tests can be ordered, which will change color in the presence of carbon monoxide. Thus, smokers and other people who might be at risk of carbon monoxide poisoning might want to buy this valuable kit.

Sweat

A lot of people do not sweat enough and some people sweat too much. For the most part, women do not naturally sweat as much as men. But women should sweat. Everyone should sweat. If a person is doing strenuous exercise and not sweating, it is probably the lungs that need to detoxify.

Often times excess saltiness in the sweat, especially in children, can be indicative of

cystic vibriosis, which is a disturbance of the pancreas and its ability to generate different types of enzymes. Thus, a person cannot properly digest different compounds and this results in excess saltiness in the skin. We can taste the skin of our children, and if we can detect cystic vibriosis early enough, we can sometimes save these children, through different types of dietary procedures.

Sticky sweat can show a problem in the utilization of water, which might be significant at early-stage kidney or bladder dysfunctions.

Excess odor of the sweat, as in underarm odor, can also be a dysfunction of dietary involvement, showing that there is too much red meat or too many toxins in the diet. Also this odor can be complicated by different bodily infections. Some of these are stubborn and resist the soap of the washer and dryer. Sometimes these clothes need to be even microwaved at high temperatures in order to kill the different fungi and bacteria that the washer and dryer might miss.

Use of anti-perspirants which involve aluminum can contribute to Alzheimer's and other systemic problems. Use of other deodorants which block the release of sweat can sometimes cause problems with blood pressure and other detoxifying systems. To fight excess body odor we should clean up our diet, reduce our stress, and lead more natural lives.

Detoxification through the Endocrine System

Toxic Endocrine

<u>Endocrine Gland</u>	<u>If Toxic, System Used to Detox</u>
Adrenal	Lungs
Thyroid	Skin
Pineal	Eyes
Pituitary	Sinuses
Hypothalamus	Psyche
Gonads	Genitalia, Urine
Kidney	Urine
Stomach	Stool
Liver	Stool
Thymus	Sweat

Sweat glands are the back up of the thyroid. A sweat problem usually involves the thymus and the thyroid. If there a sinus problem, the pituitary is usually involved. A problem in the lung is an indication that there is a problem in the adrenal gland. A bowel problem indicates a problem in the large and small intestine or a weak liver. If there is a urine problem, the kidneys may be weak. Drainage of the eyes indicates the pineal gland is weak.

Homeopathic glandulars of the endocrine system are recommended to help in the detoxification of the glands.

General and ancillary support during a detoxification program includes balancing of the autonomic nervous system, provision of ergodizing agents, treatment of allergy/hypersensitivity and mental treatment (stress reduction, etc.). Keep in mind that the body's effort to detoxify itself can be stymied by inappropriate mental or emotion habits: repressed feelings will express eventually as an increased toxic burden.

Following are outlines of suggested detoxification programs. As always, such programs must be modified or combined to suit an individual case.

Detox Program - Number 1

Detox program #1 is for toxicity in the reticuloendothelial system or combinations of them.

Vitamins and Minerals: Ascorbic acid, one gram (or more); Vitamin A 25,000; RNA/B-12/Folic Acid, 2 tablets/capsules; Chelated Cell Salts; Garlic; per day.

Glandulars: Homeopathic Lymph; Immune Stim; Spleen (6x, 12x, 30x, 60x, 100x combination) as directed.

Botanicals: Red clover; plantain; nettles; prickly pear; lobelia; marigold; Garlic extract.

Others: If infection is present, "Blood Liquescence", "Lymph Liquescence" is recommended.

NOTE: Cleansing the lymph and blood may temporarily stimulate candida growth. If this problem already exists, warn the patient of possible flare-up.

Detox Program - Number 2

Detox program #2 is for toxicity of degree and duration that has called into action the endocrine system.

Vitamins and Minerals: Vitamins A; C and E daily (roughly 25,000 IU, 2-3 grams and 100-200 IU, respectively). Chelated Cell Salts. Others: iodine; chromium; selenium; manganese and molybdenum.

Glandulars: Homeopathic Lymph; Spleen; Mammary; Parathyroid; Pancreas; Adrenal Prostate; Pituitary; Thymus; Thyroid (at 6x, 12x, 30x, 60x, 100x combination) as directed.

Botanicals: Scullcap; echinacea; mullein; kelp; black radish; alfalfa.

Others: "Phosphatidyl Choline" and "Essential Lipoids Garlic Oil " if infection is present.

NOTE: Always treat the digestive system. Support with HCl, enzymes, etc. to reduce the workload of the pancreas. Encourage consumption of legumes. Balance the pH,

autonomic nervous system and hormones.

Detox Program - Number 3

Detox program #3 is for toxicity of degree and duration that has called into action the nervous system.

Vitamins and Minerals: B or G complex. Chelated Cell Salts.

Glandulars: Homeopathic Major Nerves; Pituitary; Metab; Brain (at 6x, 12x, 30x, 60x, 100x) as directed.

Botanicals: Scullcap, plantain, lily of the valley, black radish, alfalfa.

Others: "Phosphatidyl Choline, Lecithin ", "Vitamin C Liquescence", "Fatty Acid Liquescence".

NOTE: Chiropractic care and TMJ management are vital here. Balance the autonomic nervous system and reduce stress as much as possible. Encourage 24 hour fasts, one day per week.

Detox Program Number - 4

Detox program #4 may be the most important. In extreme toxicities, it is the starting point. It deals with the liver, whose detoxicative abilities are vast. The liver conjugates xenobiotics with various organic compounds to facilitate elimination.

Vitamins and Minerals: Ascorbic Acid, one gram 3-8 times per day; Vitamins A and E, daily (roughly 25,000 IU and 100-200 IU, respectively). Choline and Inositol as a lipotrope. Selenium; Manganese; Zinc; Copper; Molybdenum; Iron; Chelated Cell Salts.

Glandulars: Homeopathic Liver/Gallbladder; Stomach/Pancreas (at 6x, 12x, 30x, 60x, 100x combination) as directed.

Botanicals: Walnut; Blue Vervain; Scullcap; Wild Yam.

Other: "Fatty Acid Liquescence"; Intestinal Cleanse; "Phosphatidyl Choline"; "Liver Liquescence"; "H.E.P.A."; "Vermex".

NOTE: A liver flush is always indicated. As always, homeopathics of toxic agents should be identified and prescribed.

Detox Program Number - 5

Detox program #5 is for detoxification of the connective tissue. there are circadian shifts from acid to alkaline that occur in humans, one purpose of which is to contract and expand the connective tissue to expel toxins. Subtle inflammation of these tissues is thus natural and normal. Dilution is one of the first stages of resistance to toxins.

Inflammation should be viewed as a process of dilution, local tissue edema. If the toxins are not adequately disposed of the inflammation becomes less subtle, eventually becoming perceivable.

Vitamins and Minerals: Vitamins A; C and E, daily (roughly 25,000 IU, 2-3 grams and 100-200 IU respectively). Chelated Cell Salts; Manganese.

Glandulars: Homeopathic Muscle/Ligament/Cartilage; Adrenal; Bone (at 6x, 12x, 30x, 60x, 100x combination) as directed.

Other: Essential Fatty Acids, Pantothenic Acid; Lymph Liquescence; Anti-Inflammation.

NOTE: Large doses of antioxidants are helpful for achieving rapid control of inflammation; antioxidants are also needed for long-term connective tissue healing. Avoid most polyunsaturates, since most of these fatty acids are precursors of the pro-inflammatory prostaglandins. Aspirin and other non-steroidal anti-inflammatory drugs act by blocking prostaglandin production. It is important also to curtail animal protein intake, treat allergies and reduce stress.

Detox Program - Number 6

Detox program #6 is for detoxification of the bowel and, following that, reinoculation of the bowel with beneficial bacteria.

Vitamins and Minerals: B-12; Pantothenic Acid. Pantothenic acid and choline precure acetylcholine, a helpful neurotransmitter if the bowel is atonic.

Glandulars: Homeopathic Small and Large Intestine; Thymus (6x, 12x, 30x, 60x, 100x combination) as directed.

Botanicals: Marshmallow root

Other: Intestinal Cleanse; "Disodium Phosphate"; Chlorophyll; "H.E.P.A."; "Liver Liquescence"; "Immune Stim"; "Digestive Liquescence".

NOTE: Always check first for worms, fungi (candida especially) or other intruders. If candida is present, treat with FNG and support with Vitamin A, and iron.

Detoxification is very important. In order to detox properly, the liver, kidneys and small and large intestine must be in good condition. The liver should be the first concern, then the kidneys, then the small intestine.

Liver Detoxification

Liver and Gallbladder Flush: Drink two or three glasses of apple juice or apple cider a day, for two or three weeks before the liver flush. If allergic or intolerant to apple juice, switch to a lime or grapefruit juice. Drink one glass of grapefruit juice in the morning for

the same three weeks. Grapefruit juice detoxes the gall bladder and lowers cholesterol. Patients often mistake the detox reaction of grapefruit juice for some acid intolerance, while actually it is removing toxins. To remove a splinter there is some pain. The same with some systemic toxins, so patients must be encouraged to tolerate some detox reaction. Stones only form in the body when magnesium is in excess or deficiency. If the patient has not been consuming large quantities of magnesium then suspect magnesium deficiency syndrome, it is quite common. Supplement 25 to 100 mg per day. Too much more magnesium can cause hypoadrenia over a long time.

- A. Eat a meal early enough in the evening to allow time for following the steps.
- B. Three (3) hours later take one (1) teaspoon of Disodium Phos. in 2 oz. of water.
- C. One (1) hour later, repeat B.
- D. One (1) hour later, take 1/2 cup of lemon juice with 4 tablespoons of olive oil.
- E. Go to bed. Lay on your right side for 1/2 hour.
- F. Next morning on an empty stomach repeat B.
- G. If the next morning, there is no bowel movement, do an enema.

Liver Program: "Liver Liquesense" - 3 teaspoons per day; "H.E.P.A." - 3 pills at bed time. Do this for 3 weeks. "Digestive Glandular General" - 1 with meals for one week. "Liver/Gallbladder" - 10 drops, 3 times a day, 1 bottle. "Oriental Herb (Liver)" - 5 drops for 3 days.

Gallbladder Detoxification

"Liver/Gallbladder" and "Bear Gallbladder" homeopathics are recommended for gallbladder conditions along with magnesium and cholesterol management. Take - 10 drops, 3 times a day.

Kidney Detoxification

The "Kidney Liquesense" is recommended to clean up the kidney. Take 2 teaspoons per day.

Kidney Stone Flush: Do this until the stones are dissolved, but not for more than 6 weeks.

"Kidney, Adrenal, Ovarian or Prostrate" - 10 drops, 3 times a day.

"Oriental Herb (Kidney)" - 10 drops, 3 times a day, for 1 week.

"Kidney Stone" homeopathic - 10 drops, 3 times a day.

100 milligrams of B6

100 milligrams of Magnesium

into 10 oz. glass of

1/3 apple juice

1/3 lemon juice

1/3 juniper tea - 2 glasses a day.

Lymph Detoxification

Lymph should be worked on next. When there is build up in the lymph, this can be a sign of bad quality protein. When lymph starts to build up bad protein, it goes into the blood. Everyone should have some neurolymphatic work done on them. This will help to help stimulate the cleaning of the lymph. "Lymph Liquescence" is recommended for clogged lymphs. "Blood Liquescence" not only satisfies the anemia person, but helps with bad skin due to bad lymph and blood. It also contains lymphatic cleansers.

Lymph Program: "Lymph Liquescence" - 8 teaspoons (day 1); 7 teaspoons (day 2); 6 teaspoons (day 3); 5 teaspoons (day 4); 4 teaspoons (day 5); 3 teaspoons (day 6); Level off with 2 teaspoons per day. "Digestive Enzyme Liquescence" with meals. "Digestive Glandular (Fat, Protein, Carbohydrates)" - 2 each before bed on an empty stomach. "Lymph, Spleen, Mammary" - 10 drops, 3 times a day. "Oriental Herb (Lymph)" - 10 drops, 2 times a day, for 2 weeks.

Intestinal Cleanse Program

For 10 days to 2 weeks: "Small and Large Intestine" - 10 drops, 3 times a day. "Health and Beauty Poultice" - 1 tablespoon in 6 ounces of water or juice, in the morning and at night. Seventy percent of diet should consist of raw fruits and vegetables (avoid iceberg lettuce and popcorn). "Herbal Laxative" - 1 with meals. Thirty ounces of filtered water (with the "Homeopathic Catalyst Water" added) should be drunk each day. "Essential Lipoid Factor" - 3 capsules with evening meal. "Fiber Capsule" - 2 capsules, 30 minutes before meals.

Activated charcoal and the intestinal cleanse program are very good for a person with a problem in the large intestine. Activated charcoal is not only used in therapy, but in diagnostic testing. It informs us of transit time. Calculate when your normal bowel movement takes place. Say you normally have a bowel movement around 9:00 a.m. Figure back 14 hours because normal transit time should be around 14 to 16 hours in the body. Counting back 14 hours, calculates to 7:00 p.m. the day before. Take the activated charcoal with a little bit of food at 7:00 p.m. and wait to see, if the next morning, the charcoal appears in the stool. If the charcoal is in the stool, it is a good indication that transit time is 14 hours away or less. Now, if the next morning the charcoal is not in the stool, then you know that the transit time is over 14 hours. The next time instead of taking the activated charcoal at 7:00 p.m., take it at 3:00 p.m. and wait to see when the charcoal appears. Do this one time during a week. If the activated charcoal does not appear in 24 hours, when does it? You will find certain people think their transit time is normal. Truth of the matter is, their transit time is 24 hours or 36 hours. They are just passing today what they ate a couple of days ago. Canned corn may be substituted for the activated charcoal to check transit time. If your transit time is too fast, your minerals will not be absorbed.

This program should not be performed for more than one week every three months.)

Not only does activated charcoal help to eliminate toxicity in the body, but it also measures transit time.

APPENDIX 5

GENERAL DENTAL MERCURY REMOVAL CONSIDERATION

1) The quadrant containing the highest single reading should be removed first, and further quadrants in descending order, as indicated on the chart. This sequential removal may be crucial in mercury toxic patients.

2) Where possible a rubber dam should be used, in conjunction with an efficient high volume evacuation, and high speed cutting tool with water coolant spray, to protect the patient from the aerosol.

3) When the patient is extremely hypersensitive to mercury, they may react during treatment. If there are signs of an adverse reaction, give six grams of sodium absorbate, (Vit.C) in a glass of water. Charcoal, Bentonite, Adrenal + Liver treatment can also assist.

4) Negative current excites nerves. When fillings are removed from teeth with high negatives, the tooth may become hypersensitive, which may be avoided by inserting a temporary dressing for about two months.

5) If any other metal is used as a restorative material, all amalgams should be removed first.

WHEN DRILLING OUT AMALGAM:-

6) Cover the patient's eyes with a damp cotton wool, or use wrap around goggles.

7) Use R.A. nosepiece with tubing attached, to extend out of operating area, or work using oxygen flow or charcoal filter.

8) Confirm that the patient has been advised on pre-treatment detoxification procedures.

9) use comfortable music The QX VRI or other comforting distraction. The QXCI can relieve pain and other tension as well.

DENTAL PRE and POST-TREATMENT PLAN

HOMEOPATHIC DENTAL AMALGAM (NV)

Six drops twice a day, either under the tongue, or in a little water.

Separate from food by one hour either side. Start seven days before treatment and include day

of treatment.. Continue same dose for three weeks, if dental treatment scheduled, take it on that day.

HOMEOPATHIC DENTAL INJURY (NV)

Six drops twice a day, either under the tongue, or in a little water. For stimulation of healing.

Separate from food by one hour either side. Start seven days before treatment and include day

of treatment.. Continue same dose for three weeks, if dental treatment scheduled, take it on that day

CHARCOAL

Take three charcoal tablets half an hour before any dental treatment involving amalgam removal and three in morning and three at bed for two weeks after.

BENTONITE CLAY

Take three bentonite tablets half an hour before any dental treatment involving amalgam removal and one in the morning and three at bed for two weeks after.

GLUTATHIONE PEROXIDASE

Dose:- one with water half an hour before breakfast. Start two days before treatment involving amalgam removal. Continue for two days after treatment, that is five days in all.

ORGANIC CHELATED SELENIUM ZINC and VITAMIN E

No more than 50 mcg of organically bound selenium, 25 mg of zinc, and 400 iu of Vitamin E, a day at bed with 10 oz. of water. Use for five days after. This will prevent kidney toxicity of the selenium.

FATTY ACID LIQUESCENCE

30 drops a day for on week before and for one month after.

VITAMIN C POWDER

Start right away, Dosage :- 1/4 teaspoon (=1 gram.) Once a day. Or use 1000mg chewable.

On treatment days :- 1/4 teaspoon before and 1/4 teaspoon after treatment.

Magnesium Succinate:

Start: - on each day of treatment

Dose: - 2 capsules 2 hours before treatment

- 2 capsules within 2 hours after treatment, then drink one pint of water over the following two hours

Support adrenal, liver, kidney and lymph when needed.

Good Natural multivitamin & mineral:

Start : - 8 days before treatment

Dose: - 1 per day in the morning(with food)

Continue : - for 6 weeks after treatment

CORIANDER (Cilantro)

-this must be fresh and preferably organic if you can get it. (It is very easy to grow at home in a sunny position) - dried coriander does NOT work well Fresh is better.

Research published late in 1996 has shown that Coriander has a wonderful capacity to remove

heavy metals and especially mercury from the body. This is a revolutionary discovery and makes

Cilantro the first known substance that mobilizes mercury from the CNS. The active principle

is unknown. But the sepulative idea contains the high organically bound selenium and the quantum quadrapole found in the remedy.

RECIPE For Cilantro-Pesto:

Buy fresh organic Cilantro. Use equal parts black olives.

Wash.

Put in blender with small amount of water, dash of sea salt

(Celtic salt is good) and olive oil and Fatty Acid Liq NV 20 drops,

Blend until creamy. Take 1 tablespoon 3 times a day with meals.

Do not heat, spread on bread or crackers, use on salad.

More often, if brain severely compromised;
depression, Alzheimer's disease, "fogginess", etc.)

Alternate Pesto Recipe

Coriander - 1 bunch

Black Olives 10.

Garlic - to taste

Black pepper to taste

Coconut desiccated ½ cup

Lime ½ juiced

Olive Oil - cold pressed

Fatty Acid Liq, 20 drops

(Any black vegetable such as black pepper and black olives are black from excess selenium and chromium, the organic bounding will not stress the kidney but assist detox of heavy metals, Guinness beer also will help no more than two pints a day)

Blend all together and keep refrigerated for one week

PLEASE NOTE: It is important to continue with detoxification after removal of fillings in order to remove mercury which has built up over the years.

References

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