

Cleanse and Recovery Program - Dr. Edward Group

The Goal of this detoxification program is to help the body normalize from damage as well as detoxify, destabilize and cleanse toxic substances.

Here are the recommended supplements:

1. [Detoxadine](#) (Iodine Supplement)
2. Supercharged C60
3. [Organic Plant Based Zinc](#)
4. [Plant-Based Quercetin](#) Phytosome or other form of Quercetin
5. BioPQQ / [CoQ10](#) / Shilajit: (Cellular Cleanser)
6. [Digestive Enzyme](#)
7. Organic Hemp Extract
8. Mito-Synergy: (Cu1- Cuprous Nicotinic Acid)
9. Thuja Occidentalis 30C

Follow directions for each product as labeled or as recommended by your natural health care provider. To find a natural health care provider in your area visit: www.naturopathic.org

For a more advanced cleanse, the following regimen has delivered great results among users.

Follow for 9 days or until symptoms improve. Here's the plan:

1) Detoxadine: Take 1 dropperful every 4 hours during the day for a maximum of 3 dropperfuls per day. Daily use of Iodine should be in the 30-40mg range. Place in your mouth and drink water, then swallow.

2) Supercharged C60 or regular C60: Suggested Use: 10mg 3x daily. You can use the regular C60 or you can use a Supercharged C60 which is 10X more powerful than the regular C60.

3) Organic Plant Based Zinc is recommended, however you can also use a regular form of zinc. The certified organic, liquid zinc formula contains zinc derived from guava leaves, enhanced with Energized Trace Minerals for increased bioavailability. Suggested use: 15mg 2x daily.

4) Plant-Based Quercetin Phytosome or other form of Quercetin: Should be taken at the same time as zinc. Promotes your body's normal response to allergens, inflammation, and histamines. Take 250mg 2 daily.

5) BioPQQ/CoQ10/Shilajit:(CellularCleanser): Take 3 capsules daily, preferably before noon. BioPQQ has been shown to prevent cellular damage.

6) Digestive Enzyme: Take 3 capsules 2x daily on an empty stomach in the mid morning and mid-afternoon at the same time you take Iodine.

7) Organic Hemp Extract: Take 6 drops every 4 hours. Used to control pain and inflammation.

8) Mito-Synergy: (Cu1- Cuprous Nicotinic Acid) Micro-Activated Copper. This is not regular copper. MitoSynergy's focus is to help the body help itself by feeding Cunermuspir to the cells to support the mitochondria in synthesizing ATP.

Suggested Use Instructions:

Take one capsule before the first and last meal of the day. All prescriptions and supplements should be taken at least one hour after taking MitoActivator. Drink no less than eight glasses of water per day while using MitoSynergy products.

9) Thuja Occidentalis 30C: The most commonly recommended remedy for "adverse effects" is Thuja Occidentalis 30C. This remedy should be taken on an empty stomach, 30 minutes prior to a meal or 2 hours past a meal. The pellets are not handled directly but are instead measured directly into the cap; 4-5 pellets = 1 dose and should be dissolved in the mouth. Two doses of Thuja 30C is recommended for 3 days in a row, then the remedy is stopped.

Other suggestions if possible:

- OzoneTherapy
- VitaminC(IV)
- [Wim Hof Breathing Method](#): Study this and practice this technique at least 1x daily or every other day if possible.

Avoid Gluten, Avoid GMOfoods, Avoid Dairy, Avoid ArtificialSweeteners, Incorporate a 90% Plant-Based diet

- Water Only Fasting: If you have immediate reactions within 6 days of injection it would be beneficial to perform a 72 hour water only fast. For 72 hours drink nothing but distilled water. This helps repair DNA damage, and helps degrade foreign mRNA. You can take the following supplements during your water only-fast.

NOTE: If you have pre-existing conditions or are taking medication it is always best to work with your natural healthcare provider before adding to your regimen. Global Healing & The Power Mall does not dispense medical advice, prescribe, or diagnose illness. The views and nutritional advice expressed by Global Healing & The Power Mall are not intended to be a substitute for conventional medical service. If you have a severe medical condition or health concern, see your physician.