



HEAVY METAL DETOXIFICATION PROGRAM GUIDE

Thank you for your interest in Metal-Free. You have taken your first step to a healthy method of heavy metal detoxification.

There are 4 parts to this program guide:

- A) **Metal-Free Detox Program**
- B) **Metal-Free Maintenance Program**
- C) **Frequently Asked Questions**
- D) **7-day Worksheet**

METAL-FREE DETOXIFICATION PROGRAM

Heavy metals are plentiful in our environment. In our daily contact with water, air and food, they enter our bodies and can cause health problems. Mercury, lead, cadmium, nickel, antimony, arsenic, beryllium, bismuth, copper, platinum, thallium, tungsten and uranium are heavy metals.

To get rid of heavy metals do the Metal-Free Heavy Metal Detoxification Program. This program consists of the following steps:

1. **If you have silver fillings which contain mercury, cadmium, nickel, etc., have them removed if possible.** If it's not feasible to have them removed, start the Metal-Free Detoxification program by using a spray extender and spraying the Metal-Free to the back of the throat. This removal step is optional but highly recommended. Many start this step while also taking the supplements. **Whether you have silver fillings or not, you can still do this program.**
2. **Eat a healthy diet.** This is very important as it helps reduce the number of heavy metals and toxins going into the body! This diet over the long run has proven to help people detoxify the most and improve overall health:
 - a. One should eat a Paleo type diet. The best foods are organic meat, fish, eggs, fruits, vegetables, nuts and seeds.
 - b. Avoid grains as much as possible including all gluten products.
 - c. Avoid dairy except for organic butter.
 - d. Pure water (1/2 ounce for each pound of body weight).
 - e. Try to eat foods in their natural state.
 - f. Avoid sugar, chocolate, refined carbohydrates, artificial sweeteners, trans-fats, and "fast food".
 - g. Avoid packaged foods and processed meats which contain toxic additives that only serve to add to the overall burden. Location, budget and time may be factors in how you eat so follow this as closely as possible.

3. Take the Heavy Metal Detoxification Supplements:

- a. **Metal-Free®**: 1-8 sprays per day under tongue. Begin by taking 1-2 sprays per day and then build up gradually to 3-4, then 5-6 and finally to 8 sprays a day. Hold for 30-60 seconds. Take on an empty stomach in the morning or at bed time.

Do Supplement Uptake Enhancement by rubbing the palms together briskly for 2-3 minutes. It is known that, by stimulation of acupressure points on the hands, supplements once absorbed would be preferentially taken up by the internal organs of the body.

Metal-Free binds to heavy metals and carries them out of the body through the bowels (the body's natural toxic waste dump) and hair. This protects the sensitive kidneys (where most other chelators work) from any free radical damage caused by these toxins.

Metal-Free is able to bind with heavy metals very tightly so they won't let go. Other frequently used pharmaceutical chelators form looser bonds, which allow for the possibility of the heavy metals to be picked up one place and dropped off at another place in the body.

- b. **BodyHealth Complete Multi + Liver Detox Support™**: 2 tablets twice daily with meals.

To safely and successfully detoxify heavy metals, individuals must have a daily source of vitamins, minerals, antioxidants, sources of sulfur, green foods, liver protectors and liver detox promoters.

These ingredients are what make up our complete multi. The product makes detoxification quite simple by incorporating these necessary ingredients into 2 tablets twice daily.

- c. **PerfectAmino™**: 7-10 tablets twice daily, 30 minutes before meals.

PerfectAmino, an amino acid supplement that is the richest source of protein compared to any food or supplement and needs no digestion. *This greatly enhances and speeds up the detoxification process.* It should be added as soon as possible at a minimum of 5 grams (5 tablets) twice per day.

It can be taken with fruits, vegetables, or juices or sports drinks but not with meat, fish, dairy, whey or soy proteins. These other proteins can be eaten 30 minutes after PerfectAmino has been taken.

All vegetarians are protein deficient. This may be due to an inadequate amount of high quality protein eaten. Other reasons for protein deficiency are (a) problems with digestion, or (b) medications such as Prilosec, or Tagamet that block protein digestion.

Since adding PerfectAmino to the detoxification protocol the speed and ease of the process has improved greatly. Most chronically ill patients become anabolic quite quickly and overall function vastly improves. This leads to a faster and smoother detoxification.

- d. **BodyHealth Intestinal Cleanse™:** 1-4 capsules, 1-2 times a day (morning and evening). Start with one capsule and add capsules as needed, so that stools are at least 1-2 per day and easy, thus the body toxins can begin to be moved out.
4. **Practice some form of daily exercise.** This too, is very important. This can be walking, bicycling, Stairmaster, elliptical trainer, swimming, so that the body can sweat, breathe enough to work the lungs, and keep the lymph activated.
5. **More information: This point bears repeating.** The best detoxification is a slow one. If one experiences negative effects, feels sicker, or is experiencing flu like symptoms they are going too fast. Cut back on the number of sprays of Metal-Free to the point where one was last doing well and stay at that number for a few days. Then slowly increase the number of sprays one is taking. Make sure the entire detoxification program points are in. If you are still experiencing difficulty, contact your health care practitioner.

For more information, please visit www.BodyHealth.com or call us at 1-877-804-3258



MAINTENANCE PROGRAM

Maintenance System

What do you do when you finished the Metal-Free® detoxification program?

1. Maintain a good diet as described in the detoxification program. Try to eat all organic fruits, produce and meats as much as possible. This keeps one from getting the toxic load back.
2. Stay away from white sugar, flour, grains and dairy except for organic butter.
3. Replace Metal-Free with Body Detox. Work up to 8 sprays at bedtime.

Body Detox is based on the same technology as Metal-Free, but with a broader scope and less potency in the heavy metal area. Its purpose is to provide the patient with an ongoing heavy metal, chemical, and pesticide detox while enhancing the immune system and gut function. It is designed to take prophylactically because we are all exposed daily to these toxic influences.

Taking Body Detox will assist the body to keep them flowing out of the body so one can stay as clean as possible and maintain good health.

4. **PerfectAmino™**: 5-10 tablets daily prior to exercise.
5. **BodyHealth Complete Multi™**: 2 tablets twice daily.
6. **BodyHealth Intestinal Cleanse™**: to maintain 1-2 easy bowl movements per day.
7. Continue to do some form of daily exercise 3-5 days a week – the more days the better. This can be walking, bicycling, Stairmaster, elliptical trainer, swimming, so that the body can sweat, breathe enough to work the lungs, and keep the lymph activated. Forty minutes is the target.

FREQUENTLY ASKED QUESTIONS

Q: *Do I have to have my dental fillings (amalgams) removed before I start using Metal-Free?*

A: Many patients become mercury toxic due to off gassing from their amalgams. So removing them does away with the source of the problem. If for some reason one cannot have their amalgams removed, Metal-Free can be given by using a spray extender. Simply spray it to the back of the throat so that it avoids contact with the mercury fillings. This is also the preferred delivery site in patients with gold, porcelain or aluminum crowns. The extended sprayers can be ordered from BodyHealth.com. Visit BodyHealth.com or call toll free 877-804-3258.

Q: *Do I need to be sure that my liver and kidneys are in good shape before I use Metal-Free?*

A: Yes. If there is any question about this you should consult with your health care practitioner.

Q: *Is it true that chlorella could be contaminated with heavy metals such as mercury? This is one of the ingredients in Metal-Free. How do you know that Metal-Free does not contain contaminated chlorella?*

A: This is a common concern about certain types of chlorella. Independent lab analyses of Metal-Free from King James Laboratory and Doctor's Data Laboratory have shown that Metal-Free is not contaminated with heavy metals.

Q: *Is Metal-Free new?*

A: BodyHealth began making Metal-Free available to healthcare practitioners across the United States in June of 2000. For the two years *prior* to that we were using Metal-Free in our clinic helping our patients complete their detoxification programs. We found that by adding Metal-Free to our patients' detox protocols, they were completing their detox programs in one-third to one-half the time it normally took to complete such programs.

Q: *Is Metal-Free the same as any other product on the market?*

A: No, Metal-Free is a unique product and is not available from any other company. As the merits of its ingredients become more broadly known, other companies are likely to use them as well, but Metal-Free remains as its own product is not the same as any others. Laboratory test results illustrate the effectiveness of Metal-Free.

Q: *I am taking chlorella now. What would be the difference if I took Metal-Free?*

A: The properties of Metal-Free for pulling heavy metal are far superior to just taking chlorella by itself. Plus, there are other highly beneficial ingredients in Metal-Free. Chlorella is just one of the ingredients used in the synthesis of Metal-Free and is not the primary chelator.

Q: *Will Metal-Free bring down my high aluminum and cadmium levels in addition to the mercury?*

A: Metal-Free does detoxify all the heavy metals including cadmium and even uranium. It also binds to lead, arsenic, thallium, mercury, antimony, and others. Usually the heavier metals come out first and then the lighter metals in succession. Tests have shown that there has been increased excretion of both tin and aluminum when patients were taking Metal-Free.

Q: *Does Metal-Free remove heavy metals other than mercury?*

A: Yes, Metal-Free will remove lead, arsenic, cadmium, thallium, antimony and other heavy metals in the order of descending valence (heavier ones first). This includes gold and aluminum as well.

Q: *Is Metal-Free a drug? Is it homeopathic?*

A: Metal-Free is a non-drug, non-homeopathic, non-alcohol based dietary spray supplement. It has actual active ingredients that bind to and eliminate heavy metals.

Q: *How effective is Metal-Free in removing uranium?*

A: From the lab results we receive from fecal samples, Metal-Free will remove uranium if it is present. See our web site for copies of labs showing amount of uranium being eliminated.

Q: *My husband has suffered from Crohn's disease for 15 years. Are you aware if others with bowel disease have used your product and if so, what have the results been?*

A: Metal-Free is not intended to treat a specific disease. For the person with active bowel disease, the detoxification program should be supervised by a physician experienced in handling such problems.

Q: *Is Metal-Free a capsule?*

A: Metal-Free comes in a 30 ml bottle and is in liquid form. This is taken as an oral spray and held under the tongue for approximately 30-60 seconds. Then the liquid is swallowed. There are approximately 240 sprays per bottle that can last one from 4 to 12 weeks depending on the daily dosage. For children, a dropper can be used. 4 drops equal one spray.

Q: *What type of detoxification symptoms can one expect in being on Metal-Free?*

A: Sometimes people may experience normal detoxification reactions such as foul body odor, headaches, leg pain, increase or decrease in energy level, mucous discharge or other flu-like symptoms. Such reactions have been reported in few cases. However, if these become uncomfortable, one should back down the dose to a more comfortable level.

Q: *I have done a urine challenge using Metal-Free and saw relatively little metallic excretion. Where is the metal being excreted? Part 2: Does this mean I am not heavy metal toxic?*

A: Part 1: One of the most exciting features of Metal-Free is that it eliminates the bulk of bound metals through the bowels. Due to the increased surface area of this elimination route, it is easier on the body to be removed in this way. This also protects the kidney from accumulating large amounts of toxic metals.

Part 2: No, it does not mean you are free from metal toxicity. A Metal-Free challenge using a fecal test is the preferred way of testing to find metals. Alternatively, if one does a hair analysis after a few months on Metal Free, a large increase in heavy metals will be seen if they exist in the body in high levels.

Q: *Can Metal-Free safely be used on children?*

A: In our clinic we have successfully used Metal-Free on children and babies. However, the supervising practitioner must be fully capable of testing and monitoring the patient to ensure he/she is detoxing metals properly.

For more information on Metal-Free please visit:

BodyHealth.com

or call us at 1-877-804-3258

On the next page, please find the 7-day Work sheet for your convenience.

Metal-Free Heavy Metal Detoxification Program - Work Sheet

This is designed to help you easily remember what do to:

1. Eat a healthy diet:
 - (a) organic produce;
 - (b) free range, hormone and antibiotic; free chicken and eggs;
 - (c) grass feed, hormone free beef;
 - (d) organic whole grains;
 - (e) drink pure water (1/2 ounce for each pound of body weight);
 - (f) try to eat foods in their natural state;
 - (g) AVOID sugar, chocolate, refined carbohydrates, artificial sweeteners, trans-fats, "fast food";
 - (h) avoid packaged foods and processed meats which contain toxic additives that only serve to add to the overall burden.

2. You can make copies of this page and use the chart to check off each item as you do it to help you keep track of where you are in the program each day. You can also mark the number of sprays you are taking of Metal-Free to help you track your progress.

Supplements & Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
BH Complete + Detox™ with food	2	2	2	2	2	2	2
BH Intestinal Cleanse™ **	0-4	0-4	0-4	0-4	0-4	0-4	0-4
PerfectAmino™ men *	10	10	10	10	10	10	10
PerfectAmino women *	7	7	7	7	7	7	7
Lunch							
PerfectAmino men *	10	10	10	10	10	10	10
PerfectAmino women *	7	7	7	7	7	7	7
Dinner							
BH Complete + Detox™ with food	2	2	2	2	2	2	2
BH Intestinal Cleanse™ **	0-4	0-4	0-4	0-4	0-4	0-4	0-4
Bedtime or upon rising							
Metal-Free™	1-8 sprays	1-8 sprays	1-8 sprays	1-8 sprays	1-8 sprays	1-8 sprays	1-8 sprays
Any time							
Exercise - work up to 40 minutes a day							

*PerfectAmino can be taken 30 minutes before your meal or if can be taken with fruits and vegetables as the protein source for your meal. Do not take it with other protein like meat, fish, poultry, whey, soy or dairy products.
 ** If you are experiencing 2 or more bowel movements per day, do not use this product