

Detoxification Protocol for Mercury & Heavy Metals

During and for 3 days after amalgam removal much of the mercury constituents are still floating around into the blood before it becomes assimilated into the body tissues. To maximize the detoxification via liver and kidneys, the International Association of Oral Medicine and Toxicology (IAOMT) recommends the following, which I am in agreement.

Note: this is essentially a 3–day detox which can be very effective.

Preparation for Amalgam Removal

1. Increase oral vitamin C dose to 3-5 grams daily beginning the day prior, day of and for three days following the procedure. Daily dosage should follow the rule, *more is better* to the level of one's tolerance and comfort level.
 2. Take /increase Alpha Lipoic Acid to 500-600 mg daily (day before, day of and for 3-days after) then reduce to 300 mg daily for one month (sustained release is best).
 3. Take ~1500 mg (~3 capsules) N-acetylcysteine (day before and for 3-days after) then reduce to 1 cap till finished.
 4. Take ~1800 mg (~4 capsules) Modified Citrus Pectin (day before and for 3-days after) then reduce to 1 cap till finished.
- Modified Citrus Pectin, Selenium or Cilantro helps bind mercury constituents in the blood.
 - N-acetylcysteine and Alpha Lipoic Acid assists the liver in phase I detoxification in the liver.
 - Vitamin C helps protect the body tissues and assists in detoxification.

General Daily Dietary Detox Suggestions

- Lipoic Acid 300 mg daily (sustained release is best)
- Vitamin C 1000 mg (1 gram) daily
- 3 eggs (with yolks) daily as a source of dietary sulfur
- Garlic cloves ...baked is best (optional)
- Chlorella, Selenium or Cilantro to act as a mild chelator