



Super Immune System

Detoxification Guidelines

Disclaimer- This information is not intended to diagnose or treat any condition or illness. Please see your healthcare provider.

The most prevalent obstructions to a healthy immune system are malabsorption, excessive toxins, and infections. In this post I will address ways to detox from the most important toxins. Each individual is different, therefore, these are only general guidelines and should not be interpreted as a diagnosis or treatment plan for any one individual.

The ability to assimilate and utilize your nutrients is a problem in every patient I see.

The main causes are:

1) pesticide accumulation, particularly glyphosate (better known as RoundUp). This builds up in the body and binds to our essential trace minerals making us deficient. Recently Dr. Dietrich Klinghardt's research found that using larger doses of the amino acid powder glycine can displace glyphosate and remove it through the urinary tract. Other benefits include increasing serotonin

levels, improving the central nervous system, improves blood sugar regulation, and aids as a building block for collagen.

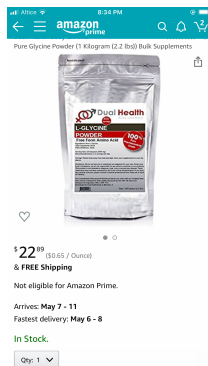
Begin taking 1 teaspoon (4grams) of powder amino acid glycine twice daily in water. You may take this with or without food. I recommend a minimum of two months; however, it may be necessary to take for longer. Side effects are usually not seen; however, if they do occur one may experience mild headaches, fatigue, achiness.

2) Aluminum (and other heavy metals). Increasing silica in your diet or taking a cilantro tincture will assist with removing these heavy metals safely. DMSA is a great way to detox from heavy metals/arsenic. Take 1 capsule daily for three days then off for 11 days. Repeat every 2 weeks for up to 1 year. This slowly removes heavy metals/arsenic so you won't have detox reactions. If you tolerate this detox then you can increase the dose to 100mg twice daily for 3 days, off 11 days etc

3) Radiation. I recommend taking brand Iodoral 12.5 mg daily with or without food. Do this for 2 weeks then increase to 25mg daily. This brand has the perfect combination of iodide and iodine that the body needs. Not only does it detox from radiation, it assists with hormone regulation, improves immunity, helps thyroid function, detoxification, reduces the risk of hormone induced cancer. Heart palpitations may occur if you have excessive bromine toxicity in your body. This is an indication to decrease the amount of iodine you are taking and to detox more slowly.

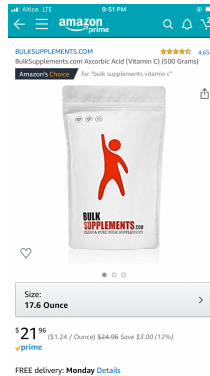


Libero purus sodales mauris, eu vehicula lectus velit nec velit.



An additional supplement that is good to take right now is a powder vitamin C or ascorbic acid. Vitamin C is a powerhouse and decades of research have shown its ability to fight almost any infection, detox the body, important for healing the body from trauma, activates natural killer cells which kill cancer, and many other benefits.

My favorite brand of vitamin C /ascorbic acid-



Start taking 1/2 teaspoon daily in water = 2000mg. If you are feeling ill, increase to 1 teaspoon (4000mg) twice daily until better.

- *****Easy, efficient ways to detox from all different types of toxins are detox baths. *****
- Start detox baths- 1-2 cups of baking soda with 2 cups of Epson salts, and 1/2 cup bentonite clay in hot bath for 20 minutes three times a week. This will detox yeast, radiation, and other toxins. you may try adding 1 cup Borax soap- has some anecdotal evidence to help with nano. If you are feeling dizzy or weak decrease the amount of time you were in the tub. Another detox bath is 1/2 gallon of apple cider vinegar in hot water- this helps decrease yeast, improves alkalinity. Another detox bath is 1 cup brand only Clorox bleach in hot water- this is great for skin issues, detoxes heavy metals and certain skin parasites. Try each one since they detox different things.

*** when starting any detox protocol, please start one at a time to ensure you tolerate each one.

***these are the most important supplements to take concerning our toxin load currently. These do not address all issues.

Addendum to SuperImmuneSystem

4). Baking soda - I advise taking 1/2 to 1 teaspoon in a glass of water daily. This alkalinizes your body, improves digestion, decreases allergies, decreases inflammation, may assist kidney/bladder issues (kidneys help to maintain pH balance in the body).

5). Probiotics- I Advise taking one capsule of Culturelle or Align probiotic daily. These help replenish your good bacteria in your digestive tract and it takes approximately 4-6 weeks to see the full results. Probiotics improve your immune system, improve digestion, decrease allergies, and improve mood by boosting your serotonin levels. I like the brands I listed because they have been extensively studied and do not require refrigeration. Culturelle (Lactobacillus GG) was initially developed for children and has over 600 studies on its efficacy. Align (Bifidobacterium) has a different strain of bacteria and I recommend this or Culturelle for adults. If you have significant digestive issues, irritable bowel, immune issues, you may consider taking 1 of each for 2 months then decrease to 1 daily.

6). Water- Most tap water is detrimental to health because of pesticide runoff, metals such as lead, aluminum, arsenic may be present, the addition of chlorine and fluoride to the public water,

and occasionally infections may be present. Well water is not immune to issues as many aquifers have been contaminated by fracking. Our ability to have water tested is poor as the toxins tested are limited and confusing terminology may be used (an example is having a “trace” of arsenic can actually mean the water has over the allowed limit of arsenic, or toxic), as well as unknown quality controls at testing sites. Better to ensure you drink reverse osmosis or distilled water (I prefer distilled). Water that comes from a refrigerator is not filter well as it utilizes a carbon filter only. Many times plastic tubing is used in the refrigerator which has a tendency For bio film to accumulate. Bacteria and mold have been known to grow within the tubing.

You may consider investing in a table top water distiller OR a Berkey filter. Berkey filters are military grade and can filter out arsenic from the water. I advise getting the extra filters for fluoride and additional protection from arsenic. This may be a good choice since it does not need electricity. I highly recommend filtering your own water as you cannot be sure of the quality control in companies selling water.

7). Coffee enemas are very helpful in detoxing the body and actually increase your production of glutathione

- <https://www.optimalhealthnetwork.com/Coffee-Enema-Instructions-Detox-Recipes-s/1277.htm>

8) Exercise is incredibly important- minimum 20minutes daily - a brisk walk OUTSIDE improves health in only 2 weeks. Better than any antidepressant in studies, lowers blood pressure, improves immunity.

9) Dental health- ****General information about your teeth. There is research showing a strong link between cancers, autoimmune, coronary disease and dental infections. Please start brushing your teeth with baking soda daily - you may mix toothpaste with this. You may also try coconut oil pulling- an old Ayurvedic technique that helps pull bacteria, toxins, and plaque from teeth and gums. Take 1 teaspoon coconut oil and swish/hold in your mouth for up to 20 minutes then spit out. *** Remove any metal fillings and replace with white resin. Double check root canals- many times they are done improperly and can cause significant health problems.

Dr Carrie Madej
Integrative Internal Medicine
[Www.CarrieMadej.com](http://www.CarrieMadej.com)