

# STOP

## Taking things that destroy Ceruloplasmin

1. **STOP** Iron supplements, iron fortified foods or anything with “added iron”. Synthetic iron shuts down Copper metabolism.
2. **STOP** Vitamin D supplements or ANY foods with vitamin D added. It kills Retinol needed for Ceruloplasmin and causes renal Potassium wasting.
3. **STOP** Calcium supplements as they block Magnesium & Iron absorption.
4. **STOP** Zinc supplements since they disrupt Copper metabolism.
5. **STOP** Molybdenum supplements because they disrupt Copper metabolism since they are mined, ground and chemically treated.
6. **STOP** One-a-day multivitamins, pre-natal vitamins, etc., since they contain the above 5 STOPS.
7. **STOP** Synthetic B vitamins. B vitamins are important for Copper metabolism, but source them from food instead of a bottle.
8. **STOP** Synthetic forms of Vitamin C (ascorbate/ascorbic acid & citrate/citric acid) since they make Ceruloplasmin lose its Copper.
9. **STOP** High-fructose corn syrup (HFCS) & artificial sweeteners since they make Ceruloplasmin lose its Copper.
10. **STOP** Industrialized omega-6 oils (e.g. soybean oil, canola oil, etc.) as they are known to create disease.
11. **STOP** Using products with fluoride (e.g. in toothpaste, water, etc.) because it changes the bioavailability of Magnesium.
12. **STOP** Using colloidal silver as an antibiotic because it kills Copper!
13. **STOP** Eating low-fat, high-carb, processed, refined foods since good fats are needed for proper Copper absorption.
14. **STOP** Exposure to environmental toxins, including unchecked blue light exposure and EMFs from electronic devices.

# START

Taking things that help create bioactive copper (Ceruloplasmin)

## ***PHASE 1: Foundations “STARTS”***

1. **START** Taking adrenal cocktails
2. **START** Taking mineral drops or applying transdermal magnesium
3. **START** Taking whole-food vitamin C (WFC) complex
4. **START** Taking magnesium
5. **START** Taking bioavailable copper (suggested forms to follow)

## ***PHASE 2: Supporting Nutrients***

- 6a. **START** Eating organic ancestral whole foods
- 6b. **START** Drinking mineralized filtered water
7. **START** Taking Mother Nature’s sources for B vitamins
8. **START** Taking wholefood vitamin E complex
9. **START** Taking boron
10. **START** Taking cod liver oil

## ***PHASE 3: Advanced Nutrients***

11. **START** Taking taurine
12. **START** Taking diatomaceous earth
13. **START** Taking iodine from food

## ***PHASE X: Lifestyle Upgrades. Introduced when appropriate.***

14. **START** Donating blood some people will need to do this early as the iron released needs to be offloaded
15. **START** Managing histamine levels/reactions
16. **START** Releasing emotional stress in many cases major healing will not occur until this is dealt with
17. **START** Strengthening the bioenergetic field
18. **START** Getting regular sunlight
19. **START** Doing joyful movement