

Dr. Smith Live

June 27, 2024

Detoxification (continued)

Phase I

Key points to remember:

1. The food we consume is deficient in nutrients, which reduce the body's ability to detoxify.
2. Your organs function as filters trapping the environmental toxins, which cause irritation, inflammation, fibrosis, degeneration, disease, and death.
3. **Organ of detoxification**
 - a. **Liver:** The blood of your entire body passes through the liver every three minutes. The liver breaks down many substances in the blood, including toxins. The liver requires specific nutrients to carry out the detox process.
 - b. What are the toxins that have to be removed?
 1. Common heavy metals: Hg, Pb, As, Ni, Al, Cd.
 2. Parasites: giardia, cryptosporidium, candida, pinworms, flukes, amoeba, tapeworms.
 3. Pesticides, insecticides, and herbicides especially glyphosate.
 4. Vaccines and their adjuvants: tetanus, MMR, diphtheria, pneumonia, thimerosal, aluminum, polysorbate 80, fetal tissue, antibiotics and more.
 5. Chemicals: PCBs, fluoride, chlorine, bromine, dioxins.
 6. Pathogens: viruses, bacteria, fungi, mold, Lyme, etc.
 7. Toxins from root canal teeth and residual jawbone infections: thioethers, hydrogen sulfide, mercaptans.
 8. Trapped prescribed drugs: statins, pain killers, BP meds, antibiotics, etc.

4. Nutritional Pearls to enhance the detox process

- a. Must select specific supplements that are effective against the defined toxin.
- b. Each supplement must be tested for energy compatibility with the patient.
- c. A balanced terrain is more important than the killing the pathogens.
- d. Taking too many supplements will cause chaos, stress your body, and reduce the effectiveness of the detox process.
- e. If you have cancer or another serious disease, you need to do coffee enemas to quickly detox your liver.
- f. If your A1C is elevated, it is because there is an initiator or “splinter” causing your body to react. Treating the inflammation without removing the source is futile.
- g. A diet high in carbohydrates increases your insulin level, which in turn will increase your systemic inflammation.
- h. Must repair the cell membranes with organic, cold pressed omega 6 oils (safflower, sunflower, walnut, cashews, almonds, Brazil nuts, Pistachio, Pine nuts [11.6 g/1/4 cup], and Pecans).
- i. Take Indium: It is the 49 metal in the periodic table. The patented form is indium sulfate, which opens up all the endocrine glands to absorb trace minerals which activate these glands. Iodine (thyroid; Mn (pituitary gland); Cu (adrenals); Cr/Zn/vandium (pancreas)
- j. **Silica** is needed by every cell of the body. It acts like a computer chip regulating cell function.

Food sources of silica include: whole grains, green beans, rice, cucumbers, tomatoes.

k. Must drink filtered water.

l. 60% to 80% of the body's immune system comes from the gut.

5. Cleaning out the gut:

- a. Food grade Diatomaceous earth: first week start with 1 tsp. in 8 ounces of spring water upon awakening; for the next 90 days take 1 tbs. in 12 ounces of spring water upon awakening.
- b. Three benefits: scrapes the mucous plaque off the walls; absorbs toxins; and lyses any parasites.

- c. On the 76th day of the food grade diatomaceous earth program, you must take a dose of IverMectin (parasite remedy). 1cc per 100 pounds (150 pound person would take 1.5cc). Take it orally. Hold in your mouth for 30 seconds then swallow. On the 90th day of the food grade diatomaceous earth program, you take a second dose of the IverMectin. IverMectin cleans up any residual parasites by entering their body and destroys their nervous system. IverMectin is totally safe. The only contraindication is if you are on a blood thinning drug.
- d. Must take a good pre and probiotic to re-implant a healthy microbiome.
- (1). **Prescript-Assist**: one capsule with breakfast and dinner.
 - (2). **Kaquin drops**: 10 drops upon waking and 10 drops before bedtime.
 - (3). **Super Fiber**: one scoop with each meal. Has pre and probiotics plus inulin to promote the microbiome growth.
- e. Essiac tea

Essiac tea (Starwest Botanicals): three herbs that detox the intestines; the fourth herb has anti-cancerous properties.

Formula:

- Burdock: anti-inflammatory, antioxidant, and purifies the blood.
- Slippery Elm: anti-inflammatory, relieves constipation, detox.
- Turkey Rhubarb Root: laxative, wound healing, and anti-inflammatory.
- Sheep Sorrel: anti-inflammatory and anticancer properties.

Dosage: 2 ounces of concentrate and 2 ounces of warm water; taken before bedtime.

Duration: Six weeks.

One can do both the Food Grade Diatomaceous Earth and the Essiac tea for a comprehensive detox.

6. Key nutrients the liver needs to detox toxins:

a. **Glutathione: Anti-inflammatory, antioxidant**

chelates heavy metals/chemicals and supports the immune system. It's anti-inflammatory, antioxidant, and essential in phase II detox process. 2 caps 3X/day with or without food. take for 6 weeks.

b. B-Complex vitamins:

B Complex vitamins (Standard Process Labs): food based source that aids in the digestion of proteins, fats, and carbohydrates; they also function to metabolize chemical toxins extracted from the bloodstream. Standard Process Labs produces Cataplex B (water and alcohol soluble) and Cataplex G (alcohol soluble).

Dosage: 3 each of Cataplex B & G taken with or without meals.

Duration: six weeks

Severe B-1 deficiency causes mental confusion, poor coordination, memory problems and ocular nerve paralysis; B-1 supplements can help reverse these symptoms. B-6 deficiency can cause numbness and tingling from nerve damage. Vitamin B-12 deficiency can cause many of the same symptoms, which will reverse when you treat the deficiency. B-12 and folate deficiencies can cause anemia.

Curcumin (Designs for Health): C3 Curcumin Complex is a patented, unique composition of three bioactive, health-promoting curcuminoids. These are the strongest, most protective and best-researched constituents of the turmeric root. Lecithin (from sunflower) is added as powerful emulsifier, to enhance absorption and bioavailability of this formulation.

Dosage: 1 capsule three times a day with or without meals.

Duration: Six weeks.

c. Curcumin: Anti-inflammatory, antioxidant

d. Superoxide Dismutase: Anti-inflammatory, antioxidant

Superoxide dismutase (SOD): Chaga mushroom is high in SOD and rich in fiber and essential nutrients, including vitamin D, iron, magnesium, potassium, manganese, and calcium. SOD works well with breaking down chemical toxins taken out of the bloodstream.

Dosage: 1 capsule taken three times a day with or without meals.

Duration: Six weeks.

e. Liver Chi:

Liver Chi:

- **Smilax glabra:** The root is believed to have anti-inflammatory and anticancer properties. Lab studies suggest that it may have antiviral properties and may stimulate the immune system.

- **Bupleurum chinensis:** This herb assists with the proper movement of Qi (Chi) throughout the system.

- **Schizandra chinensis:** antihepatotoxic, antioxidant and antitumoral activities.

Dosage: 1 capsule taken three times a day with or without meals.

Duration: Six weeks.

f. Liver ND (Premier Research)

Liver ND (Premier Research Labs):

- **Turmeric:** Contains bioactive compounds with powerful medicinal properties. Anti-Inflammatory, antioxidant, and neurotrophic factor (repairs brain cells).
- **Milk thistle:** Helps regenerate the liver cells; anti-inflammatory, antioxidant, lowers blood sugars in diabetics.

Dosage: 1 capsule 3 x/day with or without meals.

Duration: Six weeks.

Phase I of the six phases of detox is specifically designed to prepare the liver to handle the dumping of toxins. The later phases are designed to remove specific toxins (heavy metals, glyphosate, chemicals, infections, vaccines).