*** *READ THIS FIRST* ***

Before starting the Heavy Metal Screening Test, please read these instructions which will be more detailed than the instructions found in the test kit. The goal of following these instructions is to have you do this screening test the same way it would be done for you in a clinical setting. This is a clinically accurate and easy screening test for you to perform in the comfort of your own home.

This screening test will indicate the presence of toxic heavy metals, or toxic levels of minerals, based on a color change of your sample as you do this testing. It will take you about 15 - 20 minutes to complete the steps of this Heavy Metal Screening Test. The sample needed for this screening test is a urine sample. Using your first morning urine is ideal since it is more concentrated, but any urine sample during the day can be used for this screening testing. Here are your steps to follow:

Step 1: Setting-up your test.

- Open up the box of your Heavy Metal Screening test.
- Pull out the following items:
    1. Taller plastic test tube with the number 1 - 8 up the side. Keep the cap on for now. Note that there is a white powder in the bottom of this test tube. This is a buffering agent that makes sure your testing sample is closer to a neutral pH. This allows for the most accurate results when testing.
    2. Small pipet (skinny plastic tube with a bulb on the end) to draw up fluid to put into your test tube.
    3. Small plastic vial with a clear liquid.
    4. Flat brown plastic bag sealed at the top which contains 1 or 2 small square pieces of a special test paper needed for your screening test.
- Twist off the cover on the taller plastic test tube, but be careful to not let it tip over. You want to keep the white powder in the test tube.
- Open the small brown plastic bag and take out one of the small squares of special testing paper. Place only one into your test tube.
- Open the smaller plastic vial with the clear liquid by pushing upward on the top. The top should flip open. Then carefully pour the clear liquid into the taller test tube. Your liquid should fill the tube up to the line marked with the number 1.
- Twist the cover back on the taller test tube and then shake the test tube quickly back and forth to mix together the clear liquid, special test paper, and white powder. Shake for about 15 - 20 seconds, and you will see the color of the liquid will turn a green color. This is our baseline color.

Step 2: Gathering your urine sample for testing:

- You can use any cup that is made from plastic or glass. It must be clean and MUST be dry. You do not need a sterile container, because we are not testing for bacteria . . . we are screening for the presence of toxic heavy metals only. If you can, use your first morning urine since it will be more concentrated. However, a urine sample during anytime of the day can be used for testing.
- A urine sample of 3 - 4 oz will be plenty to perform this screening test.

Step 3: Beginning the Test:

- Our baseline color is the greenish color you now see in the test tube. Green is good. Green means the screening test is not detecting any toxic heavy metals or toxic levels of minerals. Ideally we want the liquid in the test tube to remain green the entire time of testing. **ANY** change in color away from the green (such as grey, purple, pink, peach, red, yellow, orange, or brown) is a positive screening test indicating you may have toxic elements in your sample that have come from inside your body.
- You will be adding 1 ml of your urine sample four separate times, observing the result after each sample, and recording your result on the results guide provided.

Step 4: Adding sample 1 of 4:

- Take the cap off the test tube - be very careful it stays upright so that none of the green liquid (called a reagent) spills out.
- Use your small pipet (small tube with bulb on the end) to collect a small amount of your urine and place only enough into the test tube for the liquid to fill up to the number 2 line. This means you will have only added 1 ml of your urine.
- Twist the cap back on the test tube and shake quickly back-and-forth for 15 - 20 seconds to mix everything together.
- Set the test tube upright on a table, counter or other flat surface and set a timer for 3 minutes.
- After the 3 minutes, you only need to look at the top portion of your sample. Observe if your sample has remained a greenish color, or if it has changed to another color. Note that as you add more of your sample the green color will become lighter, but it will remain a shade of green when no heavy metals are detected.
- Record the result of Sample 1 on your results guide.
- You will follow this same procedure for all 4 samples you add to the test tube.

Step 5: Adding sample 2 of 4:

- Take the cap off the test tube - be very careful it stays upright so that none of the green liquid (called a reagent) spills out.
- Use your small pipet (small tube with bulb on the end) to collect a small amount of your urine and place only enough into the test tube for the liquid to fill up to the number 3 line. This means you will have only added 1 ml of your urine.

- Twist the cap back on the test tube and shake quickly back-and-forth for 15 - 20 seconds to mix everything together.
- Set the test tube upright on a table, counter or other flat surface and set a timer for 3 minutes.
- After the 3 minutes, you only need to look at the top portion of your sample. Observe if your sample has remained a greenish color, or if it has changed color. Note that as you add more of your sample the green color will become lighter, but it will remain a shade of green when no heavy metals are detected.
- Record the result of Sample 2 on your results guide.

Step 6: Adding sample 3 of 4:

- Take the cap off the test tube - be very careful it stays upright so that none of the green liquid (called a reagent) spills out.
- Use your small pipet (small tube with bulb on the end) to collect a small amount of your urine and place only enough into the test tube for the liquid to fill up to the number 4 line. This means you will have only added 1 ml of your urine.
- Twist the cap back on the test tube and shake quickly back-and-forth for 15 - 20 seconds to mix everything together.
- Set the test tube upright on a table, counter or other flat surface and set a timer for 3 minutes.
- After the 3 minutes, you only need to look at the top portion of your sample. Observe if your sample has remained a greenish color, or if it has changed color. Note that as you add more of your sample the green color will become lighter, but it will remain a shade of green when no heavy metals are detected.
- Record the result of Sample 3 on your results guide.

Step 7: Adding sample 4 of 4:

- Take the cap off the test tube - be very careful it stays upright so that none of the green liquid (called a reagent) spills out.
- Use your small pipet (small tube with bulb on the end) to collect a small amount of your urine and place only enough into the test tube for the liquid to fill up to the number 5 line. This means you will have only added 1 ml of your urine.
- Twist the cap back on the test tube and shake quickly back-and-forth for 15 - 20 seconds to mix everything together.
- Set the test tube upright on a table, counter or other flat surface and set a timer for 3 minutes.
- After the 3 minutes, you only need to look at the top portion of your sample. Observe if your sample has remained a greenish color, or if it has changed color. Note that as you add more of your sample the green color will become lighter, but it will remain a shade of green when no heavy metals are detected.
- Record the result of Sample 4 on your results guide.

Results Guide - Use this page to record your results.

Use the chart below to record your results after adding each of the 4 samples of your urine to the test tube. If you are unsure of the color change then place a question mark in the space to indicate that a color change was beginning to happen, but you were unsure what color it was indicating. Remember, any color other than green is indicating the presence of heavy metals or toxic levels of minerals in your body. If your test tube remains a green color after adding each of your 4 samples, then this screening test is not detecting the presence of toxic elements in your urine that would be coming from inside your body.

Note: The colors of your sample may not match exactly as shown below.

	None (Green)	Copper (Purple)	Zink (Pink)	Cadmium (Peach)	Lead (Red)	Mercury (Orange / Yellow)	Nickel (Brown)	Level of Toxic Elements ↓
1st sample								Very High
2nd sample								High
3rd sample								Moderate
4th sample								Mild

My screening test stayed a green color the entire time of the testing . . . now what?
This is great news. This tells us that even if you have been exposed to some of these toxic elements, your body has done a good job dealing with it and getting rid of these toxins. There's no need to test again in the near future (unless you know you've received a new exposure). Because it is impossible to avoid these toxic elements in our environment, we recommend you re-test every 1 - 2 years.

My screening test did not stay a green color . . . so now what?
Any combination of colors are possible because a person could have multiple different toxic elements within their system resulting in a blend of colors. It may start out changing to one color, and then change to a different color as you add more of your urine sample. It may even end up a greyish color after adding one or more samples. Just understand that any color other than some version of a green color is detecting the presence of toxic elements in your system. Even if you cannot narrow it down to a certain color, it doesn't matter in regards to what you do about it.

The process of removing these toxic elements out of your body is called "chelation". You can read more about chelation, and how it works on the next few pages.

Recommendations for removing heavy metals and toxic elements out of your body using natural chelation.

If the results of your screening test indicates the presence of toxic heavy metals, then here are your recommendations for safely and effectively removing these toxic elements from your body.

Understand that not all chelation is created equal. Some forms of chelation are effective at pulling these toxic elements out of your tissues and bringing it back into circulation. Unfortunately, they may not be effective at holding onto these toxic elements, which allows them to deposit somewhere else in the brain or body. The two products listed below are known to be very effective and safe for the removal of heavy metals and not allowing them to deposit in other areas of the body and brain once they get back into circulation.

Both products mentioned below can be purchased on our website at:
www.HealingChoices.com and then click on "Online Store".

Product recommendation #1 - Ultra Liquid Zeolite

You will place the drops of this liquid chelator into about 4 oz of water or other liquid, and then drink. This liquid chelator is a thicker brown colored liquid and it will change your water to a dark color, but it is virtually tasteless. We have never had a client complain about the taste of this product. Although it is rare, if you experience any negative symptoms while taking this product, stop taking it and add the Product Recommendation # 2 to your program.
Adult Dose: 20 drops - 3x/day.
Child Dose (ages 12 or under): 10 drops - 3x/day.

Product recommendation # 2 - Glutathione Recycler

Only add this to recommendation #1 (Ultra Liquid Zeolite) if you are experiencing any negative symptoms. We find this to be a rare occurrence, but if you experience any of what people refer to as a detox reaction (headaches, fatigue, soreness, upset stomach, skin rash, or any other unpleasant side effect), then this means that your body needs more nutrients and resources to help the detoxification process.
Recommended dose for adults and children: 1 capsule - 3x/day

Disclaimer:
This information has not been evaluated by the Food and Drug Administration. Neither the information, nor any formula(s) mentioned are intended to diagnose, treat, cure, or prevent any disease.

Here's more information about chelation and the chelating agent called "zeolite" used in the Ultra Liquid Zeolite (recommendation # 1):

Chelation is a process by which heavy metals are pulled out of the cells by a chelating agent that connects with these metals and removes them from the body naturally. The chelating agent in this product is called "Zeolite" which is suspended in a bed of humic acid, which is derived from volcanic ash. Natural zeolites form where volcanic rocks and ash layers react with alkaline groundwater. We then combine zeolite with other minerals for this unique product. Chelation Support contains nutrients that have been found to help remove heavy metals from the body that can be related to neurological and heart related problems, fatigue, poor circulation, memory problems, etc.

This amazing Chelation Support formula helps your body:

- Maintain optimum alkalinity
- Proper normalized pH levels
- Helps supercharge your immune system so it can defend your body against a broad range of bacterial infections, chronic conditions and viruses.
- It helps support a strong immune system and reduces toxic overload by removing toxins, chemicals & heavy metals.
- Pulls heavy metals & toxins from the body naturally. And much, much more.

How to take the Liquid Chelator:

Take 20 drops in a glass of water 3 times a day (adult dose). One bottle will last about a week at this dosage. So 4 bottles will get you through a little less than a month. After a month of taking the liquid chelator (or after finishing the 4 bottles) we recommend you re-do the Toxic Heavy Metal Screening test to make sure things are changing or improving. Some people need to stay on the Liquid Chelator for several months to effectively clear the toxic heavy metals out of their system. You will re-test at the end of each month of taking the liquid chelator to see if you need to continue.

What is natural zeolite?

All natural Zeolite is a 100% natural liquid detoxifier formulated from purified, activated zeolite. One of the few negatively charged minerals in nature, zeolite is formed from the fusion of volcanic lava and ocean water. It has a unique crystalline structure that function at the cellular level like a cage. Zeolite draws in toxins like a magnet, trapping them in its cage-like molecular structure, before eliminating them from the body.

Are there any side effects?

The only side effect of all natural Zeolite is dehydration as heavy metal ions are removed from the body. For that reason, it is essential to be well hydrated when taking all natural Zeolite. Drink at least ½ ounce of pure water for every pound you weigh (typically eight or 10 glasses of water a day). Drinks such as coffee, tea, and soda do not count. Some users experience detoxification symptoms, such as headache, diarrhea, tiredness, or achiness – which are usually mild – when they begin taking all natural Zeolite. After initial detoxification, most people report feeling better than ever.

Can children take Chelation Support?

Our children live in the same toxic world that we do but, because their bodies are developing they are more susceptible to toxic influences than adults are. All natural Zeolite is not only safe for children but could be beneficial for them during their developmental years. Give them a smaller dose in proportion to their weight than the dose an average adult would take.

How can all natural Zeolite remove toxic metals such as lead and mercury, but not healthy ones such as calcium and magnesium?

Zeolite's ability to attract and bind different substances is based on the size, shape, and electrical configuration of its molecular cages. Zeolite's greatest affinity is with heavy metals, especially mercury, cadmium, lead, and arsenic. Lighter metals such as calcium, magnesium, and phosphorous have smaller ions, and so their affinity to zeolite is orders of magnitude less. You can think of it as being similar to a lion's cage. The bars keep the lion in, but a mouse can run freely in and out. In much the same way, zeolite traps and eliminates heavy metals and other toxins, while it leaves minerals such as calcium, magnesium, and phosphorus in the body.

Solving the Toxicity Puzzle

A respected pioneer in the field of heavy metal detoxification, Dr. Dietrich Klinghardt, M.D., PhD has determined that there is a direct correlation between stored toxins and infectious pathogens. He states that "for each equivalent of stored toxins there is an equal amount of pathogenic microorganisms in the body." The presence of stored toxins causes immune system deficiency that supports the growth of pathogens such as bacteria, viruses, fungi, and parasites.

The term Toxic Body Burden (TBB) is now being used in reference to toxic heavy metals, synthetic chemicals, and pathogens that enter and accumulate in the body. Retaining and restoring vibrant health requires an effective two-pronged approach that can detoxify toxic substances while simultaneously eliminating infectious microorganisms.

Zeolite - Removes Toxins Naturally

Natural zeolites are a class of crystalline, hydrated alluminosilicates of alkali and alkaline earth cations, having three dimensional structures. Most common natural zeolites are formed by alteration of glass-rich volcanic rocks (tuff) with fresh water in playa lakes or by seawater. For thousands of years, civilizations throughout the world have used zeolites as a traditional medicine. Zeolites are now used extensively in various industrial applications based on their properties to act as catalysts, ion exchangers, adsorbents, and detergent builders. The specific species of zeolite that has the most important health benefits is Clinoptilolite. Clinoptilolite is so effective in binding toxins that it was given to victims of the Chernobyl explosion to ingest in order to bind the radioactive isotopes that were released and thus reduce radiation levels in their bodies. What makes Clinoptilolite so unique is its negatively charged, cage-like, honeycombed structure. When ingested, this natural mineral attracts and irreversibly binds toxic heavy metals, chemical elements, and free radicals and is then excreted through the urinary tract. This process is called Chelation.

One of the most significant benefits of Clinoptilolite over other chelating agents is its affinity schedule for toxic heavy metals. Clinoptilolite binds with mercury first and lead second, moving on to additional positively-charged toxic heavy metals and chemical toxins which may include pesticides, herbicides, plastics, and even radioactive particles without removing precious nutrients such as calcium and magnesium. However, Clinoptilolite goes far beyond the critical job of removing damaging toxins. Research has shown that it has many other vital actions in the body. Clinoptilolite removes free radicals. Unlike classic antioxidants, Clinoptilolite does not neutralize free radicals by donating an electron to stabilize them. Instead, its structure captures free radicals. Once trapped inside the cage, the inactivated free radical can then safely be eliminated from the body.

- Clinoptilolite has broad-spectrum antiviral properties: first, by attracting and binding viral sub-particles, thereby interfering with viral replication and eliminating them from the body and second, by inhibiting viral proliferation via immune modulation of T cells.
- Clinoptilolite helps maintain proper pH by removing acidic ions and chemicals which then promotes optimal metabolic and immune functions.
- Clinoptilolite may help to eliminate carcinogenic toxins from the body, especially a category of carcinogens called nitrosamines. The most common sources for these nitrates include processed meats, cigarettes, and beer which are linked to pancreatic, stomach, and colon cancers.
- Clinoptilolite treats diarrhea, promotes healthy digestion and encourages nutrient absorption. Clinoptilolite's ability to capture ammonium ions during digestion promotes a healthier and less toxic digestive system.

Source: Lyn Hanshew, M.D.