

2020

THE ULTIMATE
FERTILITY
CLEANSE &
DETOX
PROTOCOL

PRESENTED BY:
MELANIE LEGEND INC.

WWW.MELANIELEGEND.COM
TORONTO, CA

FERTILITY VAULT

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GOALS & OBJECTIVES:

- Discuss where heavy metals come from and the concept of bioaccumulation
- Identify the key foods and supplements for heavy metal detoxing (Spirulina, Barley Grass Juice Powder, Atlantic Dulse, Cilantro, Wild Blueberries)
- Discuss their benefits and roles within the body
- Recommendations and where to purchase them
- Recipes for removing toxic heavy metals

STRATEGY 1:

HEAVY METAL DETOXING WITH FOODS & SUPPLEMENTS

- You are probably wondering where heavy metals come from and why removing them is important. Heavy metals are everywhere in our environment: pots & pans, in our water, in the air, in the pipes, canned food, tooth fillings, fish (you get the idea).
- **Bioaccumulation:** is the gradual accumulation of substances, such as pesticides or other chemicals in an organism.
- Bioaccumulation occurs when an organism absorbs a substance at a rate faster than that at which the substance is lost by catabolism and excretion.

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HEAVY METAL DETOXING WITH FOODS & SUPPLEMENTS

- Heavy metals, pesticides, herbicides and toxins bioaccumulate in the body. When the liver doesn't have the room or energy to process these toxins, they start building up in the tissues. This can lead to chronic inflammation, infection and conditions such as: PCOS, Endometriosis...

KEY FOODS & SUPPLEMENTS:

- Hawaiian Spirulina (1tsp daily)
 - Barley Grass Juice Powder (1tsp daily)
 - Atlantic Dulse (1 handful daily)
 - Cilantro (1 bunch daily)
 - Wild Blueberries (1 cup daily)
- The great part about heavy metal detoxing is that you can incorporate these food into your diet with little to no compromise in taste (aside from spirulina). Let's take a look at these foods & supplements:

KEY FOODS & SUPPLEMENTS:

- **Hawaiian Spirulina (1tsp daily)**
- Barley Grass Juice Powder (1tsp daily)
- Atlantic Dulse (1 handful daily)
- Cilantro (1 bunch daily)
- Wild Blueberries (1 cup daily)

HAWAIIAN SPIRULINA (1TSP DAILY -7G)

- 20 calories: 4g protein, 1.7g carbs, 0.5g fat
- Vitamin B1 (Thiamine)
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin)
- Copper
- Iron
- Magnesium
- Potassium
- Vitamin C
- Vitamin A
- Vitamin K
- Chlorophyll

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HAWAIIAN SPIRULINA (1TSP DAILY -7G)

- ARTICLE: <https://www.medicalmedium.com/blog/healing-benefits-of-spirulina>
- “Spirulina is essential for removing heavy metals such as mercury, aluminum, lead, cadmium, and toxic copper from the liver, reproductive system, intestinal tract, thyroid, and brain. Getting rid of these metals gets rid of some of the most favoured food of viruses, which are behind many chronic illnesses and symptoms, including autoimmune diseases”
- Spirulina has a completely unique composition of phytonutrients, including chlorophyll, phycocyanin and polysaccharides, that can help to purge toxins from the body.

BENEFITS: HAWAIIAN SPIRULINA

- From Anthony Williams:
- In 1994, a Russian Patent was awarded for spirulina, deeming it a medical food for reducing allergic reactions from radiation sickness. This was a result of 270 children in Chernobyl consuming five grams a day for 45 days. Radionucleides were lowered by 50% and allergic sensitivities were normalized.”

FUNCTIONS: HAWAIIAN SPIRULINA

- Helps restore brain tissues
- Rebuilds the CNS (Central Nervous System)
- Helps the endocrine system
- Removes heavy metals from the liver
- Removes other toxins from the liver
- Strengthens neurotransmitters (mental health)
- Helps the adrenal out (high levels of superoxide dismutase (SOD) and chromium
- Helps the thyroid remove toxins Reduces the growth of nodules, and cysts
- Strengthens the immune system
- Stops viral and bacterial growth in the liver
- Can help with eye health
- Anti-aging

KEY FOODS & SUPPLEMENTS:

- Hawaiian Spirulina (1tsp daily)
- **Barley Grass Juice Powder (1tsp daily)**
- Atlantic Dulse (1 handful daily)
- Cilantro (1 bunch daily)
- Wild Blueberries (1 cup daily)

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BARLEY GRASS JUICE POWDER (1TSP DAILY)

- Vitamin A
- Vitamin C
- Vitamin B
- Iron
- Calcium
- Potassium
- Magnesium
- Phosphorus
- Chlorophyll

BARLEY GRASS JUICE POWDER (1TSP DAILY)

- ARTICLE: <https://www.medicalmedium.com/blog/barleygrass>
- “It is essential for removing toxins and heavy metals out of the thyroid. It has also been credited as helpful for healing arthritis, migraine headaches, asthma, fatigue, gastrointestinal and skin issues, cancer, and diabetes. Barley Grass Juice Powder is also excellent for assisting circulation of the lymph system by nourishing and oxygenating the vascular system and healing and soothing mucous membranes.”

BENEFITS: HAWAIIAN SPIRULINA

- From Anthony Williams:
- Barley Grass Juice Powder comes from the tender young grass grown from barley seed, harvested when it is at the peak of its chlorophyll, protein and vitamin concentration, before the grass produces any grain. Therefore, Barley Grass Juice Powder is Gluten-Free and is fine for anyone with celiac disease or gluten intolerance. Barley Grass Juice Powder can be mixed in water, juice, or added to a smoothie.

FUNCTIONS: HAWAIIAN SPIRULINA

- Helps inhibit the growth of disease bacteria
- Balances the pH of the body
- Strengthens the immune system
- Increases energy
- Helps with digestive processes
- Improves the hair, skin and nails
- Improves circulation

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KEY FOODS & SUPPLEMENTS:

- Hawaiian Spirulina (1tsp daily)
- Barley Grass Juice Powder (1tsp daily)
- **Atlantic Dulse (1 handful daily)**
- Cilantro (1 bunch daily)
- Wild Blueberries (1 cup daily)

ATLANTIC DULSE (1 HANDFUL DAILY)

- Calcium
- Magnesium
- Iron
- Potassium
- Vitamin A
- Vitamin C
- Iodine
- Antioxidants

ATLANTIC DULSE (1 HANDFUL DAILY)

- ARTICLE: <https://www.medicalmedium.com/blog/heavy-metal-detox-smoothie>
- “Atlantic dulse: In addition to mercury, this edible seaweed binds to lead, aluminum, copper, cadmium, and nickel. Unlike other seaweeds, Atlantic dulse is a powerful force for removing mercury on its own. Atlantic dulse goes into deep, hidden places of the digestive tract and gut, seeking out mercury, binding to it, and never releasing it until it leaves the body. Eat two tablespoons of flakes daily, or an equal amount of strips if its in whole-leaf form.”

BENEFITS: ATLANTIC DULSE

- From Anthony Williams:
- Note: As it comes from the ocean, if you are concerned about the dulse itself having mercury, be aware that Atlantic sea dulse will not release any mercury it might possess into the body. It holds on to the mercury as it works its way through, and even grabs onto other metals along the way and drives them out as well. Atlantic dulse is a critical part of the team because it can hang out near the finish line (i.e., our colon), waiting for the other foods that have been grabbing on to heavy metals along the way. It serves as emergency backup, helping ensure that all the heavy metals that made it as far as the colon actually leave the body.

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FUNCTIONS: ATLANTIC DULSE

- Building strong bones
- Helps with bone mineral density
- Lowers blood pressure (BP)
- Helps with eye health
- Boosts the immune system
- Helps with collagen production
- Helps with the thyroid
- Improves digestion
- Helps regulate the hormones
- Improves blood circulation
- Strengthens nervous system

KEY FOODS & SUPPLEMENTS:

- Hawaiian Spirulina (1tsp daily)
- Barley Grass Juice Powder (1tsp daily)
- Atlantic Dulse (1 handful daily)
- **Cilantro (1 bunch daily)**
- Wild Blueberries (1 cup daily)

CILANTRO (1 BUNCH DAILY)

- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin K
- Folate
- Potassium
- Magnesium
- Iron
- Antioxidants

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CILANTRO (1 BUNCH DAILY)

- ARTICLE: <https://www.medicalmedium.com/blog/cilantro>
- “Cilantro is also able to mobilize mercury rapidly from the brain and central nervous system by separating it from the fat tissue and moving into the blood & lymph where when combined with a blue green algae such as spirulina it can be removed safely and effectively from the body. Cilantro & blue green algae used together is a winning combination and a natural miracle that has given tremendous relief to those suffering from mercury poisoning & toxicity.”

BENEFITS: CILANTRO

- From Anthony Williams:
- Note: Cilantro also contains an anti-bacterial compound called dodecenal which has the ability to kill salmonella bacteria and prevent salmonella poisoning. Cilantro is highly beneficial for Alzheimer’s disease, Parkinson’s disease, Arthritis, Diabetes, Viral and Bacterial Infections, Hepatitis, Colitis, Obsessive-Compulsive Disorders, Autism, Tourette Syndrome, Infertility, and Bell’s Palsy. Cilantro is also very helpful with autoimmune disorders such as Fibromyalgia, Addison’s Disease, Guillain-Barre syndrome, IBS, Multiple Sclerosis, and Chronic Fatigue Syndrome.

FUNCTIONS: CILANTRO

- Helps remove toxic heavy metals from the body
- Protects against oxidative stress
- Lowers anxiety and improves sleep
- Lowers blood sugar levels
- Prevents against UTIs
- Cardio-protective
- Supports healthy menses
- Prevents neurological inflammation
- Soothes skin irritations

KEY FOODS & SUPPLEMENTS:

- Hawaiian Spirulina (1tsp daily)
- Barley Grass Juice Powder (1tsp daily)
- Atlantic Dulse (1 handful daily)
- Cilantro (1 bunch daily)
- **Wild Blueberries (1 cup daily)**

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WILD BLUEBERRIES (1 CUP DAILY)

- Vitamin C
- Vitamin K
- Manganese
- Calcium
- Potassium
- Vitamin E
- Folate
- Vitamin A

KEY FOODS & SUPPLEMENTS:

- ARTICLE: <https://www.medicalmedium.com/blog/wild-blueberries>
- “Draw heavy metals out of your brain tissue, healing and repairing any gaps created by oxidation when the heavy metals are removed. It is important to use wild blueberries, as they possess unique phytonutrients with special detoxifying capabilities. The potent antioxidants in wild blueberries help reverse any oxidative damage left behind by the heavy metal removal. This is especially important for your brain tissue” in fact, wild blueberries are the most powerful food for halting or in some cases reversing Alzheimers and dementia. Eat at least one cup daily. Note: while cultivated blueberries are nutritious, they lack the metal-drawing ability of the wild blueberries. Wild blueberries can be found in the freezer section of most supermarkets.”
- When consumed within 24 hours of each other, barley grass juice powder, spirulina, cilantro, wild blueberries, and Atlantic dulse provide the most effective method on the planet of removing heavy metals. These foods each have their singular strengths, performing slightly different roles in the detoxification process.

BENEFITS: WILD BLUEBERRIES

- From Anthony Williams:
- Note: One of the most effective heavy metal detoxing foods, wild blueberries are fantastic at removing all other Unforgiving Four factors, too. Wild blueberries are also the most powerful brain food in existence, the most potent prebiotic there is, and a star at restoring the liver. Essentially, this fruit offers a benefit unobtainable from any other source for every part of the body. There is more information in one wild blueberry plant than there is on the entire Internet. If researchers had the technology to decipher what’s inside wild blueberries and how to use it all, they would develop cures for every condition.

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FUNCTIONS: WILD BLUEBERRIES

- Helps remove toxic heavy metals from the body
- Protects against oxidative stress
- Important in brain function
- Help the CNS function
- Packed with antioxidants
- Support heart health
- Blood glucose balancing
- Helps with anxiety and sleep

RECOMMENDATIONS:

- View online shop (amazon links): <https://amzn.to/39k5Swu>



- View online shop (amazon links): <https://amzn.to/2lmdgLU>



- View online shop (amazon links): <https://amzn.to/2TojZeG>



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THE HEAVY METAL SMOOTHIE:

- <https://www.medicalmedium.com/mm101/medical-medium-heavy-metal-detox.htm>
- Ingredients:
- 2 bananas
- 2 cups wild blueberries
- 1 cup cilantro
- 1 cup orange juice
- 1 tsp barley grass juice powder
- 1 tsp spirulina
- 1 small handful of Atlantic dulse
- Optional: water to blend



WILD BLUEBERRY SALAD

- <https://www.shewell.co/she-well/wild-blueberry-salad>
- Ingredients:
- 3 cups organic mixed greens, washed and dried
- 1/2 cup wild blueberries
- 1 tbsp pecan halves raw
- 1 tbsp crumbled goat cheese (try and avoid)
- 1 teaspoon red wine vinegar
- 1/2 tablespoon extra virgin olive oil
- 1 teaspoon drizzled honey
- Salt and pepper to taste
- Optional: additions of cilantro or atlantic dulse



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CILANTRO VINAIGRETTE

- <https://pinchofyum.com/5-ingredient-cilantro-vinaigrette>
- Ingredients:
- 1 bunch of cilantro
- 2 cloves of garlic
- 2 tbsp raw vinegar
- 1/2 cup olive oil
- 1 tsp Himalayan salt
- 1/4 cup water if needed
- Mix in blender



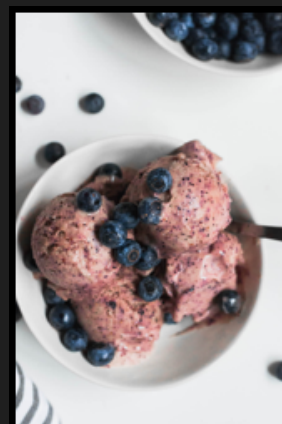
CILANTRO LIME CHICKEN

- <https://www.budgetbytes.com/easy-cilantro-lime-chicken/>
- Ingredients:
- 2 Tbsp olive oil
- 4 cloves of garlic
- 1/2 tsp cumin
- 1/2 tsp salt
- Fresh cracked pepper
- 2 limes
- 1/2 bunch cilantro
- 6 boneless chicken thighs
- Add 2 tbsp Atlantic dulse flakes



WILD BLUEBERRY NICE CREAM:

- <https://sofabfood.com/blueberry-banana-nice-cream/>
- Ingredients:
- 2 frozen banana
- 2 cups of wild blueberries
- 2 tbsp maple syrup
- Pinch of salt
- Optional: cocoa nibs



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RESEARCH ARTICLE ON METALS AND INFERTILITY:

Cadmium, Lead, and Mercury in Relation to Reproductive Hormones and Anovulation in Premenopausal Women

Anna Z. Pollack,^{1,2} Enrique F. Schisterman,¹ Lynn R. Goldman,² Sunni L. Mumford,¹ Paul S. Albert,³ Robert L. Jones,⁴ and Jean Wactawski-Wende⁵

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3237358/pdf/ehp.1003284.pdf>

Relationship between risk factors for infertility in women and lead, cadmium, and arsenic blood levels: a cross-sectional study from Taiwan

Hsiao-Ling Lei, Hsiao-Jui Wei, Hsin-Yi Ho, Kai-Wei Liao, and Ling-Chu Chien

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4673771/>

Impact of heavy metals on the female reproductive system

Piotr Rzymiski 1, Katarzyna Tomczyk 2, Pawel Rzymiski 2, Barbara Poniedziałek 1, Tomasz Opala 2,

<http://www.aaem.pl/Impact-of-heavy-metals-on-the-female-reproductive-system,72271,0,2.html>

MEDICAL MEDIUM BOOKS:

- Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal
- <https://amzn.to/2TI7Cjv>
- Medical Medium Life-Changing Foods [Paperback] William, Anthony
- <https://amzn.to/32NmBWH>
- Medical Medium Cleanse to Heal: Healing Plans for Sufferers of Anxiety, Depression, Acne, Eczema, Lyme, Gut Problems, Brain Fog, Weight Issues, Migraines, Bloating, Vertigo, Psoriasis
- <https://amzn.to/2wqEDSq>
- Medical Medium Liver Rescue: Answers to Eczema, Psoriasis, Diabetes, Strep, Acne, Gout, Bloating, Gallstones, Adrenal Stress, Fatigue, Fatty Liver, Weight Issues, SIBO & Autoimmune Disease
- <https://amzn.to/38pNL77>
- Medical Medium Thyroid Healing: The Truth behind Hashimoto's, Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein-Barr
- <https://amzn.to/3cv6uBj>

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WRAPPING UP:

- Join TRIBE: <http://lyran.tribe.so>
- Download your workbooks and PDFs
- Don't forget to attend bi-weekly Q & As (you'll receive email updates on times & dates)
- Ask questions and implement strategies
- Take your power back and enjoy this life changing journey

REFERENCES:

- <https://aspenintegrativemedicine.com/12-cilantro-benefits-nutrition-recipes/>
- <https://www.medicalmedium.com/blog/heavy-metal-detox>