

Boulder Holistic Biotoxin Relief Handout

If you have chronic Lyme, parasite, bacterial or viral infections, or mold illness, we expect that you may experience a reaction once treatment begins and the toxins start to be eliminated. Symptoms of detoxification may include flu-like symptoms of chills, muscle aches, headache, fever, a fast heart rate, or a sense of being "spacy" or feeling as though you are floating. This means that the treatment is working! We do not wish for you to feel worse with treatment so the following items may be added to your program to relieve these symptoms should they arise.

1. **Glutathione** is our body's most potent antioxidant. It works to reduce inflammation, and oxidation and can help with the symptoms related to biotoxin illness. **Capsule option: Essential Pro** or **Compounded Liposomal Capsules** may be taken: 2 caps (250mg each) twice daily or up to every 2 hours as needed. **Sublingual options: Trifortify Orange** or **Watermelon form Researched Nutritionals** ½ tsp to 1 tsp 1-2 times per day or **Quicksilver Liposomal Glutathione option:** 2-4 pumps under the tongue held for 15-30 sec before swallowing). Very sensitive patients may require **s-acetyl glutathione** capsules or may only tolerate taking the precursors to glutathione production like **NAC (n-acetyl-cysteine), glycine** and **glutamine** powders.
2. **Epsom salt baths** supply essential **magnesium** and **sulfate**. They reduce muscle aches and aid in detoxification: use 6 cups Epsom salts and 6 c baking soda in a warm bath or 1 cup Epsom salts and 1 cup Hydrogen Peroxide in warm bath. You can buy large quantities of these products inexpensively at Costco.
3. **Phosphatidylcholine** and **Glutathione IV's** are very helpful for most patients for repairing damaged cell membranes, stabilizing and healing the brain, as well as helping to liquefy and move the bile, aiding the elimination of toxins from the body.
 - a. We typically start with 5-15 milliliters of **Essential N** (the best quality phosphatidylcholine from Switzerland) and work up to 35-50 mL phosphatidylcholine followed by 15 mL glutathione 1-2 times weekly for 10-15 rounds then we can reassess effectiveness
4. Flushing your system with **intravenous fluids** can be helpful for some, especially the very sensitive. IV's of 500-1000 ml **Normal Saline** can help some people feel better right away.
5. **Tox-ease GL** by Beyond Balance is a gentle detoxification support that is formulated to be safe to use in people of all ages: The dose is 2 droppers full twice daily.
BT Detox by Byron White is specifically formulated to support Biotoxin related detoxification: Start with 2 drops twice daily and work up to 10 drops once or twice daily
NT Detox by Byron White is specifically formulated to support neurotoxin detoxification: Start with 1-2 drops twice daily and work up 5-10 drops twice daily.

Cognease Detox by Beyond Balance is another formula that especially helps with brain fog and brain-detox: start with 2 drops twice daily and work up to a max 10-15 drops twice daily

6. Supporting the organs of detoxification is also helpful in combating symptoms of detoxification. The "**Drainage Remedies**" from Pekana are exceptional. There are 3 formulas: **iTires** (lymph), **apo-Hepat** (liver), and **Renelix** (kidney). Start with 5 drops twice daily in 1 liter of water and work up to 15-30 drops in 1 liter of water twice daily. **Detox-1 Drops** by Byron White is an herbal product with similar properties and may be easier to use in children: the dose is 5 drops in water twice daily.
7. **Infrared Saunas** heat up the body from the inside and will get you to sweat. Sweating is a great way to eliminate toxins. We recommend starting low and slow on temperature and time at first and work up: start at 135 degrees for 5-30 min, and you can work up from there as tolerated.
8. **Ionic Foot Bath.** Ionic footbaths may help the body with detoxification and are very helpful for many patients, including the very sensitive. Start with 15 minutes and work up to 30 minutes
9. **Binders:** The use of binders can help to mop up toxins released in the body during many treatment protocols. Good binders include:
Cholestyramine- (a prescription medication from your doctor, used in mold illness): typical dose is 1+ packet (4 grams) every day,
Activated Charcoal is a great all purpose binder, dose is 2-8 caps with a full glass of water, or
Bentonite Clay 3 TBS dissolved in 4 oz warm water,
Ultimate Binder by Quick Silver: 1-4 tsp stirred into 4 oz of water, or
GI detox 1-5 caps taken with a full glass of water are great combination binders that combine charcoal, and clay with other supportive ingredients for ease and effect.
Please note: **All binders should be taken 2-4 hours away from other supplements and medications. As with all binders, it is important to avoid constipation. Take 1-4 capsules of **Magnesium Citrate** at bedtime if constipation is an issue for you.
Chlorella vulgaris tablets are also helpful for some. They are a gentle, broad spectrum binder and provide vital minerals and protein: take 3-10 tabs 1-2 times a day (Chlorella can be taken anytime during the day and is considered safe in pregnancy and while nursing). Only use glass-grown varieties to avoid pollution with heavy metals and plastics.
PLEASE DO NOT START WITH any BINDER UNLESS YOU HAVE BEEN TESTED FOR MOLD FIRST!!!
10. **Manual lymph drainage** is a light type of massage that may assist moving toxins out of the body, help clear the lymph and reduce edema or swelling in the body tissues.

11. **Dry skin brushing** is an easy way to improve circulation, aid in skin exfoliation and increases lymphatic flow that serves to support whole body detoxification.

Tips for best results:

Start with dry skin. It is recommended that you use a natural bath brush, and use long sweeping strokes. You can experiment with varying pressures. You may also use clockwise circular strokes on the abdomen and chest. It is best to start at the feet and work up and toward the body, brushing the whole body toward the heart. Shower after to remove any toxins released. After the shower, pat dry and apply a clean/non-toxic body oil (like coconut, shea, almond or other clean body oil) to moisturize the skin.

12. Energetic and body centered modalities like **Acupuncture** and **Cranial Sacral Therapy** may be helpful to bring the body back into energetic balance, improve relaxation, detoxification, and immune function.

13. **Coffee enemas**- Coffee enemas are an effective way to boost detoxification and reduce inflammation. Coffee enemas help your body to make and release its own glutathione. Ask for our coffee enema recipe if want to explore this option.

14. Getting a colonic (**colon hydrotherapy**) is also a great option for supporting detoxification. Colonics are especially helpful in those with intestinal issues like constipation, dysbiosis and parasites.

15. Drinking the juice of 1-2 lemons (or limes) in warm water throughout the day helps the liver to detox and can help the body become more alkaline.

16. **Hydrate Hydrate Hydrate!!** Drink at least 2 liters of water daily. You may add in a pinch of Himalayan sea salt, or try adding an ampule of hypertonic or isotonic **Quinton** water to your water bottle to supply vital minerals that support detoxification.