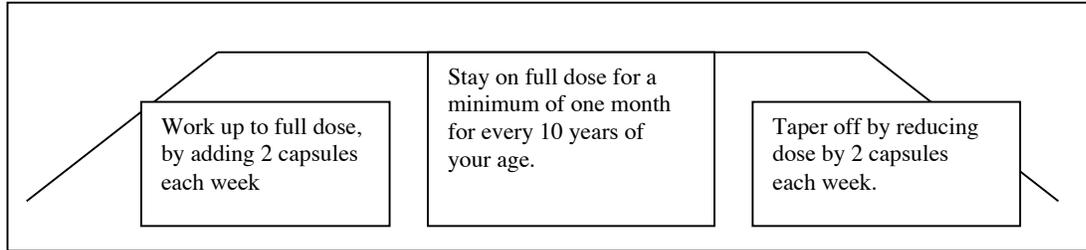


# MC Oral Chelation Program

## 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 and dinner.

- 1 tablet of MC
- 1/2 ounce of Chinese Mineral Chi or Essential Minerals

Each week increase the dosage of MC by 1 tablet. Hence, the second week, take 2 tablets of MC. Gradually increase the amount of minerals until you are taking 1 ounce in the morning and 1 ounce at night.

## Full Program

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

- 4-6 MC Tablets
- 1 ounce of minerals

You will need to stay on this full dose 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 dose for at least 4 months, 6 months if you are 60, etc.

## 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 readjusts 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 use MC as their daily vitamin and mineral supplement by taking two tablets per day.

## 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.): 2 KB-C with each meal.
- For persons with liver weakness** (history of high cholesterol, skin problems, digestive upset, etc.): 1 tsp. LOCLO in a large glass of water or juice upon arising and before retiring, 2 LIV-C 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 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.

Distributed by:

Prepared by: The Tree of Light Publishing, P.O. Box 911239, St. George, UT 84791. 1-800-416-2887  
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