



# **10 Day Heavy Metal Detox Cleanse**



# What are Heavy Metals?

Toxic heavy metals can cause or play a role in many different chronic illnesses and symptoms, including migraines, depression, anxiety, memory loss, brain fog, ADHD, dizziness, aches and pains, tingles and numbness, autoimmune disease, eczema, psoriasis, vitiligo, Parkinson's and more. They sneak into our bodies in so many different ways in microscopic amounts, accumulating, bunching together and oxidising. Check out this list below.

- Aluminum
- Arsenic
- Barium
- Cadmium
- Copper
- Lead
- Mercury
- Nickel
- Toxic calcium

## Where are they coming from?

Our world and our environment are loaded full of toxic chemicals from the spray on our foods, to the scents in candles and air fresheners, sprays and the cosmetics and extensions that we put on our bodies.

Needless to say that the more exposure that you have – the more you need to take it very seriously.

## Here are just a few places:

**Medications:** They contain various types of toxins, often including copper, aluminium and mercury. These accumulate over your lifetime!

**Fluoride:** This is an aluminium by-product, a neurotoxin. It's highly toxic to the liver, causing liver cell damage. We absorb fluoride from childhood fluoride treatments, public water that's treated with fluoride and toothpaste that contains it.



**Water:** If you have your tap water tested, you'll find that it contains multiple metals, including lead and arsenic. Small amounts have been deemed as safe, so the levels in public water supplies are considered safe. Unfortunately, the standard allowed in the water we drink and bathe with is anything but safe.

**Air:** The air we breathe, polluted by industry, contains toxic heavy metals as well.

**Aluminium in cans, foil, baking and sticks of gum:** The metal can leach off the product and into your body.

**Pots and pans and cutlery:** Using aluminium or copper cookware, or even stainless steel pots and pans can mean you get a shaving of metal along with your meal. I've seen this a lot in restaurants, where pots and pans have been scraped to the bone with metal utensils, which means shards of metal have been inadvertently added to meals. Ceramic cookware is the best option whenever possible at home. If you use stainless steel or another metal-based cookware, do your best to avoid scraping your pots and pans.

**Old metal fillings:** For years the industry fought to protect these metal fillings and insisted the mercury was safe. This is an example of how something people herald as safe can be proven dangerous later. They finally switched to ceramic, but many people still have the old fillings. If you have multiple mercury fillings, its recommend having them removed one at a time.

**Copper pipes:** In any home you live or stay in, copper from pipes can leach into the drinking and bathing water.

**Pesticides, herbicides, fungicides:** These are laden with toxic copper. Everyone has acquired some toxic metals from these commonplace products. Even if you don't use them at home, local council and public areas are sprayed constantly.

**Inherited mercury quicksilver:** When people went to the doctor in the 1700s and 1800s, they were pretty much always given quicksilver, regardless of what their health issue was. The tonic was made by heating mercury to create a liquid patients could drink. Yes, believe it or not, people were told to drink mercury for **their health!**

# The Cleanse

(From Waking to Lunchtime)

## 10 days

### LEMON WATER 500ML

Squeeze  $\frac{1}{2}$  a lemon into 500ml of cold or luke warm water. You may add a tsp of raw honey if desired.

### CELERY JUICE 500ML

Wash and remove the leaves. Nothing to be consumed 20 mins either side of this juice. Don't add any ice, water, lemon etc. This one must be plain. One small bunch is approx. 500ml.

### HEAVY METAL DETOX SMOOTHIE

Blend all ingredients and drink – this is your breakfast.

Ingredients:

- 2 bananas
- 2 cups wild blueberries (or equivalent wild blueberry powder)
- 1 cup coriander (Fresh)
- 1 cup orange juice
- 1 tsp barley grass juice powder
- 1 tsp spirulina
- 1 small handful of (Atlantic) dulse
- Optional: water, coconut water, fresh orange or apple juice to blend

### APPLES

Have as many as you desire in the morning, prior to eating lunch.



# The Foods

## **LEMON WATER 500ML**

Lemon water is the perfect way to hydrate, purify, and revitalize your body each morning. Water coming straight from the tap or a bottle has lost its vitality and its innate living structure. By adding fresh squeezed lemon juice, you “wake up” the water and bring it back to life. This allows it to travel more deeply into your tissues and cells and carry the essential nutrients and compounds you need in order to thrive.

## **CELERY JUICE 500ML**

*“Celery juice’s undiscovered subgroups of sodium that I call cluster salts protect the liver’s cell membranes and inhibit the growth of viruses, bacteria, and fungus. Celery restores the liver’s bile production capability as well as the potency and complicated structure of the bile, which in most people is completely imbalanced. Its cluster salts bind onto free-floating poisons and toxins inside the liver and flush them into the bloodstream, remaining bonded so that the troublemakers leave the kidneys or intestinal tract safely.*

*Celery juice purges the liver while bringing down liver heat to a safe level. It’s the ultimate gallbladder rehabilitator, helping to dissolve gallstones over time, making them small enough either not to cause harm or to be able to pass through the bile duct. Celery’s sodium also expands the bile duct so it’s not restricted, in case a large stone does breach. Celery juice removes mucus out of the intestinal tract and liver and increases production of the undiscovered seven-acid blend of hydrochloric acid in the stomach. It also disperses fat cells inside the liver.”*

- Anthony William

## HEAVY METAL DETOX SMOOTHIE (single serving)

**Spirulina:** This edible blue-green algae draws out heavy metals from your brain, central nervous system, and liver, and soaks up heavy metals extracted by barley grass juice extract powder. Take 2 teaspoons mixed in water, coconut water, juice or the smoothie recipe below daily.

**Barley grass juice extract:** prepares the metals for complete absorption by the spirulina. This nutritive grass has the ability to draw heavy metals out of your spleen, intestinal tract, pancreas, thyroid, and reproductive system. Drink 1-2 teaspoons mixed in water, coconut water, juice or the smoothie recipe below daily.

**Corriander:** Goes deep into hard-to-reach places, extracting metals from yesteryear (so it's great for that mercury inheritance you're carrying around!). Blend one cup in a smoothie (like the one below), juice, or add to salad or guacamole.

**Wild blueberries:** Draw heavy metals out of your brain tissue, healing and repairing any gaps created by oxidation when the heavy metals are removed. It is important to use wild blueberries, as they possess unique phytonutrients with special detoxifying capabilities. The potent antioxidants in wild blueberries help reverse any oxidative damage left behind by the heavy metal removal. This is especially important for your brain tissue—in fact, wild blueberries are the most powerful food for halting or in some cases reversing Alzheimer's and dementia. Eat at least one cup daily. You can also use wild blueberry powder if you can't access fresh or frozen wild blueberries, or in addition to them. Note: while cultivated blueberries are nutritious, they lack the metal-drawing ability of the wild blueberries. Wild blueberries can be found in the freezer section of most supermarkets. If you can't access frozen wild blueberries or you're traveling, pure wild blueberry powder is a great option.

**Atlantic dulse:** In addition to mercury, this edible seaweed binds to lead, aluminium, copper, cadmium, and nickel. Unlike other seaweeds, Atlantic dulse is a powerful force for removing mercury on its own. Atlantic dulse goes into deep, hidden places of the digestive tract and gut, seeking out mercury, binding to it, and never releasing it until it leaves the body. Eat two tablespoons of flakes daily, or an equal amount of strips if it's in whole-leaf form. Note: As it comes from the ocean, if you are concerned about the dulse itself having mercury, be aware that Atlantic sea dulse will not release any mercury it might possess into the



body. It holds on to the mercury as it works its way through, and even grabs onto other metals along the way and drives them out as well. Atlantic dulse is a critical part of the team because it can hang out near the finish line (i.e., our colon), waiting for the other foods that have been grabbing on to heavy metals along the way. It serves as emergency backup, helping ensure that all the heavy metals that made it as far as the colon actually leave the body.

## **APPLES**

Apples have immune boosting and disease preventing properties. They are a highly alkaline fruit that have the ability to quench both an immediate and cellular-level thirst. Apples are also an amazing detoxifier and contain both malic and tartaric acids that help remove impurities from the liver and gallbladder.

Eating two apples or more a day can aid in the prevention of colon, liver, breast, prostate, and lung cancer and can also dramatically decrease the risk of a stroke. Apples are a critical food for the liver and have many undiscovered properties that support liver health. Apples are especially rich in phytonutrients and antioxidants. They have been shown to be beneficial for neuro-degenerative problems such as Alzheimer's and Parkinson's disease as well as for bronchial problems such as asthma.

Apples have wonderful anti-inflammatory properties and provide significant results for those suffering with autoimmune disorders such as Addison's disease, Cardiomyopathy, Celiac disease, Lupus, and Multiple Sclerosis. Apples contain pectin which is a gel-like fiber that can prevent the putrefaction of protein in the digestive tract. Pectin works like an intestinal broom to clean and sweep out debris from the colon.

One more benefit of apple pectin is that it has the ability to limit the amount of fat our adipose cells can absorb by building a barrier that naturally controls the build-up of fat in the body which makes it a great choice for any weight loss program.



# The 10 Day Plan

## Morning Protocol

Upon waking : Lemon Water

20-30 mins after: Celery Juice

More than 30 mins after Celery Juice: The heavy metal detox smoothie

Throughout the morning as desired: Apples (any kind, preferably organic or unwaxed)

## Afternoon Protocol

From Lunch onwards: clean unprocessed food, following the guidelines outlined below, depending on how strict you would like to take the cleanse.

It is highly recommended that for the duration of the 10 days - eliminate foods in **Level 1**. The deeper you wish to take the cleanse, the more levels you can eliminate for a much deeper and more healing cleanse.

# Choose Your Level

- **Level 1**
- Eggs
- Dairy
- Gluten
- Soft drinks
- Be mindful of salt consumption



- **Level 2**
  - All of the above PLUS:
  - Pork
  - Tuna
  - Corn
  
- **Level 3**
  - All of the above PLUS:
  - Industrial food oils (vegetable oil, Palm oil, canola oil, corn oil, safflower Oil, soybean oil)
  - Soy
  - Lamb
  - Fish and seafood (other than wild caught salmon, trout, and sardines)
  
- **Level 4**
  - All of the above PLUS:
  - Vinegar (including apple cider vinegar, or ACV)
  - Fermented foods (including Kombucha, sauerkraut, and Coconut aminos)
  - Caffeine (including coffee, matcha, and chocolate)
  
- **Level 5**
  - All of the above PLUS:
  - Grains (other than millet and oats)
  - All oils (including healthier ones Such as olive, walnut, sunflower, Coconut, sesame, avocado, Grape seed, almond, macadamia, Peanut, flaxseed)



- **Bonus**
- For even better, faster results:
- Cut out salt and seasonings entirely (pure spices are okay)
- Avoid radical fats entirely for a period
- And also limit or remove:
  - Alcohol
  - Natural/artificial flavors
  - Nutritional yeast
  - Citric acid
  - Aspartame
  - Other artificial sweeteners
  - Monosodium glutamate (MSG)
  - Formaldehyde
  - Preservatives

All of the information above has been derived from the work of Anthony Williams, Medical Medium.

You can read more about heavy metals and chronic mystery illnesses and how to heal in *Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal*