

# Dosage Recommendations

## Full dosage recommendations and usage guidelines

### DRINK PLENTY OF WATER WHEN TAKING ZEOLITE / NCD

Although the directions on the bottle suggest 3 drops of Zeolite/NCD on the tongue, 3 times a day, it is recommended that you place the drops in a large glass of water each time you take them. This way you are sure to remain hydrated — an important consideration for those taking Zeolite/NCD as its removal of solute toxins from the body through normal processes of elimination (urine, bowels, sweat and mucus) can lead to slight dehydration. (Solute, even toxic solutes, help the body to keep hydrated.) **As a general rule, a 160lb adult should drink approximately 8 or 10 glasses of water a day (8-ounce glasses) or just under 2 liters.** This quantity should be adjusted in proportion to your weight in comparison to this adult average.

In certain cases you may have to drink more water than this recommended amount. If you are diabetic, for example, and choose to take Zeolite/NCD, you should start with a very low dose and make sure you drink extra water. And if you live in a dry climate you will be losing more water than average so, again, you need to up your daily water intake.

Zeolite/NCD can be taken with or without food, and dosages should be spaced as far apart as possible throughout the day to maintain body levels (it only stays in the body 5 to 7 hours). If taking the zeolite solution 3 times a day, take the first dose when you wake up, the second at lunchtime and the last before going to bed (or at supper time). If taking Zeolite/NCD 4 times a day, take the first dose on waking, the second at lunchtime, the third at supper time and the last just before going to bed.

### GENERAL DIRECTIONS

**Detoxification dose:** Almost everybody taking Zeolite/NCD starts on a detox dosage (unless they take a maximum dose because of a health crisis, in which case see below). The detoxification dose is 10 drops 3 times a day. At this dosage, a Zeolite/NCD bottle lasts approximately 10 days. This detox dose is usually taken for about 4 to 6 weeks before going down to a maintenance dose. Dosages can be increased at any time to help deal with viral, chemical or other exposure.

**Maintenance dose:** Once the body is free from toxins the dose can be dropped to a maintenance dose of 3 to 5 drops 3 times a day. (Even though this is maintenance, you still need to drink plenty of water.) Please note that the "3 times a day" recommendation is for convenience only; ideally, the total amount of Zeolite/NCD being taken should be put in a large water bottle and sipped throughout the day. This way it is the most effective detoxifier.

**Special high dose:** For those with severe health challenges, the most effective detox dose is two or three drops in water every hour (or, if that is inconvenient, 15 drops 3 or 4 times a day). At this dosage, a bottle of Zeolite/NCD lasts about a week. (Researcher Rik Deitsch recommends 4 times a day to maintain high body concentrations of the zeolite.)

**Children's doses:** 2 or 3 drops 3 times a day, depending on body weight and condition, and then a maintenance dose of less than this. (You can easily add Zeolite/NCD to their school lunches.)

### Considerations

**Contraindications:** Zeolite/NCD may remove supplemental lithium and chemotherapy agent's cisplatin and carboplatin, which contain platinum, from the body, so it should not be taken alongside these drugs. (You can resume taking zeolite 3 days after using cisplatin and carboplatin, and 2 days after using other chemotherapies.) Please consult your physician if you wish to take zeolite while on lithium. Please also note that if you are an insulin dependant diabetic, Zeolite/NCD may lower your insulin need. In general if you have any questions about taking this supplement with other medications you are on, please check with your physician.

**Detox symptoms:** Due to the alkalizing effect of the Zeolite/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 the Zeolite/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 Zeolite/NCD does not remove beneficial minerals such as calcium, magnesium, potassium and healthy trace minerals from the body.

Zeolite/NCD 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.

**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.

Overall Zeolite/NCD is a very safe supplement and there is some leeway in experimenting with dosages. Please note that the body cannot absorb more than 15 drops at one go, so this represents a single dosage upper limit.

**The statements above have not been evaluated by the FDA. If you are unwell or taking medication, we recommend you seek the advice of a qualified healthcare practitioner before starting a zeolite program. Zeolite/NCD is not a medicine.**

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