

Calcium high-use iodines/
vinpocetine/seaweed
powders to lower...

Albumin(Aluminum)high:use
titaniums like hulled hemp
seeds, mint, vanilla beans,
white willow bark, to lower...

Lithium(beta carotene &
vitamin a ,Lead)low-use
carrots & carrot juice to
raise...

Thyroid peroxidase(heavy
metal? ,Lead)high:use
heavyMetalsDefense
powder to lower...

cancer antigen high
(phosphorus)-use Coppers
like licorice, coffee (fused by
Rain is good coffee) to
lower, green tea, matcha
tea, black tea too...