

Heavy Metal Detox — Self-Check & Protocol Checklist

Queen Esther's Cold Pressed Juice

Signs You May Need a Heavy Metal Detox

HOW DO I KNOW IF I NEED A HEAVY METAL DETOX?

Look out for these common signs your body may be overloaded.

@infinitecreationsllc



1 Stomach pain
and gastrointestinal-related symptoms



2 Brain fog,
memory loss, confusion
or generally feeling
in a daze



3 Fatigue
despite getting
enough sleep



4 High or low
blood pressure



5 Unusual mood and
behavioral changes
(ie. anxiety, depression)



6 Joint pain
and muscle aches



7 Autoimmunity
and generally
feeling unwell



If you notice several of these symptoms, your body may be asking for support.
Consult a healthcare professional for personalized guidance.

Self-Check Summary

- Stomach pain or digestive discomfort
- Brain fog or trouble concentrating
- Persistent fatigue or low energy
- Blood pressure changes
- Mood changes, anxiety or depression
- Joint pain or stiffness
- Autoimmune flare-ups

If several feel familiar, your body may be asking for support. Educational only — consult a healthcare professional.

The 5 Heroes — Daily Checklist

✓	Hero	Daily Dose
[]	Wild Blueberries	1+ cup daily (frozen is great) or pure wild blueberry powder.
[]	Cilantro	1 cup blended in a smoothie/juice, or added to salad or guacamole.
[]	Spirulina	1–2 tsp in water, coconut water, juice, or the smoothie.
[]	Barley Grass Juice Extract	1–2 tsp in water, coconut water, juice, or the smoothie.
[]	Atlantic Dulse	2 tbsp flakes daily, or equal amount whole-leaf strips.

90-Day Timeline

Days 1–7 • Prepare — Hydrate (lemon water on rising). Phase out caffeine, alcohol, processed foods. Source the 5 heroes.

Days 8–30 • Gentle Start — Begin the daily smoothie. Notice energy, digestion, sleep. Increase dulse gradually.

Days 31–60 • Build — Full doses daily. Add cilantro to meals. Keep wild blueberries in rotation.

Days 61–90 • Deepen — Consistent daily protocol. Track changes in brain fog, mood, joint comfort.

Day 90+ • Maintain — Continue 3–5 days/week long-term. Reassess with the self-check.

Educational only — not medical advice. Consult a qualified practitioner if pregnant, nursing, on medication, or managing chronic illness.