

# Mineral Supplementation

Addendum to the book

*Healing the Symptoms Known as Autism, 2<sup>nd</sup> Edition*

by Kerri Rivera

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Whenever you do a detoxification protocol of any sort, you need to supplement minerals. The CD protocol is an intense detox program and adequate mineral supplementation is not optional. If you are using CD, you should be dosing Ocean Water (OW) in at least the quantities discussed on page 117 of the 2<sup>nd</sup> ed. of *Healing the Symptoms known as Autism*.

There are many things that can be caused by insufficient mineral supplementation, including but not limited to muscle cramps, fatigue, dehydration, bone weakness, bruising, lack of hair growth, lack of or abnormal fingernail growth, and tooth discoloration. Note, extremity rigidity is different than muscle cramps and is always a medical emergency—it is often seizure related.

Please note: Increasing CD dosage over the weight based recommendations in the book increases the level of demineralization that can occur and we want to very much discourage dosing your child higher than the recommended level. If you are going higher than weight based limits without specific guidance, stop immediately.

If you cannot afford the ocean water (OW) required to get to tolerance, then give as much OW as you can afford and supplement with additional minerals. The supplements you want your child to have should include calcium, phosphorus, magnesium, and trace minerals. They should be bio-available forms (from plants or sea water—not rocks). You also need to be aware that magnesium and calcium will feed biofilm and need to weigh the decision carefully to proceed. Below are some suggestions. Further, supplements with trace amounts of Iodine should be given at the end of the day so as to not interfere with CD.

**NOTE: KERRI RIVERA DOES NOT RECOMMEND ANY BRANDS OR TYPES OF MINERALS OTHER THAN OCEAN WATER. THE LIST BELOW OF THINGS TO TRY IS NOT COMPREHENSIVE AND ARE ONLY SUGGESTIONS BASED UPON INPUT FROM SEVERAL OTHER SOURCES, AND ONLY TO BE USED IF YOU CANNOT AFFORD THE QUANTITY OF OCEAN WATER RECOMMENDED FOR YOUR CHILD BY THIS PROTOCOL. IT IS A DEVIATION FROM PROTOCOL TO USE ANYTHING OTHER THAN THE RECOMMENDED DOSAGE OF OCEAN WATER. BUT, IT IS CRITICAL THAT YOU SUPPLEMENT MINERALS, WHICH IS WHY WE HAVE PROVIDED THIS LIST. IF YOU CHOOSE A MINERAL SUPPLEMENT NOT LISTED HERE, PLEASE TEST ITS EFFECTS ON CD BY FOLLOWING THE DIRECTIONS ON HOW TO USE THE LAMOTTE TEST STRIPS ON PAGE 467 OF THE SECOND EDITION OF THE BOOK.**

## Some Mineral Supplement Sources

**SOLE Water:** <http://www.himalayancrystalsalt.com/sole-recipe.html>

**ConcenTrace Minerals:** <http://www.amazon.com/Liquamins-ConcenTrace-Trace-Mineral-8-Ounce/dp/B000AMUWLK>

### **Standard Process Organically Bound Minerals:**

(Give at the end of the day after the last CD dose)

[http://www.amazon.com/gp/product/B0055SQWWM/ref=oh\\_details\\_o00\\_s00\\_i00?ie=UTF8&psc=1](http://www.amazon.com/gp/product/B0055SQWWM/ref=oh_details_o00_s00_i00?ie=UTF8&psc=1)

### **Univera KM:**

This is a MLM product. Call customer service to order if you are not an associate or do not have a referral code. Give at the end of the day after the last CD dose.

<https://www.newunivera.com/en-us/products-for-vitality/all-products/km-kaps>

### **Univeral MetaGreens:**

According to the company, the wheat grass and barley grass used in their product are gluten free. There is no pineapple in the capsule version (there is in the drink powder version and it appears they copied the description over). This is an MLM product. Call customer service to order if you are not an associate or do not have a referral code. Give at the end of the day after the last CD dose.

<https://www.newunivera.com/en-us/products-for-vitality/all-products/metagreens-capsules>

## **Bone Broth**

Here is a simple bone broth recipe from the internet, feel free to tailor it to your needs.

Families using bone broth for their children following this protocol generally give 2-4 cups a day and if you are already using OW you can add it right into your bone broth.

*This recipe makes approximately 64oz of broth depending on how much water, how much you reduce the broth, and how strong you want the flavor to be.*

### **4 quarts of filtered water**

**1.5- 2 lbs of beef knuckle bones or marrow bones** (or any other kinds of bones – especially oxtail, which lends added gelatin and a delicious flavor). Chicken necks are inexpensive and can also work great.

**Cloves from 1 whole head of fresh garlic**, peeled & smashed

**2 Tbsp apple cider vinegar** (organic, unfiltered- I like [Bragg's brand](#))

**1Tsp unrefined sea salt** - or more/less to taste (I like [Real Salt](#))

## Preparation

- You may brown or roast the bones/meaty bones first in a separate pan/pot if using a crockpot, but this isn't a necessary step. I don't normally do it because I don't find it enhances the flavor... and it saves dishes. You can choose to brown them in bacon fat or coconut oil before putting them into the water in the next step.
- Place all ingredients in a 6-quart crockpot (stove top is often preferred as a crockpot may burn, or may not be available) and set the heat to HIGH.
- Bring the stock to a boil, then reduce the heat setting to LOW/SIMMER.
- Allow the stock to cook for a minimum of 8 hours and up to 72 hours. The longer it cooks, the better! Keep in mind that you may have to add extra water throughout the process.
- Make sure to crack the bones to get at the marrow.
- Turn off the stove and allow the stock to cool.
- Strain the stock through a fine mesh metal strainer and throw away what you skim off.
- Place the cooled stock into glass jars for storage in the fridge (for up to a few days) or pour into freezer-safe containers for later use. You can freeze it in ice cube trays and defrost a few at a time!

When the broth is fully cooled, look for a gelatinous consistency. That means your broth is gelatin-rich! At times, a longer or very hot simmer may break down the gelatin and your broth won't appear gelatinous. That's OK! The minerals are still there.

If you like, you can skim off any fat that has risen to the top and solidified. Consider this "tallow" and feel free to cook with it!

Disclaimer: The book, "Healing the Symptoms Known as Autism" and addendums are not intended as medical advice. This book is for informational and educational purposes only. Please consult a medical professional when the need for one is indicated. For obvious reasons neither the author, co-authors, contributing authors, the publisher, nor their associates can take medical or legal responsibility for having the contents herein considered as a prescription for everyone or anyone. You are ultimately responsible for the uses made of this book. All content, including text, graphics, images, and information, contained in this book or our website, is for general information purposes only. We take no responsibility for the accuracy of information contained herein, and any such information is subject to change without notice.