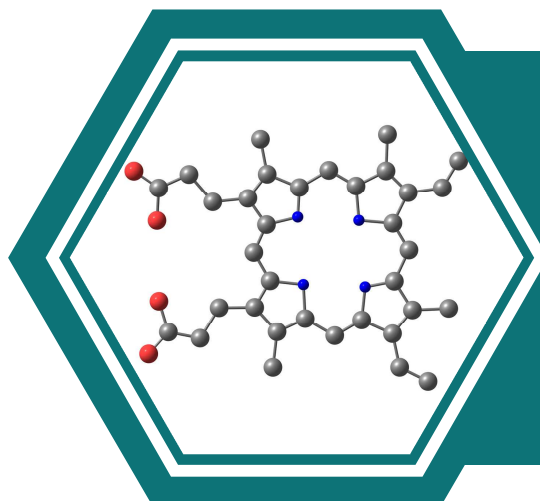


HEAVY METALS

ANDJELA SUBOTIC, ND
OCTOBER, 2023



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Symptoms

- Irritability
- weight loss
- depression
- memory loss
- fatigue
- anemia
- neurological disorders
- metallic taste

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Stages of Adaptation

Healthy but exposed to heavy metals in air, water, food, etc

Stage 1

Oxidative Stress
Health challenges
Inflammation
Infection, allergies
loss of energy

Stage 2

Autoimmune dysfunction

Stage 3

Cellular deterioration exceeds rate of repair.

Stage 4

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Mercury from Vaccines Food Amalgams

50 mcg

Indication of finger tremor

400 mcg

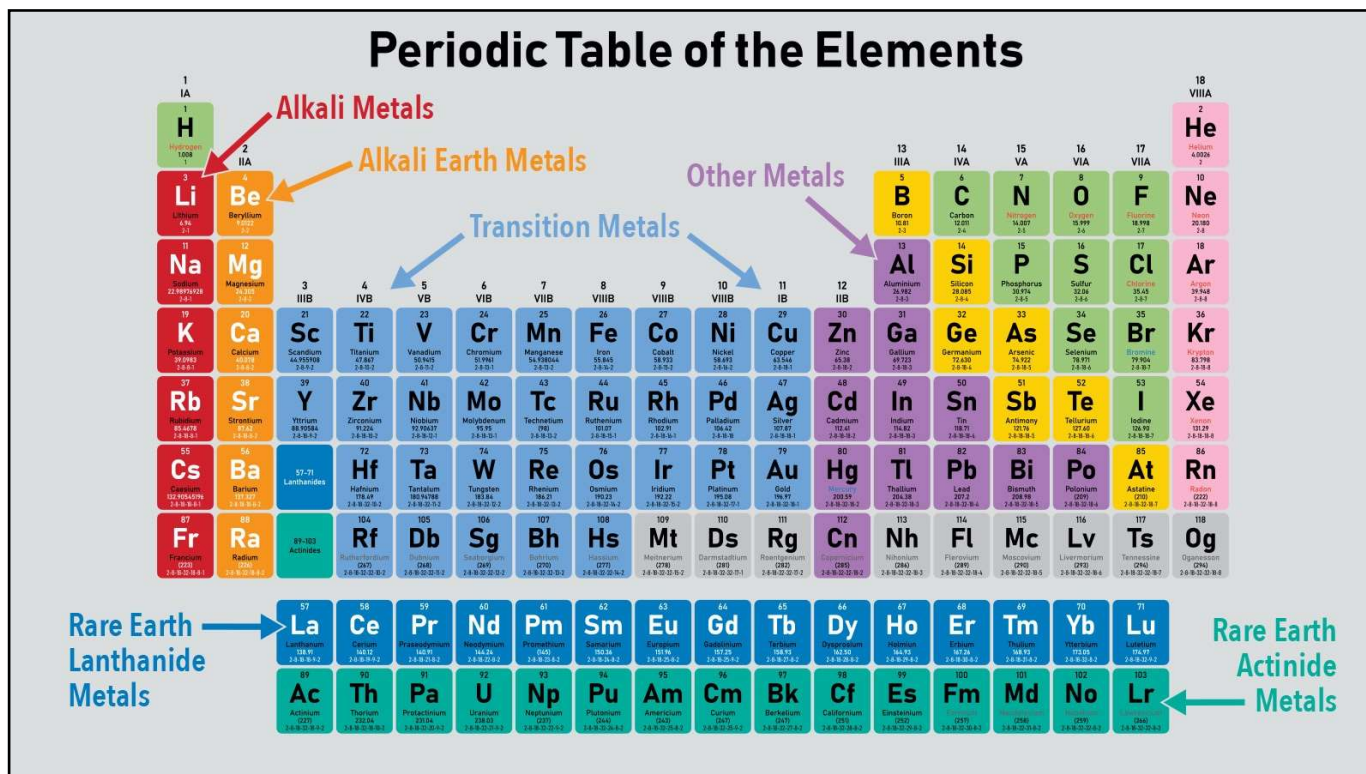
Moderate/severe brain dysfunction

750 mcg

Inflammation of kidneys, liver, brain

Did you know: **Chewing gum/food with mercury amalgams can release up to 4 mcg mercury within 10 minutes!**

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Minimize Burden

REMOVE MERCURY AMALGAMS

REVERSE OSMOSIS WATER FILTER

LIMIT FISH INTAKE

SAFE PRODUCTS

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Things to consider:

- Underlying health of individual?
- Age?
- Other environmental exposures? Chemicals / Mycotoxins?
- Is metal exposure acute, ongoing or from the past?
- Is bowel function good? Are there liver/kidney problems? Allergies, other precautions?

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Lab Testing

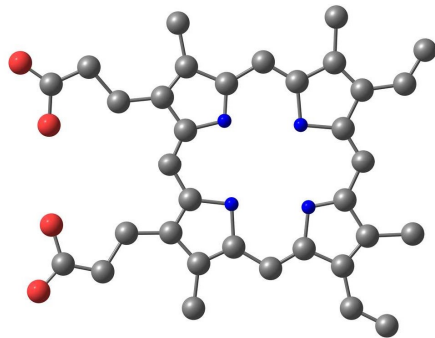
- HAIR TISSUE MINERAL ANALYSIS
- BLOOD TESTING
- URINE TESTING - provocation challenge
- STOOL TESTING - primary route of elimination of metals

The benefits of pre- and post-challenge urine heavy metal testing: Part 1.
Crinnion WJ.
Altern Med Rev. 2009 Mar;14(1):3-8.
PMID: 19364190

24-hour provoked urine excretion test for heavy metals in children with autism and typically developing controls, a pilot study.
Soden SE, Lowry JA, Garrison CB, Wasserman GS.
Clin Toxicol (Phila). 2007 Jun-Aug;45(5):476-81. doi: 10.1080/15563650701338195.
PMID: 17503250

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Metal Detox Options



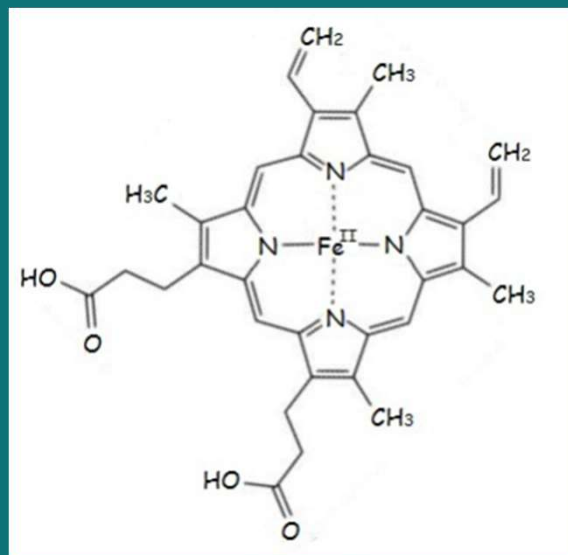
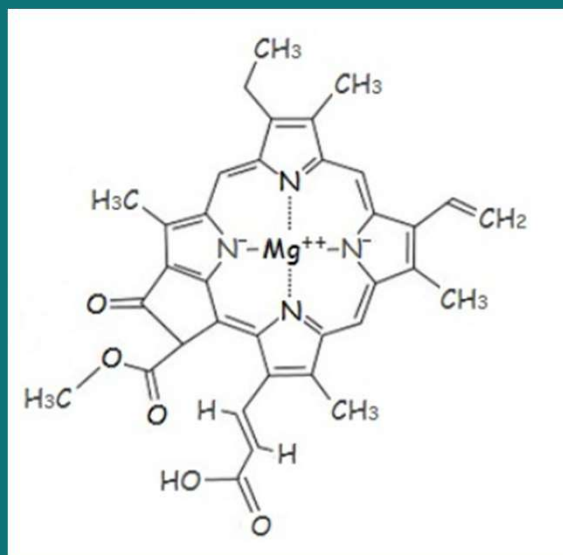
Intravenous (pharmaceuticals) - EDTA, DMSA, DMPS

Oral chelation - Biotics Porphyrin-zyme

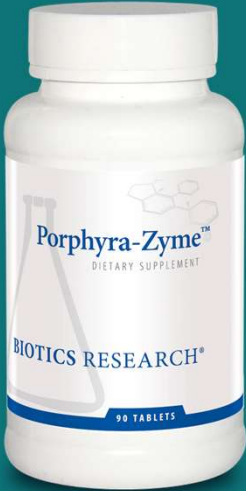
Transdermal

Suppositories

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	Initial Concentration	After Dialysis against a solution of Porphyra-Zyme	Amount Complexed	Percent
Lead	20 ppm	4.8 ppm	15.2 ppm	76%
Mercury	10 ppm	0.8 ppm	9.2 ppm	95%
Cobalt	30 ppm	3.4 ppm	26.6 ppm	88%
Cadmium	15 ppm	3.6 ppm	11.4 ppm	76%
Arsenic	10 ppm	1.4 ppm	8.6 ppm	86%
Aluminum	20 ppm	7.0 ppm	13.0 ppm	65%
Nickel	10 ppm	3.3 ppm	6.7 ppm	67%

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Heavy Metal Chelators

- Chlorella
- Garlic
- Lipoic Acid
- NAC
- Vitamin C
- Glutathione
- Cilantro
- MSM
- Iodine
- Zeolites
- Bentonite Clay
- Shilajit

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Toxic Metals Detoxification Protocol

The following information supplies guidelines (only) for safe metals detoxification. This program may be used pre, during and post amalgam removal. You may follow the below protocol for 3 months then re-test metal levels.

Suggestion: Start with: Provocative Challenge: Porphyra-Zyme 6 tabs, twice daily, empty stomach for 7 days, then proceed with a Doctor's Data Toxic Metals FECAL TEST KIT. Send via FedEx, on a Monday morning.

Toxic Metals Detoxification Protocol

Product	Mechanism	Dosage	Food/Empty
<u>Porphyra-Zyme</u>	Chelates metals	2-6 tabs (BID)	Empty
MCS-II	General Liver Detox	2 caps (BID)	Food
Renal Plus OR <u>Nephra-Zyme</u>	Kidney Support	3 tabs (BID)	Empty
Bio-C Plus	Buffered Vitamin C chelates copper	2-5 grams daily divided	Food
Cytozyme-Parotid-TS	Lymphatic Drainage and support	2 tabs (TID)	Empty
Mixed EFAs	Omega 6 fatty acids Binds to metals	2 teaspoons daily	Food

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Always use Glutathione when Detoxifying Toxic metals.

Anti-Microbials: A.D.P., Berberine, Bio-HPF, Caprin, Dysbioside, FC-Cidal.

Pro-Biotics: BioFoph-7-Plus, Bio-Dophilus FOS, Lactozyme, S. Bouldarii.

Methylation: GSH Plus, Methionine 200, Methylfolate Plus, NAC, Lipoic Acid, Selenomethionine, TMG.

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Suggestion for Metal Detox ~ Children

Age	Product	Dosage
1-3	<u>Porphyra-Zyme</u>	1 tab evening empty
4-6	<u>Porphyra-Zyme</u>	2 tabs evening empty
7-9	<u>Porphyra-Zyme</u>	3 tabs evening empty
10-14	<u>Porphyra-Zyme</u>	4 tabs evening empty
15-18	<u>Porphyra-Zyme</u>	5 tabs evening empty
18-21	<u>Porphyra-Zyme</u>	6 tabs evening empty

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