

HOW TO LOWER BLOOD FERRITIN

- 1) Ozone – every 48 hours (blood letting)
 - 2) Milk thistle – strengthen liver
 - 3) Coffee enema – liver detoxification
 - 4) J-Flex – contain turmeric (chelation)
 - 5) Avoid food rich in iron, red meat, fortified cereals, bread.
 - 6) Chelation – IV EDTA (remove iron)
 - 7) Eat legumes & grains (contains phytates that limit iron absorption), green tea, chamomile & peppermint tea (contain tannins, limit iron absorption). Take calcium during food. Food high in calcium: milk, cheese, yoghurt, canned sardines and salmon, almonds, broccoli, figs, turnip greens and rhubarb to limit iron absorption.
 - 8) Inositol Hexaphosphate (IP 6)
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如何降低血液铁蛋白

- 1) 臭氧 --- 每 48 小时 (放血)
- 2) 牛奶薊 --- 强化肝脏
- 3) 咖啡灌肠 --- 肝脏解毒
- 4) J-Flex --- 含有姜黄 (螯合物)
- 5) 避免摄取富含铁, 红肉、改造粮食、面包的食物
- 6) 螯合点滴 --- 乙二胺四乙酸(EDTA)静脉疗法 (去除铁)
- 7) 摄取豆类和谷物 (含有肌醇六磷酸盐可限制铁质的吸收)、绿茶、洋甘菊和薄荷茶 (含有单宁可限制铁的吸收)。在食物中摄取钙。高钙食物: 牛奶, 奶酪, 酸奶, 罐装沙丁鱼和鲑鱼, 杏仁, 西兰花, 无花果, 芜菁绿和大黄等, 以限制铁的吸收。
- 8) 六磷酸肌醇 (IP 6)