

THE 5 MOST IMPORTANT NUTRIENTS THE CELLS NEED TO DETOXIFY MERCURY



An important part of my mercury detox program are the foods, beverages and nutraceuticals consumed.

When I was severely mercury poisoned, Dr. Dietrich Klinghardt* taught me about the five specific food nutrients the body needs to efficiently remove mercury from the body's cells.

He told me I needed to consume ample amounts of these five nutrients on a daily basis until I was fully detoxified and recovered.





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These 5 nutrients are:

- Minerals
- Sulfur
- Phospholipids
- Amino acids
- Vitamin C

Using these foods in their best form is important. Synthetic supplements are often problematic, especially for the moderate to severely mercury toxic cases, as they typically have a more severe leaky gut condition, mast cell histamine release and impaired assimilation.

Such cases are often accompanied with more severe sensitivities to foods, supplements and herbs. Their immune response has become hyper-reactive.

Whole foods and food-based nutraceuticals are more assimilable, alkalizing and balancing so they are usually more easily tolerated.





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There are always exceptions. Those who have severe sensitivities to high-histamine foods may be better off taking synthetic supplements until they have improved the condition of the gut and immune system.

Following are ideal foods sources high in these nutrients:

- **Minerals**

- Red meat
- Sardines & anchovies
- Bovine glandulars
- Eggs
- Potatoes
- Squash and root veggies
- Nettle and alfalfa tea
- Leafy vegetables
- Lentils and legumes
- Raw cacao
- Gluten-free grains: quinoa, millet, amaranth, buckwheat.

Sea vegetables are an excellent source of minerals but are often not tolerated by more severe toxic cases until they have improved their leaky gut condition.

In addition, strengthening the organs and glands, especially the liver and kidneys is needed so they can more efficiently handle the increased mobilization of metals from the minerals.

Sulfur and minerals especially mobilize mercury and other heavy metals so the more toxic one is, the more caution needed when introducing more sulfur and minerals. Typically, beginning with a low dose and gradually increasing the daily dose is necessary.

- **Sulfur**

- Egg yolks
- Cruciferous vegetables
- Garlic
- Broccoli sprouts & seeds
- Red meat, turkey & chicken
- Chickpeas
- Walnuts
- Maca powder





- **Phospholipids**

- Coconut oil or manna
- Avocados
- Purified fish oil
- Flax seed oil
- Hemp seed oil
- Raw butter
- Ghee
- Raw or lightly cooked eggs
- Raw nuts and seeds
- Raw nut and seed milk

You can cook with coconut oil and ghee since they are not delicate oils that are damaged when heated at high temperatures.

- **Amino Acids**

- Meat, eggs, sardines & anchovies
- Raw nuts and seeds
- Raw nut and seed milk
- Lentils and legumes
- Raw milk kefir
- Gluten-free grains: quinoa, buckwheat, amaranth, millet
- Protein powder
- Dark leafy greens
- Meat/bone broth

- **Vitamin C**

- Red and yellow peppers
- Strawberries
- Lemon and lime
- Broccoli
- Broccoli sprouts
- Rose hip or hibiscus tea
- Dark green leafy vegetables
- Cabbage
- Cauliflower
- Raw tomatoes

Oranges and other sweet fruits should be avoided since they are high in sugars and feed pathogens.

It can be especially challenging to get all the vitamin C needed for an effective heavy metal detoxification program so supplementing with vitamin C is usually necessary.





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Listed below are a few excellent vitamin C nutraceuticals, whole food sourced, ester C and in liposomal form. All are without greens, algae or herbs you may not want:

Following are some excellent food-based vitamin C nutraceuticals:

- Pure Synergy Pure Radiance C – Contains camu camu berries, acerola berries, rose hips, and lemon peel, blueberries, raspberries, cranberries, cherries, and buckwheat sprouts.
- Mega Food Complex C – Contains amla fruit, rosehips, orange peel, blueberry, cranberry, red pepper.
- Garden of Life Vitamin Code Raw Vitamin C – Contains various fruits and vegetables, probiotics and enzymes.
- Innate Response C Complete powder. Contains several berries, rutin, quercetin, hesperidin and stevia.
- Luscious Garden Organic High Vitamin C Powder – made from 100% organic acerola cherries.
- HealthForce SuperFoods Truly Natural Vitamin C – made from whole camu camu berry, whole amla berry, and whole-food water extracts of acerola cherry.
- Cytoplan Cherry C – made from acerola cherries.



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Ester C is more alkalizing and assimilable and less dehydrating to the cells than ascorbic acid vitamin C.

Following are a few excellent Ester C nutraceuticals:

- Pure Encapsulation Ester C and Flavonoids
- Prothera Ester C
- Douglas Labs Ester C Complex

Liposomal vitamin C is a highly absorbable form and reaches the brain cells more efficiently, which has antioxidant properties and also further facilitates the removal of metals from the brain.

Highly sensitive cases usually need to avoid liposomal formulas until their mast cell histamine release and hyper-reactive immune response has improved from an effective leaky gut protocol.

Following are a few excellent brands which are soy-free and contain phospholipids from sunflower lecithin, which is usually more tolerable for the mercury toxic than isolated phosphatidyl Choline extracted from sunflower lecithin:

- Allergy Research Group Micro Liposomal Vitamin C
- BioCeuticals Liposomal Vitamin C
- Mercola Liposomal Vitamin C





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*Dr. Klinghardt, internationally renowned as the top doctor in the world for the treatment of mercury toxicity and its related health conditions. He is the one doctor out of 97 physicians throughout the U.S., Europe and Australia who knew what to do to save my life.

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