

THE WRIGHT DIET VITAMINS, MINERALS AND SUPPLEMENTS



The Wright Diet contains 5 products taken with water, 4 of which are taken on a permanent basis.

Those taken daily on a permanent basis are the Oxy Detox Drops, the Calcium Bentonite and the MSM/Calcium Ascorbate mix. Do not take these at the same time as this may reduce their effectiveness. The Oxy Detox Drops are taken twice a day for the first 42 days and three times a day thereafter, the Calcium Bentonite is taken once a day unless you are doing an intensive detox when it should be taken twice a day for up to a week and the MSM/Calcium Ascorbate Mix is taken twice a day. This equates to 5 drinks a day for the first 42 days and 6 drinks a day thereafter.

The Magnesium Oxide is taken weekly for the first 4 weeks and monthly thereafter.

The Bicarbonate of Soda is taken **daily for 3 weeks only**

WHEN IN THE DAY TO TAKE LIQUID SUPPLEMENTS

The Colon Cleanse (Magnesium Oxide) should be taken once a week for 4 weeks but not with other supplements and then once a month thereafter

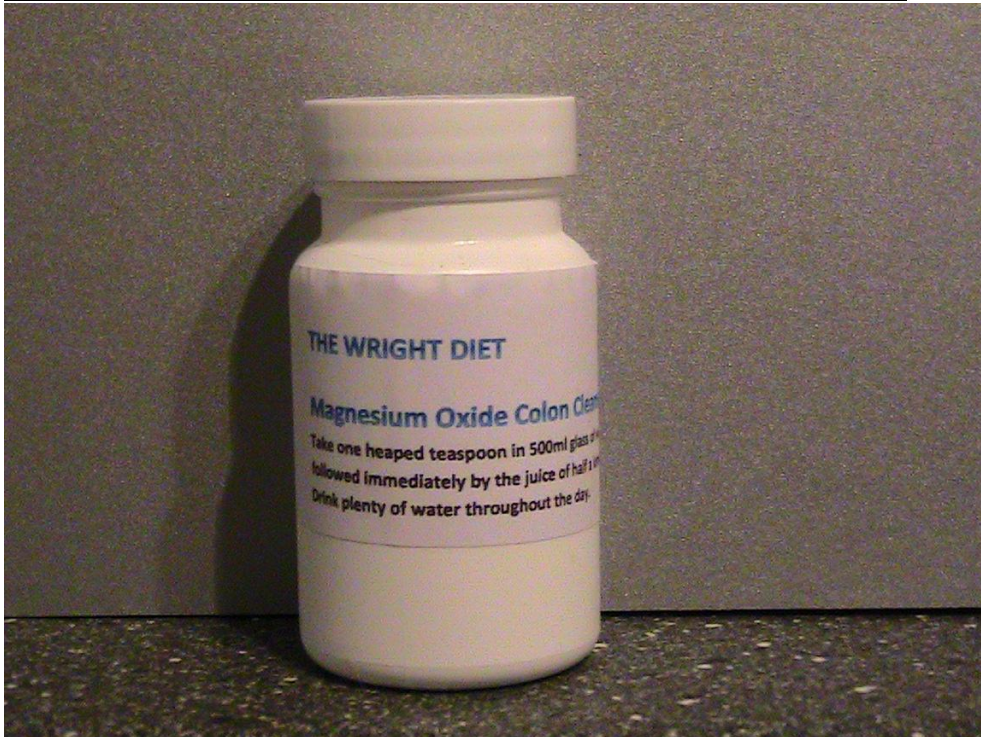
Calcium Bentonite: Immediately after a meal but not with other supplements

MSM/Calcium Ascorbate mix: Take between meals but not with other supplements

Bicarbonate of Soda: **To be taken daily for 3 weeks only** in the morning and evening but not with other supplements.

Oxy Detox drops: Between meals but not with other supplements.

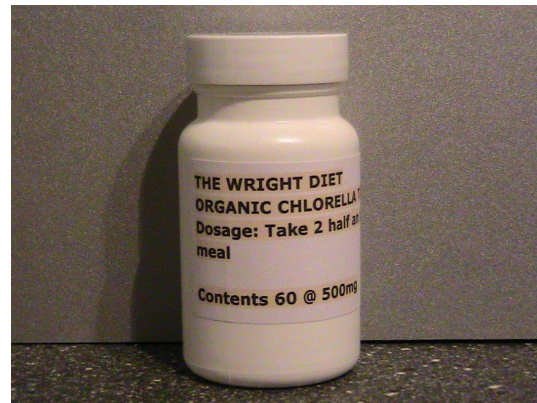
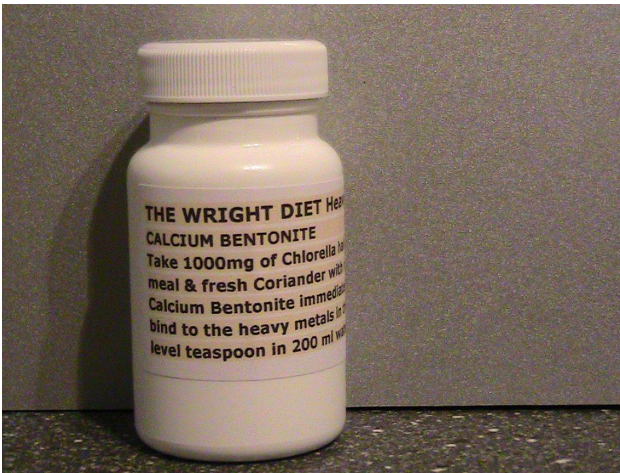
MAGNESIUM OXIDE COLON CLEANSE INSTRUCTIONS



Take one heaped teaspoon mixed in 500ml of water followed immediately by the juice of half a lemon on an empty stomach first thing in the morning. Do this on a day when you do not need to go out anywhere as you will need to visit the bathroom several times. Most people have several pounds of impacted waste in their large intestine and this supplement will turn this to liquid hence the need to stay indoors.

The starter pack contains 50 grammes which is enough for 6 colon cleanses. If you do one a week for the first 4 weeks and monthly after that it will last for 3 months.

CALCIUM BENTONITE HEAVY METAL DETOX (WITH CHLORELLA TABLETS)



For best results take 2 of your Organic Chlorella tablets (500mg each) half an hour before the main meal and take Cilantro (Coriander) with the main meal if you require a more intensive detox (The Cilantro mobilizes the heavy metals). This way chlorella is exactly in that portion of the small intestine where the bile squirts into the gut at the beginning of the meal, carrying with it toxic metals and other toxic waste. These are bound by the chlorella cell wall and carried out via the digestive tract. When amalgam fillings are removed, you should take up to 6 of the 500mg tablets a day for 2 days before and 2-5 days after the procedure (the more fillings are removed, the longer the higher dose should be given). At this time take 2 tablets at bedtime and 2 tablets before lunch and dinner. No cilantro should be given around the time of dental work. During this time we do not want to mobilize deeply stored metals in addition to the expected new exposure. Take the Calcium Bentonite immediately after the meal(s) to mop up any residual heavy metals remaining in the Colon to prevent it being reabsorbed into the body.

MSM CALCIUM ASCORBATE MIX



Take 1 level teaspoon in 200 ml of water between meals twice a day.

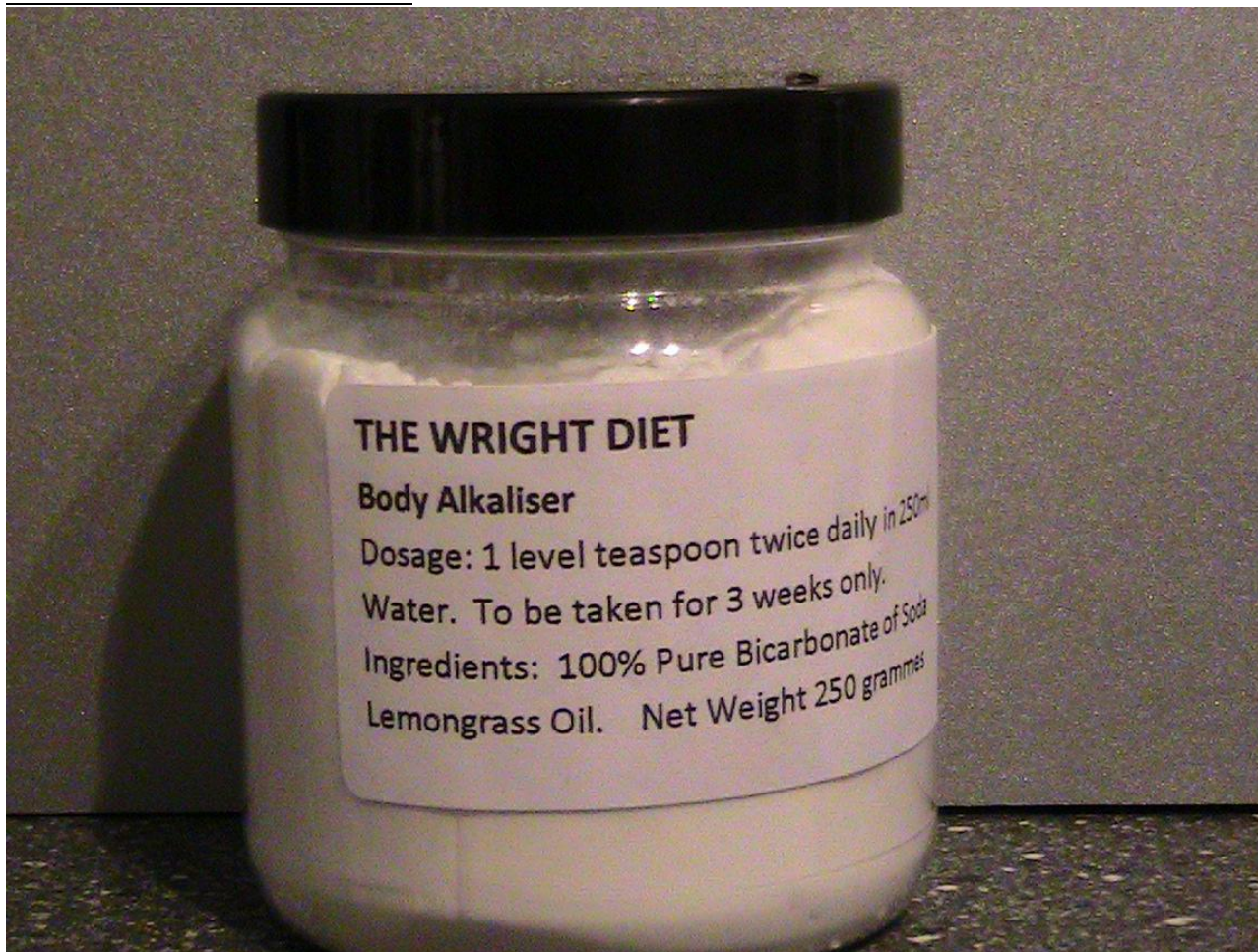
Modern farming methods with chemical fertilizers have resulted in a deficiency in sulphur that is useable by the human body. Replacing this sulphur deficiency using pure distilled MSM (Methylsulfonylmethane) has the following benefits.

- Makes cell walls more permeable to allow more oxygen to get into each cell and therefore more toxins to get out thus helping with weight loss
- More oxygen into cells will give you more energy
- More oxygen into the brain helps reduce or remove mental fog and give clarity of thought and make you more alert.
- More oxygen and sulphur at a cellular level improves the condition of your skin, hair and nails.
- MSM reduces the swelling that causes joint pains in conditions like arthritis

Calcium Ascorbate (Vitamin C) is added to enhance the effect of the MSM. This type of vitamin C is used because it is gentle on the stomach.

The starter pack will last approximately 2 months.

BICARBONATE OF SODA



Take 1 level teaspoon in 250ml of water twice a day in the morning and evening but not at the same time as other supplements **FOR 3 WEEKS ONLY** This is taken only for 3 weeks as longer term use can in some cases disrupt the sodium/potassium balance in the body.

The reason for taking Bicarbonate of Soda is to increase the PH of the body and make it more alkaline. Most overweight people have an acidic PH when their saliva or urine is tested and this is because their diets are largely acidic and they need body fat to store the acid as well as the toxins from their food, drink and the environment. When their diet is changed to a more alkaline and healthy one less acids are produced and toxins ingested and therefore less body fat is required to store them and the excess weight is shed.

When you attend The Wright Diet Presentation your saliva will be tested to see what your PH is. In the unlikely event that you are overweight and your PH is normal then there is no need to take the Bicarbonate of Soda, although you may wish to use it instead of toothpaste as unlike most toothpastes it is additive free. The starter pack will last for the 3 weeks.

OXY DETOX DROPS (6% Food Grade Hydrogen Peroxide)



The benefits of taking very dilute hydrogen peroxide (Found in the healing waters at Lourdes) are voluminous. For the purpose of The Wright Diet I will stick to the benefits in relation to weight loss, however if you want more information you can download the free E Book which describes in great detail what these benefits are. You can download the free E Book on the link below:

<http://www.foodgrade-hydrogenperoxide.com/>

Food grade hydrogen peroxide is simply water with an extra atom of oxygen. Water is H_2O and Hydrogen Peroxide is H_2O_2 . This extra atom of oxygen is unstable and is looking for something to react with. It reacts with (oxidises) and destroys all the bad things in the body such as anaerobic bacteria, viruses, mold, fungus, candida and damaged cells which cannot survive in the presence of active oxygen. Food grade hydrogen peroxide helps with weight loss because it destroys these toxins in your body and converts them to compounds which can then be removed by your excretory organs (Liver, Kidneys Skin).

Food grade hydrogen peroxide does not damage healthy cells because they are protected with an antioxidant coating.

The protocol for the Oxy detox drops is detailed below:

Days 1 to 3:	2 drops of 6% HP in 500ml of water twice a day
Days 4 to 6:	3 drops of 6% HP in 500ml of water twice a day
Days 7 to 9:	4 drops of 6% HP in 500ml of water twice a day

Days 10 to 12: 5 drops of 6% HP in 500ml of water twice a day
Days 13 to 15: 6 drops of 6% HP in 500ml of water twice a day
Days 16 to 18: 7 drops of 6% HP in 500ml of water twice a day
Days 19 to 21: 8 drops of 6% HP in 500ml of water twice a day
Days 22 to 24: 9 drops of 6% HP in 500ml of water twice a day
Days 25 to 27: 10 drops of 6% HP in 500ml of water twice a day
Days 28 to 30: 11 drops of 6% HP in 500ml of water twice a day

Days 31 to 33: 12 drops of 6% HP in 500ml of water twice a day
Days 34 to 36: 13 drops of 6% HP in 500ml of water twice a day
Days 37 to 39: 14 drops of 6% HP in 500ml of water twice a day
Days 40 to 42: 15 drops of 6% HP in 500ml of water twice a day

Protocol changes here, reduce drops but increase to 3 times a day

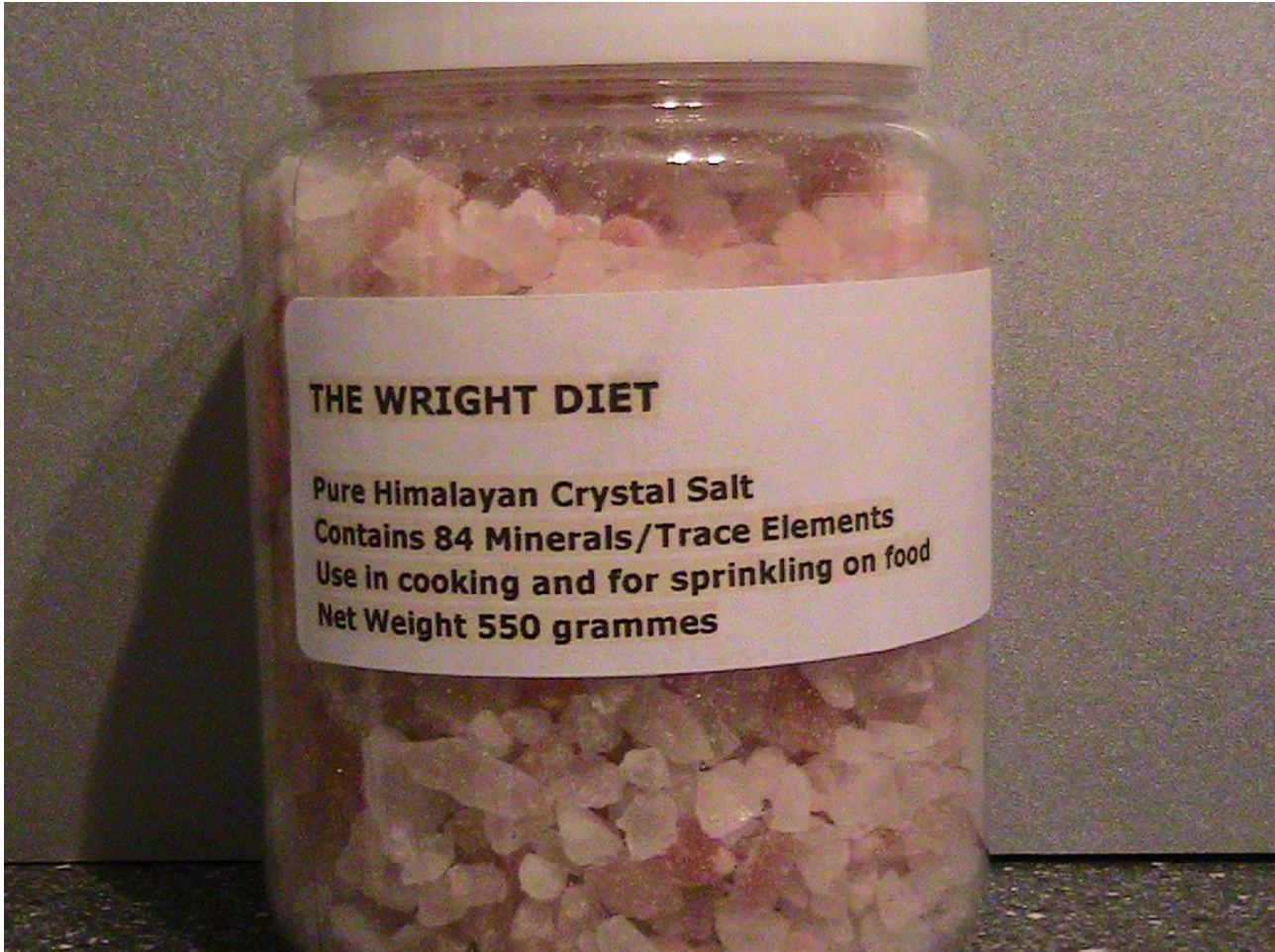
Days 43 to 45: 11 drops of 6% HP in 500ml of water twice a day
Days 46 to 48: 12 drops of 6% HP in 500ml of water twice a day
Days 49 to 51: 13 drops of 6% HP in 500ml of water twice a day
Days 52 to 54: 14 drops of 6% HP in 500ml of water twice a day
Days 55 to 57: 15 drops of 6% HP in 500ml of water three times a day
Days 58 to 60: 16 drops of 6% HP in 500ml of water three times a day
Days 61 to 63: 17 drops of 6% HP in 500ml of water three times a day
Days 64 to 66: 18 drops of 6% HP in 500ml of water three times a day
Days 67 to 69: 19 drops of 6% HP in 500ml of water three times a day
Days 70 onwards 20 drops of 6% HP in 500ml of water three times a day

This is the maintenance dose you stay on.

During the staircasing you may experience cleansing reactions such as loose stools, rashes, fevers and wet sinuses. These will go away after a few days, however if at any time you feel uncomfortable with these reactions then half the dose and stay there until the reactions stop and then continue up again. Do not stop abruptly as this will stop all the bugs and toxins from flowing out and settle into (plug) new areas. If you wish to stop altogether after a reaction then half the dose and then slowly reduce this back down the staircase chart.

The starter pack container has approximately 1200 drops and will last about 40 days

HIMALAYAN CRYSTAL SALT



Regular table salt is sodium chloride with toxic additives to make it flow freely, it has also been denatured through heating it at a high temperature and sea salt may be contaminated by pollution, sewage, radiation and mercury. Himalayan Rock salt has been untouched by pollution etc for 300 million years and it contains all 84 minerals and trace elements needed by the human body. In simple terms minerals are the foreman in the organs of your body, for example potassium contracts the heart and magnesium relaxes it. A full spectrum of minerals is essential for good health.

The recommended daily dose of salt as recommended by conventional science is 6 grammes per day, however this does not cater for differences in body weight, how much you are sweating in hot weather, whether you do manual work and sweat a lot or whether you take a lot of physical exercise and lose salts. So common sense is called for here, a 15 stone man who does physical labour all day, plays football, squash and tennis is going to need more salt than an 8 stone woman who works in an office and takes no exercise.