



## Marin Naturopathic Medicine

### The 5 Dental Detox Days Protocol

The “5 Dental Detox Days” refers to the day of, and the next 4 days after, removal of mercury amalgam fillings (and other toxic metals). According to research done in Sweden as well as my clinical findings, these are the days of the highest excretion of heavy metals. Therefore, the following detoxification recommendations are listed below to help stimulate the most efficient release of heavy metals from your body during these very crucial days of “acute” detoxification. After these 5 days of intense detoxification, doses are then titrated down for longer term chelation over the next 3 to 6 months – the average amount of time it takes the majority of patients to effectively detoxify this heavy metal from their system.

❑ **Don't Get Constipated!** 80% of toxic metals are excreted through the colon. So it is important to have good bowel movements during these 5 days, and a colonic or home enema may well be indicated. (Note: The highest excretion is on the 3<sup>rd</sup> day, so you may want to schedule a colonic in advance on that day to ensure optimal intestinal detoxification.)

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❑ **Double (or triple, etc.) Dosages:** During these 5 days doubling up on the chelation remedies you are taking (e.g., “Russian Algae” ((BioSuperfood), Black Poplar, Mountain Pine, Rosemary, White Willow, Pure Radiance C, enzymes, etc.) is completely appropriate (that is, it shouldn't feel too strong) as you encourage the movement of these heavy metals out of the body.

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❑ **Mineral Supplementation:** Take 1 to 2 vials of Quinton Marine Plasma (Isotonic or Hypertonic) each day during these 5 days to replete minerals displaced from the mercury fillings. Additionally, 1 (teaspoon or tablespoon) of Sulfur Crystals (MSM), (2, 3, 4) times a day, helps support liver detoxification and activate glutathione.

Finally, Dr. Schuessler's cell salts can be indicated to further support and strengthen the teeth and jawbone post-drilling. Please take

\_\_\_\_\_ 6X, at a dosage of 2 to 4 tablets, 2 to 3 times a day.

❑ **Redose Constitutional or Acute Homeopathic Remedy:** Since dental drilling can potentially antidote your constitutional remedy, you should redose it after you get home from the dental office at least once. If you are not on your constitutional (lifetime) remedy then redosing with Arnica Montana 30C to

reduce swelling and inflammation is most often indicated. If the drilling was particularly deep, then Hypericum 30C, the “Arnica of the nerves,” should be taken at a different time during the day (e.g., take Arnica 30C in the morning and Hypericum 30C in the evening, 1 time each per day).

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**Lifestyle:** Drink plenty of pure water, get extra sleep, and don’t plan any major events during these 5 days. Additionally, do not hesitate to call your doctor and dentist if you are having any negative reactions (beyond mild fatigue and malaise that normally occurs after dental drilling). \_\_\_\_\_

**Nutrient-Dense Diet:** To further ensure efficient bowel transit time it is important to avoid your major food allergy. For most of us this is either dairy (milk, cheese, yogurt, etc.) or wheat/gluten (bread, cereals, etc.) foods. Of course, avoiding sugar, trans fats, and other toxic refined foods will also support healthy digestion and more efficient detoxification. Additionally, organic bone broths (high in glycine to heal “leaky gut”), fermented vegetables and juices (beneficial microorganisms for healthy gut flora), and other Weston A. Price (WAP) dietary nutrients will further help eliminate mercury.

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It is also important to reduce as much as possible foods high in oxalates since these toxic salts bind with heavy metals such as mercury and lead and deposit them in tissues, where they can’t be easily chelated out of the system. Completely avoid soy (even fermented) and spinach.

**SUPER HIGH OXALATE FOODS** (*Wise Traditions*, Spring 2010, Shaw, W.)

Spinach	Lime peel	Chocolate
Soy protein	Rhubarb	Instant coffee
Tofu	Swiss chard	Leeks
Peanuts	Parsley	Tea
Peanut butter	Sweet potatoes	Okra
Pecans	Pokeweed	Wheat germ
Lemon peel	Black pepper	

Other oxalate binders that may be indicated in this 5 Day Detox protocol include: Calcium Magnesium Citramate, Magnesium Citramate, ProEPA, and Fermented Skate Liver Oil or Cod Liver Oil. \_\_\_\_\_

**Oral Cleansing – Karach’s Oil Pulling:** Do this Ayurvedic treatment after you return home from the dental office, and at least 1 time a day after that for the entire 5 days. This treatment draws out lipophilic (“fat-loving”) toxic chemicals,

as well as associated heavy metals and pathogenic microbes in the oral mucosa and tonsils.

Hold a few tablespoons of organic unrefined sesame oil in your mouth for as long as you can (anywhere from 3 to 10 minutes), intermittently swishing it around, "chewing it," and gargling. When you can't hold it any longer (without serious drooling!), spit it out. Then gargle and rinse with salt and baking soda, and brush your teeth.

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