



# Mega-Chel

## Oral Chelation Program

Mega-Chel is a unique supplement. It contains very high doses of antioxidant nutrients, along with special nutrients that chelate (attach themselves to) metals so they can be removed from the body. Many people have successfully used Mega-Chel (in the manner described on this sheet) to help conditions such as hardening of the arteries, sores that won't heal in the extremities, circulatory complications of diabetes, tissue calcification, senility, and heavy metal poisoning.

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 Mega-Chel

1/2 ounce of Mineral Chi Tonic or Colloidal Minerals

Each week increase the dosage of Mega-Chel by 1 tablet. The second week, take 2 tablets of Mega-Chel. 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 Mega-Chel 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 dose. 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 Mega-Chel 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.

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 Mega-Chel as their daily vitamin and mineral supplement by taking two tablets per day.

### Summary

In summary, you start with 2 tablets each day, and work up to full dose, by adding 2 tablets each week. Stay on full dose for a minimum of one month for every 10 years of your age. Taper off by reducing dose by 2 tablets each week.

### Cleansing Reactions

As the plaque is removed 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, 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.): 1 tsp. LOCLO in a large glass of water or juice upon arising and before retiring, 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 Hawthorn 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.

For heavy metal poisoning: 1 Heavy Metal Detox daily.

For calcification of tissues: 2 Hydrangea twice daily.

For additional assistance contact the person who gave you this handout. Their name should appear below.

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P.O. Box 911239, St. George, UT 84791 ([www.treelite.com](http://www.treelite.com))  
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