



If you're chronically ill, heavy metals may be causing your health problems!

Heavy metals like mercury, arsenic, cadmium, aluminum and lead can cause autoimmune disorders (multiple sclerosis, rheumatoid arthritis, Lou Gehrig's disease, etc.), neurological damage (dementia, autism, Alzheimer's, depression, irritability, hyperactivity, etc.), skin conditions, reproductive disorders, increased susceptibility to infections and cancer, and many other serious health problems.

Are Heavy Metals a problem for you? Learn more inside...

Other Supplements to Aid Heavy Metal Detoxification

There are other supplements, besides those listed in the basic cleanse on page three, that can aid heavy metal detoxification. **Alpha Lipoic Acid** is often called the universal antioxidant. It has both fat- and water-soluble properties and can cross any membrane in the body. It helps the liver remove toxins, including heavy metals.

Mega-Chel is designed to help remove the build-up of mineral deposits (arterial plaque) in the circulatory system, but it also has the ability to help the body eliminate heavy metals. It is particularly helpful for getting lead out of the system. Simply add 1-2 tablets of Mega-Chel taken twice daily to the basic program.

N-Acetyl Cysteine, also known as NAC, is essential for the body to mount a defense against free radicals, and it supports the natural elimination of harmful toxins, including heavy metals. This nutrient is a precursor to glutathione, one of the body's most powerful antioxidants. Heavy metals deplete glutathione, but NAC helps remove them.

Bowel Detox aids digestion and elimination and can be a helpful addition to a heavy metal cleansing program. The blend contains enzymes, fiber, bentonite clay, charcoal and herbs which support the liver and intestinal function.

If you are interested in learning more about heavy metal detoxification or need help in developing a customized program, contact the person who gave you this newsletter. They can help you create a program that is right for you.