

PROTOCOL FOR

METAL FILLING REMOVAL

01

STEP ONE

ADD THE FOLLOWING TO YOUR PROTOCOL STARTING A COUPLE WEEKS BEFORE THE REMOVAL:

HMD, PLUS CHLORELLA. ALSO HAVE HMD LAVAGE AVAILABLE FOR THE DAY OF THE PROCEDURE.

02

STEP TWO

ON THE DAY OF REMOVAL TAKE A LARGE (20 CAPS) AMOUNT OF CHLORELLA, BUT NO VITAMIN C OR E UNTIL AFTER REMOVAL. RINSE YOUR MOUTH IMMEDIATELY WITH HMD LAVAGE.

03

STEP THREE

IMMEDIATELY AFTER REMOVAL TAKE 4,000 MG OF VITAMIN C.

04

STEP FOUR

CONTINUE WITH THE HMD AT REGULAR DOSAGE FOR A WEEK AFTER THE PROCEDURE.

