# Heavy Metal

A combination of herbs traditionally used to help draw metals and other pollutants out of the body, taken with Chaparral extract.

## This Herbal Combination



**Bugleweed** — the lead herb, long used to draw out minerals, drugs and other pollutants trapped in the system.



**Yellow Dock** — a strong blood purifier that helps the liver and bowel carry waste out.



**Lobelia** — relaxes and opens the body, and carries the other herbs where they need to go.



**Chaparral (taken alongside)** — one of the strongest blood-cleansing herbs; extracted in a 50-50 mix of alcohol and apple cider vinegar.

## How It Works

This is the herbal combination for combating pollution, both external and internal. Used with hot Epsom salt baths, it is traditionally used to help draw out metals, minerals, drugs and other pollutants trapped in the system.

**Keep the bowel vacuum going.** LBF #2 should be used the entire time the heavy metal program is running, with LBF #1 or LBF-CC alongside so the bowels keep moving well. People using the bowel vacuum have seen their hair samples show a decrease in heavy metals within a few weeks.

## Suggested Use

**The tea:** ½ tsp Heavy Metal extract with 1 tsp Chaparral extract in a cup of hot water, three times a day.

**The baths:** every other day, soak in a tub of hot water with 1 to 3 pounds of Epsom salts. Continue the baths for three weeks, then rest from the baths for one week while continuing the tea.

Two or three cycles is a good place to begin. How many are needed depends on the person, and on whether their life has been cleaned up so the cleansing can work well.

## Before You Begin the Baths

Have the foundational programs in place: bowel cleansing (LBF #1 then LBF #2), boosting with Echinacea, and the food program with Superfood and fresh juicing. At least one week of liver flushing and kidney flushing first is ideal.

Throughout the program, at least one ELF liver flush a week keeps the liver cleared, so waste can move out freely and the liver is free to pull toxins.

## Pairs Well With

LBF #2 (the bowel vacuum), LBF #1 or LBF-CC, Echinacea, and Superfood.

*This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.*

*For more on this formula, see my blog post "Clearing Heavy Metals from the Body" at www.daradietz.me.*