

PROTOCOL FOLLOWING MERCURY REMOVAL

Cleansing Bath for detoxing mercury (these baths can help detox mercury by leaching out heavy metals through the skin). Do ONE of these three baths the evening of your dental appointment in which mercury was removed:

1. Clorox Brand Bleach Bath:

Place ½ cup regular liquid Clorox brand bleach (not generic) in a medium hot bath. Soak for 15 minutes. Rinse off completely with cool water as its important to bring your body temperature back to normal following the cleansing bath.

If you cannot tolerate bleach then use one of the following choices:

2. Epsom Salt Bath:

Place 2 cups Epsom salts in warm bath. Soak for 15 minutes. Rinse off completely with cool water.

3. Apple Cider Vinegar Bath;

Place one quart of apple cider vinegar in medium hot bath. Soak for 15-30 minutes. Rinse off completely with cool water.

Drink 1 gallon of distilled water (not reverse osmosis) a day for 4 days following each mercury removal procedure. The IV vitamin C binds to the free-floating mercury and you need to be sure to flush it out of your system.

On the 4th day:

Take a Sea Salt and Baking Soda bath. This will bring your body's PH back to normal after the detox and its very soothing.

Combine 1 pound of sea salt and 1 pound of Baking Soda in medium hot bath. Soak for 15 minutes. Rinse off with cool water.

Please use:

Glutathione-Take as directed (supports the mitochondrial and helps detox after mercury removal)

Aloe vera oral gel: 3 times a day. Aloe is antibacterial/antiviracidal and has its own natural desensitizing agent.

Homeopathic Toothache tablets: 1 tab 3 times a day will help teeth recover from the procedure.