

Removal of heavy metals

Metals will generally lose electrons to form positively-charged ions. The following table has been gifted from history for neutralization of those positively-charged ions.

COMBINATIONS for REMOVAL OF HEAVY METALS	
Remedy # 1: (Most effective with lead, arsenic, platinum, gold and mercury)	<i>(From a Roman manuscript)</i> Two tablespoons of pumpkin seeds, one tablespoon of okra, one half teaspoon of cayenne, placed in rhubarb sauce, swallow three times a day for ten days
Remedy # 2:	Pumpkinseeds, okra, rhubarb root, capsicum, peppermint and dulse encapsulated for 30 to 60 days
Remedy # 3:	<i>(From the Aztecs)</i> Sweet sumac, Uva ursi and golden seal
Remedy # 4: (Including mercury)	Devil's claw (<i>Harpagophytum procumbenes</i>) Eliminates metal and chemical poisons with the active ingredients: flukoside, fruran, and pyrrol.
Remedy # 5:	The amino acid L-glutathione detoxifies metals, drugs, cigarette smoke, alcohol poisoning, radiation, x-rays, and the side effects of chemotherapy. Its effect is mild.
Remedy # 6:	Sulphur amino acids, cilantro, garlic
Remedy # 7: (barium, cadmium, mercury, heavy metals, strontium⁹⁰)	Sea vegetables with alginic acid - algin (sodium alginate) from brown algae, phaeophyta binds to cadmium.
Remedy # 8:	Chlorella also removes drugs, herbicides and pesticides
Remedy # 9:	Pectin removes metals and radiation toxins.
Remedy # 10: (Most effective for lead, cadmium, monosodium glutamate (msg.), dioxin, nickel, aluminum, uranium, nitrates, arsenic, platinum, gold and mercury)	Sulfur baths or EMU oil prepared in such a way that it could be taken internally to counteract poisons in the central nervous system. Hanna's Herb Shop sells ingestible EMU oil, which requires refrigeration after opening.
Remedy # 11:	Russian black radish in conjunction with a healthy liver mobilizes heavy metals. Grate the radish, add some tamari and eat it as an appetizer.
Remedy # 12:	Green beans and zucchini eaten for 3 days with nothing else. ⁸⁷⁹

The first remedy for the elimination of heavy metals came from the Romans as a result of their use of leaded aqueducts, which subsequently poisoned their people. Remedy number three is from the Aztecs, while remedy number ten is from the American Indians. Remedy number eleven is of Russian origin, and remedy number twelve has been created by Hanna Kroeger.

⁸⁷⁹ Kroeger, Hanna, Kroeger Herb Products Co., Inc., 5684 Valmont Road, Boulder, CO 80301, 800-206-6722, 303 938-9021 (f), 303 443-0755

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