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HEAVY METAL DETOXIFICATION PROTOCOL

Start slow, take less than recommended; build up to full amounts. Drink lots of water to flush toxins out of system. If you start feeling sick, don't stop taking supplements, simply reduce amounts for a day or two. Limit alcohol, sugars, and processed foods; you don't have to give them up completely.

DAILY SUPPLEMENTS

Glutathione
N-Acetyl Cysteine (NAC)
Chlorella
Quercetin

SECONDARY SUPPLEMENTS

B vitamins
Vitamin C

NOT FOR DETOX, BENEFICIAL

Probiotics

Glutathione; 2-3000mg/day

- Avoid taking: Anti-psychotic medications, chemo drugs, and alcohol.
- Over time, Glutathione depletes Zinc in the body.
Consider adding *zinc picolinate* occasionally to avoid this from happening.
- Possible side effects to look out for; Abdominal cramps, bloating, difficulty breathing (bronchial constriction), and rash.
- Foods that help Glutathione attach to heavy metal toxins.

These are not necessary for Glutathione to work, but it helps the process:

- A. Garlic
- B. Onions
- C. Broccoli
- D. Kale
- E. Collard Greens
- F. Cabbage
- G. Cauliflower
- H. Broccoli sprouts

N-Acetyl Cysteine (NAC); 1,200mg/day

- Boost Glutathione effectiveness

Chlorella; 2,000mg/day

Quercetin; 475mg/day

B-Vitamins, especially Folate

- B₆ and B₁₂ (boosters)
- Multi-B's are okay too.

Vitamin C; 3-5000mg/day

Probiotics

- Restores the gut biome, which produces 80% of all serotonin and helps us calm down.