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# Dr. Clark Metal Cleanse and Maintenance

## This Kit Includes 2 items: Heavy Metal Gone & Heavy Metal Support

**NOTE:** We are in transition from the Dr. Clark Purity line of products to the DrClarkStore line. These are the exact same formulas, made in the very same facility... just with different labels. The Purity line (label) has been discontinued. The good news is, you have what's important... the products. Instructions are the same, regardless of which label you have.

**NOTE 2:** The products are now bottled in counts of 100, so you will have some left over. Save these so that you can extend past the 2 month initial phase. (if you wish)



## For best overall cleansing and detoxing results, Dr. Clark recommends the following order:

- 1) Bowel/Colon Cleanse
- 2) ParaCleanse (same time as bowel)
- 2) KidneyCleanse
- 4) Liver Cleanse & Flush
- 5) Metal Cleanse
- 6) Stay on the Parasite Maintenance Protocol

The Heavy Metal Cleanse kit is designed for roughly a 2-month starter program. It's recommended that you stay on the cleanse for a minimum of 2 months, but depending on your heavy metal load, you may want to complete a full 2<sup>nd</sup> two month program. (Take 1-2 weeks OFF before beginning the 2<sup>nd</sup> round.) You should speak with your healthcare provider 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.

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.\***

**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.

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.

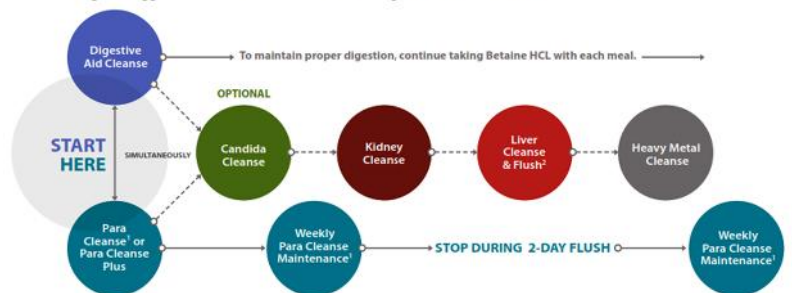
## Where Does Heavy Metal Exposure Come From?

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. These are just a few ways you're being exposed:

- ) 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!

### 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.

## 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	Cardiovascular disease	Kidney disease	Multiple sclerosis
Autism	Epilepsy	Lyme disease	Paralysis
Behavior problems	Fibromyalgia	Memory loss	Parkinson's disease
Brain fog	Joint pain	Mental health disorders	Poor 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)
- ) Calcium Disodium EDTA
- ) Chlorella
- ) Cilantro
- ) DMSA (Dimercaptosuccinic Acid)
- ) 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.

## Supplement Schedule

### 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 (N-acetylcysteine) to promote the production of glutathione, a potent antioxidant and detox agent.

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.

<b><i>Metal Cleanse Chart</i></b>	
<b>Heavy Metal Gone</b>	
<b>DAY 1-5</b>	1 capsule, 2x daily with meal
<b>NOTE:</b> After day 3, if you are feeling well, continue to Day 5. If your detox symptoms are severe, stop after Day 3 and begin your Heavy Metal Support.	
<b>Heavy Metal Support</b>	
<b>WEEK 1-3</b>	1 capsule, 2x daily with meals
<b><i>After 3 weeks, stop and begin the Heavy Metal Gone schedule again.</i></b> Alternate between the Heavy Metal Gone and Heavy Metal Support schedules for at least 3 months, or as recommended by a healthcare professional.	

**What to Expect When Cleansing Heavy Metals:** 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
- ) Dizziness
- ) Extreme lethargy
- ) Gas & bloating
- ) Headaches
- ) Irritability
- ) Kidney pain
- ) Loss of appetite
- ) Muscle & joint pain
- ) Nausea & vomiting
- ) Skin irritation

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

## 6 Ways to Get the Most Out of Heavy Metal Cleansing

### 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 drinking 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 biodontistry 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.

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### Interaction with Medications and Other Supplements

If you are taking medications, you should check with your physician or pharmacist prior to using our products. You can also get drug interaction information from one of the many sites on the Internet. For example, the Blue Cross has a safety checker that lists many drugs and the herbs, vitamins and foods that would interfere with that drugs function. [blueprint.bluecrossmn.com/herbalindex](http://blueprint.bluecrossmn.com/herbalindex)