

Chlorella Protocols

Regular

Step 1. **Start with an empty stomach.**

Step 2. **Take at least 15 tablets**, with water only. This applies to the little-bitty tablet type of chlorella. For others, check the label and call that your *minimum* dose.

Step 3. **Set a TIMER for 25 minutes.** And eat nothing while it's running.

Step 4. **Fat dose.** When the timer goes off, grab something to eat containing significant fat.

Step 5. **Eat a decent meal immediately** even if you don't feel like it.

General Recommendations:

- Eat extra protein
- Drink plenty of distilled water
- Keep electrolytes coming
- Remember what Dr. Klinghardt says: "If chlorella gives you a problem, you aren't taking enough of it."
- Rest even if you can't sleep.
- Find ways of relaxing and destressing

Extra-Strength

This version works better for more severe cases and after a long fast such as overnight or missing a meal.

Step 1. **Start with an empty stomach.**

Step 2. **Take at least 15 tablets**, with water only. This applies to the little-bitty tablet type of chlorella. For others, check the label and call that your *minimum* dose.

Step 3. **Set a TIMER for 10 minutes.** And eat nothing while it's running.

Step 4. **Take another 20 tablets** when the timer rings.

Step 5. **Set a TIMER for 25 minutes.** And continue to fast.

Step 6. **Fat dose.** When the timer goes off, grab something to eat containing significant fat.

Step 7. **Eat a decent meal immediately** even if you don't feel like it.