

Hello Detoxers!

The following is a list of the products that are part of the 6-month Heavy Metal Detox Protocol. The specific detox products (there are 5 of them) will probably last throughout the entire 6 month program, depending on your pace. It's hard to gauge this ahead of beginning your detox journey. The other 2 products are foundational for the first month and available for auto-purchase at a 15% discount through my Wellevate Dispensary after that, if you choose to continue.

When you sign up and purchase your first program you are invited to shop in my personal Dispensary with over 10,000 supplements and health accessories from top manufacturers to choose from. Free shipping on any order \$49+ in Continental US. International orders will be charged standard international shipping prices.

Below are the products and relevant information that I hope will help you make your decision to join me on this most worthwhile quest for health and renewed vitality.

## Supplements

### 1.

#### **PectaSol-C® Powder 150 gms**

#### **EcoNugenics**

#### Supplement Facts

Serving Size: 1 scoop (5 grams)

Servings Per Container: 30

Amount Per Serving:

Total Carbohydrates 4 g

Dietary Fiber 3 g

Sodium 180 mg

Potassium 420 mg

PectaSol-C® Modified Citrus Pectin 5 g

PectaSol-C® is a natural product derived from the pith of citrus fruit, and modified to meet specific molecular chain and weight characteristics. This non-allergenic product is clinically recognized for its ability to support healthy cellular proliferation.

- Supports cellular health

- Promotes prostate and breast health
- Supports healthy immune function

## **2.**

### **Liposomal Melatonin 4 mg Quicksilver Scientific**

#### Supplement Facts

Serv. Size: 0.2 mL (1 pump)  
Serv. Per Container: 150

#### Amount Per Serv. Daily Value

Melatonin 4mg

Essential Phospholipids (from purified sunflower lecithin) 16mg

Other Ingredients: Water, Glycerin, Ethanol, Vitamin E (as Tocofersolan and Natural Mixed Tocopherols), Medium-Chain Triglycerides

## **3.**

### **Oceans 3™ - Better Brain 90 gels Garden of Life**

#### Supplement Facts

Serving Size 3 Softgels

Servings Per Container 30

Amount Per Serving

Calories 20

Calories from Fat 20

Total Fat 2g

Vitamin A (50% as beta-carotene) 1,000IU

Vitamin D 500IU

Vitamin E 15IU

Vitamin K 55mcg

Thiamin (Vitamin B1) 1.5mg

Niacin (as Niacinamide) 20mg

Vitamin B6 2mg

Folate 400mcg  
Vitamin B12 6mcg  
OmegaXanthin® Blend with Cod Liver Oil 1.6g  
Total Omega-3 Fatty Acids 1g  
EPA (Eicosapentaenoic Acid) 525mg  
DHA (Docosahexaenoic Acid) 384mg  
Other Omega-3s 105mg  
Omega-3 Cod Liver Oil 462mg  
BioAstin® (4mg natural astaxanthin standardized in safflower oil) 80mg  
Concentrated Fucoxanthin 1mg  
Better Brain Botanical Blend 431mg  
Bacopa Extract (Bacopa monniera) 330mg  
Phosphatidylserine 86mg  
Vinpocetine 15mg  
Ingredients: Ultra pure, high potency fish oil (anchovies and sardines), gelatin, glycerin, beeswax, beta-carotene, natural strawberry flavoring, soy lecithin. Gluten Free. Dairy Free.

- Supports brain function by improving blood flow and the utilization of oxygen
- Provides nutritional support for mild memory loss associated with stress or aging
- Supports healthy neurological function
- Supports mental focus, memory, and learning functions
- Supports mental acuity and promotes a relaxed state of mind
- Crosses the blood brain barrier
- Promotes stress management and emotional well-being
- Maintains eye health and normal vision

#### **4.**

##### **Deep Ocean Minerals 3.38 fl oz Whole Earth and Sea**

###### Supplement Facts

Serving Size ½ tsp. (2.5 ml)  
Servings Per Container 40

###### Amount Per Serving % Daily Value:

Calcium (seawater) 50 mcg <1%  
Iodine (Potassium iodide, Laminaria setchellii & Macrocystis integrifolia) (whole kelp), (seawater) 75 mcg 50%  
Magnesium (seawater) 100 mg 24%  
Chloride (seawater) 260 mg 11%

Sodium (seawater) 40 mg 2%

Boron (seawater) 125 mcg

Includes varied amounts of naturally occurring trace minerals as found in seawater nature reserve such as those listed above and also barium, chromium, copper, iron, lanthanum, lithium, manganese, phosphorus, rubidium, selenium, silicon, silver, strontium, sulfur, thorium, titanium, tungsten, vanadium, yttrium, and zinc.

A source of concentrated essential minerals & trace elements sustainably extracted from deep ocean water protected by a nature reserve

Source of electrolytes. A factor in the maintenance of good health. Helps the body metabolize carbohydrates, proteins, and fats. Helps in the development and maintenance of bones and teeth. Helps to maintain proper muscle function. Helps in the function of the thyroid gland.

## **5.**

**ACZ Nano Extra Strength 4 fl oz**

**Results RNA**

Supplement Facts

Serving Size: 6 sprays

Servings Per Container: Approx. 120

Amount per Serving

Proprietary Blend 7300 mcg

Activated Sub-micronized Zeolite and Natural Trace Minerals.

Other Ingredients: Ultra-Pure Deionized Water

Advanced Cellular Zeolite

- Total Body Detoxification
- Immune System Support

## **6.**

**NDF-Plus 1 oz**

**BioRay**

**Ingredients:**

Certified organic, raw, whole, pure, and nanonized (micronized):

chlorella,

cilantro,

PolyFlor probiotics

18% grain neutral spirits as a preservative,

25% probiotic predigested agaricus blazei, reishi, cordyceps, milk thistle seeds and horsetail for drainage and organ support.

More fulvic acid complexes than NDF.

**7.**

**PushCatch LiverDetox**

**Quicksilver Scientific**

The PushCatch™ LiverDetox is a versatile two-step cleansing protocol designed to support elimination of toxins while minimizing their redistribution and reabsorption. Liver detoxification is essential for proper health, but improperly designed protocols can result in toxin redistribution not elimination. This elegant and powerful formulation and delivery chemistry derives from Dr. Shade’s extensive research into detoxification pathways. His specialized “push and catch” system pushes toxins with a liposomal blend of bitters buttressed by powerful detoxifying nutraceuticals. The catch captures toxins in the gut with a broad-spectrum constellation of binders that are blended with uniquely soothing prebiotic fibers. The toxins can then be safely eliminated by the body.

This system is highly flexible and can be used as a gentle, daily standalone detox, or as an intensive program.

**2 Steps:**

- 1) Dr. Shade's Liver Sauce (Push)

**Dietary Supplement**

**Supplement Facts**

Serv. Size: 5.0 mL (1 tsp.)

Serv. Per Container:20

**Amount Per Serv. % Daily Value**

Sodium 15mg <2%

R-Alpha Lipoic Acid 60mg

Proprietary Blend: Liquid extracts of Dandelion (root), Gentian (root), Solidago canadensis (aerial parts), Myrrh (Oleo-gum-resin), and Essential Oil of Sweet Orange 750mg

Proprietary Blend of Dinndolylmethane, Milk Thistle Seed Extract (80% Silymarin), Quercetin, and Luteolin Extract 60mg

Phospholipids (from purified sunflower lecithin) 180mg

Other Ingredients: Water, Glycerin, Ethanol, Vitamin E (as Tocofersolan and Natural Mixed Tocopherols), Medium-Chain Triglycerides, and Acacia Gum

## 2) Universal Toxin Binder (Catch)

Supplement Facts

Serving Size: 4 grams

Servings per container: 20

Amount Per Serving % Daily Value

Dietary Fiber 2g 8

Fibregum™ Bio (gum Arabic) 2000 mg

Proprietary Blend: USP Sodium, Bentonite Clay, Activated Charcoal, Chitosan, BioAloe Aloe Vera leaf, Silica extract 2000 mg

Caution: Because Ultra Binder™ contains activated charcoal and other substances which may affect the absorption of medications, it should be taken at least two hours before or after prescription medications.

## **Orgone Energy/Orgonite**

Orgone is a word used to describe the life-force energy which permeates all of nature and living beings.

Orgonite is a natural technology created to emit neutralizing orgone energy that can be measured as negative ions in the atmosphere that transform stray electromagnetic fields into non-harmful, healing energy.

Orgone products help defend against electronic pollution in the environment caused by things such as cell phones, wifi, and electromagnetic microwaves. Each piece is hand made to order with loving care in a small workshop and shipped from Morocco.

## 8.

**Bronze Charge Plate** - Bronze Orgone Charge Plates are handmade passive ionizers that help to clean up the environment around your home, and preserve your food and drinks.

## 9.

**Portable Orgone Sleeping Pod** - handmade passive harmonizer that will help you get a good night sleep. When you place the puck on your body, under your pillow or next to you in bed, it creates a shield of protection against the harmful effects of EMF.

## 10.

**Shungite Orgonite Pyramid** - The particular shape/angles of a pyramid create an amplified receiver, or resonator, of energies such as electro-magnetic fields (EMFs), electrical discharges, gravitational waves, etc. These energies interact through molecular and magnetic fields, and create an electron spin which absorbs the energies through resonance.

Shungite is a rare stone that can only be found in Karelia, Russia where it has been said to be harvested from a meteorite that hit the area. It has been used in Russia for over 100 years as a powerful health technique.

## 11.

When you sign up you will be sent a Hair Tissue Mineral Analysis Test Kit that you will do at home, and send directly to the lab. Results will be emailed to me and I will send you your copy. The whole process takes approximately 3 weeks. (Retest in 4-5 months to see changes.)

**12.**

## **12 Private Consultations over 6 months:**

### **Phase 1 - Prime The Detox Organs**

#### Week 1 (1-1/2 hrs)

Overview of Health Assessment Questionnaire

Have you sent in your HTMA sample?

Diet & Environment

#### Week 2 (1/2 hr)

Basic Supplement Schedule

Are bowels moving? Make adjustments

#### Week 3 (1/2 hr)

Begin 1st detox nutrient dosage titration & protocol

#### Week 4 (1/2 hr)

Assess 1st week active detox. Make adjustments

### **Phase 2 – Mobilize & Eliminate**

#### Week 5 (1/2 hr)

Review Hair Tissue Mineral Analysis

Adjust protocol and titrate accordingly

Hand out food planner

#### Week 6 (1/2 hr)

Review submitted food planner

Begin 2nd (alternate) detox protocol

Week 7 (1/2 hr)

Assess 1st week active detox (alternate). Make adjustments

Week 8 (1/2 hr)

Adjust protocol and titrate accordingly

### **Phase 3 – Prevent Reintoxication**

Phase 3 Private consultations (4) are spread out over 4 months.

Heavy metal detox is a process that takes time. It not only takes time to get the stored toxins moving and out, it takes time for the body to adjust to the new conditions.

Your hair retest should be done during this phase, 4-5 months after the first one, to determine changes and make adjustments to your program.

You will have ups and downs and I am always available by email in between consultations.

### **Bonus Materials:**

- 1) Sugar Watchers Weight Loss Nutrition (condensed) focuses on eliminating cravings, and the relationship between the food we eat, our hormone levels (particularly cortisol and insulin), and weight loss.
  
- 2) Gluten Report :
  - What is Gluten?
  - Gluten allergy, sensitivity, intolerance or celiac?
  - THE BIG GLUTEN-FREE SECRET
  - Why does gluten-free weight loss work?
  - Blood tests for gluten-sensitivity are misleading
  - Why gluten allergy? Paleo-Nutrition vs. Modern Day Eating
  - Gluten-free lifestyle
  - Transitioning Strategy
  - Program Gluten-Free: Sample Diet Menu
  - Four Day Rotation Diet

- 3) Adrenal Fatigue Report
  - Is Adrenal Fatigue The Reason You're So Tired?
  - Types of Stress
  - 3 Stages of Adrenal Fatigue
  - How Stress Hormones Work
  - Effects on the Body
  - Supplements to Consider
  - Bioidentical Hormones
  - Food Program For Healthy Adrenals
  - Treatment Options
  
- 4) The Orgonite Guide
  - Orgone Energy explained
  - Scientific test results
  - Symptoms caused by EMFs
  - How to use Orgonite
  - Different kinds of Orgonite



HEAVY METAL DETOX  
With Dr. Val ([Curriculum Vitae](#))

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