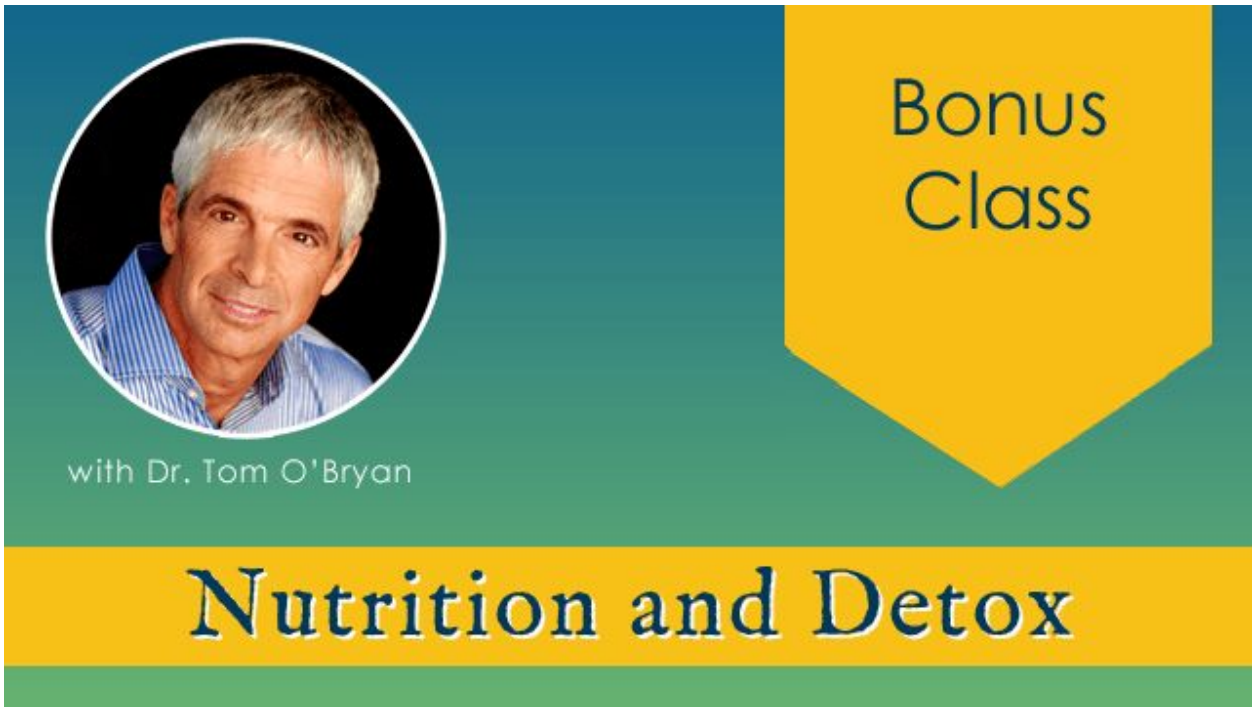


Hello. Hello. Welcome and this is the additional video on detox support and what are the things that you can do. In the initial video, we talked about the importance of detox, what kind of tests can you do? Now, we're going into ... Okay, so what are some of the habits and the things that we can do to help our bodies detox more?

Let's start with the most important one of all, the most important one of all is water. You have to have enough water to escort the toxins out of our body and the vast majority of us, if you think about how much water you drank today so far, most of us would realize that we're not getting anywhere near as much water as we need. The amount of water that we all need is a half-ounce per pound body weight, a half ounce.

If you weigh 150 pounds that is 75 ounces of water a day. 75 ounces, a gallon is 64 ounces so it's more than a gallon and [inaudible 00:01:28], "Oh, my gosh. I'd be peeing all day." Well, that's the idea. We want you just flushing and flushing and flushing. As you're starting to mobilize, we want to make sure that your highways of transport to get rid of this toxic stuff are working really well. Of course, that also suggests that our bowel movements are working well and that's critically important, so if you're not having ... Well, the normal physiology is that every time you eat, it's called the gastrocolic reflex.

It stimulates a message going down to the gut saying, "All right, let's move things along now because there's more food coming down." As you're chewing, that gastrocolic reflex is going off, which means that we should be having at least a couple of bowel movements every day that are well-formed, easy to evacuate. There's something called the Bristol's chart that looks at what type of bowel movements you're having. We'll put a link in here for you for that.

Kim, let's make a note on that one, the Bristol stool chart. But there's no way people have really great bowel movements if they're not drinking enough water. It's just not going to happen. That's another component that's essential as a baseline to all of this is to make sure that you're drinking enough water and that you're having really good bowel movements, and if you find that you're not having these kinds of bowel movements, then, okay, it's going to require a little attention to get that kind of bowel movement.

You have to figure out why is that happening, why do I not have enough? Then, addressing that. But the first thing is always water. You must have enough water. Critically, critically important. That's the first. That's the first. Just a minute here. I'm trying to find on Facebook where we are here to see if there's ... If I can see people here, so let me just do my little geeky thing here to find it if I can and see where we are.

Thank you. Okay. The first one is water. The next one, castor oil packs, and if you didn't have a chance to hear the Facebook live with Dr. Marisol, she is the queen of thrones, and if you haven't had a chance to hear that, please go back on our Facebook page and listen to that Facebook live. It was packed full of information of castor oil and how castor oil has been used literally for thousands of years to help with detoxing.

You take a castor oil pack, and we'll have the links here for you. You take a castor oil pack and you use the organic castor oil and you put it on, and it stimulates your entire body, not just your gut but your entire body to just flush more and at the cellular level flush out the toxins that are in your cells. A castor oil pack is another basic activity that will have huge dividends for you, just really, really wonderful.

There are hundreds and hundreds of stories and remember we talked about one hour a week to the best memory productivity and sleep you've ever had. Perhaps one hour, you'll pick up the book The Oil That Heals. It's on Amazon. The Oil That Heals and it's the professional life of a country doctor, 50 years as a practicing [inaudible 00:05:49] castor oil packs were a critical component of so many different conditions and everything from breast cancer, to colitis, to ear infections, and I've had the results with my family many, many times about ear infections over the years.

Well, not many, many times with my kids but in my practice, but with my kids also if they had sore ears, put a castor oil pack on and go to sleep and the next day the ears are fine. I mean, I've seen and the castor oil pack goes on the tummy because 70% of the immune system is in your tummy. I've seen that many times over the years that it really helps.

Castor oil pack. First, we have water, and then we have castor oil packs. Next is and if you can afford this, an infrared sauna. Infrared saunas are tools that you can use for your entire life. I can't imagine not using a sauna. Once you start, in summertime you may not so much, but once you start you just look forward to it because the infrared saunas and any type of sauna is good but the infrared saunas are not as hot as the traditional steam saunas and they penetrate about four millimeters deeper.

When the heat is going into the skin the blood vessels just open up, and so the cells open up and you just start flushing out some of the toxins and the studies have been very clear on infrared saunas from lowering blood pressure, lowering cholesterol, reducing the incidence of anxiety and depression. Study

after study on the benefits of infrared saunas. Once you've done one or a couple of [inaudible 00:07:51] you look forward to it [inaudible 00:07:56] time if you like.

In mine, I've put down two layers of white towels on the floor and on the bench that I'm sitting on, and I've got my highlighters in there and pens and I read my research in there. I'm doing my thing, and you can change the light out on an infrared sauna. You take the lens off on the inside, screw out the light bulb and order an OTT, O-T-T. An OTT full-spectrum light, and you screw that one in there and it's just marvelous for you to add benefit to being in that environment of the full-spectrum light.

We're going to move into nutrition but these are a few basic things first before we get into the nutrition. Water, castor oil packs, detox, how else do you detox? Air filtration systems because another avenue of toxicity is the air that we're breathing. Air filtration systems, and we'll put a link in here for you where you can learn more about air filtration systems and how they might help.

I just wanted to make sure to give you guys some of these basics so that we're not just dependent on the nutrition. The nutrition is great, really helpful, but these basics come first if you can. If you can do some of those or all of those it's going to help.

Okay, so let's talk about some of the nutrition that really helps when you're in a detox mode, when you're wanting to pull more toxins out of your body. What is some of the nutrition that you would look for? Well, the first thing is substances that act like a sponge to just suck up and absorb the toxins in your gut so that they can't be absorbed into your bloodstream. Also, your lymphatics are the garbage collectors through the whole body and the garbage trucks that are going around through your whole body, in between the cells picking up the toxins that the cells are spewing out, and so your cells are doing their work, they've got exhaust.

It goes to outside the cells. It's called the extracellular space, and that's where the lymphatics pick all that stuff up and they bring it down. They dump it into your gut. We need sponges in the gut to suck up and absorb some of these. The first one is GI Detox. GI Detox is a great product. It stays in the gut. It doesn't get absorbed into your bloodstream. It's very safe and the dosing on GI Detox is 1 capsule for every 50 pounds before you go to bed at night.

If you weigh 100 pounds, you take 2 capsules. If you weigh 150 pounds, you take 3 capsules. If you weigh 200 pounds, you take 4 capsules just before going to sleep. It's best, of course, you're not eating late at night anyway so that when you take the capsules they're used to absorb the toxins that are in your gut. If you were to take any vitamins before you go to sleep then the charcoal and the clays in the GI Detox would absorb some of the vitamins, so if you're taking evening supplements, take it an hour to two hours before you go to bed and take GI Detox. That's the first thing.

The next thing is GS vitamin D3 plus K2, and we'll put links to all of these in here for you. There are only two substances that I know of that every cell of your body uses, every single cell, and that is thyroid hormone and vitamin D. When you don't have enough vitamin D, your cells get sluggish. When they get sluggish it's like if your bowels get sluggish and you get backed up, you're just toxic, you're not getting rid, so at the cellular level, vitamin D is an important component of what to take to make sure that you're detoxing adequately.

That's the first one. What's the second one after the GI Detox? Next is GS Immuno Restore Powder. What is that? That's colostrum, and you've heard me speak about colostrum a number of times before and a colostrum is mother nature's way for all mammals including the human mammal to start flushing and detoxing after birth because the baby's been in the soup for so long, baby's been in the soup inside mom and there's meconium, it's time to flush out all that stuff and get circulation going well.

Colostrum turns on the genes to detox for baby to really start detoxing. Colostrum has many, many benefits for you but one of them includes enhancing and supporting your detox pathways. That's GS Immuno Restore Powder and this particular type of colostrum, it's the best in the world and I mean that sincerely. There are countries in Africa that licensed this colostrum, this exact colostrum, the GS Immuno Restore Powder. They have it on a different name over there but it's the exact same product.

They licensed it as the treatment of choice that the government pays for, for HIV because they know how important it is that people that get HIV to prevent them from getting AIDS, it's critically important they get good nutrition, turn on the genes to heal and grow, and also to flush and detox. That's the GS Immuno Restore Powder.

I put it in my smoothie. I put a scoop of it in my smoothie every day. That's an easy way of taking it and there are also capsules if you want the capsules and you'll find those on our site, but here's the link for the powder. I think that's the easiest way to take it.

Next is the GS Support Packets. What is that? We want to heal the leaky gut intestinal permeability to stop the toxins keep going into the body. The GS Support Packets, I've never seen anything work as well as these. There's 22 different nutrients in the GS Support Packets but it's one pack a day. One pack a day.

Now, there's 6 pills there, 22 nutrients but 1 pack. I found that compliance is so much better because people opening six bottles and taking pills out every day, you run out of one of them and, "Oh, I'll get it next week." You're taking five and you feel like you're still taking your protocol but you're missing one now, and then you're down to four and, "Oh, I forgot to get to the docs," or I forgot to order the product and you're missing two now.

One pack a day makes it easy, really easy. I've been taking these for years. Marcy and I both take it. Most of my patients take them long-term. It takes a good three to six months to heal intestinal permeability so everyone's on it for that amount of time but some people would just feel so good on them they just keep taking a pack a day like I do. I just take a pack a day. When I'm flying, I take two packs a day.

Next is zinc. Now, there are 18 different types of zinc but the type of zinc that helps to heal intestinal permeability and stimulate your detox pathways is called zinc picolinate. That's what's GS Immuno Zinc is that form of zinc. You take one of those a day, it's great for you. Another way of enhancing your detox pathways.

I talk about a pleiotropic approach, great Scrabble word. The pleiotropic approach means all roads lead to Rome. Many different ways to help support your detox pathways and the GS Support Packets have 22

different nutrients every 1 of them helps to heal and stimulate a healthier body. Well, another nutrient is zinc. Zinc picolinate and that's the GS Immuno Zinc. One of those a day.

Next is GS B-Complex. This is so critically important for so many reasons. The B vitamins are necessary for every detox pathway in your body, and there are a number of different pathways, but they all require what are called cofactors. Support nutrients so that you can detox by methylation, you can detox by acetylation. You can detox by using glutathione. There are many different detox pathways, they all require the B-complex. Take one GS B-Complex a day.

Then, for your brain, GS Immuno Restore PRP Spray. It's a spray, is the active ingredients in colostrum that seem to have more impact on healing the blood-brain barrier, reducing the inflammation in the brain, flushing out some of the crud that gets into the brain. You take the GS Immuno Restore PRP Spray. A couple of pumps once a day is plenty. If you're having some brain dysfunction that you know of like foggy memory or foggy brain, then go ahead and take the spray twice a day.

There's links now for every one of these there for you. A couple of other nutrients that are really good for you and foods that are really good for you, the first one is the family of cruciferous vegetables. They're really important and if you just google cruciferous vegetables. C-R-U-C-I-F-E-R-O-U-S, cruciferous vegetables, you'll find broccoli, cauliflower, bok choy, napa cabbage, other types of cabbage that these families of vegetables are known and with many studies, talking about how they help strengthen your body to fight cancer, to detox, and also if you have cancer to help your body strengthen your immune system to go after it.

Not only prevent cancer, this is the prevention aspect, but also to fight cancer cells that you may have and we all have cancer cells. We all do. Just the question is our immune system able to keep them in check. This protocol I'm giving you is great just to keep the immune system functioning well for you and when you include some cruciferous vegetables every day, at least one.

There's a couple of things you've heard me talk about before. A root vegetable every day, two other prebiotics, so you google a list of prebiotic foods, print it out and you have two of those, a day one root vegetable every day, print out the list of cruciferous vegetables, you've got that on your refrigerator next to the list of prebiotics and you'll see broccoli, cauliflower, napa, bok choy, many different vegetables in the cruciferous family have one of those a day.

These are foods that are just going to help you with detoxing. Dry brushing in the shower, I've done this for years. I like the Japanese dry brush kind of thing. It's a cloth and there's different degrees of thickness to it like sandpaper has different degrees of sandpaper, so there's a very soft one for soft skin, and then there's little rougher ones and there's rough ones. I'd take this thing and I'm doing my back with it and I do it this way around my sides and on my abdomen, my legs, and my arms. You always brush towards the heart, always brush towards the heart.

I do it in the shower so that then I'm rinsing off so it's [inaudible 00:20:55] skin breathes better, and your deep [inaudible 00:21:03] when you do that [inaudible 00:21:08] is a really great aspect of is water. The minerals in these waters are really good for you especially silica, S-I-L-I-C-A. You want water that's high in silica because it helps you detox heavy metals. It pulls aluminum out of your body and pulls aluminum out of your brain and a common accessible water that's high in silica is PG. PG water or if you have a

particular bottled water or spring water you like, you can investigate to see, does it have silica? Because some don't. It's very helpful to have silica containing water.

Those are the primary mechanisms and tools that you can use. The nutrition that's really helpful and this nutrition does many other things besides detoxing. For example, the D3 and the Immuno Restore and Support Packets, and Immuno Zinc are great to heal intestinal permeability to help your body create a healthier environment in your gut, and as you all know when we're dealing with autoimmune diseases, it's great benefit to address permeable intestines.

Then, the B-Complex, the Immuno Restore PRP Spray for your brain, alpha-lipoic acid is another one that's just great to use, helps with detox quite a bit especially when you are toxic with mold. It's really good for that as is one more N-acetyl cysteine. Both of the alpha-lipoic acid and N-acetyl cysteine really help well with mold.

We'll have the links here for you for all of these and feel free to write with some questions. I see that we've got a little bit of a delay here on our video. Okay. Well, I'm going to assume that this has gone well, if not, we're going to splice into it and fix it. Oh, there's one more that I forgot about and that is to help your body to detox and help your body to detox well. Colonics are an excellent, excellent protocol to do. If you have a resource, you can ask your doctor. If they have a recommendation for someone with, or colonics.

lso, coffee enemas. Coffee enemas are excellent to do, excellent. The coffee helps to stimulate your gall bladder duct to squeeze and to purge so you cleanse your gall bladder and get rid of some of the bile that's been accumulating. It's a good liver detox, gall bladder detox flush. Yes. Coffee enemas are an excellent thing to do.

Colonics are the big kahuna in that arena, but coffee enemas have a ... Not quite as powerful in effect on colon cleansing, but coffee enemas have a stronger effect on the liver-gallbladder circuit. They're excellent to do. I can't say enough and there's some really good studies on those.

Okay, everyone, I hope that gives you enough to get started with and feel free to write in with any questions that you have. Thanks so very much. Bye-bye.