

Health and Wisdom Inc.



HEAVY MINERAL PROTOCOL

This program can be done for a maximum of 6 weeks - rest for 6 weeks then repeat as needed.

For 6 days take:

Heavy Mineral Bugleweed formula - take 2 capsules 3 times a day AND
Chaparral - take 2 capsules 3 times a day (separated by 15-20 minutes from other formulas)

On day 7 add 2-3# of Epsom Salts to a hot bathtub of water.
While in the tub drink 32 ounces of Yarrow tea.
Once a profuse sweat forms, soak an additional 15-20 minutes.
Rinse with a cool shower.

There likely will be a ring of metal at the water line.

Rest on the 7th day - taking no herbs.

Repeat until there is no metal at the water line or at the end of 6 weeks.

To increase the effectiveness of this program, also do Dr. Christopher's extended cleanse and eat the mucusless diet.