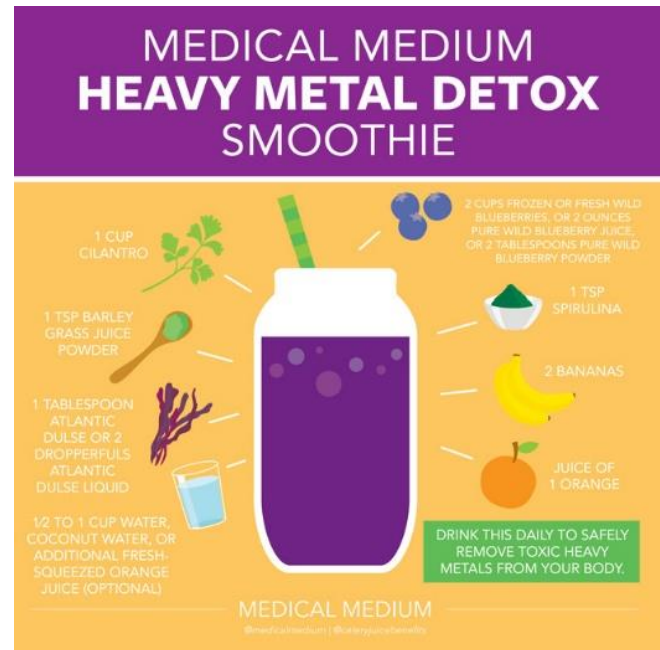


Heavy Metal Detox Smoothie (HMDS) Recipes

Ingredients:

- 2 bananas
- 2 cups frozen or fresh wild blueberries, or 2 ounces pure wild blueberry juice, or 2 tablespoons pure wild blueberry powder
- 1 cup tightly packed fresh cilantro
- 1 teaspoon barley grass juice powder (Vimegy.com)
- 1 teaspoon spirulina (Vimegy.com)
- 1 tablespoon Atlantic dulse or 2 dropperfuls Atlantic dulse liquid (Vimegy.com)
- 1 orange, juiced
- 1/2 to 1 cup water, coconut water, or additional fresh-squeezed orange juice (optional)



Directions:

In a high speed blender, blend all ingredients until smooth. If a thinner consistency is desired, add up to 1 cup of water.

Optional: Water, coconut water or fresh orange juice to blend.

Wild blueberries: Draw heavy metals out of your brain tissue, healing and repairing any gaps created by oxidation when the heavy metals are removed. The potent antioxidants in wild blueberries help reverse any oxidative damage left behind by the heavy metal removal.

Barley grass juice extract powder: Has the ability to draw heavy metals out of your spleen, intestinal tract, pancreas, thyroid, and reproductive system. Barley grass juice extract prepares mercury for complete absorption by spirulina.

Spirulina: Draws out heavy metals from your brain, central nervous system, and liver, and soaks up heavy metals extracted by barley grass juice extract powder.

Cilantro: Goes deep into hard-to-reach places, extracting metals from yesteryear.

Atlantic dulse: Binds to mercury, lead, aluminum, copper, cadmium, and nickel. 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. Atlantic dulse also serves as emergency backup, helping ensure that all the heavy metals that make it as far as the colon actually leave the body.

Sources:

<https://shorturl.at/wCrGK>

[\(301\) Medical Medium Heavy Metal Detox Smoothie - YouTube](#)

TURBO CHARGE YOUR HEALING JOURNEY WITH **ADVANCED HMDS!**



MEDICAL MEDIUM

ADVANCED HEAVY METAL DETOX SMOOTHIE

Removes toxic heavy metals at a faster pace than the original smoothie

- 2 bananas
- 2 cups frozen or fresh wild blueberries, or 2oz pure wild blueberry juice, or 2 tbsps pure wild blueberry powder
- 2 cups tightly packed fresh cilantro
- 2 tsps barley grass juice powder
- 2 tsps spirulina
- 1 tbsp Atlantic dulse or 2 dropperfuls Atlantic dulse liquid
- 2 oranges, juiced
- 1/2-1 cup or more of water, coconut water, or additional fresh-squeezed orange juice (optional)

Blend until smooth

Add additional liquid from the options if desired

Find out how to heal in *Brain Saver and Brain Saver Protocols, Cleanse & Recipes*

MEDICAL MEDIUM **ENJOY!**
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