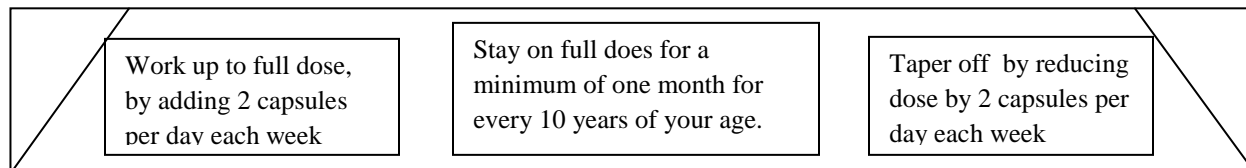


Mega-Chel Oral Chelation Program

General Instructions

It is very important to start slowly with this program and work up as instructed. Otherwise, symptoms, such as nausea, dizziness, headaches and skin eruptions may occur. It is also important to taper off as instructed, or fatigue and temporary nutritional deficiencies may result.



Working Up to Full Dose

For the first week, take the following with breakfast & dinner.

- 1 tablet of Mega-Chel
- 1/2 ounce of Ionic Minerals or Mineral Chi

Each week increase the dosage of Mega-Chel by 1 tablet for each meal. Hence, the second week, take 2 tablets of Mega-Chel for breakfast and 2 for dinner. Gradually increase the amount of minerals until you are taking 1 ounce in the morning and 1 ounce at night.

Full Program

A full does of Mega-Chel is 4 to 6 tablets twice daily, depending on body weight. Large persons should take the full 6 tablets twice per day. Small persons should take 4 tablets twice per day. Individuals of average height and weight should find 5 tablets 2 times per day (a total of 10 per day) sufficient. When you reach full dose, you will be taking the following for breakfast and dinner:

- 4 to 6 Mega-Chel Tablets
- 1 ounce of minerals (Ionic Minerals or Mineral Chi)

You will need to stay on this full does for a minimum of 1 month for each ten years of your age. Thus, if you are 40, you need to stay on the **full** does for at least 4 months, 6 months if you are 60, etc. - plus the time to taper up at the start of the program and to taper off at the end of the program.

Tapering Off

It is important to taper off in a similar manner to building up. On the full program you are taking very large doses of certain vitamins and minerals, and the body gets lazy about extracting them from food. Hence, if you quit all at once, your body may experience a sudden drop in nutrient levels until it re-adjusts to absorbing these vitamins and minerals from food. Taper off by reducing the amount you take by two tablets each week. After the program is complete, some people continue to use Mega-Chel as their daily vitamin and mineral supplement by taking two tablets per day.

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Cleansing Reactions

As the body removes the plaque from the walls of the arteries, the cholesterol level in the blood will temporarily rise. This is normal. The kidneys and liver will remove the calcium, cholesterol and other impurities from the body. If there are indications that these organs are weak, it may be necessary to give them extra support as follows:

For persons with kidney weakness (history of symptoms like arthritis, chronic back pain, urinary infections, etc.): take 2 KB-C with each meal, or Lymphatic Drainage and Kidney Drainage in water sipped throughout the day.

For persons with liver weakness (history of high cholesterol, skin problems, digestive upset, etc.): take 1 tsp. LOCLO in a large glass of water or juice upon arising and before retiring, and 2 Chinese Liver Balance with each meal.

Additional Supplements

You may also wish to add some of the following supplements for special problems. These are suggested full doses. You can work up gradually on taking these supplements as well.

For heart problems: 2 HS II or 2 Hawthorn Berries with each meal

For senility: 2 Ginkgo/Hawthorn with each meal

For varicose veins and high risk of stroke: 2 Butcher's Broom with each meal or 1 Vari-Gone twice daily.

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