The NDF Poultice, Footbath and Bath
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Frequently, severe localized accumulations of heavy metals and various other toxins cannot be mobilized and bound by oral or I.V. chelators. Further, in certain cases it can be dangerous to mobilize via the urine or the stool and the skin becomes the favored exit route either through sweating, the drawing power of a poultice or bath, or any combination of the three. During systemic detoxification, the poultice can also be used to help remove metals from afflicted organs and possibly the brain.

Background.
I had previously used the Edgar Cayce Palma Christi castor oil and wool poultice with good results on various liver ailments, this before becoming aware of heavy metal toxicity. I modified it to address the metals by adding green clay, NDF and laminaria for their drawing and binding powers.

The Formula
1 tablespoon of Aztec Secret Healing Clay
7 teaspoons of Palma Christi castor oil
4 droppers full NDF
3 grams Laminaria (Kom Bu seaweed) extract powder.
Mix thoroughly. This makes 2 ounces of thick paste and can be adjusted to the desired consistency by adding additional castor oil. This is enough to put a thin application over the liver or a thick one over the thyroid. It is suggested to thin it down with 2 additional teaspoons of castor oil if it is to be applied to the scalp or face.

Methods of Application
1. Poultice. Spread it on the affected area about 1/4 inch thick. To increase the effect, sit in a Far Infrared sauna or cover the area with a hyperthermia dome. If not, you can use a hot water bottle and a piece of saran wrap. Adjust the temperature to the patients comfort. If the patient is too 'hot' for this, use North pole magnets. Leave it on for 20-40 minutes, longer in severe cases. Clean up with rubber gloves, rinse area with warm reverse osmosis, distilled or dechlorinated water. To further potentiate the effect, follow with a 10 minute cold laser treatment, keeping the area warm and out of any
Simply applying the poultice without the above enhancements provides a good result.

2. Footbath. In a blender, add 2 ounces of the poultice to 3 cups warm reverse osmosis water and mix. Add this to a gallon of warm r/o water. Soak feet for 20-40 minutes, adding more warm water as desired. Rinse in pure water, clean up with rubber gloves.

3. Bath. Based on patient sensitivity, work up to adding 6 ounces of the poultice to 3 cups warm reverse osmosis water and mix in a blender. Add this to the dechlorinated bathwater. Soak for 20-40 minutes, splashing the water on the head and face, adding more warm water as desired. Essential oils add a nice touch as the smell of the laminaria can irritate some people. Rinse in pure water, clean up with rubber gloves.

**Pre and Post Heavy Metal Test**

Using the Heavy Metal Test (dithizone reagent), the prepared footbath water before soaking the feet of a mildly heavy metal toxic patient (post detox but eats sushi) measured below detection level. After a 30 minute soak, the water measured ~1.25 ppm mercury (a slight color change toward orange, which indicates mercury, with the addition of 8 mls of the used, grey colored, footbath water). I assume from this that the undiluted poultice would have greater drawing power than the footbath, but cannot measure the thick paste directly with this test method.

**Case Histories**

Non healing boil. A severely heavy metal toxic patient had an oozing boil at L3 for several months that did not respond to conventional or Biological methods. His practitioner suspected a toxic ganglion at L3 and applied the poultice. The boil healed soon afterwards.

Acne. Several patients with acne reported very positive results.

Brown Recluse spider bite. Patent was bitten on the toe, which turned a mottled black, purple and greenish color. He applied the poultice and left it on for 2 hours. Afterwards most of the discoloration was gone and the toe felt much better.

Mosquito, bee and spider bites. The poultice has been useful at home for various minor skin irritations, a small dab usually taking
away the sting or itch very quickly. I keep some made up in the refrigerator, but without the laminaria as it starts to smell.

Cactus spine. Patient had a barbed cactus spine firmly embedded in his deltoid with local spasm. Poultice was applied and the cactus spine fell out 20 minutes later.

Face masque. Several women have used a diluted version (more castor oil, less NDF) as a cosmetic face masque and have all been satisfied with its deep cleansing effect. If possible follow the masque with a HyperPhoton 3D or other cold laser session. A moisturizer may be required at the end. It can also be dabbed on a pimple to draw out the toxin.

Broken leg. Daily applications to the site of the break relieved pain and generally promoted faster healing.

Plantar warts. Patient reported a substantial reduction in the pain caused by his plantar warts after a 30 minute footbath.

Contraindications
Do not apply to open wounds or in the presence of suspected allergies to the ingredients.

Comments
I was discussing the poultice with an excellent British biological doctor who suggested that the addition of cumin oil 50/50 with the castor oil, used in the context of a biological protocol, should break up masses or accumulations rather quickly if treated twice a day with the preferred method that includes hyperthermia and laser therapy.

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1 Available in many health food stores.
2 Available in many health food stores.
3 Available from www.bioraynaturaldetox.com or (949)305-7454.
4 Available from QualiHerb 562-802-0035.
5 Such as the Skylite YS-50 'Super Radiant Dome'.
7 The HyperPhoton 3D available through www.oirf.com, or Dr. Lyttle's system at Lasers Inc. 605-342-5669.