



ASPEN INTEGRATIVE
MEDICINE

Gentle Metals Detox

Do 3 months

1. **Epsom salt baths:** 1 to 2 cups. Nightly for 30 mins
2. **Activated Charcoal by Source Naturals:** 2 pills at bedtime
Find on iherb.com
3. **EDTA by Arizona Natural:** 2 pills at bedtime
Find on iherb.com
4. **Oxy-Powder by Global Healing:** 4 pills at dinner if constipated; 2 pills if not constipated. Stop if getting diarrhea.
Find on globalhealing.com
5. **R Lipoic Acid by Life Extension:** 1 pill 2x/day with food
Find on iherb.com
6. Optional: **Chlorella by Dr. Mercola:** 4 pills 2x/day with food.
Find on iherb.com