

YOU WILL BEAT THIS PRE-TOX STAND-IN REGIMEN

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Disclaimer: I'm required to tell you that I am not a doctor; I'm not legally licensed to practice medicine; and that the following is provided only for "educational reference." I am not permitted to add to this disclaimer the reminder that these are the greatest and most powerfully concentrated steps taken by virtually all of the cancer killers/healers who we have studied.

WHY -AND- ABOUT PRE-TOX

Before beginning your detox, you'll want to devote some time to a 'Pre-Tox,' during which we have two goals:

1

First, the body must achieve a free-floating sufficiency in several minerals whose deficiency often triggers the cellular reception (and ultimately, the bio-accumulation) of toxic heavy metals. For example, the body interprets mercury as a placeholder for zinc. If we're deficient in Zinc, it is many times more likely that we will bio-accumulate mercury. By becoming sufficient in these important elements and minerals before beginning to expel heavy metals, **once you do begin to chelate (or expel) heavy metals in a couple weeks**, troubled cells will quickly and efficiently uptake these essential building blocks and regulatory materials. This will dramatically reduce the physical and mental fatigue often associated with heavy metal and chemical detoxing.

2

Second, an effective 'pre-tox' will help ensure that your body's detoxification channels are as prepared as possible for the quick transportation and elimination of stored toxins.



NOTE: "EMPTY STOMACH" implies 2 hours after eating, and 30 minutes before eating.

NOTE: There are no 'affiliate' links in this document; any brand can be substituted provided it's been vetted for purity and efficacy.

Unless you've been told that you have only weeks to live, please 'pre-tox' for at least two weeks before beginning the chelation, binding, and elimination phase of the detox plan. If you're in very dire health, the detox can be started alongside the pre-tox regimen, however you should walk into the detox gradually, beginning with 1/4 or 1/3 dosages, listening to your body carefully along the way. If your health is extremely poor, talk to me before beginning the detox protocol.

Patrick@YouWILLBeatThis.org. I will be with you every step of the way.

HOW TO PRE-TOX

1

IP-6

Take FOUR IP-6 capsules, THREE TIMES per day. Best on an empty stomach.

2

SALT

Ensure that you're getting enough sodium in your diet to the tune of at least 3,000mg per day. Keep in mind that many electrolyte pioneers are consuming 5,000mg+ with an active lifestyle. Consider Redmond REAL Salt or the use of LMNT electrolyte packets mixed in with your water.

3

QUALITY MULTIVITAMIN

Take daily with food; ensure that your choice provides at least 200mcg of selenium. Use a multi of your choosing, but aim for an organic, whole-food source vitamin.

4

OCEAN MINERALS

Take 1.5 teaspoons of ocean minerals per day, mixed in with a glass of water.

HOW TO PRE-TOX

5

VITAMIN D3

Work your way up to the optimal dose of vitamin D3, which is 30,000IU daily. This is best achieved through 15 drops of a 2,000IU/drop concentration, such as the blend linked by Life Extension. Begin with a 5,000IU daily dose and add 2,000IU daily until you're at 15 drops, or 30,000IU.

6

VITAMIN K2

Take 2 capsules of this Vitamin K2 blend daily with the Vitamin D3 (D3 requires K2 for efficacy).

7

ZINC

Take 2 capsules of this zinc+copper blend, for a total of 30mg of zinc daily. Consider taking with 1,000mg of Quercetin ([link](#)) for maximum absorbency and bio-utilization. If further immunity strengthening is desired, you may take up to 50mg of zinc daily, along with (at the same moment) 4,000mg of vitamin C and 2 Proline/Lysine tablets ([link](#)).

8

MILK THISTLE EXTRACT

Take 1 capsule spread 3x a day (with or without food) of this powerful liver detoxifier/protector daily.



FINAL NOTES ON PRE-TOX

The supplements listed are extraordinarily supportive of health and can be taken at these dosages every day for the rest of your life. No down-time or body 'processing breaks' are needed with this pre-tox protocol or its dosages.