

Guidelines for Using Natural Cellular Defense:
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Are you unsure how much NCD to consume? Discover usage guidelines here.

These guidelines are not intended as a substitute for medical advice. Please consult your physician if you have questions about using Natural Cellular Defense while taking medication or undergoing medical treatment.

Drink Plenty of Water

In general, you will need to drink more water than usual when taking Natural Cellular Defense (NCD). The heavy metals that NCD removes from the body carry a positive charge, which allows your body to hold more water. As these toxins are eliminated through sweat, mucus, urine, and feces, water will be eliminated with them.

How much water should you drink each day? As a general rule, drink ½ ounce for each pound of body weight. A 140 pound woman should drink about 70 ounces of water daily. Although the directions on the bottle suggest placing NCD directly on the tongue, many users prefer to place the drops in an 8 ounce glass of water so as to help ensure sufficient hydration. If you are on a diuretic, start with a very low dose of NCD and drink extra water. If you live in a dry climate where dehydration is an issue, drink even more water than usual.

Recommended Dosages :

NCD stays active in the body for five to seven hours. To have NCD continuously circulating in your body, you need to take a dose approximately every six hours. NCD is not toxic at higher levels and has **GRAS (generally recognized as safe) status from the FDA**. However, it is important to be aware of proper dosing, because taking more than 15 drops at a time may trigger a healing crisis with detoxification symptoms.

Maintenance dose: 3 to 5 drops 3 x/day. A bottle of NCD contains 300 drops and so will last 20 to 33 days.

Detoxification dose: 10 to 15 drops 3 x/day for six to eight weeks. A bottle of NCD will last approximately a week to 10 days. Unless you have a severe health problem, this is the initial dosage that most of our adult clients take. After six to eight weeks, start taking a maintenance dose of 3 to 5 drops 3x/day, increasing the amount if ever there is a viral, chemical, or other exposure.

For severe health challenges: 2 to 3 drops per hour. This is the most effective dose. If this schedule cannot be maintained, take 15 drops 3 to 4 x/day. Many users have found adding the fourth dose at bedtime to be helpful. A bottle of NCD will last approximately five days to a week.

For children: 2 or 3 drops 3 x/day, depending on body weight and health. A good detoxification dose for a 50 pound child is 3 drops 3 x/day. Use less as a maintenance dose. For a midday dose for children going to school, some parents put a few drops in lunchbox food or drink.

For animals: 2 or 3 drops daily on food. Your animals will want to drink more, so make sure to have plenty of fresh water available for them.

Other Uses

For skin issues and lumps on or under the skin: Put a drop of NCD on effected area & cover with a band-aid. You can pull open the top of the band-aid and add another drop 3 or 4 times a day or so to keep the area wet with NCD. Try adding a few drops to your skin lotion. Put directly on insect bites or other irritations.

Eyes: Spray NCD on skin & into eyes, diluted with pure water in a spray bottle. It's OK to put it straight into the eye for eye and eyelid issues, be aware that it may sting at first.

Ears: NCD May be used directly into the ears for earache symptoms.

Teeth and gums: Users have reported relief of gum/tooth discomfort by putting drops on gums next to the problem tooth. Teething babies have been reported to find relief from the drops on their gums.

Topical: People have reported relief of discomfort by massaging NCD into sore areas. When in combination with other topical products it seems to enhance effectiveness.

Animals: Place the 2 or 3 drops on the animal's dry food to avoid the product being wasted. Your animals will also want to drink more water when taking this product, so make sure you have plenty available to them.

Feeling Sleepy/ Having Energy: Sometimes people feel sleepy while detoxifying. Take naps if you can. If that is not possible, you might want to decrease your dosage. The body does deep healing during sleep, so be sure and sleep eight hours when possible. Others report greatly increased energy.

Detox symptoms: Due to the alkalizing effect of the NCD, there may be a die-off of harmful organisms in your body—Candida, bacteria, and parasites. You may notice some detox symptoms from this i.e., headache, diarrhea or an overall aching. Experiment with your dosage of NCD. You can choose to detox faster or slower by lessening your drops per day. After the initial die-off, most people feel better than ever.

Once the zeolite absorbs a toxin, that toxin will not go back into your body tissues. This makes detoxification much easier than with other products. Also NCD does not remove beneficial minerals such as calcium, magnesium, potassium and healthy trace minerals from the body.

The Natural Cellular Defense has a hierarchy of affinities. It attracts mercury, lead, cadmium, and arsenic first. Then it pulls out other toxins. If there are a lot of these metals and other toxins in the body, a fair amount of them may need to be cleaned up before your start to notice a big shift in the way you feel. Keep going and trust the process. Pay attention to small changes.

The statements above have not been evaluated by the FDA. If you are unwell or taking medication, we recommend you seek the advice of a qualified healthcare practitioner before starting a zeolite program. Liquid zeolite is not a medicine, and is not intended for the treatment/prevention of disease.