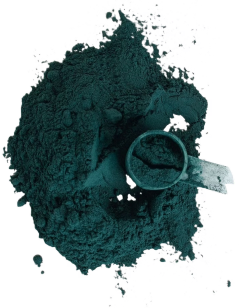
Heavy Metal Detox Smoothie 101

The Medical Medium® Heavy Metal Detox smoothie contains **5 key ingredients** that work in tandem together to safely remove toxic heavy metals from the body:

- **Spirulina**, an edible blue-green algae that draws out heavy metals from your brain, central nervous system, and liver, and soaks up heavy metals extracted by barley grass juice extract powder.



- **Barley grass juice powder**, which prepares the metals for complete absorption by the spirulina. This nutritive grass has the ability to draw heavy metals out of your spleen, intestinal tract, pancreas, thyroid, and reproductive system.



- **Cilantro**, which goes deep into hard-to-reach places, extracting metals from yesteryear (so it's great for that mercury inheritance you're carrying around!).



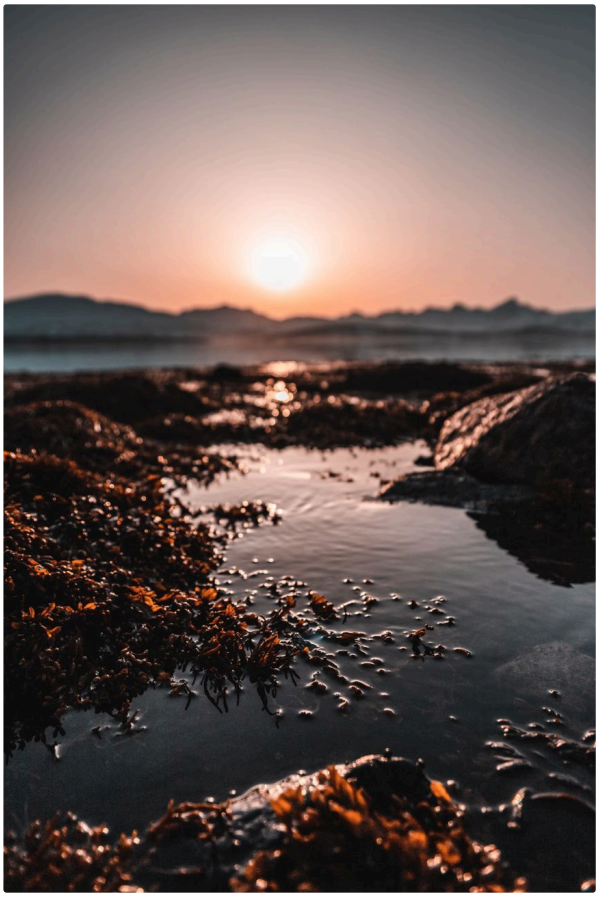
- **Wild blueberries**, which draw heavy metals out of your brain tissue, healing and repairing any gaps created by oxidation when the heavy metals are removed. It is important to use wild blueberries, as they possess unique phytonutrients with special detoxifying capabilities. The potent antioxidants in wild blueberries help reverse any oxidative damage left behind by the heavy metal removal. This is especially important for your brain tissue—in fact, wild blueberries are the most powerful food for halting or in some cases reversing Alzheimer's and dementia. Eat at least one cup daily. You can also use wild blueberry powder if you can't access fresh or frozen wild blueberries, or in addition to them. Note: while cultivated blueberries are nutritious, they lack the metal-drawing ability of the wild blueberries. Wild blueberries can be found in the freezer section of most supermarkets. If you can't access frozen wild blueberries or you're traveling, pure wild blueberry powder is a great option.





- **Atlantic dulse**, an edible seaweed that binds to mercury, lead, aluminum, copper, cadmium, and nickel. Unlike other seaweeds, Atlantic dulse is a powerful force for removing mercury on its own. Atlantic dulse goes into deep, hidden places of the digestive tract and gut, seeking out mercury, binding to it, and never releasing it until it leaves the body. Eat two tablespoons of flakes daily, or an equal amount of strips if it's in whole-leaf form.





- Note: As it comes from the ocean, if you are concerned about the dulse itself having mercury, be aware that Atlantic sea dulse will not release into the body any mercury it might possess. It holds on to the mercury as it works its way through, and even grabs onto other metals along the way and drives them out as well. Atlantic dulse is a critical part of the team because it can hang out near the finish line (i.e., our colon), waiting for the other foods that have been grabbing on to heavy metals along the way. It serves as emergency backup, helping ensure that all the heavy metals that made it as far as the colon actually leave the body.

Medical Medium® Heavy Metal Detox Smoothie Recipe

Ingredients:

- 2 bananas
- 2 cups frozen or fresh wild blueberries, or 2 ounces pure wild blueberry juice, or 2 tablespoons pure wild blueberry powder
- 1 cup tightly packed fresh cilantro
- 1 teaspoon barley grass juice powder
- 1 teaspoon spirulina
- 1 tablespoon Atlantic dulse or 2 dropperfuls Atlantic dulse liquid
- 1 orange, juiced
- ½ to 1 cup water, coconut water, or additional fresh-squeezed orange juice (optional)

Directions: In a high speed blender, blend all ingredients until smooth. If a thinner consistency is desired, add up as much water as you desire. Enjoy!

Q&A

Where do I find wild blueberries?

There are different varieties of wild blueberries and not all of them are considered a true wild blueberry. The north American (or Canadian) low-bush wild blueberry is the wild blueberry that is able to remove toxic heavy metals from the brain and other organs. The botanical name for the right wild blueberry is Vaccinium Angustifolium. If your country is not listed as a supplier of this wild blueberry here, you can send your local supplier an email and ask them if they use this variety for their frozen blueberries. For example the European "wild“ blueberry (Vaccinium Myrtilles), which is a bilberry and not an actual wild blueberry, even though they sell it like this, doesn‘t have the same strength as the north American wild blueberry. It can only eliminate some heavy metals from the intestines and is not the right blueberry. You can still use it for the taste if you don‘t find the north American ones, but make sure to use the wild blueberry powder additionally as well.

Frozen wild blueberries in the US

Wymans Frozen Wild Blueberries are available in many grocery and wholesale chains in the US such as Whole Foods or Costco. If you don‘t find them, you can order them online as well.

Frozen wild blueberries in the UK

There is no store in the UK that has the Vaccinium Angustifolium. You can order them online at two shops: Bart'n'Lainys (which is very pricey) or ProJuice. At Projuice, they have a decent price but you need to buy them in bulk — they won't deliver until you buy at least 4 of the 13,6kg boxes. If your refrigerator is big enough, go for it. If you have friend with whom you can order the boxes together, even better. If it's not possible for you to get frozen wild blueberries, use the Vimergy wild blueberry powder and add some normal blueberries to your smoothie for the taste.

Frozen wild blueberries in Scandinavia (except Finland)

Coop has the Vaccinium Angustifolium in their frozen section.

Frozen wild blueberries in Germany

Edeka in the frozen section in a 750g bag called "Wildheidelbeeren".

Kaufland K-Classic Heidelbeeren Aldi Süd Bio Heidelbeeren Frozen.

Wild Blueberries in Austria

SPAR Wildheidelbeeren Obst Oswald Frozen.

Wild Blueberries in Switzerland

COOP: please look out for the package.

Where do I find cilantro?

One of the best ways to get cilantro is at Arabic or Asian supermarkets. They usually have bunches of cilantro for a fair price available. Cilantro doesn't necessarily need to be organic, as it is a wild food, like parsley. If you can get organic, even better.

Can I put more bananas in the smoothie than the recipe calls for?

Yes. Depending on your caloric needs, you may need to add extra bananas to the smoothie.

Can I put more oranges in there?

Yes, you can put the juice of three or four oranges in the smoothie if you like the taste more.

Is there a particular time of the day that's best to drink the Medical Medium Heavy Metal Detox Smoothie?

Any time of day is fine, but it's better to have it earlier rather than later in the day so you fit it in. Many people have it as their breakfast. Try to drink it always after the celery juice. Celery Juice loosens up heavy metals so the heavy metal detox smoothie can grab them more easily.

What if I don't like or can't have bananas?

You can use mangoes or papayas in place of bananas.

Will this smoothie still be effective if I use regular cultivated blueberries?

Cultivated blueberries do not have the ability to pull out heavy metals like the wild blueberries do. Wild blueberries are the top superfood on the planet because they have learned to adapt and thrive over thousands of years through droughts, fires, and frosts. In contrast, if you were to stop watering cultivated blueberries they would soon die. This unique strength, resilience and adaptability set wild blueberries apart from cultivated blueberries and other berries.

Will dried wild blueberries have any ability to remove heavy metals?

Any dried wild blueberries will have some effect but they will range. For the Heavy Metal Detox you are better off using a high quality, additive-free wild blueberry powder. You will find the link for the powder in your supplement recommendation list.

Is it safe to drink if pregnant?

Yes, it is safe to drink while pregnant.

Can I use cilantro essential oil instead of fresh cilantro?

No. It's important that the cilantro be fresh.

Can I use cilantro tincture?

Don't substitute fresh cilantro if you have access to it. Cilantro tincture is 8 times less effective.

Can I use any kind of barley grass?

Barley grass JUICE powder is different than barley grass powder. It concentrates the nutritional properties and is the easiest way for the body to digest, assimilate, and utilize its nutrients. In addition, the supplement type and quality you choose matters. Not all supplements offer the same benefits.

Is it safe to drink while breastfeeding?

Yes, it is safe for you and the baby.

Is this one or two servings?

This is one serving.

Is this smoothie okay for children?

Yes it is safe and healthy for children. You can adjust the amounts for your child as you wish. Using more orange juice is helpful for kids because they like the sweet flavor. You can also make popsicles out of it.

How often should I drink the Medical Medium Heavy Metal Detox Smoothie?

Drink the smoothie daily for optimal benefits.

Is it ok to substitute orange juice with coconut water?

Yes, a good quality coconut water is a great substitute. You can also use fresh apple juice.

Should the orange juice be fresh or can it be store bought or frozen concentrate?

It's best to juice it fresh yourself. If that's not possible, try to find a 100% orange juice without any additives or flavors.

What if one of the 5 main ingredients (spirulina, barley grass juice powder, cilantro, wild blueberries, and Atlantic dulse) is not available where I live?

It's best to have all 5, but you will still get benefits with 3 or 4 of the main ingredients.

Can I drink this if I am diabetic?

Yes. Contrary to popular belief, fruit does not cause diabetes. It is the fat that is blocking the sugar from getting into the cells and creating insulin resistance. Our bodies need healthy carbohydrates to function. Sugar and unhealthy carbohydrates from foods like cakes, cookies, and candy are indeed bad for us and should be avoided. Fresh fruit, sweet potatoes, and potatoes, however, have the criti- cal clean carbohydrates we need.

I don’t like the taste of cilantro. What can I do?

You can try a small amount of cilantro in the smoothie to start. The fruit taste will mask much of the flavor of the cilantro. If you still dislike it, you can have the smoothie with just one tiny sprig of cilantro and slowly increase the quantity over time. Below I explain what’s really happening when someone has an aversion to cilantro.

When a person perceives an abrupt, harsh flavor from the cilantro herb, it means that she or he has a higher oxidative rate of heavy metals in her or his system. This doesn’t mean the person possesses a higher level of toxic heavy metals. Rather, the heavy metals (in this case, usually a combination of aluminum, nickel, and/or copper, at whatever level) in her or his body are corroding rapidly. Corrosion means that there’s toxic runoff, which makes its way into a person’s lymphatic system and saliva. The moment cilantro makes contact with the mouth, its phytochemicals start to bind onto any oxidative runoff they encounter—if there’s a lot of this debris in a person’s saliva, it can result in a harsh sensation when eating cilantro. In other words, if someone dislikes cilantro, there’s a good chance she or he really needs it.

Can I drink the Medical Medium Heavy Metal Detox Smoothie if I have mercury amalgams in my teeth?

Yes, you can. First of all, if it did pull out the mercury it would be fine because the cilantro and other four ingredients in the smoothie would carry it out. But, your saliva doesn‘t allow the phytochemical compounds that are in cilantro to bind to the mercury on the surface of the teeth. The saliva in your mouth inactivates the compounds in cilantro until it gets to the stomach where it is reactivated. This smoothie is helpful for anyone who has amalgams.

Do we need additional binders?

The wild blueberry has lots of pectin which is the best binder there is. That‘s why the smoothie congeals if you let it stand for 10-20min. This is the binding effect of the pectin of the wild blueberry.

Can we make the smoothie ahead of time?

It‘s best to make the smoothie fresh and drink it immediately. If you have no other option you can make the smoothie the night before without the powders and put the powders in there in the morning.