

## **Recommended Dosage & Uses for Natural Cellular Defense**

**NOTE: DRINK PLENTY OF WATER** when taking Natural Cellular Defense.

While the directions on the bottle suggest 3 drops of NCD on the tongue, **we recommend that you place your drops in a large 8 ounce glass of water each time you take them throughout the day.** You will find that in general you will need to drink more water when taking this product. The heavy metals which are removed from the body carry a positive charge, which allows your body to hold more water. NCD eliminates these toxins through the body i.e. sweat, mucus, urine and bowels in so doing, you will loose water along with them, so you must **DRINK PLENTY OF WATER.** If you are on a diuretic when taking NCD please start with a very low dose and drink extra water. Also, if you live in a dry climate where dehydration is already an issue, you will need to be aware of drinking more than usual. **A general rule is to drink half your body weight in ounces.**

**Maintenance dose:** 3 drops 3 x/day. A bottle of NCD will last a month at this dosage.

**Detoxification dose:** 10 drops 3x/day. A bottle of NCD will last about 10 days at this dosage, or you will require about three bottles a month. After four to six weeks of use( at 10 drops three times a day), a maintenance dosage of three to five drops three times a day can be taken, with the amount increased if ever there is a viral, chemical, or other exposure.

**Severe health challenges:** Best: 3-4 drops every 1-2 hours, all day & evening up to a total of 45 to 60 drops per day or, Good but less effective: 15 drops 3 to 4 x/day. A bottle of NCD will last a week at this dosage, or about four bottles a month. Zeolite remains active in the body for five to seven hours, and then needs to be replenished. NCD researcher Rik Deitsch has said that adding a fourth bedtime dose can be helpful.

**Contra-indications:** NCD may remove supplemental lithium and chemotherapy agent's cisplatin and carboplatin, which contain platinum, from the body. You can resume taking NCD 3 days after using cisplatin and carboplatin, and 2 days after using other chemotherapies. Please consult your physician if you wish to take NCD while on lithium. **Note:** If you are an insulin dependant diabetic be aware that NCD may lower your need for insulin. In general if you have any questions about taking NCD with other medications you are on, please check with your physician.

**For children:** 2 or 3 drops 3 x/ a day, depending on body weight and condition. 3 drops 3 x/ a day for a 50-pound child is a good detox dose. Use less for maintance. For a mid day dose for children going to school, you can put a few drops on their lunch which they take with them.

**NCD stays in the body 5 to 7 hours.** Take a dose every 6 hours or so, to have NCD continuously circulating in your body. In essence, you ingest a clean zeolite molecule, and excrete one that's filled with toxins. Just to be cost effective, the higher recommendation is considered to be 10 to 15 drops 3 or 4 times a day. Natural Cellular

Defense is not toxic at higher levels and has GRAS (Generally Recognized as Safe) status from the FDA.

**For skin issues and lumps on or under the skin:** Put a drop of NCD on effected area & cover with a band-aid. You can pull open the top of the band-aid and add another drop 3 or 4 times a day or so to keep the area wet with NCD. Try adding a few drops to your skin lotion. Put directly on insect bites or other irritations.

**Eyes:** Spray NCD on skin & into eyes, diluted with pure water in a spray bottle. It's OK to put it straight into the eye for eye and eyelid issues, be aware that it may sting at first.

**Ears:** NCD May be used directly into the ears for earache symptoms.

**Teeth and gums:** Users have reported relief of gum/tooth discomfort by putting drops on gums next to the problem tooth. Teething babies have been reported to find relief from the drops on their gums.

**Topical:** People have reported relief of discomfort by massaging NCD into sore areas. When in combination with other topical products it seems to enhance effectiveness.

**Animals:** Place the 2 or 3 drops on the animal's dry food to avoid the product being wasted. Your animals will also want to drink more water when taking this product, so make sure you have plenty available to them.

**Feeling Sleepy/ Having Energy:** Sometimes people feel sleepy while detoxifying. Take naps if you can. If that is not possible, you might want to decrease your dosage. The body does deep healing during sleep, so be sure and sleep eight hours when possible. Others report greatly increased energy.

**Detox symptoms:** Due to the alkalizing effect of the NCD, there may be a die-off of harmful organisms in your body—Candida, bacteria, and parasites. You may notice some detox symptoms from this i.e., headache, diarrhea or an overall aching. Experiment with your dosage of NCD. You can choose to detox faster or slower by lessening your drops per day. After the initial die-off, most people feel better than ever.

**Once the zeolite absorbs a toxin, that toxin *will not* go back into your body tissues.** This makes detoxification much easier than with other products. Also NCD *does not* remove beneficial minerals such as calcium, magnesium, potassium and healthy trace minerals from the body.

**The Natural Cellular Defense has a hierarchy of affinities.** It attracts mercury, lead, cadmium, and arsenic first. Then it pulls out other toxins. If there are a lot of these metals and other toxins in the body, a fair amount of them may need to be cleaned up before you start to notice a big shift in the way you feel. Keep going and trust the process. Pay attention to small changes.