

HEAVY METAL DETOXIFICATION

Step 1:

Perform a creatinine clearance test prior to clearing of heavy metals. DMSA (Captomer from Thorne Research) clears metals primarily through the kidneys, which can cause an increased burden on the kidneys. Perform a 24-hour urine challenge (see [Provocative Testing for Heavy Metals](#) protocol).

Step 2:

Captomer chelates heavy metals. Establish the total daily dose you will be prescribing. Dosages range from 10 mg/kg body weight daily to 30 mg/kg daily, in three divided doses between meals. Since there are 2.2 pounds in a kg, divide the patient's weight in pounds by 2.2 to determine kg weight. If you have a particularly sensitive patient or are not familiar with using Captomer, beginning with a lower dose is recommended. You can always increase the dose during the next cycle. Higher doses should be accompanied by colonic irrigation.

Step 3:

Captomer is dosed in cycles, with the number of days on and off varying among physicians. Dr. Crinnion recommends 5 days on and 9 days off. Other physicians use a 3 day on, 11 day off cycle. Still others use a one-week cycle rather than a two-week cycle and have the patients use Captomer for 3 days with a 4 day break. The more sensitive or ill the patient, the longer the break you will want to take between dosing.

PRODUCT PROTOCOL FOR CHELATING (Captomer) PHASE

Captomer – dosage as outlined above

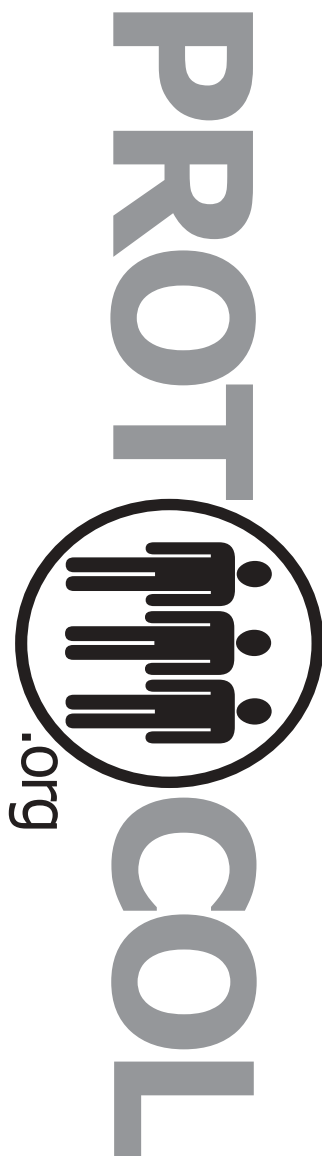
Hydrolyzed Lactalbumin Protein (pure whey protein) – 1-2 scoops once or twice daily in water, juice, or milk (may make a smoothy with it); assists in moving mercury from the brain.

Medibulk – 1/2 -1 scoop in 8 oz. water before bed; assists in binding heavy metals in the colon and flushing them from the system.

Toxic Relief Booster – 1 capsule three times daily; support the body's detoxification mechanisms.

Vitamin C – 1-3 grams three times daily.

Liver cleanse – 1 capsule one to three times daily; enhances liver's detoxification mechanisms.



PRODUCT PROTOCOL FOR REPLENISH (no Captomer) PHASE

Basic Detox Nutrients – 4 capsules three times daily; multiple vitamin-mineral with additional detoxification nutrients.

Heavy Metal Support – 2 capsules twice daily; replenishes minerals bound by Captomer and nutrients used up during the heavy metal detox process, and nourishes the kidneys.

Hydrolyzed Lactalbumin Protein (pure whey protein) – 1-2 scoops once or twice daily; this assists in moving mercury from the brain.

Medibulk – 1/2 - 1 scoop in 8 oz. water before bed; assists in binding heavy metals in the colon and flushing them from the system.

Vitamin C – 1-3 grams three times daily.

Liver Cleanse – 1 capsule one to three times daily; enhances liver's detoxification mechanisms.

Toxic Relief Booster – 1 capsule three times daily; use if patient needs additional detoxification support.

OTHER SUPPORTIVE THERAPIES

To insure heavy metals are not getting recycled, colonic irrigation, enemas, or constitutional hydrotherapy is recommended at the end of each week.

POSSIBLE ADVERSE REACTIONS

The movement of heavy metals can lead to adverse symptoms in some individuals. This often occurs between the third and fourth cycle of Captomer, often on the third day of the cycle. Symptoms of mercury mobilization include fatigue and irritability. Symptoms of arsenic mobilization include fatigue, irritation of mucus membranes, and hive-like skin reactions. If adverse symptoms occur while taking Captomer:

- 1. Reduce the dose or stop for the remainder of the cycle.**
- 2. Increase vitamin C intake (double it).**
- 3. Do another colonic irrigation.**

FOLLOW-UP TESTING

At the beginning of the fifth Captomer cycle, perform a 24-hour urine test to check for clearing of metals. Begin urine collection on the morning of the third day of the Captomer cycle. As you clear the body of heavy metals, you should begin to see less clearing of heavy metals (when compared to the original 24-hour urine challenge).

METALS CHELATED BY DMSA (Captomer)

Mercury, Lead, Arsenic, Silver, Bismuth, Copper, Cadmium, Tin, Nickel, Zinc, Thallium, Manganese, Antimony.

