HEAVY METAL DETOXIFICATION

- **Especially detox children with autism and vaccine injury to do this right away.**
- **You will be using Cilantro and Chlorella. Chlorella comes in tablets, and Cilantro usually comes in liquid form. Cilantro should not be given without first giving Chlorella.**
- **Start with 2 tablets of Chlorella 3 times a day**
- **On the second day also take one single drop of cilantro in ½ cup of water.**
- **Increase the amount of Chlorella very slowly each day until you reach 18 tablets or feel it is too much to cope with. You can also begin to increase the cilantro. Allow a couple of hours after taking the Chlorella before taking cilantro.**
- **Do not let yourself become constipated. Ideally have a bowel movement after every meal.**
- **Do not snack while doing this, there should be nothing for chelated metal to 'hold on to' and be reabsorbed.**
- **Continue detoxing until you feel or have proof that the metals have been cleared. You can increase the cilantro to whatever can be tolerated, it is very powerful.**

Recipe for a detox bath

Helps a lot with general muscle aches and pains.

2 cups Epsom Salt; 1 cup Baking Soda; 1/3 cup of 3% strength Hydrogen Peroxide

Fill tub with hot water and add above ingredients. Soak for 20 - 30 minutes. You will sweat in the tub and lose toxins (which causes you to lose some water as well). It is important to drink plenty of water while you soak.

You can make fresh lemon juice and mix with water and drink, or plain water, but it is essential to drink while you take the bath. If you have a tendency to get light headed easily, be cautious when getting out of the tub, or have someone nearby the first time you take a detox bath. Take a lukewarm to cool shower after getting out of the tub to rinse off the salts or you may itch. Rest for 30 minutes after the bath.