

Example of a Heavy Metal Detoxification Programme

Notes (1 & 2)

<u>Manufacturer's Product Name</u>	<u>Product</u>	<u>Manufacturer</u>	<u>Distributor</u>	<u>Supplier (UK)</u>	<u>Dosage</u>	<u>Dosage Form</u>	<u>Dosage Frequency</u>	<u>Information</u>	<u>Notes</u>
Yaeyama Chlorella Vulgaris	Heavy metal detoxifier	---		Chlorella-World	9 off	Tablets	2 x day	https://www.chlorella-world.com	3
Cilantro Intrinsic	Heavy metal detoxifier - intercellular to extracellular detoxification	Unknown	Aperture Energetics Inc. London, ON N5Y 3J8, Canada	PhysicaEnergetics UK Ltd	2 droppers	Liquid	2 x day	http://www.atmanacademy.co.uk/ http://www.physicaenergetics.com/	4, 11 & 12
Colon Detoxifier	Intestinal Purifier	Manufacturer Unknown. Manufactured in USA	Baseline Nutritionals, 800 East Charleston Blvd, Las Vegas, NV 89104, USA	Unknown	1 scoop	Powder	Per day with 8oz (approx. 250ml) of diluted juice.	http://www.baselinenutritionals.com/	5, 6 & 11
Mercurius solubilis Hannemanni-Injeel	Mercury Nosode	Biologische Heilmittel Heel GmbH Dr.-Reckeweg-Straße 2-4 76532 Baden-Baden Germany	Biologische Heilmittel Heel GmbH Dr.-Reckeweg-Straße 2-4 76532 Baden-Baden Germany	Bio-Pathica Ltd	1 off	1.1ml Ampoule	3 x week	http://www.biopathica.co.uk/ http://www.heel.com/	6, 7, 9, 11 & 12
Hepar Compositum	Stimulation and support of the detoxification function of the liver and gall bladder.	Biologische Heilmittel Heel GmbH	Biologische Heilmittel Heel GmbH	Bio-Pathica Ltd	1 off	2.2ml Ampoule	3 x week	http://www.biopathica.co.uk/ http://www.heel.com/	8, 9, 11 & 12

The information presented here represents a snapshot of UHA. For additional information contact: info@uha.org.uk

Example of a Heavy Metal Detoxification Programme Cont'd

Notes (1 & 2)

<u>Manufacturer's Product Name</u>	<u>Product</u>	<u>Manufacturer</u>	<u>Distributor</u>	<u>Supplier (UK)</u>	<u>Dosage</u>	<u>Dosage Form</u>	<u>Dosage Frequency</u>	<u>Information</u>	<u>Notes</u>
Adapplicator	Ampoule-Direct-Applicator	Braunform GmbH Unter Gereuth 7+ 14, D-79353 Bahlingen, Germany	Biologische Heilmittel Heel GmbH	Bio-Pathica Ltd	N/A	N/A	N/A	http://www.adapplicator.de/en/4.html	9
GUNA-CELL	Cellular Detoxifier	GUNA Inc.		Cyto-Solutions Ltd	10 drops	Liquid	3 x day	http://cyto-solutions.co.uk/	10, 11 & 12
GUNA-MATRIX	Matrix Detoxifier	GUNA Inc.		Cyto-Solutions Ltd	10 drops	Liquid	3 x day	http://cyto-solutions.co.uk/	10, 11 & 12
Core Carduus Marianus	Milk Thistle: Liver & Gall Bladder decongestant. Increases glutathione.	Manufacturer Unknown Manufactured in Canada	Energetix, 209 West Deerfield Lane, Dahlonega, GA 30533, USA	Energetix Corporation Ltd	2 droppers	Liquid	2 x day	www.goenergetix.com Email: ukorders@goenergetix.com	12
Core Sarsaparilla	Sarsaparilla: Removal of toxins from joints & skin,	Manufacturer Unknown Manufactured in Canada	Energetix, 209 West Deerfield Lane, Dahlonega, GA 30533, USA	Energetix Corporation Ltd	1 dropper	Liquid	2 x day	www.goenergetix.com Email: ukorders@goenergetix.com	12
MORA Mix	Bio-resonance meridian balancer	---	---	---	2 drops	Liquid	5 x day	http://www.med-tronik.de	12
MORA Drainage	Bio-resonance drainage remedy	---	---	---	3 drops	Liquid	5 x day	http://www.med-tronik.de	12
	Mineral Water	---	---	---	1 litre	---	per day		11
	Green Tea	---	---	---	2 or 3 cups	Liquid	per day	Health Properties of Green Tea	11

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Notes:

1. Start Date: 8th March, 2011; Finish Date: 19th April, 2011; Duration: 6 weeks
2. This is an example of a heavy metal detoxification programme tailored to the bio-individuality of P. Farrington only. It is not intended for general use and is presented here to illustrate the structure and components of a bio-individualised heavy metal detoxification programme. Heavy metal detoxification should only be undertaken with the supervision of a qualified health care practitioner.
3. Yaeyama Chlorella produced prior to Fukushima I Nuclear Power Plant radiation leaks, Fukushima Prefecture, Japan - review for subsequent use.
4. Massage a few drops into wrists and inner ankles for detoxification of upper and lower body nerve systems.
Consideration given to the use of [Metal Magic](#) or [Heavy Metal Detox](#).
5. Take on an empty stomach. Follow with 8 fl. oz. of water. Do not take within 20 min's of using any medications as this formula may absorb medication. See product instructions.
6. Ensure regular bowel movements to prevent auto-intoxication. Consider Jon Barron's – [Colon Corrective](#).
7. Taken sublingually (use Adapplicator).
8. Sublingual - alternate with Mercury Nosode. Consider Chinese Organ Clock w.r.t. times to be taken.
9. 1 off 2ml Adapplicator can also be used for 1.1ml Ampoule
10. Alternately put 30 drops in a litre of water and drink/sip throughout day.
11. Provide additional organ support/drainage remedies where required.
12. Apply Sequential Kinetic Activation ([S.K.A.](#)) to all liquid products prior to taking. Also consider using Stirwand for breaking up water molecules prior to taking – think [Aquaporins \(Nobel Prize in Chemistry 2003\)](#) and hydration.
13. Programme does not include individual nutritional supplementation requirements. Consideration to be given to mineral deficiencies, gut dysbiosis, Essential Fatty Acid requirements, antioxidant status, Sulphur status – thoughts here of the use of Traumeel from Heel.
14. An individual's bio-individuality and stage of homotoxicosis (Dr. Reckeweg's Six Phases of Homotoxicosis) to be reviewed w.r.t. any detoxification programme.
15. Understand the process of heavy metal detoxification. Suggestions on sources of information include: [Dr. Dietrich Klinghardt](#), [Dr. George Georgiou](#) and [Jon Barron](#).
16. Sauna (preferably Far Infra-Red type for improved detoxification).
17. Exercise (gradually increase - one step at a time!).

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