

Mercury Detox using Chlorella and Cilantro

This is a two-step protocol (Chlorella and Cilantro), but additional recommendations have since been added.

- **Cilantro** mobilizes the heavy metals (teases them out of tissues into the blood).
- **Chlorella** captures and escorts the mobilized heavy metals out of the body.
- **Vitamin C** helps to boost glutathione levels, which is important for detox.
- **Butyrate** helps clean your liver and the biliary tree, gall bladder, and bowels.
- **Garlic and other onion family members** are recommended to take during and after detox days. They contain sulfur which is important for boosting glutathione levels. Additionally, garlic protects white and red blood cells from oxidative damage (by toxic heavy metals), and has antimicrobial activity against secondary infections common with metal toxicity.
- **Brassica veggies** (cabbage, kale, broccoli, etc) also contain sulfur which is important for boosting glutathione levels.
- **Fish oil, krill oil, and cod liver oil** are also important for the DHA and EPA fatty acids they contain. I take krill oil soft gels and liquid fermented cod liver oil daily.
- **Unrefined sea salt** helps with hydration, and with proper reception of electric messages in the body's autonomic nervous system.

NOTE: Do not take cilantro tincture without also taking chlorella if you have toxic heavy metals, because chlorella is needed to escort the toxins out of your body.

My chelation schedule & dosage

I do 2-week rotation: 2-7 days detox followed by remaining 2-wk days of regular diet. On detox days:

- ▶ **Morning:** 2 - 10 drops* cilantro tincture at 10:30 AM, just before I drink half of daily smoothie, for 1.5 grams chlorella;
- ▶ **3:30 PM** (with afternoon supplements): 5 tabs fermented chlorella (1g)
- ▶ **4 PM** (30 min after afternoon supps): 2 - 10 drops* cilantro tincture
- ▶ **6:30 PM** (dinner): 5-tabs fermented chlorella (1 g); plus other half of daily smoothie (1.5 g chlorella). No cilantro tincture until next day (or next detox).

* start with 2 drops/dose for first detox days (no drops on non-detox days); with each repeating cycle, increase by 2 drops/dose on detox days, until taking 10 drops/dose.

My daily totals:

- ▶ **Detox days:** Chlorella, 4 g/day; Cilantro 4-drops, increasing to 20 drops/day.
- ▶ **Non-detox days:** continue to add 1-tsp chlorella/day (2.5 g) to my smoothie for at least the first 2-days after each 2-day detox, but NO cilantro, to ensure all the mobilized heavy metals are carried out of the body.

See also my complete article: [Chlorella & Cilantro Heavy Metal Detox Protocols](http://catsfork.com/CatsKitchen/chlorella-cilantro-heavy-metal-detox-protocols/) (catsfork.com/CatsKitchen/chlorella-cilantro-heavy-metal-detox-protocols/)