

Was Sie als Patient beachten sollten

In den Tagen vor der Amalgamentfernung oder Metallentfernung sollten alle schädigenden Ernährungseinflüsse eliminiert werden. Das heißt: Verzicht auf Kaffee, Alkohol, Tabak, Speisenzucker, Süßstoffe, Transfette, Gluten und Kuhmilchprodukte. Positiv stimulierend wirken Wasser, gesunde Fette, Protein, Gemüse und Salate in allen Variationen sowie eine gesunde Lebensweise mit viel Schlaf, Bewegung und Sonne.

Bitte halten sie sich an die Angaben aus dem Ernährungsdesign n. Dr. Dominik Nischwitz oder an die Anweisungen ihres behandelnden Umweltmediziners oder Heilpraktikers.

Ihre Mitarbeit ist entscheidend. Bitte nehmen Sie die Nahrungsergänzungen und Medikamente wie verordnet ein und halten sich an die angegebenen Ernährungsempfehlungen (s. Bone Healing Protokoll Supreme oder Detox Protokoll). Bitte nehmen Sie ausreichend Flüssigkeit zu sich (2-3 Liter stilles Wasser). Nach der erfolgten Metallsanierung unterstützen Sie ihren Körper weiterhin mit den benötigten Nährstoffen und füllen Ihre Speicher weiter auf. Im Zuge des ALL IN ONE CONCEPT (Komplettsanierung) steht als nächster Schritt die Störfeldsanierung an (Entfernung der wurzelbehandelten Zähne und Osteolysen im Kieferknochen (s. Störfeldsanierung)).

Nach erfolgter Sanierung der Mundhöhle und frühestens 6-8 Wochen nach der letzten Operation kann die vollständige Ausleitung der Schwermetalle mit Ihrem behandelnden Arzt oder Heilpraktiker beginnen.

Dr. med. dent.

THOMAS WÖLFEL

Biologische Zahnmedizin

Implantologie



Freilgrathstraße 5
90482 Nürnberg/Mögeldorf
Tel: 0911 54 10 60

Email: info@dr-woelfel.de
www.dr-woelfel.de

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