cell counts above normal. Source: Chapter 1. https://revealingfraud.com/2022/01/health/the-copper-revolution-ch-1-coppers-effects/

Iron does not do that, thus, copper is the superior solution for anemia, better than iron.

Iron blocks copper, which then, in turn, makes anemia worse. Source: Chapter 26-30

The video in words: Put 5/8ths teaspoons of copper sulfate crystals (4.7 grams) into a 2-ounce dropper bottle, and fill it with hot distilled water. Wrap the bottle with a towel to protect yourself from the heat, then shake to dissolve. It does not have to be hot, but the heat helps it dissolve more quickly. It does not have to be distilled, but distilled is cleanest, looks the best, and helps it dissolve more

TWO DROPS, THREE TIMES A DAY, IS THE STARTING DOSE! Take zinc and Vitamin C, the same day!

Pro Tip: Pour two cups of boiled, distilled water into a glass cup that contains 5 teaspoons of copper sulfate crystals. Stir. Then pour into and make 8 of the 2-ounce dropper bottles all at once! A small funnel might be helpful.

points.

1. Less than 5 mg of copper is not enough to detox the toxins. Starting with less than 5 mg is not better, it's usually worse. Why? Because it's not enough copper to recover from copper deficiency. And because it is enough copper to begin mobilizing toxins, but not enough to complete the process

And so, most people who start too slowly just end up with brain fog, body aches, and feel like they got sick with the flu. At 1-2 mg, a person might never get through detox, not even after 50 years! People need enough copper to begin excreting the average person's 2,600 mg of fluoride in the body, plus excess iron, Vitamin A,

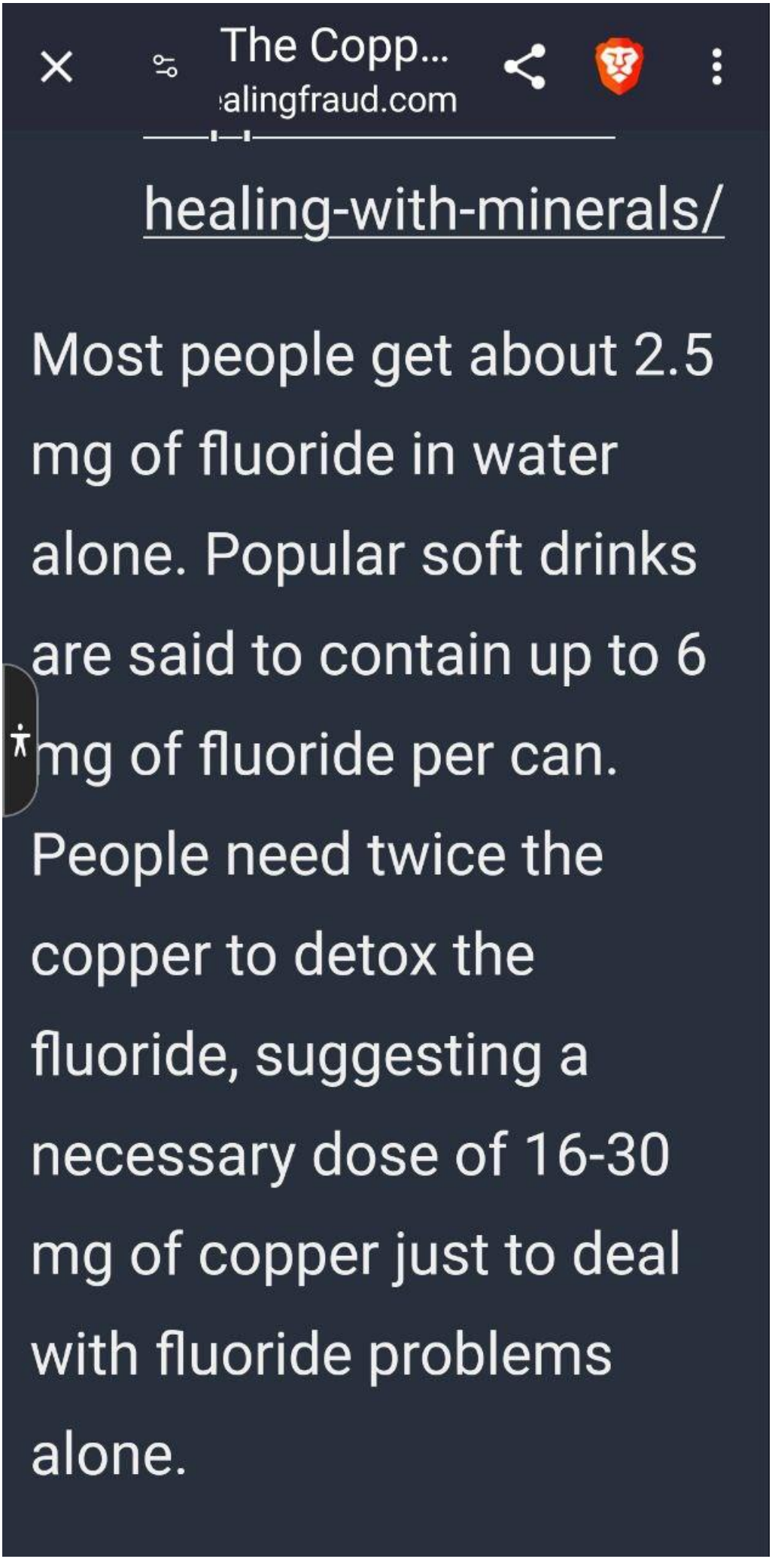
Also, people need to first adapt to about 10 mg of copper per day, for a month, before increasing copper to levels higher than that, because it takes about 1 month at 10 mg of copper per day (total, 300 mg) for the body to start making and using the many copper detoxification enzymes (such as metallothioneins, superoxide dismutase, ceruloplasmin, etc.,) in the

Taking too much copper too quickly can also overwhelm the kidneys with too much fluoride to process, which also sometimes happens.

Healthier people can tolerate more copper without nausea, more quickly. None of 800 healthy people in the Olivares study had problems taking up to 20 mg of copper, without co nutrients. But this was

If you get nausea, you should also have drank more water before taking copper. It's also an osmosis problem. If the body is dehydrated, how can it secrete gastric juices to help dilute minerals? Too many minerals at once pull water out of the body. Remineralizing the body takes time. Also, stop taking diuretics, they are dehydrating. Copper is naturally hydrating, and

3. Toxins block and deplete copper. Prescription drugs, over-the-counter drugs, illegal drugs, alcohol, and all toxins, block copper, because copper is used up in the detoxification process. Copper can either prevent the drugs from working, or can cause an overdose because copper does so many things in the body.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healing-with-minerals/
Most people get about 2.5 mg of fluoride in water alone. Popular soft drinks are said to contain up to 6 mg of fluoride per can. People need twice the copper to detox the fluoride, suggesting a necessary dose of 16-30 mg of copper just to deal with fluoride problems alone.

(Side note: Vitamin A, iron, and fluoride are increasingly recognized as causing cancer. A link between all three that I can see is that they all block copper!)

7. There are at least 45 things that block copper. Consult this bigger list if copper “is not working” for you. The largest list of things that block copper that I found in

11. In copper deficiency, people often have 10-15 major health problems simultaneously: multiple infections, lyme disease, ebv infection, mold, parasites, mercury toxicity, no energy, tired, exhaustion, body pains, anemia, allergic to foods and supplements, digestive and gut

Sometimes, people get great energy from copper in the first three to four weeks. Then, they run out of energy and wonder what happened. Running out of B vitamins, and/or magnesium, is usually what happens because we need all three to make ATP for energy. But two of the B Vitamins (B6 and B9) are neurotoxins, and B complex vitamins also contain very little B12,

I feel that the most important co-nutrients to start with copper are: Zinc & Vitamin C

The next most important co-nutrients to take with copper, which you can start about a month later, or even start right away are: molybdenum, and B Vitamins, B1, B2, B3, B5, B7, B12, (but not B6 nor B9)

Here is a convenient B Complex without B6 and

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pains, anemia, allergic to foods and supplements, digestive and gut problems, rare disorders, common disorders, being bedridden, nerve problems, mental and mood disorders, brain fog, confusion, difficulty with math, etc. Copper fixes all of that.

Start with 5-6 mg of copper. But break it up into three 2 mg doses to avoid nausea, and take it with milk, vegan milk, juice, or other foods, in the middle of a meal, not after a meal. Take 2 mg copper in the morning, 2 mg copper in the afternoon, and 1 mg in the early evening. Take 1000 mg of vitamin C in the afternoon. Take 10 mg of zinc at night. Take more zinc, as needed, if you have any low zinc

If you cannot tolerate zinc or Vitamin C, it's likely because they can make copper deficiency worse. In that case, then just start with copper, and try the zinc and Vitamin C again in about a week.

Do not push through nausea. Eliminate it. Avoid it. Take a smaller dose multiple times if you need to. Or try molybdenum, which also relieves nausea. We believe

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2. Do not eat margarine, or a high-fat diet, such as over 1/3 of your overall calories from fat. Some of the best good fats are butter and coconut oil. Avoid seed oils, as they are usually hydrogenated. Avoid packaged foods like cookies and crackers and food bars made with hydrogenated oils. If they are made with

they are ok. Avoid lard and bacon. Excess fat blocks copper and is neurodegenerative.

3. Avoid prescription drugs. Try to wean off of them. Most drugs can be tapered off in about a week. Some drugs take longer. Copper will help. In many many cases, copper does the same thing, but better, than the drug. See chapter 61 of “The Copper

not less. You should not take a toxic drug while trying to detox. The drug can block the copper, and the copper can block the drug. Or, if a drug does one thing, and copper also does it, you can also overdose. Don't do that. There is too much unknown that can, and does, go

4. Avoid beta carotene, all carotenoids, Vitamin A, and retinol. We avoid sweet potatoes, at 19,000 IU'S Vitamin A equivalent, and avoid Lard and bacon. (Two reasons now to avoid these.)
We avoid tomatoes, ketchup, pizza, and spaghetti.
We avoid mangoes, and pink grapefruit.
We avoid spices like

We avoid spices like Jalapenos and red peppers.

We avoid both artificial and natural food colors. Natural food colors are often from carotenoids.

It turns out, people are not “allergic” to tomatoes, they just contain a high level of toxic lycopene, which is a carotenoid.

We avoid Vitamin A facial creams

(Watermelon and carrots are high carotenoid foods, but they are also very high in potassium, perhaps up to 2000 times more potassium than carotenes, which likely has a mitigating effect.)

5. We avoid iron and multivitamin and multi-mineral supplements containing iron. We eat beef, high in iron

containing iron. We eat beef, high in iron. We don't eat liver which is both high iron and high Vitamin A, and might not contain any copper at all. Most flour is fortified with iron. Many people think they are low iron, based on tests that do not work. It's not likely, because meat, bread, and greens are all high in iron. It's low

with lots of extra iron. We don't avoid bread containing iron, but we don't eat a lot of bread. We avoid fortified cereals.

6. Avoid fluoride. Avoid popular toothpaste brands. Avoid tap water. Drink distilled water instead. Filters do not work, for if they did, they would clog after about 3 gallons. You will see the sediment in your

Foods high in fluoride are: chicken (because chicken feed in the USA is high in fluoride at 130 ppm), grapes, and dried fruits as fluoride is used as an antifungal. Fluoride is also in popular cola beverages, black and green tea. (Herbal tea is ok.) Avoid Teflon nonstick pans. Avoid Glide brand dental floss (it contains enough fluoride to

In the morning cup of coffee (**we used to take 2 cups. We have made a new change and are now only drinking 1 cup**) **Maybe once or twice a week, we have two cups:**

—Copper Sulfate 12-15 drops for 12-15 mg

—Potassium Iodide: 6 drops for 300 mg iodine

—Lugol's iodine at 5% strength: 6 drops for 37.5 mg iodine

—Selenium: 200 mcg, as directed. MCG is micrograms. A microgram is 1/1000th of a milligram, or mg.

—Boron: 1/8 teaspoon of Borax for 55 mg.

—Potassium Chloride, 1/8th teaspoon, for 377 mg potassium.

–MSM Sulfur: 1 teaspoon. A teaspoon of MSM (Methylsulfonylmethane) contains

–we add organic A2 grass fed whole milk to the coffee. Milk is our calcium source.

–We add 2 teaspoons of sugar and cinnamon for flavor. Milk hides the iodine and copper flavors of bitterness and acidity. Cinnamon really hides the boron flavor.

–After breakfast/shower: we apply the copper sulfate 1 mg per drop solution all over the skin,

–After breakfast/shower: we apply the copper sulfate 1 mg per drop solution all over the skin, head to toe, (not the nipples) about 50-80 mg, about 4-5 times a week.

—Colloidal gold. We are taking 1 teaspoon of COLLOIDAL GOLD. (not the tablespoon recommended). It is the most costly supplement we take. It gives us a brain boost, and boost of

Early day:

–Vitamin C (ascorbic acid form): 2000 mg, which we take with our B Vitamins.

–B Vitamins. We are aiming to take these every other day, or more: B1-500 mg, B2-400 mg, B3-500mg, B5-500mg, B7-8mg, B12-5000mcg. We are avoiding B6, which can be a nerve toxin. We are also confidently avoiding

–Molybdenum: 1000 mcg (1 mg) (molybdenum deficiency can cause racing heart, and this seemed to help. Copper could, in theory, cause low molybdenum)

–Chromium: 200-400 mcg, along with our B Vitamins.

–Magnesium. We are both taking 400 mg, along with our B vitamins.

–Manganese. We just

—Potassium Chloride: We are adding additional 1/2 teaspoon potassium chloride during the day to our drinks. From 0 to 2 drinks. Each 1/4 teaspoon of potassium chloride adds about 754 mg of potassium.

After Dinner: Occasionally, milk, with more iodine and copper. Or juice with copper.

Before Bed:

Before Bed:

—Zinc: 50 mg (Note, I have been able to lower the zinc, due to increasing the potassium.)

––Occasionally:––

—Zinc, 25 mg, as needed, rarely, during the day, if sneezing or runny nose, or any low zinc symptoms, or if we forgot to take it the night before.

–Vitex (herb). Je

Dark Mode: On

–Diatomaceous Earth (Silica): 1 teaspoon, occasionally. We started drinking Fiji water, for more effective silica intake.

–Potassium Chloride: 377 mg, 1/8 teaspoon of “NuSalt”. https://www.nusalt.com/nutritionfacts_packets.html 1 teaspoon is 5.7 grams. Divided by 8, (for 1/8th teaspoon)= .71 grams of potassium chloride. .71g x

Zinc / Co...
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about every other day.

So, how much zinc should you take?

My advice is to go by symptoms. If you have any of the 8 zinc deficiency symptoms, then take more zinc, within reason. Don't go over 50-100 mg of zinc, or it will deplete the copper too much.

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(Cu/Zn) ratio, in children and adults, is close to 1:1”

https://academic.oup.com/jpubhealth/article/38/4/696/2966953

At the time of this writing, I am taking about 30 mg of copper per day orally, and I’m applying about 70 mg of copper to my skin a few times a week. And I’m taking about 25 mg of

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infections.

Zinc deficiency symptoms:

1. anxiety
2. insomnia
3. low testosterone
4. low muscle recovery
5. more muscle soreness
6. poor wound healing
7. allergies such as skin rashes,
8. sneezing
9. runny nose
10. being out of

Dark Mode: On

10. being out of breath, or having “air hunger”
11. autoimmune problems
12. Vitamin A toxicity symptoms
13. diarrhea
14. cold hands and feet
15. racing heart / irregular heart beat
16. brain fog
17. brittle nails
18. thinning hair
19. collagen formation problems
20. dry skin

18. thinning hair
19. collagen formation problems
20. dry skin
21. low immunity / more infections
22. poor detoxing ability / more build up of toxins / more prone to mercury toxicity

I will pause here. All the information above should be memorized if you are taking high copper.

Because if you a

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