

Josh's Abridged Detox Timeline and Update (2024)

****Legally anxious foreword:****

NBMI is a research chemical. Don't use it in your body without a full understanding of it's legal status and possible side effects. I don't suggest you do what I did, this is just my account.

1994

Born with my mother's mercury load partially embedded in me (Sad).

2001

Receive my first mercury fillings and proceed to pull out my hair in first and second grade, leaving a bald spot in my scalp for a few months and rub my eyes raw out of anxious OCD. Start developing social anxiety and quiet rumination patterns that would follow me into adulthood. I received more metal fillings from middle school until high school and developed an eating disorder where I would binge because chewing food (especially hot) pushed mercury into my system from my mouth.

2015-2016

Realized I had mercury poisoning in college after an old tooth was drilled out by a dentist and a bad experience with a vegetarian diet and a few terrible months of internet WebMD paranoia. Had at least 6 more metal fillings removed within the next year (June 13, 2016) and began a recovery process using a combination paleo/keto approach (helped with food sensitivities) and a couple of heavy months of ACC/DMSA chelation (helped and then left me for dead). Strong thiol and methyl group sensitivities.

2017-2019

Graduated college and slowly began to get worse: food sensitivities, paranoia, asociality, anxiety, insomnia, extreme fatigue, apathy.

Quit a good paying science job and find a flexible gig to work on my health. Used DMSA again and DMPS (never recommended) and felt a serious decline in health and lots of mercury movement from my muscle tissues to nervous system.

Started a Quicksilver scientific inspired liver-centric detox approach and repaired my digestive tract (had debilitating cramps, constipation, infections). Think milk thistle, probiotics/prebiotics, biofilm interrupters, laxatives, coffee enemas, etc.

Started taking IMD, chronic NAC (1000mg per day) short sessions of R-Lipoic acid.

Had tons of success getting my body working again but was making very little progress on the mental and fatigue frontier and was extremely depressed and constantly exhausted.

2020

Made a last ditch effort to try chelating using endogenous metal-binding groups by raising my zinc intake dramatically (15mg zinc +2mg copper 3x per day), as well as selenium (600 mcg per day).

This started to insulate against my painful mental and pain symptoms and steadily protected against the worst effects of mercury. It started to dissolve the concrete-like feeling in my gut and brain (and facial muscles).

However, this was very intense, didn't allow for much productivity (zinc can increase toxic effects of mercury - Haley), and didn't remove the burden quickly enough.

2021

Maintained a committed regimen of R-Lipoic acid, NAC, Selenium, and Zinc with gradual success at dissolving the "concrete".

Very much like coming out of anesthesia with a cosmic hangover, bit by bit.

Discovered Emeramide in Sept 2021, did a test dose and then proceeded to try to find a way to consume as much as possible as fast as possible. Borrowed money to buy 100g from Fandachem.

In a week, Emeramide cleared more "concrete" than what I had achieved on six months of round the clock zinc flushing and made me much more productive overall simultaneously.

I've tried almost every chelation method there is; as far as I can tell, nothing comes close to NBMI.

2023

Discovered I could synthesize NBMI myself for friends and family at a lower cost and ensure quality. This is when I started to scale up my dosage, climbing up to 10g in short order due to the work I had done to remineralize my body for years, which supports that level of chelation. Proceeded to do just that for about a year, taking NBMI in 10g doses almost daily intermixed with talk therapy (I owe my family and girlfriend way too much for that, sorry) and ketamine infusions (dosed 10g NBMI before each session) at least a couple times a week for the whole year (advanced technique, be careful!).

I'm basically a brand new person now. Bubbly, much more social, able to enjoy a wide range of activities both physically and emotionally. Started working essentially full time again and have the energy to start living life without mania or depression interfering constantly.

It's not a straight line up. But NBMI + all essential vitamins and minerals ensure that it locks as it climbs!

Symptoms before OSR

Severe headaches, lack of consistent executive function, transient dyslexia, emotional apathy, sensation of heaviness in brain lobes and constant pressure, asocial tendencies, lack of imagination, occasional paranoid thoughts, severe depression and body fatigue.

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