

Removal of Heavy metals from the body

"Cilantro (Chinese Parsley) is capable of mobilizing mercury, cadmium, lead and aluminum in both bones and the central nervous system. It is probably the only effective agent in mobilizing mercury stored in the intracellular space (attached to mitochondria, tubulin, liposomes etc) and in the nucleus of the cell (reversing DNA damage of mercury). Because cilantro mobilizes more toxins than it can carry out of the body, it may flood the connective tissue (where the nerves reside) with metals, that were previously stored in safer hiding places.

This process is called re-toxication. It can easily be avoided by simultaneously giving an intestinal toxin-absorbing agent. Our definite choice is the algal organism chlorella. A recent animal study demonstrated rapid removal of aluminum from the skeleton superior to any known other detox agent. (I wonder if our new astaxanthin algae source found in the new xeo mega would act the same... it DOES treat inflammation and is a powerful antioxidant. Hmm :) Ima have to bug my upline about this. Hi Rob & Wendy.)

Dosage and application of cilantro EO: give 2 drops 2 times per day in the beginning, taken just before a meal or 30 minutes after taking chlorella (cilantro causes the gallbladder to dump bile — containing the excreted neurotoxins — into the small intestine. The bile-release occurs naturally as we are eating and is much enhanced by cilantro. If no chlorella is taken, most neurotoxins are reabsorbed on the way down the small intestine by the abundant nerve endings of the enteric nervous system). Gradually increase dose to 5 drops 3 times/day for full benefit. During the initial phase of the detox cilantro should be given 1 week on, 2–3 weeks off.

Other ways of taking cilantro: rub 5 drops Cilantro Essential Oil twice/day into ankles for mobilization of metals in all organs, joints and structures below the diaphragm, and into the wrists for organs, joints and structures above the diaphragm. The wrists have dense utonomic innervation (axonal uptake of cilantro) and are crossed by the main lymphatic channels lymphatic uptake).

Cilantro tea: use 1-2 Cilantro EO drops in cup of hot water. Sip slowly. Clears the brain quickly of many neurotoxins. Good for headaches and other acute symptoms (joint pains, angina, headache). - Or, rub 2-4 Cilantro EO drops into painful area. Often achieves almost instant pain relief."

From <http://www.hbci.com/~wenonah/new/9steps.htm> (Note: I changed dosages from tincture amounts to appropriate EO amounts) doTerra carries many products that are superior to what the article is suggesting. Just plug them in.

Heavy Metals cool off the organs and digestion (as well as kill the good bacteria and mess with enzyme activity) so there is going to be slow digestion going on.. thats where the terrazyme helps. That, and using heating herbs such as cayenne to speed things up and move things along will help.