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# DISCLAIMER

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The information contained within this document is restricted to and intended for professional use by licensed health care providers. The statements made should not be construed as a claim, nor does it represent any particular product procedure or advice as constituting a specific cure, whether palliative or ameliorative. Procedures and products mentioned are designed to support the client's health and may be considered as support for other procedures deemed necessary by the practitioner.

Although specific manufacturers make the supplements, herbs and homeopathies referenced in this document, the opinions expressed are those of the author and are not those of any of the manufacturers. This document is not designed to replace medical advice or medical treatments, but to be used adjunctively in the care and support of health and vitality.



# CHAPTER VIII: DETOXIFICATION

## DETOXIFICATION

### PHYSIOLOGIC CONSIDERATIONS

Toxic exposure is a fact of modern life; fortunately, the body does have very effective ways to process and eliminate much of the toxins we are exposed to. When the system becomes overwhelmed or should the detoxification and elimination pathways become impaired, toxins build up creating disorientation and dysfunction within the body. Toxic overload leads to many of the chronic conditions seen in practice today, making detoxification procedures an increasing integral part of a holistic practice.

Detoxification is a normal housekeeping process in the body. Our environment, coupled with the typically low baseline nutritional status of many clients, places extraordinary demands on the systems of detoxification.

Toxic foci may develop when toxins accumulate within various locations within the body. The toxic foci can then be an attractive place for microorganisms to accumulate since the immune system does not function well within these localized regions of toxic accumulation.

During the detoxification processes, special attention should be paid to the organs of elimination:

- Liver
- Bowels
- Integumentary (skin)
- Respiratory system including the mouth and sinuses
- Lymphatic system
- Kidney and bladder

#### DETOXIFICATION PROTOCOLS

- Gastrointestinal detoxification (Upper GI)
- Gastrointestinal detoxification (Lower GI)
- Liver detoxification
- Gallbladder flush
- Heavy metals detoxification
- Chemical detoxification



## RECOMMENDATIONS

The following recommendations are intended to support any detoxification process, and should be given primary consideration for detoxification.

Limit the Following:

- Exposure to toxins where possible
- Tobacco
- Coffee
- Black teas
- Sugar, candy, cakes, bakery goods, sodas
- Alcohol
- Recreational drugs
- Artificial and processed foods
- Food additives
- Wheat and gluten grains
- Pasteurized homogenized dairy
- Pharmaceuticals, where possible
- Microwave prepared foods
- Cell phones

Additional steps to support detoxification include:

- Drink plenty of fresh water; add a mineral electrolyte or a pinch of sea salt if directed by practitioner
- Eat lots of low starch vegetables
- Select lean meats and eggs
- Select low glycemic fruits
- Remember to get plenty of regular rest
- Exercise moderately (walking is best).
- Enjoy dry infrared sauna often
- Consider colon therapy
- Consider coffee enema
- Consider a modified fast under a practitioner's direction

## EXOTOXINS AND ENDOTOXINS:

Exotoxins are toxins originating *outside* of the body and include all forms of pollution: air, water, food, radiation, and etcetera. Xenobiotics, a type of exotoxin, considered as any substance foreign to living organisms; pesticides are an example of xenobiotics.



Clearly, the amount and variety of new industrialized chemicals have increased exponentially since the early 20<sup>th</sup> century. Mining technologies over the past 300 years have exposed the populations of the world to heavy metals from deep within the Earth's crust. Industrialized agriculture is sustained by toxic chemical fertilizers & pesticides, while the food manufacturers produce artificial and devitalized foods, promoting wide spread deficiencies in the midst of excess. The nutritional deficiencies have depleted our body's ability to function and detoxify efficiently.

Endotoxins are toxins or waste products produced *within* the body because of normal or abnormal metabolic function, or as waste products from microscopic organisms within the body. Possible indicators for endotoxic overload include the following:

- Infections
- Flora imbalance
- Dysbiosis
- Focal Infections
- Dental materials
- Normal chemical debris from internal function

The liver is the most important organ in the breakdown of wastes and toxic materials in the body. Once the liver has safely broken down these chemicals, they are prepared for disposal via the primary organs of elimination. Most wastes are eliminated through the colon and via the kidneys and bladder; however, these organs can easily become overwhelmed increasing the importance of the secondary exit routes of the skin and the lungs. Common symptoms of poor detoxification include alternating constipation and diarrhea bladder or kidney symptoms, skin conditions like eczema, and respiratory conditions such as chronic respiratory infections or asthma. Other common symptoms may include depleted energy, acne, headaches, lethargy, "brain fog", or agitation. Liver symptoms may include nausea, vomiting, loss of appetite, itching, yellowing of eyes or skin, upper right abdominal pain, flu like symptoms, dark urine, mid back pain.

Ultimately, the key is to reduce toxic exposure, to supplement where deficiencies are identified, to reduce stress and to allow the body's own intelligence to rid itself of accumulated wastes and toxins.

This can be assisted in a number of ways:

- Identify and remove toxic stressors
- Support lifestyle changes to reduce toxic load
- Supplemental support where deficiencies are identified
- Supplemental support to promote removal of identified toxins
- Supplemental support for the organs of detoxification and elimination

## PHASES OF DETOXIFICATION

Two enzyme systems have been identified as central to the detoxification process of the body. They are referred to as Phase I and Phase II detoxification pathways. Phase I is carried out in the



cytoplasm (endoplasmic reticulum), by the cytochrome P450 system. It consists of a series of oxidation and reduction reactions, hydrolysis, or hydroxylation. Free radicals are produced during this process, which can cause secondary damage. Therefore, an adequate supply of antioxidants must be available to prevent the damage. Key nutrients include reduced glutathione, N-acetyl-cystine (NAC), superoxide dismutase, as well as adequate amounts of vitamin A and E and selenium. Other nutrient cofactors include riboflavin, niacin, magnesium, iron, and certain phytonutrients including quercetin and bioflavonoids.

Phase II occurs primarily in the liver and provides conjugation of the intermediate metabolites from Phase I. Conjugation occurs by utilizing glutathione, and sulfate, via acetylation and methylation. Glucuronidation pathways, critical in Phase II, can be reversed by beta glucuronidase enzymes, which are produced by pathological bacteria in the colon, causing toxin reabsorption and thereby increase the toxic load. Studies have shown that supplementation with Calcium D-glucarate inhibits Beta glucuronidase activity resulting in increased elimination of toxins. Reduced glutathione and N-acetyl-cystine are premier nutrients to support Phase II processes. Other essential nutrients include the amino acids glycine, glutamine, methionine, taurine glutamic acid and aspartic acid; vitamins E and B along with selenium and zinc support optimal functioning.

## DETOXIFICATION PROTOCOLS

### *Gastrointestinal Detoxification (Upper GI)*

#### ***Primary Support***

|                    |                                     |
|--------------------|-------------------------------------|
| Hydro-Zyme         | 2-8 tablets per meal                |
| or Betaine Plus HP | 1-2 capsules per meal               |
| Beta-TCP           | 2-4 tablets per meal                |
| MCS                | 2 capsules two to three times daily |

#### ***Secondary Support***

|                     |   |
|---------------------|---|
| Bio-6-Plus Uncoated | 2-6 tablets per meal  |
| Bio-HPF             | 2-4 capsules one to four times daily  |
| or A.D.P.           | 2-4 tablets one to four times daily   |
| IPS                 | 2-4 capsules two to four times daily  |
| NutriClear          | 1-2 scoops one to three times daily as a meal replacement in diluted juice or water with crushed ice. Also add 1-2 teaspoons <b><i>Colon-Plus Powder</i></b> and 1 tablespoon <b><i>Flax Seed Oil</i></b> . |

|   |  |
|---|--|
| 21st Century Homeopathic #1<br>Detoxification | ½ cap two to three times daily between |
|---|--|



meals

## *Gastrointestinal Detoxification* (Lower GI)

### ***Primary Support***

|                    |   |
|--------------------|---|
| Hydro-Zyme         | 2-8 tablets per meal                                |
| or Betaine Plus HP | 1-2 capsules per meal                               |
| Bio-6 Plus Coated  | 2-6 tablets per meal                                |
| A.D.P.             | 2-4 tablets one to three times daily                |
| Butyric-Cal-Mag    | 1-2 capsules two to three times daily<br>with meals |

### ***Secondary Support***

|  |  |
|--|--|
| IPS  | 2-4 capsules two to four times daily   |
| MCS  | 2 capsules two to three times daily  |
| Beta-TCP                                       | 2-4 tablets per meal   |
| Lactozyme                                      | 1-3 tablets one to three times daily   |
| NutriClear                                     | 1 scoop one to three times daily as meal<br>replacement in diluted juice or water<br>with crushed ice. Add 1 to 2 teaspoon of<br><b><i>Colon-Plus Powder</i></b> and 1 tablespoon<br><b><i>Flax Seed Oil</i></b> . |
| 21st Century Homeopathic #1:<br>Detoxification | ½ cap two to three times daily between<br>meals  |

## *Liver Detoxification*

### ***Primary Support***

|                     |                                      |
|---------------------|--------------------------------------|
| MCS                 | 2 capsules two to three times daily  |
| Beta-TCP            | 2-4 tablets two to three times daily |
| Phosphatidylcholine | 1 capsule two to three times daily   |

### ***Secondary Support***

|            |   |
|------------|---|
| NutriClear | 1-2 scoops one to three times daily as a<br>meal replacement in diluted juice or<br>water with crushed ice. Add 1 to 2<br>teaspoons <b><i>Colon-Plus Powder</i></b> and 1<br>tablespoon <b><i>Flax Seed Oil</i></b> . |
|------------|---|

## *Gallbladder Flush*

### ***Primary Seven-Day Gallbladder Flush***

|                          |                             |
|--------------------------|-----------------------------|
| Beta-TCP                 | 6-10 tablets with each meal |
| Phosphatidylcholine      | 2-4 capsules with each meal |
| Super Phosphozyme Liquid |                             |



1 bottle in 4 oz. tomato juice daily for 5 to 12 days

***Alternate Seven-Day Gallbladder Flush***

|                          |  |
|--------------------------|--|
| Beta-TCP                 | 8-10 tablets two to three times daily with meals |
| Liquid Iodine            | 30-40 drops two to three times daily with meals  |
| Mg-Zyme                  | 6-12 or more tablets at bedtime to tolerance     |
| B <sub>6</sub> Phosphate | 4-6 tablets two to three times daily with meals  |
| Phosphatidylcholine      | 4-6 tablets two to three times daily with meals  |

***Alternate Flush - aggressive***

*Dose every 15 minutes for one to three hours until loose stools occur:*

|                          |                          |
|--------------------------|--------------------------|
| Cytozyme Orchic          | 6 tablets                |
| B <sub>6</sub> Phosphate | 6 tablets                |
| Phosphatidylcholine      | 6 capsules               |
| Super Phosphozyme Liquid | 3 droppers full in water |
| Beta-TCP                 | 10 tablets               |
| Mg-Zyme                  | 6 tablets                |

## ***Heavy Metals Detoxification***

***Primary Support***

|                       |   |
|-----------------------|---|
| Porphyra-Zyme         | 4-8 tablets two to four times daily between meals and away from mineral supplements |
| MCS                   | 1-2 capsules two to four times daily  |
| Beta-TCP              | 2-4 tablets two to four times daily   |
| Multi-Mins Fe/Cu Free | 2-3 tablets two times daily away from <b><i>Porphyra-Zyme</i></b>                   |

21st Century Homeopathic # 7 Heavy Metal Detoxification  
½ cap once or twice daily

***Secondary Support***

***Kidney Support***

|            |                                      |
|------------|--------------------------------------|
| Renal Plus | 2-5 tablets two to four times daily  |
| Argizyme   | 1-4 capsules two to four times daily |

***Aluminum detoxification, add:***

|            |                                     |
|------------|-------------------------------------|
| Ca/Mg-Zyme | 2-4 tablets two to four times daily |
|------------|-------------------------------------|

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Bio-C Plus 1000 1-2 tablets once or twice daily

*Iron deficiency, add:*

Fe-Zyme 1 tablet once or twice daily

*Arsenic detoxification, add:*

Aqueous Selenium 1 drop one to three times daily

Liquid Iodine 10-30 drops one to three times daily

*Cadmium detoxification, add:*

Aqueous Selenium 1 drop one to three times daily

Zn-Zyme Forte 1-2 tablets one to three times daily

Ca/Mg-Zyme 2-4 tablets two to four times daily

*Copper deficiency, add:*

Cu-Zyme 1-2 tablets one to three times daily

*Copper detoxification, add:*

Zn-Zyme Forte 2-4 tablets two to three times daily

*Lead detoxification, add:*

Ca/Mg-Zyme 2-4 tablets two to four times daily

Zn-Zyme Forte 1-2 tablets one to three times daily

Aqueous Selenium 1 drop one to three times daily

*Mercury detoxification, add:*

Cilantro tincture or tablet

5 days on, 2 days off

Mn-Zyme Forte 1-2 tablets two to four times daily

Aqueous Selenium 1 drop one to three times daily

*Uranium detoxification, add:*

Ca/Mg-Zyme 2-4 tablets two to four times daily

## *Chemical Detoxification*

### **(XENOBIOTICS, PETROCHEMICALS, SOLVENTS, FORMALDEHYDE, PESTICIDES, ALDEHYDES)**

*Primary Support*

MCS 1-2 tablets two to four times daily

Beta-TCP 2-4 tablets two to four times daily with meals

Phosphatidylcholine 1-2 tablets two to four times daily

Cytozyme-Parotid-TS

*Or* Mo-Zyme Forte 1-2 tablets two to four times daily





***Secondary Support***

Nephra-Zyme 2-5 tablets two to four times daily  
Porphyra-Zyme 4-8 tablets two to three times daily  
NutriClear 1-2 scoops once or twice daily with  
***Colon-Plus Powder*** mixed in low  
glycemic beverage  
Multi-Mins Fe/Cu Free 2 tablets twice daily away from  
***Porphyra-Zyme***

*Consider one or more of the following:*

21st Century Homeopathic # 2  
Lymphatic Drainage ½ cap once or twice daily  
21st Century Homeopathic # 6  
Environmental Detoxification ½ cap once or twice daily  
21-Century Homeopathic # 1  
Detoxification ½ cap once or twice daily