

## 7 KEYS TO DETOXIFICATION

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A patient who is toxic means their cells (including Intracellular) have lost the ability to transport toxic materials out of the cells due to a number of reasons. In order to detoxify, cells need to have electrical energy from proper mineral balance, agility/flexibility to allow proper nutrients in the cell while letting toxic materials out (which comes from proper Essential Fatty Acid Balance, Water, Protein and proper GI Function).

1. **Mineral Replacement Therapy:** Minerals not only displace Heavy Metals but are the catalysts to electrical energy across the cell membranes. You need mineral balance to detoxify. The fastest way to balance minerals is to customize mineral replacement according to deficiency. Balancing minerals begins the detoxification process by displacing Heavy Metals out of the cells.
2. **Customized Essential Fatty Acids:** Essential Fatty Acid importance and balanced minerals are probably the most overlooked problem with toxic patients. EFA's give the cell flexibility and energy to help detoxify. Based on symptoms or laboratory tests will determine the most appropriate approach for customized Essential Fatty Acid. VLCFA's decrease cellular respiration and help prevent the body's ability to properly detoxify.
3. **Gastrointestinal Program:** Restoring GI Health is also important to Detoxification (see GI Program).
4. **Protein:** Is essential along with minerals and EFA's to help cell wall integrity.
5. **Water:** You must drink at least six to eight 8 oz. glasses of clear filtered water a day.
6. **Detoxification Program** A combination of Homeopathic Remedies along with Nutrient/Herb chelation formula.
7. **Elimination Diet:** Most toxic people have food allergies or sensitivities. This helps the body's immune system to cool down and begin the healing process.