



“Le Cocktail” for Basic Neurotoxin Detox Chlorella, Cilantro, Fish oils, and Freezed Dried Garlic Detox with biologic substances- toxin elimination, support, rehabilitation and anti-microbial treatment

Detoxification is a **life-long project**. Neurotoxins are one of the biggest health issues that affect the entire human race from the unborn to the elderly. We accumulate neurotoxins from many sources throughout our lives. If you breath, eat or drink in this modern world; if you have or had mercury-filling dentistry (or your mother had mercury fillings), been vaccinated, taken medicines supplements or herbs and even been drinking “healthy water” from plastic bottles, if you have applied lotions, cosmetics, soaps or many other “modern” products to your skin, you have a potentially health altering **total load of heavy metals** (mercury, lead, cadmium, arsenic...); **toxic chemicals** - petroleum solvents, plastics, insecticides, herbicides and other toxic chemicals that are being placed into our environment, foods, and on our bodies; and probably have cultivated a variety of neurotoxin producing **chronic infections** from molds and fungus, virus (Herpes), Lyme and the co-infections, bacteria and other unwanted critters.

Neurotoxins **poison all the cells** of our body but especially the brain, nerves and the immune system. All **neurotoxins are detoxed the same way**– that is from the skin, kidney but primarily the liver-bowel. **Removing neurotoxins from your bowel** is critical for successful treatment of heavy metal, toxic chemical, chronic infection detoxification as well as endogenous toxins that are produced by the “bad” bugs in the bowel and exogenous toxins that we eat. Toxicity, specifically neurotoxicity, is one of the root causes of all chronic diseases and clearly responsible for the rapid rise in neurological, psychological and neurodegenerative disorders from infants to seniors. The importance of binding neurotoxins and removing them in the feces is outlined in the section titled “Understanding the elimination of Neurotoxins...”

“Le Cocktail” is a **natural and the most effective “detox for life” basic strategy**; it forms the basics and pillars of all our detox programs. Of course, if you are damaged from a total toxic load and want or need a quicker detox program, chemical detoxification and support agents are also important (in addition to “Le Cocktail”). But once health is restored then Le Cocktail is all you need to naturally and periodically keep your health vibrant. Remember detoxification even with living a clean life is essential for life. Detox natural and man-made toxins with natural substances when you can. Natures detox remedies contain so many more factors to turn on your innate detox mechanisms.

Active detox lasts for 6-24 months. The lessons learned are applied to maintenance for life.

#1 Chlorella (for viruses, bacteria, toxins and nutrients) is our food of choice for detoxing the bowel and body, because it is not only a **good natural chelator but a very important food supplying many vital nutrients required to detox and promote health.** Other alternatives to bowel detox of neurotoxins are apple pectin, Zeolite, chitosan, charcoal, clay and cholestyramin.

Chlorella is both a chelator – moving heavy metals out of the body and a mobilizer, moving mercury and other heavy metals from deeper stores to more readily removal areas. We use in it both capacities.

There are three strategies to dosing chlorella:

- i. Low dose: .25 – 1 gram with meals: this dose will bind mercury and other heavy metals in the food that you eat (i.e. mercury and other toxic metals and chemicals in sea food, fish oils, non-organic foods).
- ii. Mobilizing dose: 3-9 grams per day; the dose could be taken all at once or divided with meals, at night. (See below).
- iii. Chelating dose: 2-3 times the mobilizing dose - to be used during chelation cycle days prior to meals and at bed.

There are two strategies concerning when and how much chlorella to dose:

- i. Take the **entire mobilizing dose at one time once or twice a day 1 hour away from food.** This is the best strategy for **gut detox** because it concentrates the chlorella in the gut, scrubbing the heavy metals from the biofilm, gut lining and the pathogens. This strategy is often used earlier in the detox treatment (Phase II), when bowel functional restoration is important.
- ii. Once the gut and extra cellular connective tissues have been detoxed for at least 1 month (for some longer), chlorella and cilantro are used in “Le Cocktail” for the most effective detox combination. The strategy is to take **chlorella 30-60 minutes before meals and/ or at night before bed followed by cilantro.** This strategy is most effective in binding neurotoxins that are removed by the liver and delivered to the bowel via the bile, preventing their re-uptake by the bowel nervous system.

Chlorella is used with **other detox agents** and support agents, enhancing their effectiveness. This is a sample of some of the agents we use.

- Nanonizing chlorella products: Matrix Metals, NDF, Metal Free
- Anti-oxidants: Vitamin C and E; High Orac foods - Ecklonia Cava, Reseritol, anti-oxidant super foods – Acai, Gogi, Noni, wild blueberry...
- Minerals and electrolytes
- Sulfur supplements: MSM, DL Methionine, taurine, garlic, NAC
- Zeolites: HP Zeolite, ACZnano (advanced cellular Zeolite), Natural Cellular Defense,
- Phospho lipids with Ca EDTA and other detox factors: Phospholipid exchange, Detox max, Lipoflow
- OSR - Oxidative Stress Release
- Chelating agents: DMPS, DMSA, Na EDTA, D-Penicillamine, glutathione

Note: Chlorella and cilantro needs to be **taken away from Vitamin C (ascorbic acid)**, because ascorbic acid will cleave the heavy metals off the chlorella and cilantro rendering them ineffective as binding agents. Vitamin C complex, the high orac polyphenols and other natural phyto-nutrients do not have this same action. Therefore take Vitamin C supplements with Ascorbic acid away from chlorella and cilantro. At least, 20 minutes away from cilantro, and 45-60 minutes away from chlorella. If you follow Le Cocktail recommendations this has been accounted for.

2 Cilantro tincture (for bacteria, viruses, toxins) is added to Le Cocktail usually **after 1 or more months of detox** (which begins after the Mercury fillings are removed). It is capable of **mobilizing mercury, lead, aluminum, nickel and cadmium** in both bones and the nervous system. In addition, it can **cross the brain barrier and mobilize the mercury stored inside the cells**. Cilantro mobilizes more toxins than it can carry, therefore it may flood the connective tissues and lead to **re-toxification** or re-distribution. Therefore, cilantro must be given with a connective tissue and bowel binding agent like chlorella. It is an ideal adjunct during any chelation phase detox remedies. Cilantro is very important after the bowel, and other detox issues, which focus on detoxing the connective tissues, have been addressed – usually after Phase II.

The other detox issues that need to be corrected prior to efficient detox are: sulfur metabolism, methylation, glutathione metabolism, anti-oxidant, sulfur and mineral restoration, protein metabolism and digestion, essential fatty acid supplementation and drainage organ rehabilitation. Without these basics in place, deep detox (with cilantro or any other detox agent) is useless because the toxins will only be redistributed into the connective tissues where the autonomic nerves reside and cause more symptoms and misery.

Cilantro is a **liver-bile tonic**, stimulating bile production and excretion (where the neurotoxins are stored). It is high in bio-active Selenium, a must for effective mercury detox.

Oral cilantro is added to Le Cocktail usually after 1-2 months (after the initial Bowel and Matrix detox). Cilantro tinctures are best prepared in **hot water**, which will evaporate a mild toxin in the tincture and create a more active product. In Le Cocktail think of cilantro an appetizer, just prior to the meal getting the liver and bile prepared to detox during the meal.

Dosage:

- Start with 2-3 drops in hot water and build up to full dose of 1-2 droppers full; 30 - 60 minutes after chlorella, prior to a meal and/ or at bedtime
 - Mobilization cycles – 1-2 times a day – meals and /or bedtime
 - Chelation cycle – 3-4 times a day meals and bedtime
- Cilantro can be used fresh: a handful of fresh cilantro in a cup of hot miso soup
- Topical cilantro – penetrates the skin and removes toxins and mercury from the structures and organs under the skin or site of delivery. In addition, the wrists and ankles have dense sympathetic nerve and lymphatic distribution, which facilitates nerve and lymphatic distribution.
 - Rub 5 -8 drops into ankles – for structures below the diaphragm
 - Rub 5 – 8drops into the wrists – for structures above the diaphragm
 - For headaches, painful joints and angina rub 10-15 drops into painful area. It often provides instant pain relief.

- Always use cilantro with an oral chelator (i.e. chlorella, chelating agent) to bind the heavy metals.

3 Organic freeze dried Garlic (microbes, toxins, sulfur)

Garlic has two functions in Le Cocktail:

- A. Supplying many detox and supporting factors critical for detox including multiple sulfur compounds and bio active selenium. Any quality garlic supplement is OK provided it is organic. I.E. Freeze Dried, Bear Garlic tincture but others like Kyloic will work.
- B. Allicin, which is a compound found in Garlic, is a most effective broad spectrum anti-microbial. Unfortunately, allicin has a shelf life of only 14 days. Only fresh and freeze dried garlic provides bio-active Allicin (anti-viral, antibiotic, anti-parasitic, anti-fungal).

Dosage and strategies:

- i. Start with 1 capsule and increase to 2-4 caps 1-3 times per day. It can be taken before or after meals. The best timing is to use after the meal so the Allicin is not destroyed;
 1. Open the capsules into water, stir and let sit for 5 minutes so the Allicin can become active; use once or twice a day.
 2. If you are actively fighting some chronic infection, dose garlic 2-3 times a day after meals; if not, garlic once a day is adequate.
- ii. Fresh garlic with meals, garlic tincture over foods
- iii. Bear garlic tincture is excellent for use in detox, but less effective as antimicrobial agent (no active Allicin)
- iv. Garlic until you reek – then back off so that you are not socially unacceptable

The Garlic Power Cocktail – for maximum antimicrobial action: dissolve 1-4 garlic caps into water, add 1-2 tsp of olive oil, 1 tsp Phospholipid Exchange; stir slowly until a milky emulsion is created. Add 1 dropperful of cilantro; (optional add OSR, and drainage remedies). Drink before meal(s).

#4 Fish oils (microcirculation; cell membrane, nerve and brain rehabilitation and cell wall flexibility)

Membrane rehabilitation with essential fatty acids is an essential part of neurotoxin detox and is the 4th ingredient in Le Cocktail. Suspect that all fish oils contain mercury (no matter what their marketing department claims), therefore eat the fish oils with chlorella and you will have the benefit of these essential nutrients for supporting your neurotoxin detox and healing the damage – while binding the mercury in the gut.

Fish oils supplementation- 1-2 grams/day

- (Nordic Naturals)- EPA/DHA:
- Krill oil, PS omega 3 Synergy (Crayton)
 - use only the highest grade (#2)
- Udo's oil: a blend of omega-6 and omega-3 oil in 4/1 ratio:
 - 1-2 tsp/ day

Le Cocktail instructions: in summary

Use 1-2 times a day during mobilization cycles (chelation lite) and 2-4 times a day during chelation cycles. It is easiest to utilize Le Cocktail around meals and/ or at bed time.

Chlorella:

Your Maintenance dose of chlorella is: _____g/ day

1. 30-60 min. prior to cilantro dose;
2. before meals if convenient
3. at bed for better brain detox.

Fish oils are preferably taken with chlorella.

1-2g per day

Freezed Dried Garlic

1-4 capsules dissolved in water before or after the meal

Cilantro tincture

Usually added to Le Cocktail **after 1-2 months** once the bowel (inflammation, function and detox) and matrix has been initially detoxed and the genetic, metabolic and other factors that inhibit detox are addressed. (E.G. KPU, methylation, sulfur metabolism, glutathione metabolism, minerals, amino acids, electrolytes, drainage organ rehabilitation, water and general hydration, essential fatty acids)

Start with 2-3 drops in hot water and build up to full dose of 1-2 dropper full; 30 - 60 minutes after chlorella, prior to a meal and at bedtime

- Mobilization cycles – 1-2 times a day – meals and /or bedtime
- Chelation cycle – 3-4 times a day meals and bedtime

All Vitamin C supplements are taken at end of meal (20 min. away from cilantro and 45-60 min. from chlorella), or another meal.

Note: always take **Le Cocktail after doing the MFT tapping points** that have been personally developed for you. This will enhance your tolerance to all detox procedures and open the matrix (blood flow) to the contaminated bodily compartments where these detox agents need to go. This is called “Drug Uptake Enhancement”.

The following cycle is based on 1 month, if shorter adjust the days proportionally. For the first 6 months, it is advisable to do monthly cycles or no shorter than 3 weeks. You need the time to Rest.

I. Mobilizing Phase: 10-14 days prior to your scheduled chelation appointment, start your maintenance dose of Chlorella with Le Cocktail

Chlorella maintenance dose _____: Le Cocktail 1-2 times a day

Fish oils 1-2 grams with chlorella

Garlic 1-4 caps dissolved in water beginning or end of meal

Cilantro (optional in beginning (Phase II). Start slowly and build to 1-2 dropperful in hot water

Maintain all other suggested foods and supplements

Notes:

- The most important strategy is to take the Chlorella and Le Cocktail, how and when is secondary. Make life as simple on your self as possible
- It is best for some to start slowly with chlorella ½ -1 gram at first and add ½ to 1 gram per day until you have obtained your recommended mobilizing dose.
- **In the early phases of detox**, it is best to take your Chlorella **dose away from food by at least one hour**, taking the entire dose at one time. This will be more concentrated and will detox the gut better than if chlorella is eaten with meals where it is diluted.
- However, if you have **GI disturbance with chlorella**,
 - i. Divide your dose and take with meals. Although this will provide less bowel detox action and be less effective, but it may be easier on the stomach.
 - ii. Evaluate for allergy to mercury and chlorella
 - iii. Add cellulose enzyme for better digestion (Candisol)
 - iv. Increase the dose. See below
- Some people have problems digesting the cell wall of chlorella. Options:
 - i. Add Candisol, a cellulase enzyme or other cellulase products, which can be purchased at health food stores.
 - ii. C vulgarus has a thinner cell wall and is better tolerated by people with digestive problems. It lacks sporopollenin and has less mercury absorptive capacity.
 - iii. If still a problem, switch to Porpha-zyme (Biotics), or one of the clatherating agents (Matrix Metals, NDF, PCA, Metal Free).
- Most side effects reflect the toxic effect of the mobilized metals, which are shuttled through the body. This problem is instantly avoided by **significantly increasing the chlorella dosage**. Do not reduce it; that worsens the problem. Small chlorella doses mobilize more metals that are bound up in the gut; large chlorella doses bind up more toxins that are mobilized.
- If you have capsules or tablets, chewing the chlorella is the best because saliva will tag the chlorella naturally (with monoclonal antibodies) and delivered to the most receptive areas.
- The gut is the major route for heavy metal detoxification; therefore the gut must be functioning well with (ideally) multiple bowel movements per day. If not, re-absorption of the mercury is likely to occur.

II. Chelating Phase: for 2-3 days: Start to **double or triple the doses of Le Cocktail** the day before your chelation appointment and continue the 2-3 times dose, the day of the IV chelation and the day after, which is usually the day of the IV Vitamin and Mineral (with high dose Vitamin C) and Glutathione. It is advisable to have this third day an active spa day to enhance toxin removal after mobilization and chelation. See below.

Le Cocktail doses above

2-3 times the doses/ day – applied 3-4 times a day

- This is a chelation dose of chlorella that is **designed to move the mercury and other heavy metals and toxic chemicals out (through the bowel) aggressively**. Cilantro and Garlic are increased accordingly, fish oils are not increased.

- Le Cocktail of chlorella, cilantro and garlic in this dosage can be used as an At Home **naturopathic chelation by itself**, with or without In Office chelation. (I.E. DMPS, DMSA, EDTA). Using multiple chelators always enhances the toxic yield. It is still best to use a 2-3 day chelation cycle with multiple chelators even if no in office chelation is planned.
- If you have advanced to deeper Phase III and IV detox using DMSA and EDTA oral /suppositories, OSR, Phospho Lipid Exchange, Alpha Lipoic Acid and other strategies that take you out of the monthly cycle, use Le Cocktail mobilizing and chelation dosages in whatever phase you are in.
- The day after the chelation we usually schedule **a vitamin and mineral IV with glutathione, which is also a chelator with a slightly different action** (for toxic chemicals and brain detox; enhancing mineral stabilization). Extend the chelation dose of “Le Cocktail” to cover the day of this therapy.
- The **detox spa can greatly enhance the detox of neurotoxins** - mercury and other heavy metals, toxic chemicals, chronic infection neurotoxins etc. It is best to do detox spa procedures the day after the IV chelation. The procedures to consider are:
 1. Lymphatic treatment – KLM (micro-current), massage, Chi machine
 2. Skin detox: Infra- red sauna or ozone steam; Mercury vapor lamp
 3. Bowel: colonics
 4. Detox foot baths: Toxaway, Aqua Chi, BEFE; stimulates the kidney and liver meridian at the feet to effectively increase toxin elimination activity of both organs. There is also direct active lymphatic excretion of toxins across the soles of the feet. This procedure should always be used on the chelation day.

III. Post-chelation Phase: For 3-4 days after the finish of the chelating phase.

Chlorella. The maintenance/mobilizing doses should be taken in divided dosages with meals to clean and bind mercury and other toxic metals and chemicals from its release in the liver.

Fish oils. Same dose, take with chlorella.

Garlic. Optional unless active against chronic infections

Cilantro. Do not take.

- This is the time to do gall bladder flushes and to take additional GI binders

IV. Stabilization Phase: For 7 days after the finish of the post-chelation phase. No chlorella, or cilantro, garlic optional and continue the fish oils along with other supplements.

- During this **resting phase from active detox it is important for the body to passively diffuse the toxins from the deeper binding sites** to the connective tissues recently detoxed. It is a time to re-mineralize, drain, and build up the anti-oxidants, proteins and other critical health factors.
- If eating fish or other mercury contaminated products, take ½ -1 grams of chlorella with meal to bind the mercury in the bowel.

Understanding the elimination of neurotoxins using chlorella/ cilantro

Chlorella is a very important food for detoxifying all neurotoxins from the bowel. Chlorella is the only intelligent chelator and very effectively removes neurotoxins. It is also a whole and complete natural food supplying a rich source of amino acids, essential fatty acids, B-12 and vitamins and minerals. Some consider Chlorella to be one of the best natural foods available, It is by far the largest health food eaten by more people world-wide.

Neurotoxins include:

- (i) toxic heavy metals (mercury, lead cadmium, aluminum...)
- (ii) toxic chemicals (phthalates and other plasticizers; benzene, styrene) formaldehyde, dioxin, insecticides, solvents, flame retardants, PCB's)
- (iii) (iii) biotoxins from chronic infections (lyme, botulinum, parasites, clamydia , TB, fungus, candida, virus to name a few), and
- (iv) other endogenous and exogenous neurotoxins (foods, preservatives, cosmetics, bad gut bugs).

Neurotoxins are not excreted easily and are naturally excreted from the bowel via the liver and bile. Unfortunately neurotoxins are naturally and mostly re-absorbed in the bowel by its vast nervous complex (enteric nervous system) and then redistributed into first the liver then to the brain, peripheral nerves, cellular membranes fat or other bodily compartments.

To effectively remove the neurotoxin, they need to be effectively bound in the upper part of the small intestine, when the bile is secreted during digestion. Chlorella eaten with food or dosing chlorella 30-60 minutes prior to a cilantro dose will bind the neurotoxin in the bile with the chlorella and carry it out in the feces. Cilantro causes the liver to release the bile. Cilantro is also an important source of organic selenium, a very important mineral in heavy metal detox.

The action of cilantro is quick (about 20 min). Cilantro mobilizes mercury and other neurotoxins from the cell membranes but does not chelate (or pull them out well). Therefore an important detox strategy is to have chlorella on board at the time of mobilization (taking cilantro) to more effectively chelate the metals out.

More on the ingredients of Le Cocktail

Chlorella is a major nutrient in Heavy Metal Detoxification

- ◆ Chlorella is the most studied nutrient (2000 peer reviewed articles, mostly Asian)
- ◆ Can be used **prior to Hg filling removal** [1-2 weeks] and is part of the pre-dental protocol. It won't remove Hg from fillings (like other chelating agents), so it can be used safely with Hg fillings in the mouth (pre-dental protocol).
- ◆ Binds **heavy metals in the gut**, and will also bind mercury in the blood circulating through the bowel wall. The chelating agents or HM binding peptides appear to pass through the bowel and enter the blood stream and extra cellular spaces. It does not cross the brain barrier.
- ◆ Chlorella binds **strongly to all Heavy Metals** and therefore can become contaminated with HM easily; some sources appear to be contaminated;

quality is important. Cracking the cell walls of the chlorella (with sound) to access the metal binding peptides is proprietary to some brands.

- ◆ Can be used as a **mobilizing agent or chelating agent depending upon the dosage.**
- ◆ Chlorella is an **excellent food for detox**, a complete source of amino acids, B12, essential fatty acids and a good mineral source; green foods are very good for gut health and alkalizing the body; it has anti-bacterial and viral properties, and enhances growth hormone.
- ◆ There are two species of chlorella that are important for detox:
 - ◆ *C. pyreneidosa* is better for the absorption of toxins, but harder to digest,
 - ◆ *C. vulgaris* has a higher amount of chlorella growth factor content, is easier to digest but less metal binding capability

Detox properties of Chlorella (most in pier review)

- Anti-viral – CMV and other herpes Viruses
- Toxin binding (muco-polysaccharide membrane) – toxic metals, environmental toxins (use for Toxic Chemical detox concurrently)
- Repairs and activates the body's detoxification functions:
 - Dramatically increases reduced glutathione
 - Various peptides restore coeruloplasmin and metallothionine
- Sporopollenin effective in binding neurotoxins (as effective as cholestyramin) and more effective in binding toxic metals than any other natural substance
- Lipids (12.4%) of alpha and gamma linoleic acid – for membrane and peroxisomes rehabilitation
- Methyl-cobalamin – important in any nervous system detox and restoration
- Chlorella growth factor – helps with detox and is also a superfood for growth and development in children
- Porphyrins in chlorophyll have strong metal binding effect; Chlorophyll activates the PPAR receptor on the nucleus of the cell, which is responsible for peroxisome coding (turns on the gene), opening the cell wall (important for all detox procedures), normalizing insulin resistance and more. Note that medical drugs that activate the PPAR receptor (pioglitazone) effective in treatment of breast and prostate cancer.
- Super nutrient: 50-60% amino acid (good for vegetarians), methyl-cobalamine, minerals, vitamins, chlorophyll
- Immune system tonic
- Restores bowel flora by reducing the heavy metal binding on the pathogenic bacteria and fungus, thereby reducing their competitive advantage with the beneficial bacteria
- Digestive aid
- Alkalinizing agent” Klinghardt

Organic freeze-dried Garlic (microbes, toxins, sulfur)

Garlic has two functions in Le Cocktail:

1. Supplying many detox and supporting factors critical for detox – protects the white and red blood cells from oxidative damage caused by the metals traveling through the blood stream, many sulfur compounds critical for detox and in itself a weak chelator helping to make the toxic metals water soluble, thus aiding in the excretion. Garlic increases glutathione, protects brain from oxidative stress, increases antioxidant and anti-inflammatory action; protects against heart disease by decreases homocysteine, cholesterol and oxidized LDL, garlic is anti-cancer, modulates epinephrine and nor-epinephrine (stress) and decreases fibrinogen, which is part of the coagulopathy of toxic patients. For these important functions any garlic is OK provided it is organic and processed with care. I.E. Freeze-dried, Bear Garlic tincture but others like Kyolic will work.

Organic garlic is critical because garlic will attract and bind toxins (like pesticides and herbicides if grown in these environments)

1. Metal toxic patients always suffer from secondary infections, which are often responsible for part of their overall symptoms. The allison in garlic is one of the most broad spectrum anti-microbials in nature, in which no microorganism has ever developed resistance. Garlic is anti-biotic, anti-viral, anti-fungal and anti-parasitic. In addition, organic garlic is high in bio-active selenium, which has a strong anti-viral properties and is the most important mineral that protects against mercury toxicity.

Fish oils (microcirculation; cell membrane, nerve and brain rehabilitation and cell wall flexibility)

Membrane rehabilitation with essential fatty acids is an essential part of neurotoxin detox and is the 4th ingredient in Le Cocktail. Suspect that all fish oils contain mercury (no matter what the marketing department claims), therefore eat the fish oils with chlorella and you will have the benefit of these essential nutrients for supporting your neurotoxin detox and healing the damage. Notes on fish oils and essential fatty acids are:

- Essential Fatty Acids (EFA) are an important, forgotten part of most chronic degeneration conditions. The membranes are the life of every biological system. Eating healthy fats and oils and removing the “bad” fats from your diet (trans fats and reducing saturated fats) is critical to restoring health.
- Good health and eating choices are critical to your success. Understanding and coaching from life style/ nutrition detox coaches can help you incorporate the healthy fats and supplements into your routine.
- Rehabilitating the cellular membranes is critical in repairing the nerve and brain – the organs affected by the mercury toxicity,
- But it is more critical in the early stages of detox to help the liver and other detox organs function, for all detoxification occurs on cellular membranes and membrane structures (**peroxisomes**)
 - Ca/ Mg Butyrate: butyrate is a short chained fatty acid usually produced by healthy bacteria in the gut, which is absorbed into the liver and used as fuel by the hepatocyte (the liver cells) to detoxify (in the peroxisome). Until the bowel is

- 1-2 caps with food, usually one bottle is sufficient
- Eat butter – butyrate=butter
- Peroxisome metabolism also enhanced by hormones (thyroid, DHEA), B2, Manganese and biotin, thiamin and B-12 (cobalamine) and chlorella;

Phospholipids supplementation and therapy is important for nerve, brain and all membrane repairs. This can be an enhancement with the Le Cocktail in Phase III and IV. When nutrients and remedies are combined with phospholipids consisting of phosphatidylcholine, phosphatidylinositol and phosphatidylethanolamine, their bioavailability is greatly enhanced. This forms the basis for Phospholipid enhanced products; and taking phospholipids at the time when taking supplementation nutrients and remedies.

Phospholipid detox formulas: Phospholipid exchange, Lipoflow, Detox Max

Phospholipid Exchange: (Biopure) – 1/3 of bottle 3 times a week; or 1-3 teaspoon/day at bed time during Phase III- IV brain and cellular detox phase.

- Combination of microsphere encapsulated Disodium EDTA and essential phospholipids. Taken orally this product enhances the transport of Phospholipid Exchange through the intestinal wall barrier, blood/ cell and blood/ brain barrier.
- This product successfully eliminates the possibility of diarrhea symptoms. There is a slow release of EDTA systemically over 48 hours, greatly decreasing the possibility of kidney overload with heavy metals. Phospholipid Exchange produces ‘true’ plasma soluble ion exchange properties, thereby minimizing beneficial mineral excretion.
- EDTA has been used to detoxify the body of heavy metals, primarily lead, cadmium, nickel and arsenic (but not mercury very well); it has been used for clearing the cardiovascular system. In the past EDTA administration has required IV infusions.
- Healing benefits: lowers total serum cholesterol, decreases LDL (bad cholesterol), increases HDL (good cholesterol), increases peripheral and brain circulation, decreases reactive platelet aggregation by 60% in patients with angina pectoris, increases fluidity of RBC cell membranes, decreases angina and helps eliminate chest pains attacks, increases exercise tolerance with angina prone patients.
- Ingredients: 1 oz. 1 gm. Disodium EDTA, 30 g of Essential Phospholipid (EPL), 150 mg of Magnesium chloride, 100 mg of Alpha Lipoic Acid
- Mix OSR in the Phospholipid exchange

Recommendations of Products for Le Cocktail:

Chlorella: Bio pure or Morin Labs

Cilantro liquid: Red Dragon or Bio Immune (non-alcohol base) or Bio Pure (organic)

Fish oils: Omega Pure 780 Caps or Bio Immune liquid

Freezed Dried Garlic: Pharmax or Bio Immersion (organic)

Candisol: Barin Biologics

Phospho-lipid detox formulas: Bio Pure Phosolipid Exchange, Lipoflow or Detox Max

OSR: (Oxidative Stress Release) an antioxidant that helps maintain glutathione

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