

Detox plan for heavy metal poisoning

Please be aware that treatment for chronic heavy metal poisoning should be started only after diagnosing of heavy metal poisoning as well as safe removal of amalgam.

Day:

- 1) Morning: 2 g of vitamin C, 1 strong vitamin E, 2 DMSA, 1 lipoic acid, 1 NAC.
Evening: 2 g of vitamin C, 2 DMSA, 1 lipoic acid, 1 NAC.
- 2) Morning: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
Evening: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
- 3) Morning: 2 g of vitamin C, 1 strong vitamin E, 2 DMSA, 1 lipoic acid, 1 NAC.
Evening: 2 g of vitamin C, 2 DMSA, 1 lipoic acid, 1 NAC.
- 4) Morning: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
Evening: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
- 5) Morning: 2 g of vitamin C, 1 strong vitamin E, 2 DMSA, 1 lipoic acid, 1 NAC.
Evening: 2 g of vitamin C, 2 DMSA, 1 lipoic acid, 1 NAC.
- 6) Morning: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
Evening: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
- 7) Morning: 2 g of vitamin C, 1 strong vitamin E, 2 DMSA, 1 lipoic acid, 1 NAC.
Evening: 2 g of vitamin C, 2 DMSA, 1 lipoic acid, 1 NAC.
- 8) Morning: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
Evening: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
- 9) Morning: 2 g of vitamin C, 1 strong vitamin E, 2 DMSA, 1 lipoic acid, 1 NAC.
Evening: 2 g of vitamin C, 2 DMSA, 1 lipoic acid, 1 NAC.
- 10) Morning: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
Evening: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
- 11) Morning: 2 g of vitamin C, 1 strong vitamin E, 2 DMSA, 1 lipoic acid, 1 NAC.
Evening: 2 g of vitamin C, 2 DMSA, 1 lipoic acid, 1 NAC.
- 12) Morning: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
Evening: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
- 13) Morning: 2 g of vitamin C, 1 strong vitamin E, 2 DMSA, 1 lipoic acid, 1 NAC.
Evening: 2 g of vitamin C, 2 DMSA, 1 lipoic acid, 1 NAC.

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| 14) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| 15) | Morning: | 2 g of vitamin C, 1 strong vitamin E, 2 DMSA, 1 lipoic acid, 1 NAC. |
| | Evening: | 2 g of vitamin C, 2 DMSA, 1 lipoic acid, 1 NAC. |
| 16) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| 17) | Morning: | 2 g of vitamin C, 1 strong vitamin E, 2 DMSA, 1 lipoic acid, 1 NAC. |
| | Evening: | 2 g of vitamin C, 2 DMSA, 1 lipoic acid, 1 NAC. |
| 18) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| 19) | Morning: | 2 g of vitamin C, 1 strong vitamin E, 2 DMSA, 1 lipoic acid, 1 NAC. |
| | Evening: | 2 g of vitamin C, 2 DMSA, 1 lipoic acid, 1 NAC. |
| 20) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 2 g of vitamin C, 1 lipoic acid. |
| 21) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 2 g of vitamin C, 1 lipoic acid. |
| 22) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 2 g of vitamin C, 1 lipoic acid. |
| 23) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 2 g of vitamin C, 1 N-Acetyl Cysteine. |
| 24) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 2 g of vitamin C, 1 lipoic acid. |
| 25) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 2 g of vitamin C, 1 lipoic acid. |
| 26) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 2 g of vitamin C, 1 lipoic acid. |
| 27) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 2 g of vitamin C, 1 lipoic acid. |
| 28) | Morning: | 1 multi-vitamin-mineral tablet, 2 g of vitamin C. |
| | Evening: | 2 g of vitamin C, 1 lipoic acid. |

- 29) Morning: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
Evening: 2 g of vitamin C, 1 lipoic acid.
- 30) Morning: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
Evening: 2 g of vitamin C, 1 lipoic acid.
- 31) Morning: 1 multi-vitamin-mineral tablet, 2 g of vitamin C.
Evening: 2 g of vitamin C, 1 lipoic acid.

Follow the plan for 3-6 months, hereafter a 2 months break and a new provocation test.
Repeat the plan as needed. It is not unusual that it can take 2-3 years to get detoxified.

Begin with:

Every single day:

1-2 vitamin C tablet of 750 mg (should be without titanium dioxide), or buy the cheapest:
Nascorbat, 1 kg, and take about 2 grams in the morning and about 2 grams in the evening.

Every other day:

1 multi-vitamin-mineral tablet (without iron and copper).

Daily 3 can be purchased on the internet from the company Supersmart (www.supersmart.com).

NOTE: Daily 3 should be taken three times a day.

Every other day. Detox treatment:

In the morning:

2 DMSA tablets of 100 mg (www.supersmart.com/article.pl?id=0248)

plus lipoic acid (www.supersmart.com/en--Antioxidants--R-Lipoic-Acid-100-mg,-90-Vcaps--0301)

plus 1 NAC (N-Acetyl Cysteine - www.supersmart.com/article.pl?id=0072).

In the evening:

2 DMSA tablets of 100 mg plus lipoic acid plus 1 NAC.

Drink plenty of water.

When you have taken 40 DMSA tablets in total, that is 10 times or in a period of 20 days, then you take a break with the DMSA tablets for the rest of the month (the next 10 days) and take 1 multi-vitamin-mineral tablet instead (or 3 Daily 3 a day) a day plus 1 lipoic acid.

Detoxification by sweating:

Sauna 2 times a month (preferably infrared sauna with coal components).

The sweat must run off properly. Drink plenty of water. Begin 24 hours before sauna.

Purchasing:

www.supersmart.com or where you can find it cheapest.

Take care that there aren't any additives in the lipoic acid or other dietary supplements.

OPTIONALLY:

Supplementary:

In case of sleep problems or emotional lability (uncontrollable episodes of crying):

3 mg of Melatonin under the tongue in the evening before bedtime.

www.super-nutrition.com/en--Hormonal-supplementation--Melatonin-3-mg--H004 or on the internet.

In case of fatigue:

Q10 in doses of up to 1200 mg daily. Take care that the pills aren't coated with a ferrous surface. You can get them in USA (300 or 400 mg per tablet), or in Sweden by prescription (100 mg per tablet), and now in Denmark without a prescription.

You may not need 1200 mg if you get the other antioxidants. For some Parkinson's disease patients it is enough with 300 mg.

Support for the detox treatment:

You can get N-Acetyl Cysteine in Sweden by prescription or without in Denmark or on the internet. Or Glutathione. Possibly a Glutathione injection by your doctor. Can be purchased in ampoules in Denmark at Skanderborg pharmacy, the price is about 70 DKK for an ampoule.

Glutathione for oral use: Readisorb Glutathione (www.readisorb.com).

Vitamin C infusion (takes about 3 hours) in doses of up to about 60 grams at your doctor's office - not in the period with DMSA.

Vitamin B12 injections by your doctor. Methyl B12 is the best. Take care that there isn't added an aluminum compound or the mercury-based preservative Thiomersal.

For inflammatory reaction:

It has been reported that with heavy metal poisoning there is an aspect of inflammatory reaction. Echinacea Purpurea (about 30 drops daily). I buy Echinacea Purpurea on offer so it costs me about 30 DKK a month to take Echinacea Purpurea daily. Echinacea Purpurea can also be grown in the garden.

Or fenugreek seeds (*Trigonella foenum-graecum*): buy 1 kg at a health food shop or on the internet. Fenugreek seeds don't cost much. Dosage: ½ teaspoonful 3 times daily with a meal (should be freshly crushed).

Or turmeric (spice): 1 gram 3 times a day. Buy turmeric at a large greengrocer's.

If you have memory problems, cold hands, cold feet:

Ginkgo Biloba (maidenhair tree) is an antioxidant. I use to take tablets with Ginkgo Biloba but take breaks in between. Dosage depends on the product, look at the package.

If you have muscle cramps, muscle problems or sore muscles:

Many Parkinson's disease patients lack magnesium.

Take 500 mg of magnesium before bedtime. Please note that it should not be the product for constipation. Take care that the product does not contain titanium dioxide.

Be aware that you get the right fats (Omega-3) to build up the brain.

Eat sulphur-containing food (cabbage, onions, leeks) and many fibres in the diet.

And eat lots of fresh ripe vegetables and fruits.

Use plenty of fresh herbs.

And don't eat unhealthy food and no artificial food colouring or unnecessary additives.

Read more here: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3039966/pdf/ijms-12-00506.pdf>

Kind regards,
Hanne Koplev