



# Advanced TRS User Guide

*Thank you for your purchase of Advanced TRS Toxin & Contaminant Removal System by Cosēva. You have taken the first step to a healthy, safe and gentle method of heavy metal detoxification.*

# What is Advanced TRS?

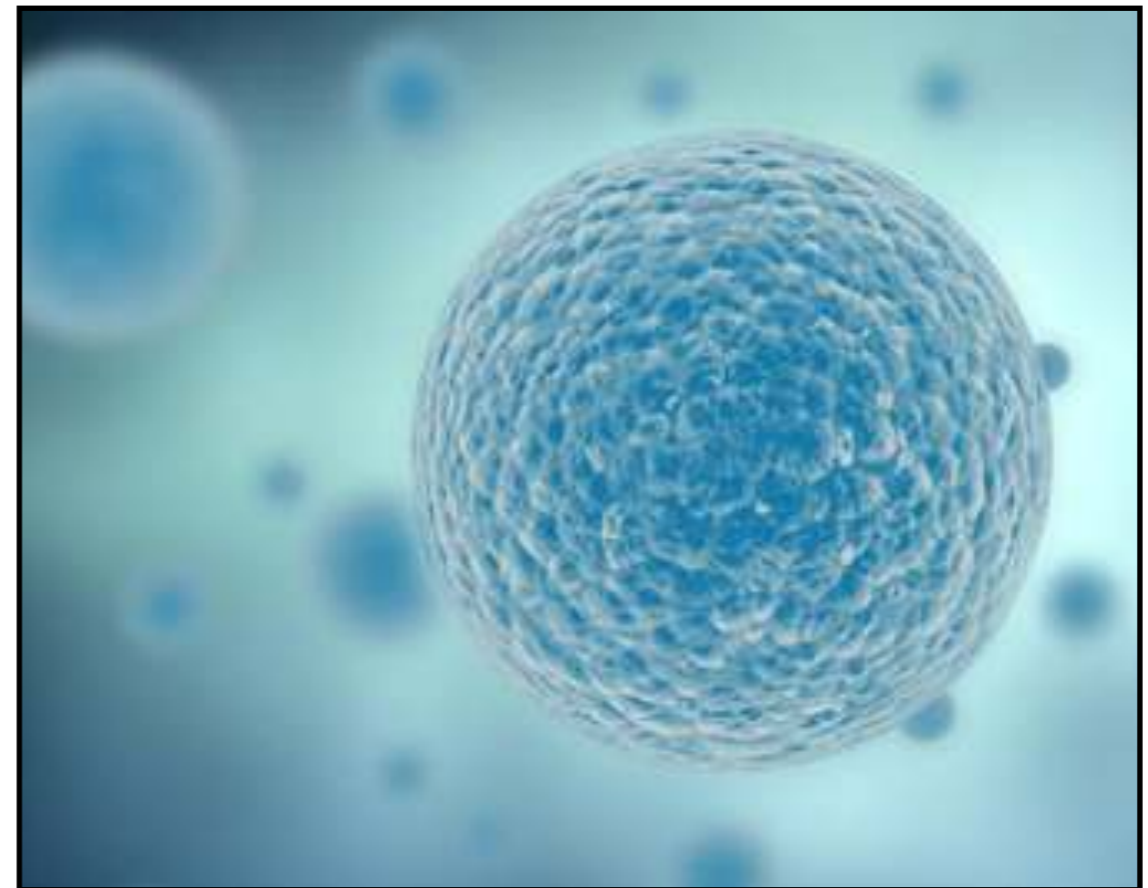
- Safely remove heavy metals and other toxins from your body.
- Reveal your full potential
- Cleanse toxins from your body & mind.

Your air, water and food are saturated with toxins—that means your body and mind are too. Advanced TRS uses breakthrough nanotechnology to remove and cleanse toxins and heavy metals from your body. All this is performed at the cellular level.

With its proprietary clinoptilolite zeolite formula, Advanced TRS removes toxic heavy metals like mercury, arsenic, aluminum, lead, chemical toxins, radioactive toxins and free radicals that impair your body and weigh down your mind. With daily use, a few sprays each morning and evening will reveal your body's full potential.

- Naturally remove toxic heavy metals like mercury, lead, aluminum, & arsenic
- Increase levels of vital nutrients like iron & calcium.
- Balance pH levels
- Boost immune system function

Advanced TRS is designed to remove more toxins than any other zeolite solution. With an average zeolite size of 0.9 nanometers as verified by standard particle measuring equipment, there is an estimated surface area of 4.8 million square feet per bottle that is capable of removing toxins.



# Advanced TRS

- Proprietary nano-particle sized, lab grown for purity, zeolite.
- Free from heavy metal contamination found in naturally-mined zeolites.
- Nano-sized crystals are bound to a purified water molecule for the most state-of-the-art detoxification on a cellular level and can also pass the blood brain barrier.
- Safe for adults, children, and pets.
- Safe if you have amalgam fillings.
- Safe if you are breastfeeding or pregnant.
- Complete pure zeolite product without trace minerals.
- No risk of redistribution.

## What Will TRS Remove?

- TRS removes any contaminants with a positive charge, and that includes heavy metals.
- Aluminum, mercury, arsenic, fluoride, barium, strontium, uranium, lead, and gadolinium.
- Pesticides, herbicides, including glyphosate and atrazine
- Plastic residues, aflatoxins from molds and yeasts, carcinogens from smoking.
- And any radioactive material in the body such as cesium.

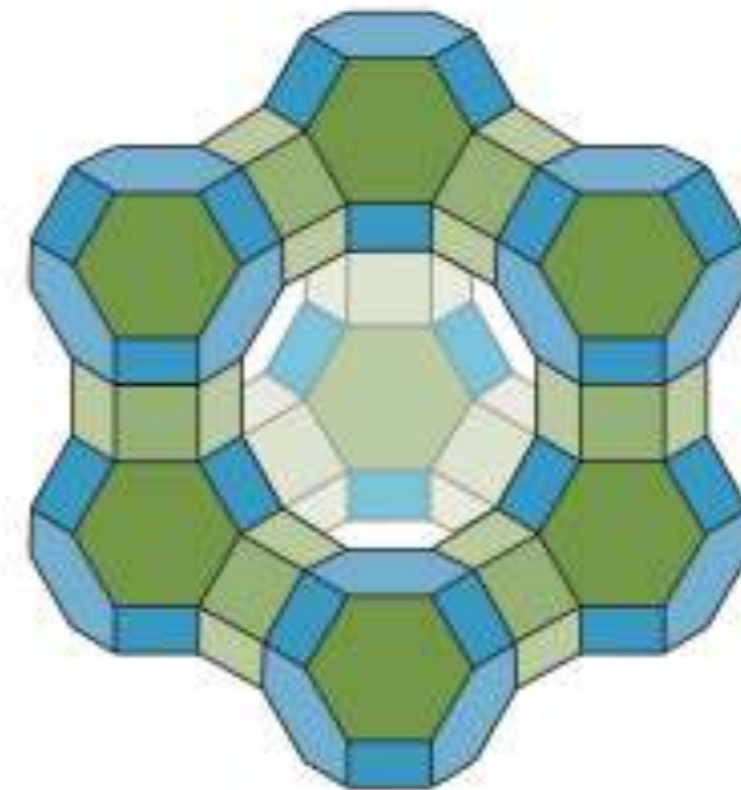


DIAGRAM OF A ZEOLITE MOLECULAR STRUCTURE

# Ingredients

- There are only two ingredients in TRS: Clinoptilolite zeolite and purified water.
- There are no adverse effects or warnings, classified as a mineral water, and given a "GRAS" status by the FDA. TRS has a Certificate of Analysis and has been tested by both the manufacturer as well as an independent laboratory. Both analysis proves that there are no heavy metals present in the ATRS.
- There is 1 cubic centimeter of zeolites per bottle - the maximum amount that can be in the water without it settling out. There's 1 cubic cm of zeolites in a bottle of TRS which is 28ml, so it works out to about 36 mcg. of zeolites per ml. The size of the nano zeolites averages 0.9 nanometers and there is an estimated surface area of 4.8 million square feet per bottle that is capable of removing heavy metals and other toxins.
- 4.8 million sq. ft is the equivalent of 356 olympic sized swimming pools. There are 140 sprays per bottle which means 1 spray of TRS has the surface area of about 2.5 olympic sized swimming pools for removing toxins.
- That is why even 1 spray can have a powerful effect in detoxing the body of heavy metals and toxins and why some people notice effects from the very first spray.
- Each bottle contains approximately 140 sprays and will last 28 days at full usage rate of 5 sprays a day.
- As zeolites are essentially crystals, they don't "go bad", however the water would not be as "fresh" anymore and that would be about five years shelf life- which is the same as bottled water.
- It is suggested to use TRS for a minimum of 6 months to see results.
- There really isn't an upper limit for the per serving amount. It's more important to wait about six hours between servings to maximize the effectiveness per serving ~Dr. Tracy Holdford



# Instructions for Use

You have the liberty to decide how many, how often, how long, based on your own needs. There's no rigid schedule, and what works for one might not work for someone else.

Every spray works with TRS, and it is out of the body in 6-8 hours. Some people want to keep spraying throughout the day, some need to wait and let the body clean up, some even skip a day or two, if symptoms get more than mild. If you need a break, it's perfectly fine to just wait and let the symptoms calm down. They might resurface before they clear, and they might not. But it doesn't hurt for you to alter how you're spraying, to find what works.

The daily usage rate is 5 sprays per day- 2 in the morning and 3 at night.

It is also fine to do more than 5 sprays if desired.

Most parents start their kids with 1 spray just before bed or with the daily usage rate and monitor symptoms and behavior and increase or decrease as needed.

This following is an example schedule some families have followed:

- First week: 1 spray nightly
- Second week: 2 sprays daily - 1 in the morning, 1 at night
- Third week: 5 sprays daily - 2 in the morning, 3 at night

For babies younger than 2 years, these daily usage rates can be considered:

- 0-6 months: 1/2 spray a day
- 6-12 months: 1 spray a day
- 1-2 year: start with 1 spray and can be increased to as many sprays the parent is comfortable with

\*\* For babies with known heavy metals toxicity and acute symptoms, consider increasing sprays as tolerated and as comfortable.

- 2 years and above: consider starting with 1 spray and increasing to 5 sprays as comfortable.

Usage rates for adults is the same as for kids 2 years and above.

Parents are encouraged to start TRS earlier or together with their children to experience the benefits of TRS for themselves.



# Contraindications

- TRS can be used safely with treatments containing heavy metals such as chemotherapy.
- However, TRS should be given 6 hours after chemotherapy or any medications containing heavy metals or fluoride as **active** ingredients. Medications containing metals may be adversely effected due to removal by using the Advanced TRS. Consult your health care practitioner who prescribes these medications before using the Advanced TRS.
- The only contraindication to using TRS is total kidney failure. TRS does NOT tax the kidneys but the zeolites do require a route of elimination. For kidney patients on dialysis, please let your healthcare provider know that you are using a zeolite product as the zeolites might affect the membranes of the dialysis machine so that they can monitor the machine and make sure it is filtering properly.
- TRS does not affect amalgams or any other implants in the body as it is a passive chelator. It will however, remove toxins that the amalgams or implants can release. TRS works to remove toxins and metals from the body. *We are talking about ions, not chunks of metals.* Also, because the mercury in a filling is bound in a chemical reaction, it does not have a positive charge to attract the zeolites. Zeolites do not break down any fillings or implants. They can only access the toxins that have leached out. Other, traditional chelation methods do force metals out and that is why they are not safe with amalgam fillings. They cause more mercury to enter the body and it's unsafe.



# Tips To Ease Detox Symptoms

## Tips To Ease Detox Symptoms

First, it is important to understand where detox symptoms come from. They are not from TRS and the metals and toxins leaving the body but from the die off of yeast and parasites who were dependent on those metals/toxins.

**1. Hydrate:** TRS utilizes water to encapsulate those toxins and the area of those micro structures is comparatively huge. So, the first step is to **drink water**.

**2. Stay Regular:** TRS and the chelated toxins leave the body in the urine. No organs are taxed because the toxins are encapsulated in the TRS micro structure. However, the resulting yeast and parasite die off may tax elimination organs.

The best and most effective way, after step 1 above, is to have at least one good bowel evacuation daily. Immediately after, any side effects will diminish or go away altogether. To help the bowels move as well as the lymph drain (it depends entirely on movement) make it a point to **walk** 30 minutes a day. **Rebounding** is another good option to move the lymph along with **dry brushing**.

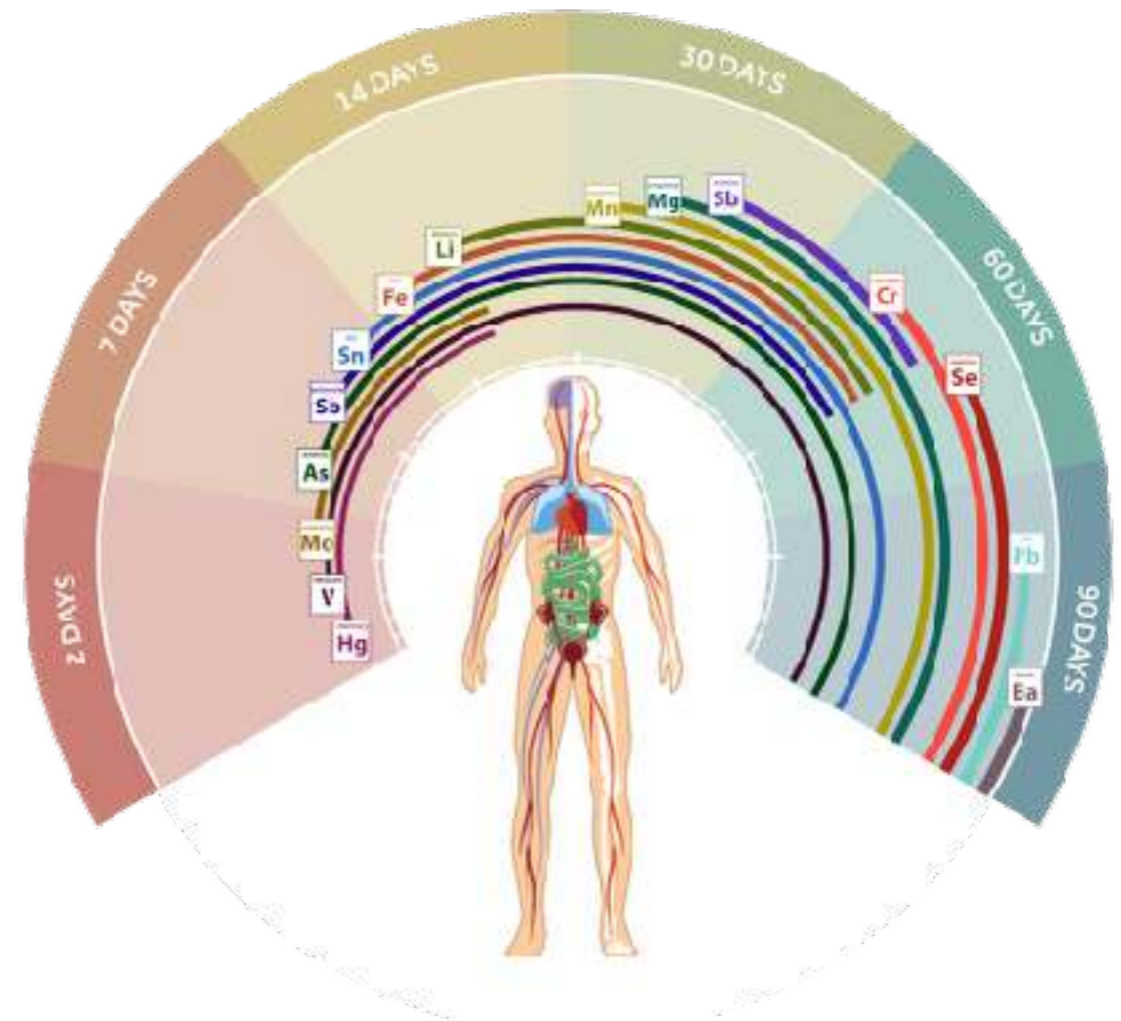
**3. Clean Diet:** Since side effects are due to yeast or parasites, keeping their population under control helps reduce symptoms. It won't be possible to eliminate yeast or parasites whilst metals and toxins remain in the body but diet is important. Yeast and parasites co-depend and thrive on carbohydrates (which the body metabolizes into sugar). They also feed on other types of yeast and cultures, as in vinegar, alcohol in general, mushrooms and dairy (lactose is sugar). Reducing or avoiding such foods reduces the side effects. Follow a **low carb diet, eating fresh, whole, unpackaged, unprocessed foods**

**4. Detox Baths:** The skin is the largest elimination organ in terms of area. Warm **epsom salt baths** and **massage** help detox through the pores and readily gives a general feeling of well being, alleviating any side effects. The lymphatic system is drained and this helps the detoxification process. If despite having a hot bath is not convenient, try a warm epsom salt bath and massage your feet.

**5. Vitamin C:** Flu like symptoms, including ear itch or aches can be alleviated by taking **Vitamin C** daily and/or using a **Neti pot** and by gargling the throat with warm saline water.

**6. Liver Support:** To aid the kidneys, drink fresh ginger, cinnamon, clove tea and fresh lemon water. Supplementing with Milk Thistle and Turmeric and Garlic help as well.

**7. Sleep:** It's important to rest well and sleep for at least 8 hours a day while detoxing. For migraines, headaches, the essence of Frankincense in the air tones the adrenals which are being taxed by the detox effort.



# How To Order TRS At The Lowest Cost

## Preferred Customer Auto-ship Account Information

There are 4 purchasing options for Advanced TRS.

Go to <https://inspiredhealthtrs.cosevatrs.com/>

- 1 bottle auto-ship \$68. Preferred Customer Price
- 1 bottle retail \$95.
- 3 bottles auto-ship \$150. Preferred Customer Price
- 3 bottles retail \$170.  
\*Plus Shipping\*

The best value would be the three bottle pack at \$150 - which means each bottle is then \$50. Plus shipping.

*(Please note that TRS on auto-ship nets a distributor the least amount of commission, but we encourage everyone to use it because as fellow parents, we care more about your child's well being than personal financial gain and want to help your family detox in the most cost efficient way possible. )*

## What is Auto-Ship?

- When you choose "yes" Auto-ship will give you the "preferred customer" price.
- Auto-ship dates can be modified or cancelled up to four business days before the scheduled ship date by signing into your Cosēva account and making changes.
- Cosēva will send you an email reminder seven days before your auto-ship is set to ship.
- There are no penalties or fees when cancelling or changing auto-ship dates.
- Auto-ship means that they keep your credit card on file and they automatically send you the product each month.





# Shipping

## SHIPPING:

### How much does shipping cost and how long does it take?

- Shipping within the US is \$8 (for one bottle or three) and it is \$30- \$60 for other countries.
- This product ships worldwide.
- Shipping time is around 5 business days within the United States and up to three weeks for international destinations.
- (Please note that VAT will apply for residents in European countries.)
- Customs and taxes for other countries may apply as well and are NOT reflected at checkout on the Cosēva website.
- (Those fees would have to be paid before or upon delivery in the destination country, if applicable.)
- Cosēva offers all customers a 30 Day Satisfaction Guarantee.
- If you are unhappy with the product within the first 30 days after your purchase, you may call or email Cosēva Customer Service at 844-426-7382 or [support@coseva.com](mailto:support@coseva.com).

Cosēva is a direct sales company. It does require a sponsor to have access to Advanced TRS. Cosēva is the name of the health and wellness company which produces TRS. Cosēva is a top tier direct sales company which is not the same as a multi level marketing company (MLM).

When you purchased from the link, you are supporting a distributor. TRS is only available through distributors. If you have used TRS and have experienced amazing results with your family and would like to become a distributor to benefit your community, please send me an email.

Cosēva is a product driven company and the company does not require customers to sign up as distributors in order to purchase its products at a discounted prices nor does it give incentives for distributors to recruit their friends and family members to distribute TRS.

Please note that distributors do not receive any additional discounts on auto-ship; and the auto-ship option is available to everyone.



**Thank you for your business,  
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deeprootsathome@gmail.com  
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**Resources:**

**TRS in a colloidal suspension**

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**Advanced TRS FAQs**

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**Advanced TRS product info**

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**White paper by Coseva**

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