

# HEAVY METAL ROUTINE



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## Bugleweed Combination (Combats Pollution)

### Ingredients

Contains bugleweed, yellow dock, and lobelia.

### Usages

This is the herbal combination for combating pollution, both external and internal. It helps draw out minerals, drugs, and other pollutants trapped in our systems.

### Dosages

The dosage is ½ tsp Bugleweed combination in conjunction with 1 tsp. chaparral extract; this should be done three times a day. Also, every other day bathe in 1 to 3 pounds of Epsom salts in a tub of hot water. The bathing routine should continue for three weeks then rest a week, but continue taking the herbs.



### Testimonials

Irritability and Lethargy: experiencing a number of least of which were presumed they were metals leaking from my filled with amalgam. I herb bible School of combination for heavy the bugleweed



Several years ago I was minor health problems not the irritability and lethargy. I caused by a buildup of heavy teeth that had been recently turned to the book I consider my Natural Healing and found a metal poisoning. I began taking combination [Heavy Metals Formula] in a tea form and with the very first dosage gained a surge of energy and emotional clarity. The joy of having sufficient energy stayed with me for several days. The herbs in this combination really stimulated a cleanse for my entire body. -G.W., Mesa, AZ