

Heavy Metal Cleanse



Self Health Resource Center
DrClarkStore.com

LEADER IN PURITY since 1993

The **Heavy Metal Cleanse** is designed to facilitate the removal of toxic heavy metals from the body using a 2-part process. Part 1 uses ingredients that “grab” on to metals so they can be excreted from the body. Part 2 helps to replenish essential minerals that get eliminated during the heavy metal purge.*

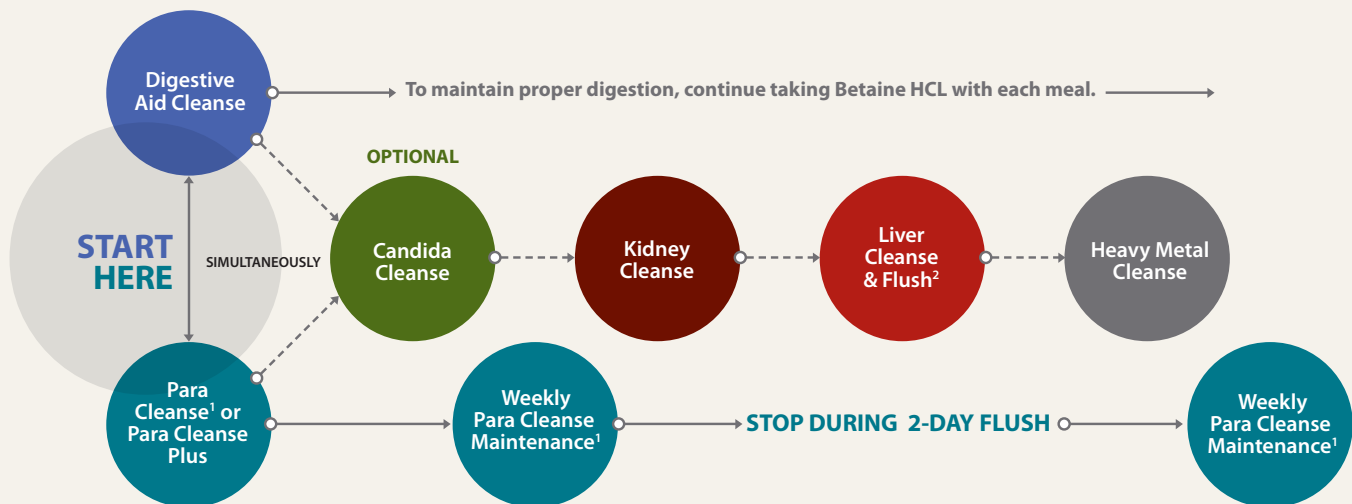
Toxins are all around us – the air we breathe, the water we bathe in, what we put in our bodies and what we put on our bodies. And that list of toxins includes various heavy metals that can easily accumulate in the body because they like to hide out in fatty tissues. Unfortunately, this accumulation over time can interfere with proper organ function and lead to serious health complications.

This kit is designed for a 2 month starter program. It’s recommended that you stay on the cleanse for a minimum of three months, but depending on your heavy metal load, you may need to stay on the program longer. Consult with a qualified healthcare professional to determine the length of time and frequency you should do the Heavy Metal Cleanse. Additionally, speak with your healthcare professional for guidance on testing for heavy metals and on incorporating other heavy metal removal protocols, such as the removal of silver amalgam dental fillings, which contain mercury.

If you need help give us a call for clarification of cleanse directions, but please note that we cannot give medical advice of any sort.

Cleanse Flowchart

The following is a suggested sequence for those completing the full Dr. Clark cleanse protocol.



- 1 Stay on the weekly Para Cleanse Maintenance Program until the 2-day Liver Flush. Do not take during the 2-day Flush. Continue after the Liver Flush is complete. A minimum of 4 weeks of the Maintenance Program is recommended.
- 2 Repeat the 2-day Liver Flush 5 times. Wait 2 weeks between each Liver Flush.

*Disclaimer Notice: These statements have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease. Although some of our employees or customers may be interested in the research and statements of Dr. Hulda Clark, this company does not adopt any of her health or disease related claims based on her work. The cleanse directions are provided for educational purposes only and should not be treated as a substitute for the advice from your healthcare professional. The cleanses are for adults only. We do not recommend giving the cleanses to anyone under 18 years old. However, the Para Cleanse may be adapted for children, but only under the guidance of a healthcare professional. Interactions with medications and other supplements: If you are taking any medications, you should consult with your doctor or pharmacist before cleansing. Additionally, you may do your own research for possible interactions.

Frequently Asked Questions

Q: Which cleanse do I do first?

A: Dr. Clark recommended starting with the Digestive Aid Cleanse. It is beneficial to do the Para Cleanse with the Digestive Aid as it will aid in the cleansing process. You can do the Digestive Aid, Para Cleanse, and Kidney Cleanse at the same time. Just remember that these are very potent herbs. If you begin having difficulties taking them together, slow down and take one at a time.

Q: Can I do the Liver Cleanse first?

A: It is never recommended to do the Liver Cleanse before completing the Digestive Aid, Para Cleanse and Kidney Cleanse. The reason for this is if you purge the toxins out of your liver and do not have clear channels of elimination, you run the risk of simply re-circulating the toxins. This can make you very ill.

Q: When do I start the Para Cleanse Maintenance Program?

A: The Maintenance Program starts 7 days after the last day of the Para Cleanse.

Q: Do I stop taking the Para Cleanse Maintenance Program while I am taking the other cleanses?

A: No. Just do not take it during the 2-day Liver Flush.

Q: How often should I do the cleanses?

A: Dr. Clark recommended that everyone take the Para Cleanse Maintenance Program indefinitely. If you decide not to do that, then consider taking it once weekly for 4 weeks minimum. If you take a break, say for about 3 or 12 months, then we recommend you take the 18-Day Para Cleanse before you go back on the once weekly Para Cleanse Maintenance Program. You can always take the 18-Day Para Cleanse a bit faster or in an abbreviated fashion if you have done it before. The biggest benefits you get from the cleanse are always received from the once weekly Para Cleanse Maintenance Program, so stay on it as

long as you can. Do the Kidney Cleanse and Liver Cleanse & Flush yearly. Initially do at least 5 liver flushes. The Digestive Aid Cleanse complimented with enzymes should be taken on an as needed basis. Remember also to do the enemas once per year. The Heavy Metal Cleanse should be done as needed.

Q: What are the side effects of the cleanses?

A: You can expect increased elimination from all of the cleanses. Few people have reported minor flu-like symptoms. If you experience discomfort you should stop taking the supplements and contact your healthcare professional.

Q: How long are the cleanses?

A: The Digestive Aid is 17 days long. The Para Cleanse is 18 days long. The Kidney Cleanse is 21 or 56 days. The Liver and Gallbladder Cleanse & Flush is approximately 2 weeks. The length of the Heavy Metal Cleanse is based on your needs.

Q: Are the cleanses safe for children?

A: Dr. Clark did not recommend any of the cleanses, except the Para Cleanse, be administered to children. We don't recommend you give the Para Cleanse to your child unless you do so under careful guidance and supervision of your healthcare professional.

Q: Are the cleanses safe for my pets?

A: Only the Para Cleanse can be adapted for pets.

Q: My family members don't want to take the Para Cleanse, what can I do?

A: Ask your healthcare professional or contact us for the Quick ParaZap Cleanse, it is simpler to take.

Q: I can't take alcohol tinctures, what can I do?

A: Ask your healthcare professional or contact us for the Para Cleanse with the Freeze Dried GREEN Black Walnut Hull capsules instead of the tincture.



SyncroZap™ Model A11 is now available!

From the makers of the SyncroZap™ — the 1st Zapper brand worldwide.

- 100% compliant with Dr. Hulda Clark's research
- Available with either wristbands or copper tubes
- Smaller in size but the same robust durability

New features include:

- Pre-programmed frequencies
- One-touch bottle copy mode
- Continuous body zapping mode
- Continuous Zappicator mode

Dr. Clark turned away from zapping with specific frequencies because she found it less effective than other methods. She replaced frequency zapping with plate zapping. The Dr. Clark Store SyncroZap™ uses plate zapping technology – it does not use “smart keys” with frequencies. Dr. Clark did not use those!

Where Does Heavy Metal Exposure Come From?

You might think heavy metals are only used for industrial purposes, like construction, engineering or manufacturing. In fact, many years ago it was theorized that you could only be exposed to heavy metals if you worked in an industry that used metals like mercury, cadmium, aluminum and lead. This has since been ruled out as we've learned that individuals can be exposed daily to heavy metals from dental fillings, florescent lightbulbs, personal care products, household cleaning products, water, food and poor air quality. Heavy metals are essentially all around us!

Our bodies are routinely polluted with heavy metals, sometimes on a daily basis depending on where you live and certain lifestyle factors:

Mercury from vaccines – Used as a preservative called thimerosal, which contains nearly 50% mercury!

Aluminum from vaccines – Used to boost immune response to the vaccine

Mercury from amalgam (silver) dental fillings – These will leach mercury into your body until they're removed!

Mercury from fluorescent lightbulbs

Aluminum from conventional deodorants/antiperspirants

Lead from outdated plumbing

Arsenic and cadmium from contaminated water

Cadmium from tobacco smoke

Mercury from the air – A by-product from coal-burning power plants

Mercury from fish contaminated by industrial waste – You can't simply cook out the metals!

And the list goes on...

The Importance of Cleansing Heavy Metals

Because heavy metals don't typically remain circulating in the blood, they aren't readily filtered out by the kidneys and liver like other toxins. Rather, heavy metals like to hang out in the fatty tissues in the body, like the brain, nervous system, liver and kidneys.

Metals such as mercury, lead and aluminum are neurotoxins that affect the brain and nervous system, while arsenic, cadmium and chromium (the hexavalent form, not the kind you get in supplements) are carcinogenic. Some are endocrine disruptors and most are dangerous to a developing fetus in high concentration. So eliminating heavy metals from the body is a crucial part in attaining optimal health.

If left to accumulate over time, heavy metals can contribute to a number of serious health problems... including death. Heavy metal toxicity has been implicated in:

Alzheimer's disease

Autism

Behavioral problems

Brain fog

Cardiovascular disease

Epilepsy

Fibromyalgia

Joint pain

Kidney disease

Lyme disease

Memory loss

Mental health disorders

Multiple sclerosis

Paralysis

Parkinson's disease

Poor focus/concentration

Heavy metals can alter the elaborate communication system between organs. This short circuiting can lead to various symptoms that are often hard to diagnose correctly.

Eliminating Heavy Metals

To rid heavy metals from the body, you need nutrients with specialized “chelating” properties to bind to heavy metals and usher them to the excretory system for final elimination. Chelating agents bond to metals and convert them to a less active form. This allows for safe transport as the harmful toxins are excreted in urine and bowel movements.

Nutraceuticals known to possess metal chelation properties include:

Alpha Lipoic Acid (Thioctic Acid)	Chlorella	DMSA (Dimercaptosuccinic Acid)
Calcium Disodium EDTA	Cilantro	Food Grade Activated Charcoal
		Shilajit (Fulvic Acid/Humic Acid)

Note: DMSA is quick to immobilize certain metals, including lead and mercury, which sounds great, but chelating heavy metals too quickly can burden the excretory organs. You need functioning kidneys and liver for proper elimination, but processing too much too fast can cause these organs to lose functionality. Flooding the body with metals that have been forced out of hiding also increases the risk of reabsorbing the toxins and can contribute to oxidative damage similar to that of free radicals. Talk to a qualified healthcare professional if you are considering DMSA for heavy metal chelation and take only under the careful guidance of your healthcare professional. You may need to enlist the help of a licensed healthcare professional to purchase DMSA.

What to Expect When Cleansing

While everyone’s body can react differently to individual ingredients in the cleanse and to the overall cleanse protocol, some heavy metal detox symptoms may include:

Bleeding gums	Headaches	Muscle & joint pain
Dizziness	Irritability	Nausea & vomiting
Extreme lethargy	Kidney pain	Skin irritation
Gas & bloating	Loss of appetite	

Starting with small doses of chelating agents may help to limit detox symptoms.

6 Ways to Get the Most Out of Heavy Metal Cleansing

Chelating harmful metals and replenishing the lost minerals is good, but you can further your efforts by incorporating other protocols with the help of a qualified healthcare professional.

1 Eat a High Fiber Diet

Dietary fiber encourages regular bowel movements, a primary system that allows the body to purge itself of wastes and toxins, including heavy metals caught by chelating agents. Constipation may increase the chances of re-absorbing metals before they are expelled. So keep your bowels operating regularly by eating high fiber foods such as fresh fruits and vegetables and whole grains. And make sure you’re also dinking plenty of water to encourage further elimination.

2 Increase Antioxidant Intake

Antioxidants neutralize free radicals before they can cause cellular damage. Protective antioxidants are especially important when heavy metals are present because when metals react to free radicals, the result is the creation of more free radicals. Upping your antioxidant intake becomes crucial as heavy metals are being coaxed out of hiding. Vitamins A, C and E, minerals selenium and zinc, and glutathione are potent antioxidants to consider, along with antioxidant boosters MSM and n-acetyl cysteine.

3 Remove Amalgam Dental Fillings

As mentioned before, the silver amalgam dental fillings contain over 50% mercury, and they will continue to pollute your body with toxic mercury until they are removed. Seek out a dentist who practices bi dentistry for non-metal dental work and safe removal of amalgam fillings.

4 Biofilm Cleansing

Regularly draw out heavy metals from the lining of your intestines. A biofilm is a slimy layer that is created by living, microscopic organisms. The living critters use sugars and proteins to make a biological home on places such as the teeth (dental plaque) and your gut, forming a thin layer of mucus.

A healthy mucosal lining in the gut provides moisture and has anti-inflammatory properties. Conversely, unhealthy biofilm in the gut interferes with nutrient absorption, protects pathogenic organisms from the immune system, protects disease-causing pathogens from antibiotic and antifungal remedies (a link to fungal Candida overgrowth), promotes inflammation and **attracts heavy metals** and other toxins.

Breaking up the unhealthy biofilm structure requires proteolytic enzymes, enzymes that break down proteins. Take proteolytic enzymes, such as bromelain, papain, pepsin and protease, **on an empty stomach**.

5 Limit Your Exposure

Avoid amalgam fillings. Stop using aluminum cookware. Stop eating fish likely to contain high levels of mercury (fish higher on the food chain like shark, tuna and swordfish). Filter your household drinking/bathing/washing water for metals, chlorine and fluoride. Carefully scrutinize your personal care products (lotions, cosmetics, first aid, etc.) and avoid any with metallic ingredients, including deodorants with aluminum. Avoid places with heavy air pollution.

6 Periodic Cleansing

Cleansing heavy metals just once isn't going to make you immune to future exposure. Since heavy metals are so prevalent in our environment, you should be performing periodic heavy metal cleanses.

DR. CLARK STORE® DIFFERENCE | PURITY MATTERS

Our commitment to **PURITY** and **POTENCY** has guided our business model from the very beginning. We are the original manufacturer of Dr. Hulda Clark's products and the first facility to manufacture according to her strict protocols. This means you won't find any of the common, non-essential ingredients, which are widely accepted as industry standards, in our products – that would compromise purity.



No Flow Agents

Magnesium Stearate, a common flow agent, has increasingly been criticized for hindering absorption. We never use Magnesium Stearate in Dr. Clark's supplements. Purity and potency go hand in hand.



Solvent Free

We only use NSF food grade iodine, ammonia and grain alcohol to sanitize our equipment and table surfaces. It is common for other manufacturers to use industrial solvents to clean their equipment.



No Ingredients You Can't Pronounce

When looking under "Other Ingredients" on supplement labels you may find many hard to understand names of chemicals. For this reason, it is a good idea to **read the label backwards**.



Chemically Pure

Our supplements are not enhanced for flow, color, stabilization, and flavor. If you take a supplement with all kinds of chemicals, **your body has to break down those chemicals. This takes energy away from your immune system.**



Identify Analyzed

The identity and quality of our raw materials are verified in accordance with our cGMP SOP using Synchrometer, organoleptic methods and lab equipment like FTIR, LOD and HPLC.



Heavy Metal Tested

All incoming materials are tested on an ICP-Hydride for total heavy metals (metallic + plant based). Each product passes NSF, USP and the strict CA Proposition 65 standards when taken according to the label.



No Tablets

We don't press our nutraceuticals into tablets, which requires that other ingredients be added. Binders, lubricants, coatings, disintegrants, and other excipients are commonly added by tablet manufacturers.



Made in the USA

We buy all our raw materials from trusted vendors. Thorough analysis of each raw material is done to ensure quality control.



Hand Crafted

We use slower manufacturing methods than most other companies in the industry. This enables us to provide safer, purer and more potent products than most.

Supplement Schedule

This kit is designed for a 2 month starter program. It's recommended that you stay on the cleanse for a minimum of three months, but depending on your heavy metal load, you may need to stay on the program longer, possibly even 2-5 years. Consult with a qualified healthcare professional to determine the length of time and frequency you should do the Heavy Metal Cleanse. Your healthcare professional may want to test for heavy metals using urine, hair or saliva samples.

STEP 1: Chelating Heavy Metals

The Heavy Metal Gone combines the powerful chelating properties of shilajit, EDTA, alpha lipoic acid, chlorella, cilantro and methionine. We also include NAC to promote the production of glutathione, a potent antioxidant and detox agent.

HEAVY METAL GONE	
DAY	Take with a meal for 3-5 days.
1	1 capsule 2 times a day
2	1 capsule 2 times a day
3	1 capsule 2 times a day
If you are feeling well after Day 3, continue to Day 4 or 5. If your detox symptoms are too severe, stop after Day 3.	
4	1 capsule 2 times a day
5	1 capsule 2 times a day

After taking for 3-5 days, stop and do not take the Heavy Metal Gone for 3 weeks. Start the Heavy Metal Support schedule.

STEP 2: Supportive Nutrients

When you take chelating agents for heavy metal removal, you also end up depleting the body's stores of necessary minerals, which get expelled during the elimination process. That's why it's imperative to replenish the lost minerals on non-chelating days to support regular functions and optimal health.

HEAVY METAL SUPPORT	
WEEK	Take with a meal daily for 3 weeks.
1	1 capsule 2 times a day
2	1 capsule 2 times a day
3	1 capsule 2 times a day

After 3 weeks, stop and begin the Heavy Metal Gone schedule again. Alternate between the Heavy Metal Gone and Heavy Metal Support schedules for at least 3 months, or as recommended by a healthcare professional.

Usage Warning: Consult with a healthcare professional before starting this cleanse if you are taking any medication or if you have a medical condition. Do not take this cleanse if you are pregnant, nursing or under the age of 18 without consulting with a healthcare professional first. Individuals with kidney disease, liver disease or diabetes should consult with a healthcare professional before taking chromium. If you have any adverse reactions or other symptoms, discontinue taking the cleanse and seek advice from a qualified healthcare professional.