



## Body Prep / Amalgam Removal

The purpose of the Body Prep Phase is to prepare the detox pathways most affected by the amalgam removal. The main products to use are L, Ks, and MBC for **AT LEAST** 30 days prior to removal appointment (s). If multiple appointments are needed keep taking the L, Ks and MBC between all removal appointments. If there is longer than a 60 day gap between removal appointments, you may pause the supplements. Just make sure you are back on the L, Ks and MBC 30 days prior to each appointment. The L, Ks and MBC can be taken along with functional nutrition protocol you are taking and added to a fasting protocol and still be considered “Body Prep”.

### Pre-Amalgam Removal- “Body Prep”

#### **Preparing the Body for Removal (4-6 Weeks before removal)**

- **L, Ks, Mors and MBC**
  - 1 capsule of **L** 2x per day on an empty stomach
  - 1 capsule of **Ks** 2x per day on an empty stomach
  - 1 capsules of **MORS** twice a day
  - 1 capsule of **MBC** per day
- **Intracellular Detox System**
  - **GCEL**: 1 capsule 2x a day with or without food
  - **BIND**: 2 capsules before bed on an empty stomach

## Amalgam Removal Day/ Before appointment:

- 10 **MBC** before Appointment in the AM
- 4 **BIND** right before removal

## Amalgam Removal / Day After appointment:

- 4 **BIND** immediately after Removal
- **Vitamin C Powder-** (**TAKE ONLY AFTER AMALGUM REMOVAL**  
**BECAUSE IT WILL INHIBIT NUMBING AGENT IF TAKEN BEFORE**)
  - 1 teaspoon every 15 min until diarrhea (usually takes 1-4 hours)
  - When you reach approximately 1-2 pints of diarrhea occurring you have reached your Saturation Point.
  - (Take note because on day 2 and 3 you take 75% of the saturation dose – In other words if it took you 3 hours to reach your saturation point you would have taken 12 teaspoons of Vitamin C powder, so 75% of that on day one after and day two after the removal would be 9 teaspoons of Vitamin C powder.)

## Day 1 After Amalgam Removal

- **Vitamin C Powder:** 75% of saturation point from day 1
- **MBC:** 2-4 capsules a day
  - **Example:** If you took 12 teaspoons on day one, you take 9 teaspoons

## Day 2 After Amalgam Removal

- **Vitamin C Powder:** 75% of saturation point from day 1
- **MBC:** 2-4 capsules a day

**If there are more removal appointments coming, REPEAT this protocol for EACH removal.**

**If this is the LAST removal appointment you will now be ready to move forward in the Body Phase protocol.**