

**What is a Herxheimer Reaction?** Chlorine dioxide is an oxidizer & wreaks havoc on biofilm, chemicals, heavy metals, pathogens, & some parasites. After their destruction, the leftover particles circulate in the bloodstream until the liver, kidneys, intestines, lungs, lymphatic system, & skin can remove them. If large amounts of toxins are being killed/oxidized faster than the body can eliminate them, or if the liver & kidneys are compromised, the excess toxins can cause nausea, vomiting, skin rashes, headaches, diarrhea, excessive tiredness, etc. This is called a Herxheimer reaction & is common when going through a detox program. Although detoxing won't make one feel well, a Herx reaction is a sign that healing is happening.

**What are binders?** Binders are a critical part of a detox protocol. They're used to attract or "grab" toxins & oxidized particles for elimination through the kidneys & bowels. Using binders can reduce a Herxheimer reaction. Binders also help prevent reabsorption of toxins back into the body. Avoid mixing different binder types, as they may bind to each other instead of to toxins. When shopping for a binder, look for one that's "food grade" or "for internal use", to avoid contaminants. ALWAYS drink plenty of water when using binders. Do not take binders at the same time as medications. Follow directions on binder package for your particular detoxification needs.

### **Bentonite/Montmorillonite Clay**

- Removes mycotoxins, aflatoxins, pesticides, herbicides, heavy metals, creatinine, urea, & kills *E. coli*.
- Do not take at the same time as nutrients, vitamins, or medication, as it will absorb them.
- Drink plenty of water when taking clay, as it can cause constipation.

### **Chlorella/Spirulina:**

- Removes heavy metals, biotoxins, chemical food flavorings/colorings, xenobiotics, & pesticides.
- Can have diarrhea, gas, bloating, or a mild headache when starting chlorella due to detoxing power.
- Do not take with vitamin C or hot liquids/foods.
- If choosing chlorella, be sure the label says "broken cell wall", as it is hard to digest when whole.

### **Clinoptilolite (Zeolite)**

- Removes heavy metals, aflatoxins, mycotoxins, pesticides, radioactive material, candida, & viruses.
- Be sure to choose a high-quality "Clinoptilolite" form of zeolite
- Will absorb medications & antibiotics. Doesn't absorb micronutrients.
- Drink plenty of water with Clinoptilolite, as it can cause constipation.

### **Activated Charcoal**

- Removes poisons, environmental toxins, heavy metals, intestinal gas, bacteria, viruses, & fungi.
- Will absorb vitamins, minerals, antioxidants, & some medications.
- Drink plenty of water when taking activated charcoal, as it can cause constipation & black stools

### **Diatomaceous Earth**

- Removes aluminum, viruses, fungi, bacteria, heavy metals, pesticides, parasites, radiation, & candida.
- Provides silica to the diet for strong bones, joints, hair, ligaments, & nails.
- Microscopically abrasive, able to slice/destroy parasites & candida. Protects & heals the G.I. tract.

### **Pectin**

- Removes medication residues, radioactive materials, & heavy metals.
- People who are sensitive to pectin may have dizziness, nausea, joint/muscle pain, & fatigue.

### **Silica**

- Removes aluminum, heavy metals, & chemical toxins.
- Creates stronger bones, joints, hair, ligaments, & nails. Protects & heals the G.I. tract.