



ENGEDIWELLNESS



USING ZEOLITE (the right way)

@THE.FAMILY.UNDOCTOR



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BEFORE USING ZEOLITE

Join Detox School Here:

1

Repair Cell Membranes

- BodyBio PC
- BodyBio Balance Oil
- Membrane Smoothies
- Raw Egg Yolk
- Andreas Coriander Seed Oil

2

Restore Redox

- Minerals
- Remineralized, Structured Water
- Reduce EMF
- Grounding and Sunlight
- Diet
- Red Light Therapy

3

Reseal the Gut

- Use Gut-Healing **herbs** (recommended)
- Eliminate all processed foods
- Red Light Therapy
- Circadian sunlight reduce Blue light at night



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4

Rebalance the Mitochondrial Environment

- Reduce environmental exposures to toxins
- Reduce emotional stress
- Reduce screen time

5

Restore Bile Flow

- Body Bio PC
- Bitter herbs

6

Rebalance the Nervous System

- N.S.-based chiropractic
- Vagus nerve stimulation
- Calming herbs
- Change the **ENVIRONMENT**



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WHILE USING ZEOLITE

1

Dose it within it's half life so it doesn't redistribute toxins

- Take every **6–8 hours**
- Do not **exceed 12 hours** between doses (to avoid violating the half-life and causing redistribution of toxins)

2

Use a pure, well structured zeolite with a pure, large particle Binder

- Only **after** bile flow has been restored
- Use a trusted, **pure binder, like this one**
- Use a trusted, **pure zeolite. Here's two:**

[Option 1](#) | [Option 2](#)

3

Use within the 3 day Rule

- Use for a minimum of **3 days**
- Maximum of **2 weeks**



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4

Use as Tolerated

- Should not cause severe symptoms
- **Watch** and **listen** to the body
- **Stop** or adjust if the body signals it's not ready. Do NOT overdose, More is NOT always better.

5

Rest & Remineralize

- Rest and remineralize for at least as long as they detoxed or longer
Example: If they used zeolite for **10 days**, they should **rest** for **10 days**

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