

DTX Detox Protocol

a. Dr. Nischwitz

Nutritional guidelines

- a. Avoid tobacco, caffeine, alcohol, refined sugar, artificial sweeteners, flavor enhancers and trans fatty acids;
Gluten- and dairy free diet is recommended
- b. Drink enough fluids (2-3 L plain water (reverse osmosis) /unsweetened tea)
- c. Emphasize healthy fatty acids and good quality protein and eat as much veggies as possible

Supplementation protocol

Supplements	breakfast	lunch	dinner	pre bed
Chlorella vulgaris Presslinge	10 Presslinge	10 Presslinge		10 Presslinge
Multi Supreme	4 Kapseln			
NORSAN Omega 3 Vegan	1 teaspoon			
Mag Supreme				4 Kapseln

The DTX – Detox Protocol should start at least 14 days prior to the metal- and or amalgam removal and last at least until 14 days after the removal.

The DTX protocol supplies the body with the right nutrients for optimal detoxification to get through the amalgam removal without further health issues. It is not a heavy metal chelation protocol.

This phase can only be started if the oral cavity is totally biologically restored, i.e. no root canals, no cavitations and no metals at all. Please ask your referring functional medicine doctor or naturopathic doctor about it.

We wish you a great DETOX