

Elimination of heavy metals:

Barley water extract: 1-2 teaspoons in water or juice

(Spleen, digestive system, pancreas, internal genital organs.

Prepares the body for absorption using spirulina.)

Spirulina algae: Ideally from Hawaii, 2 teaspoons in water, coconut milk or juice.

Absorbs released heavy metals.

Coriander: 1 cup, for example in a smoothie or juice, also in salad. Gets to areas of the body and brain that are difficult to reach.

Wild blueberries: **Caution: do not pick in the woods and eat raw!! Fox tapeworm!!!**

Here it's better to grow your own, or to buy frozen berries. At least one cup per day.

Very good for detoxing the brain, also repairs existing damage, great for the eyes and one of the most effective things for Alzheimer's.

Red algae from the Atlantic: 2 teaspoons of flakes or also in leaf form.

Binds mercury, lead, aluminium, cadmium and nickel. Crosses the

blood-brain barrier.

This algae has the unique ability to remove mercury by itself. It also “finds” mercury in unreachable places and binds it. The mercury is no longer released until it leaves the body.

Anti-chlorine/fluoride tea:

One teaspoon of each of the following per cup:

blackberry leaf, raspberry leaf, hibiscus flowers, rose hips

Anti-pesticide/weed killer/fungicide tea:

Equal parts of burdock root, red clover, (lemon verbena), ginger

Anti-plastic/micro-plastic tea:

Equal parts of fenugreek seeds, mullein leaf, olive leaf, lemon balm

Anti-chemical cleaning products tea:

Equal parts of calendula, chamomile, bladderwrack, borage

Anti-radiation tea:

Equal parts of: Atlantic seaweed, red algae, dandelion, stinging nettle

General recommendation:

Lemon water (in the morning on an empty stomach)

Aloe vera juice, silica (for example the Schüssler brand)

For the heavy metal elimination to work, all five components should ideally be taken daily. Or at least 2-3 of them.

In addition, they should be taken over a very long period.

Depending on the level of toxins this can be 2-2.5 years, although you will see a clear improvement in your health after a short time.

It's a good idea to take these things for a long period, because new toxins are always arriving.

However, the things recommended here aren't only good for detoxing. They can also repair damage caused by the toxins.

For even better results, you can add in burdock root on a daily basis.

This is the most effective way of eliminating heavy metals from the body.