

MYERS DETOX

Supplement Protocol

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All supplements can be purchased in the Myers Detox Store.

<https://store.myersdetox.com/>

Please enjoy 10% off your first supplement order! Use coupon code **NEWDAY10** at checkout.

Please consult with me if you want to use a different product because many suggested supplements must be the exact form and brand suggested.

You may be sensitive to an ingredient in some supplements. There is no way to know how one will react because everyone is different. You want to begin taking one product at a time. This is the only way you will know if a supplement does not work for you. Start with one product at a time beginning with the first supplement and work your way down the list. Take one supplement for two days and note any adverse reaction. Then add the next product. Take for two days, etc, etc.

If you have issues sleeping, please omit the given supplement at lunch and/or dinner or eliminate the supplements I have notated as "stimulating" in their description.

With most supplements you will not feel any different. It takes time to build up minerals and nutrients in the body. Changes are usually subtle. If a supplement makes you feel worse, you need to keep this product to a minimum or may need to switch to a new product. Please email me if you have questions.

How do I take all this stuff??? I like to put my supplements in baggies or Glad Tupperware tubs for 2-4 week's worth of supplements. Label each B, L, D for breakfast, lunch, dinner. This makes the program much easier. Just grab and go!

Timing of Supplements

ESSENTIAL

	Wake	B	Bet	L	Bet	D	Bed
Pectasol-C/CitraCleanse	1						
Oceans Alive Plankton 1-5 Dropperfuls		1					
Magnesium Malate Jigsaw		1		1		1	
Magnesium Glycinate Pure Encapsulations		1		1		1	
Lithium Orotate Progressive Labs		1					
Manganese by Douglas Laboratories		1					
Molybdenum Glycinate Thorne		1					
Glutathione Quicksilver		2-4					
Garlic by Douglas Laboratories		1					
Super R-Lipoic Acid Life Extension			1		1		
Zeolite ACZ spray		5-10					5-10

Myers DETOX COCKTAIL

	Wake	B	Bet	L	Bet	D	Bed
Biosil/Activated Silica 6-10 drops			1				
Coriander Oil Panaseeda 2 drops			1				
IMD Quicksilver 2 Scoops			1				

OPTIONAL

	Wake	B	Bet	L	Bet	D	Bed
Dr. Shade's BitterX (pumps)		1-2		1-2		1-2	
Ashwagandha Banyan Organics							1-2

ESSENTIAL

These supplements are essential to detox and correcting the imbalances on your current hair mineral analysis.

<p>Pectasol-C/CitraCleanse Take 5g powder (1 scoop) or 6 capsules in morning upon waking or between meals 5 grams total per day DO NOT TAKE WITH ANY OTHER SUPPLEMENT. Take on an empty stomach about ½ hour before or 2 hours after food, supplements and medication. Best mixed in warm liquid – you can even put it in your coffee or tea. There is no taste. If you are having detox reactions, you can take more to absorb the toxin causing the reaction</p>	<p>BINDER. Modified Citrus pectin binds to metals and chemicals in the circulatory system and removes them from the body. The binders eliminate detox symptoms. It also binds and blocks the protein galectin-3, a member in the lectin family that is associated with an increase in cardiovascular diseases and inflammation. CitraCleanse removes aluminum, antimony, arsenic, barium, bismuth, cadmium, cesium, lead, mercury, nickel, platinum, thallium, tin, titanium.</p>
<p>Oceans Alive Take 1-5 ml (1-5 dropperfuls) Activation Products Listen to this podcast on this product: https://liveto110.com/153-the-benefits-of-marine-phytoplankton-with-ian-clark/</p>	<p>Marine Phytoplankton. This is a food-based multivitamin/multimineral. It contains all the nutrients required by the human body. Contains 180 nutrients. Also contains SOD to aid detox.</p>
<p>Magnesium Malate Jigsaw – each pill is 125mg 375mg total per day</p>	<p>This form of magnesium is helpful for energy and detox.</p>
<p>Magnesium Glycinate Pure Encapsulation – each pill is 120mg 380mg total per day</p>	<p>Magnesium is needed as a cofactor for calcium. It's a very relaxing mineral. Mag is also needed within liver detox as cofactors which helps to remove many heavy metals.</p>
<p>Lithium Orotate Progressive Labs 5mg total per day</p>	<p>Needed to make GABA to reduce anxiety and feel calm, corrects circadian rhythms, immune booster, reduces risk of dementia. Helps to detox aluminum.</p>

Manganese chelate Douglas Laboratories Take one tablet daily. 16.7 mg per tablet.	Manganese is needed to produce energy and ATP. Also supports antioxidant SOD and an important mineral for bones and joints. May help with iron utilization.
Molybdenum Glycinate Thorne 1mg total per day	Increases Mo levels so you can detox arsenic and copper. Reduce or stop if it causes anxiety.
Glutathione Quicksilver Scientific Liposomal 2-4 pumps per day. Best to put it under your tongue to maximize absorption. Keep refrigerated.	The body's master antioxidant. Detoxes arsenic, beryllium, cadmium, mercury and platinum. May help with digestion since low levels of glutathione decrease stomach acid.
Garlic (odorless) Douglas Laboratories Take 1 or more tablets daily 500 mg Allium per tablet.	Supports cardiovascular health and immunity. May detox aluminum, arsenic, cadmium, copper, lead, mercury, and nickel.
Sodium R-Lipoic Acid Life Extension Super R-Lipoic Acid 480mg total per day	Removes aluminum, arsenic, cadmium, lead, mercury, manganese and tin from the body and aids liver function.
ACZ Zeolite Results RNA 5-10 sprays by mouth a couple times a day. Do not eat or drink for 2 minutes after taking.	Easy way to aid heavy metal detox. It binds to metals and taking them out of the body. Removes heavy metals, radioactive toxins, free radicals, and chemicals. Safely removes mercury, lead, aluminum, antimony, arsenic, barium, bismuth, cadmium, cesium, gadolinium, gallium, nickel, platinum, thallium, tin, tungsten, uranium, and more. Increases urinary output of mercury, lead, and aluminum by 300%. Relieves toxic overload

MYERS DETOX COCKTAIL

Drink the Myers Detox cocktail once a day 15-30 min away from a meal. Mix these ingredients in spring water with a couple tablespoons of apple cider vinegar or fresh squeezed orange, lemon, lime, grapefruit or pineapple juice (for maximum Biosil absorption). You can add the Oceans Alive in cocktail as well.

<p>BioSil Take 6-10 drops per day Natural Factors Mix with a small amount of citrus juice or pineapple juice. You MUST drink with citric acid to better absorb Biosil.</p>	<p>Detoxes metals that cause fatigue: antimony, aluminum, arsenic, cesium, tin and thallium. It also grabs metals in bones and the brain. Take between meals. If you take too much it can make you tired. Don't overdo it! Sensitive people may only tolerate 1-2 drops</p>
<p>Coriander Seed Oil Take 2 drops Panaseeda Coriander Oil (cilantro) You can put in detox cocktail or hold under your tongue prior to drinking cocktail.</p>	<p>Chelator that removes mercury, barium, cadmium, copper, lead, manganese and nickel. Biggest benefit is digestive. Natural healing properties relieve belly bloating, acid reflux and gut rot. Fights fungus inside and out. For gut health, regulates menstruation, helps skin, and balances blood sugar. Helps with seasonal allergies.</p>
<p>IMD Intestinal Metal Detox Quicksilver Scientific Gradually increase to 1 to 2 scoops (100 - 200 mg) by mouth 1 to 3 times daily. Can be added to detox cocktail or mix with soluble vitamin C and take before IMD settles. Alternately, may be added to small amount of food. Sensitive individuals may need to start with less than one-half scoop. Use product in cycles of 5-days-on/2-days-off or 10-days-on/4-days-off.</p>	<p>Optional: This is an optional item you can add to the cocktail. Detoxes mercury, cadmium, copper, lead. It helps prevent metal reabsorption into the body via the gut. Does not enter bloodstream so eliminates the kidney/liver overload. Also removes the buildup of metals (especially mercury) that slow transport proteins that protect body from toxins.</p>

OPTIONAL

These are good additional options to your Myers Detox Protocol.

Dr. Shade's BitterX Quicksilver Scientific Take 1-2 pumps my mouth 3 times daily at least 10 minutes before meals. Hold in mouth 30 seconds before swallowing. Note: This is not found in the Myers Detox store at this time.	A whole body bitter tonic and potent blend of digestive, liver, gallbladder, and kidney supportive botanicals. Aids in detoxification and supports a balanced inflammatory response. Liposomes maximize bioavailability and transport of cells.
Ashwagandha Banyan – Organic Ashwagandha 500mg	Reduces stress and aids sleep. This will help you to manage stress. You need this to heal your adrenals. Helps to detox iron.

These recommendations are for the reduction of stress and enhancement of health only. They are not intended as diagnosis, treatment, or prescription for any disease, or as a substitute for regular medical care.