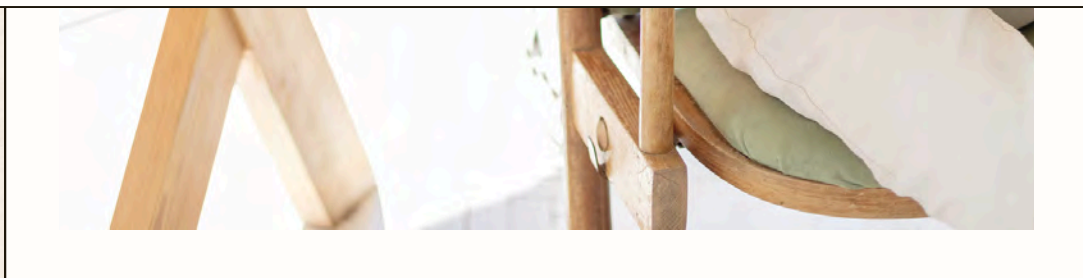


Dr. Andrew Kaufman's
REMOVING HEAVY METALS 2.0



THE PROTOCOL



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INTRODUCTION

I created this protocol to facilitate the body's innate ability to heal from toxic heavy metals. Since these metals are generally not present in undisturbed nature, our bodies have limited capability to process and eliminate them. This can lead to storage and sequestration of the metals, which eventually results in health problems. Toxicity from heavy metals, such as lead, cadmium, arsenic, mercury, and aluminum, may cause a multiplicity of health issues, including cancer, in various parts of the body, especially the central nervous system and digestive organs, but also the heart, liver, and others.

Unfortunately, although we may live a clean lifestyle and eat the highest quality foods readily available, we are still surreptitiously and insidiously poisoned by these substances. They are in the air we breathe, the food we eat, the beauty and hygiene products we apply to our skin, pharmaceuticals we take for our health, and dental fillings we had installed as children. These facts implore us to take measures to mitigate this assault and optimize our health by helping our bodies remove these heavy metals.



WHAT YOU'LL NEED

- Medicamentum Authentica® Shilajit
- Zeo Health Zeolite Pure
- Cilantro Tincture
- Bentonite Clay
- Bowel Regimen:
 - Enema Kit
- OR
 - Herbal Laxatives (regular or extra strength)
- Distilled or Reverse Osmosis water for drinking



BEFORE YOU START

This protocol will only yield optimal results when you follow it carefully.

Make sure you fully read and understand this protocol before starting. The protocol is divided into two phases. The first 30-day period is the *Initiation Phase*. This phase requires more procedures and a stricter diet. It will jumpstart your body into its healing mode. Your body will clear out the toxins that are easy to get rid of so it can begin eliminating those heavy metals.

The next segment is the *Healing Phase*. It has fewer procedures and broader food options. During this period, your body will continue to release heavy metals that have accumulated and been sequestered in your organs and tissues. This is where things really improve. You may keep going for as long as a year if you continue to experience ongoing improvement. Once you're either fully healed or reach a plateau, it's time to celebrate your success and move on to a health-maintenance lifestyle.

If you complete the *Initiation Phase* and are not having the results you hoped for, most likely your health issues are not a result of heavy metal toxicity. If this is the case, consider assessing your liver health and look into my [*Love Your Liver*](#) and [*Power of Pine*](#) workshops.

HYDRATION

Drink only water and no more than one cup daily of organic coffee or herbal tea. Eliminate all other beverages.

Your body requires more water when you are healing. Thus, this requirement may be significantly more than you currently drink. That is okay. This is a temporary commitment.

In order to meet your water intake for the day, use a timer. Drink no more than 8 ounces every 30 minutes. Start when you wake up to make sure you will finish at a reasonable hour. Keep track of your progress throughout the day, preferably on paper, to make sure you can hold yourself accountable.

If you prefer a more precise and detailed approach to hydration, consider my [Way of Water workshop and protocol](#).

Drink only distilled or reverse osmosis purified water unless you have access to primary water. Tap water, and even well water, are frequently contaminated with metals such as lead, chromium, and arsenic.

INITIATION PHASE (DAY 1-30)

Refer to the following chart to discover how much water to drink on a daily basis according to weight—this is the Total Daily Water (TDW) amount.

If you weigh...	TDW Amount
<150 Ibs.	3.5 Liters
150-200 Ibs.	4.0 Liters
200-240 Ibs.	4.5 Liters
240-280 Ibs.	5.0 Liters
281-320 Ibs.	5.5 Liters
281-320 Ibs.	6.0 Liters

HEALING PHASE (DAY 31-COMPLETION)

Drink to satiate thirst. In order to do this successfully, you must learn to pay attention to, and not ignore, your thirst mechanism. If your thirst mechanism is unreliable, refer to my [Way of Water Protocol](#) for more information on how to restore your thirst. Alternatively, you may drink 75% of the TDW from the Initiation Phase until protocol completion.

ELIMINATION BOWEL REGIMEN



INITIATION PHASE (DAY 1-30)

Perform one enema daily with one liter of distilled or RO water. (A coffee enema may be substituted.)

OR

Increase to three bowel movements per day minimum. Your results must be consistent each day. Adjust your laxative serving as needed to achieve the best results. If you already have three or more bowel movements without any assistance, you must increase by one to two bowel movements daily during this protocol. (For example, if you already have four movements a day, you will need to have six movements during the protocol.) More than three are okay. You can use any of the following to help increase frequency—adjust the dose to attain the desired effect.

- [Dr. Jennifer Daniels' Vitality Capsules](#)
- **Laxative herbs**, such as senna and cascara, used individually or in combination
- **Organic celery juice**, start with ½ pint, increase as needed
- **Boiled beets**, ½ lb. daily, increase as needed

HEALING PHASE (DAY 31-COMPLETION)

Perform three enemas per week as above

OR

Maintain at least 2 bowel movements per day utilizing the materials above.



DIET

INITIATION PHASE (DAY 1-30)

OPTION 1: COOKED/RAW VEGAN CLEANSING DIET

This diet offers the most variety of foods compared to the other options. It is low in nutrients and will result in some weight loss, both fat and muscle.

- ① **Eat only whole plant foods.** You may eat the food raw or cooked. Do not process the food, such as into smoothies, juices, or purees. Make sure it is 100% organic or at a minimum follow the dirty dozen/ clean fifteen list from [EWG](#).
- ② Small amounts of organic herbs and spices are fine (see table on page 8).
- ③ **The following fruits and vegetables are acceptable:**
 - Salad greens – soft leaf lettuces may be eaten raw
 - Root vegetables
 - Cruciferous vegetables
 - Fruit vegetables: tomato, cucumber, bell peppers, squash, eggplant, avocado
 - Fruits (avoid sweet fruits like bananas, figs, dates, and mangoes)
 - Leafy greens (small amounts, should be cooked): spinach, kale, collard greens, etc.

- ④ **Avoid condiments.** Sea salt or other mineral salt may be added to taste to food and/or drinking water. (see box at bottom of page 8)
- ⑤ **The following whole grains are acceptable in small to moderate quantities:** quinoa, millet, buckwheat, sorghum, oats.
- ⑥ **Do not restrict fats.** Use coconut or avocado oil for cooking and olive oil for salad dressings or marinades. Make sure all oils are cold-pressed and unprocessed, such as virgin. Optionally, include animal fats such as butter or ghee (clarified butter) from grass-fed cows, lard, or tallow.
- ⑦ **What to avoid?**
 - Gluten containing grains, refined or processed grains (e.g. flour)
 - Seed oils: soybean, canola, sunflower, safflower, corn, peanut, etc.
 - Corn
 - Legumes, including peanuts
 - Tree nuts and seeds
 - Processed sugar or carbohydrates
 - Artificial sweeteners, including stevia
 - Dried fruit
 - Dairy products

OPTION 2: FRUGIVORE CLEANSING DIET

This diet provides a high water content for those who have difficulty drinking water or who are more severely chronically dehydrated. This diet is low in nutrients and will result in weight loss, including fat and muscle.

- ① **Eat only fresh organic fruit** or at a minimum follow the dirty dozen/clean fifteen from [EWG](#).
- ② You may cut up the fruit but do not make juices or smoothies. Avoid dried fruit.
- ③ **Do not include sweet fruits**, such as bananas, figs, dates, and mangoes.
- ④ **Avoid fruit vegetables and fatty fruits:** lettuce, tomatoes, cucumbers, bell peppers, squash, eggplant, avocados, olives, etc.
- ⑤ **Pause drinking water 30 minutes before and after a fruit meal.** This is because fruit contains high water content and additional water will dilute the nutrients, making it more difficult for the body to absorb them.
- ⑥ **Try to eat fruit mono-meals if possible.** A monomeal is a meal entirely of a single fruit. If you are unable to eat mono-meals, combine fruits from the same category for each meal.
 - Melon: watermelon, cantaloupe, honeydew
 - Acid: all citrus, pineapple, strawberries/raspberries/blackberries, pomegranates, cranberries
 - Subacid: apples, pears, peaches, nectarines, papayas, plums, cherries, blueberries

NOTE: You may surprise yourself at how much fruit you can eat at a meal. Make sure to plan ahead and buy enough fruit to achieve satiety.



OPTION 3: COMBINATION/ELIMINATION BBBE CARNIVORE DIET

This diet is very clean and provides a high nutrient density. It is also a ketogenic diet and an excellent choice for those who are malnourished and those with metabolic and cardiovascular health issues. You can expect to lose fat but increase muscle mass on this diet.

- ① **BEEF** Any part of any ruminant animal, including beef, venison, elk, bison, lamb, etc. Your body may prefer fattier cuts (ribeye, short ribs, chuck roast) or leaner cuts (sirloin, tri tip, flank steak). Trust your taste preference. Consider adding collagen rich foods like bone broth, tendon, and oxtail, and small portions of organ meats like liver and brain. Eat animals raised on their natural food source as much as possible, such as 100% grass-fed beef.
- ② **BUTTER** Must be from grass-fed cows to contain the fat-soluble vitamins. Raw is better but not required if you're unable to source it. Use butter for sautéing and as a sauce.
- ③ **BACON** Sugar-free bacon is preferred if possible. You can cure your own bacon from a pork belly using only salt. You may also eat pork belly which has not been cured.
- ④ **EGGS** Pasture-raised eggs are preferred. Eat the whole egg or only the yolks.
- ⑤ **Eat only the foods on this list.** You may eat these foods cooked or raw.
- ⑥ **Season only with salt.** No herbs, spices, or condiments.
- ⑦ **You may continue this diet indefinitely.** It provides complete nutrition.





HEALING PHASE (DAY 31-COMPLETION)

Eat a clean, 100% organic, whole-food diet. Meat animals should be raised 100% on their natural food source. If eating dairy, make sure it's raw and from 100% grass-fed animals.

Avoid or minimize all the following foods which contain high amounts of heavy metals:

- **Ultra-processed food (including beverages)**
- **Canned foods**
- **Fruit juice you didn't squeeze yourself**
- **Foods with added sugars and other sweeteners**
- **Rice**
- **Leafy greens**
- **Tea (black or green)**
- **Chocolate**
- **Fish (especially large species and farm-raised)**
- **Spices (see Consumer Reports for brands with low metal content, Simply Organic is one brand shown to be safe.)**

● = Minimize ● = Avoid

Note: Some brands of salt have been shown to have unacceptable levels of heavy metal contamination. Two brands without this issue are *Baja Gold* and *Colima*.

METAL DETOXIFICATION



THREEFOLD APPROACH

The threefold approach is a comprehensive approach to reaching all the places in your body where heavy metals may be hiding. It also focuses on how your body can eliminate these toxic metals, including the skin, bowels, and kidneys via the blood. This approach utilizes only natural chelating substances shown in well done experiments to actually help your body remove these metals without the risk of intravenous pharmaceutical chelators.

Continue these procedures throughout both the *Initiation* and *Healing* Phases, for the entire duration of the protocol.

1. GUT

Zeolite has well-documented chelating abilities. In fact, it's even used to clean up industrial chemical spills! While a small amount does get absorbed in the intestine and will work in the blood, the majority of zeolite stays in your gut. It will bind metals in your esophagus, stomach, small and large intestines. It may have the effect of encouraging your body to dump metals into the gut through the bile in order to clear out more.

Take 2 [Zeolite Pure capsules](#) twice daily.

OR

Take 3.5 grams (approximately 1 1/2 measured teaspoons) of Zeolite Pure powder in a large glass of water twice daily.

Take Zeolite separate from meals. Take with [Cilantro Tincture](#).



2. BLOOD

- A. Cilantro Tincture is the most potent form of cilantro to remove heavy metals and other toxins via the blood. It is the element that can penetrate internal organs and tissues and has shown to reverse and repair oxidative damage.

Place 10 drops under the tongue twice daily. This may produce an intense warming sensation, which is normal and expected. If this is too intense, you may dilute the dosage with pure water and swallow instead of placing it under the tongue.

Take [Cilantro Tincture](#) separate from meals. Take with Zeolite.

- B. [Medicamentum Authentica® Shilajit](#) replaces the toxic metals which your body has absorbed instead of the right ones. Without providing the full spectrum of trace minerals, your body will resist letting go of the “stand-in” bad ones like lead, arsenic, mercury, and aluminum. Further, the fulvic and humic acids in Shilajit are capable of chelating these heavy metals on their own to facilitate their removal.

Take 200mg twice daily in water or a hot beverage. You may also add it to foods, such as soups and sauces. Click [here](#) or scan the QR code below to access the QuickStart guide and other resources to learn how to measure the serving, what not to mix it with (chlorinated water), and other tips.

Take Shilajit with meals.



SCAN TO ACCESS YOUR
QUICKSTART GUIDE

3. SKIN

Perform at least one of the following (A or B) on a daily basis. You may alternate as you like or even do both procedures on a daily basis.

A. **Bentonite Clay** is an ancient natural earthen clay. It is the element that draws toxic metals and other substances through the sweat glands or pores of the skin in a hot bath.

Clay Baths: Whisk 1 ½ cups Bentonite Clay into a glass or ceramic mixing bowl with a generous amount of water and blend until smooth. Add to hot bath and soak for approximately 30 minutes or until the water is cool. Be certain to submerge the head and/or make a paste¹ and apply as a mask to face and scalp. After bathing, rinse off in a shower to remove any clay or toxin residue from the skin.

B. **Sweating** – Sweating has been shown in clinical studies to remove metals and other toxins from the body. Active sweating shows superior results with some, but not all heavy metals. Make sure to bathe after sweating to remove any toxins from the skin surface and wash your sweaty clothes. During the Healing Phase, increase your water intake to account for water loss when sweating.

Make sure you keep going until you're dripping sweat. The amount of time required will vary depending on the activity and the climate conditions. For example, a typical sauna lasting 20-30 minutes is adequate.

ACTIVE SWEATING

- High Intensity Exercise – HIIT, sprinting, full court basketball, etc.
- High Intensity Manual Labor
- Wear several layers of clothing and exercise or perform manual labor

PASSIVE SWEATING

- Sauna
- Sweat Lodge
- Wear several layers of clothing and turn up the heat

¹Clay Mask Recipe: To make paste, add 1-2 Tbs. clay to small bowl and spread out along bottom of bowl. Add just enough water to cover the powder. Mix with small whisk or spoon until the consistency of a medium thick paste. Add water as needed.



DAILY CHECKLIST

- | | |
|--|--|
| <input type="checkbox"/> Total Daily Water Requirement | <input type="checkbox"/> Zeolite x 2 |
| <input type="checkbox"/> Bowel Regimen | <input type="checkbox"/> Cilantro Tincture x 2 |
| <input type="checkbox"/> Clay Bath and/or Sweating | <input type="checkbox"/> Shilajit |

NOTE

This protocol may be combined with either *Love Your Liver* or *Power of Pine* protocols by Andrew Kaufman, MD.

- A. If you have any signs of mild liver issues, referred to as “fatty liver,” you may combine this protocol with *Love Your Liver* for optimal results. Here are the most common symptoms of fatty liver: low energy, allergies/asthma/eczema, dark circles under the eyes, poor digestion (especially fats), skin conditions (psoriasis, rosacea, acne) and hemorrhoids.

To combine, add milk thistle and substitute the coffee enemas from *Love Your Liver* for the Bowel Regimen above. When choosing your diet, make sure to include liver enhancing foods and avoid foods harmful to the liver. Follow dietary guidelines from both protocols as they are fully compatible.

- B. Turpentine has been shown to help your body remove heavy metals as well as the above substances. If you would like to combine this protocol with the *Power of Pine: The Ultimate Detox*, you may begin taking turpentine after completing two weeks of the Initiation Phase. Use the Zeolite instructions above.