



ASPEN **INTEGRATIVE**  
MEDICINE

## Gentle Metals Detox

Do 3 months

1. **Epsom salt baths:** 1 to 2 cups. Nightly for 30 mins
2. **Activated Charcoal:** 2 to 4 pills at bedtime  
Find on [iherb.com](https://www.iherb.com)
3. **EDTA:** 2 pills at bedtime  
Find on [iherb.com](https://www.iherb.com)
4. **Oxy-Powder** (ozonated magnesium): 2 pills at dinner  
Find on [globalhealing.com](https://www.globalhealing.com)
5. **R Lipoic Acid:** 1 pill 2x/day with food  
Find on [iherb.com](https://www.iherb.com)
6. Optional: **Chlorella:** 4 pills 2x/day with food.  
Find on [iherb.com](https://www.iherb.com)