



Detox Support



INTRO

A deflated cell with a low cellular membrane potential cannot detoxify. Sports and exercise are important, because they increase your cells' energy and shake loose some of these toxins.

The same principle applies with NES therapy using miHealth and Infoceuticals which help remove energetic blockages and information distortions that are the underlying root cause of functional imbalances at the cellular level. Brief episodes of detoxification are a natural and expected consequence while the body is returning to optimal functioning and homeostasis.

With NES therapy one may experience more or less subtle detox effects and some discomfort which usually disappear within a couple of days. However, when someone is dealing with a more compromised overall constitution and/or heightened sensitivities a more sensible approach is needed to support the body's detoxification process. While the specific methods vary from person to person, the general principles involved are the same.

The following is an overview of the general principles and mechanisms that are involved in the detoxification process (with focus on heavy metals) as well as highlights of various support approaches that will benefit anyone and especially those who have challenges detoxifying.



REACTIONS DUE TO THE ELIMINATION OF TOXINS

A health-building program, such as NES therapy, can cause a sharp rise in energy levels. This in turn results in a rapid elimination of stored toxins. The process can cause both physiological and psychological symptoms including, rashes, headaches, upset stomach, a metallic taste and nausea. The following are some of the symptoms one may experience from the elimination of toxic metals.

Symptoms of Copper Detoxification

Many symptoms can occur when excess copper is eliminated from the tissues. One may experience headaches, usually of the migraine type. Extreme fatigue, acne, skin eruptions on the head, chest and thighs, free floating anxiety feelings, spaciness, fears and disorientation may occur. Changes in the menstrual period are common, including irregular periods, cramps and symptoms of premenstrual tension. Men may experience testicular pain. The elimination of copper can also cause joint pains. Nausea, digestive disturbances, anorexia and discomfort in the area of the liver may also occur during copper elimination.

Symptoms of Cadmium Detoxification

The elimination of cadmium may give rise to pain in the kidney area, joint pain, extreme fatigue, a metallic taste in the mouth, temporary changes in blood pressure, digestive disturbances and anxiety.

Symptoms of Nickel Detoxification

The elimination of nickel from tissue storage can lead to pain in the kidney area, fatigue and symptoms related to the lungs, where nickel is commonly stored.

Symptoms of Mercury Detoxification

Mercury elimination may result in emotional changes, a metallic taste in the mouth, pain in the kidney area, fatigue and occasionally skin eruptions. Mercury toxicity is associated with copper toxicity; as mercury is eliminated, copper elimination symptoms commonly occur.

Indirect Effects of Heavy Metal Elimination

In addition to specific symptoms due to each toxic metal, indirect effects of the elimination of toxic metals occur. Some of the common ones are: intensification of fears, hot flashes, shortness of breath, numbness, diminished body temperature, dizziness, flu, colds, sore throat, sinus drainage and muscular aches and pains. It is virtually impossible to predict all the possible symptoms.

In addition to toxic metals, other toxins may be eliminated during healing reactions. Medications used in the past are a common example.

A residue of past medications is often released quickly while on a nutritional balancing program. The medications may have been taken at any time, even years before. Medications may have even been acquired in utero from a parent. As one's energy level and adrenal gland activity



improve, stored medications are released. In fact, any factor or stressor that increases the metabolic rate can trigger an elimination of this type.

When a medication is released, a person may experience symptoms associated with that drug. For example, antihistamine release may cause fatigue and dryness of the throat. Caffeine release may cause nervousness or irritability as the caffeine is released back into the blood stream to be eliminated.

In addition to toxic metals and drugs, other toxins may be eliminated. These include metabolic end-products or waste products of metabolism which may cause foul odors and bad breath. Pockets of bacteria that have been encapsulated for years may be released. Industrial chemicals that were inhaled or that one was exposed to many years ago may be eliminated (including pesticides and insecticides).

One should be prepared for almost anything. There is no way to tell which toxic substances or how much is inside a person. Most reactions are minor in nature and pass quickly. Occasionally, a reaction is quite vigorous and requires considerable support. Support is the key because these reactions usually cannot and should not, be suppressed.

HEAVY METAL ELIMINATION

One surprising aspect of healing reactions is the large amount of toxic metals that may be stored. Some people continue to undergo healing crises for years. Repeat analyses can confirm the continued elimination of toxic metals.

Many people are under the false impression that only a few months are required to eliminate all their toxins and heavy metals. Even more ridiculous are suggestions that by fasting for thirty days or so, one can eliminate all noxious substances. It just doesn't work that way. **Detoxification is often a slow process, because the body can only eliminate a certain amount of toxic substances at any given time.**

DECOMPENSATION OR REBALANCING REACTIONS

A second and more complicated cause for the symptoms of healing reactions may be called decompensation reactions or rebalancing reactions. These are reactions that occur as the body shifts quickly from one homeostatic state to another as a result of a correctional health program.

The sequence of events is as follows: As nutritional deficiencies mount and as toxic metals and other toxins accumulate slowly in the body; the glands and organs adapt to the depleted state of nutrition as best they can. Certain endocrine glands may become overactive, others become sluggish. The endocrine glands compensate for each other to offset or cope optimally. One manifestation of this is a change in the oxidation rate. A person may be aware of these changes.



He or she may feel older or suffer from an energy loss. However, they fail to understand that the entire body is going through an adaptation process.

When a mineral balancing program is instituted, nutritional stress is often relieved very quickly. For example, a simple change in diet may relieve excessive strain on the pancreas if a person has been eating excessive sugar. When stress is reduced, the body begins to re-adjust, re-adapt and re-balance. It moves back toward the state it was in years previously. This is called *decompensation*.

Previously the body was compensating. Suddenly it no longer has to compensate. The change may occur quickly. The disease process happened slowly, with slow change in all the glands. Now we may suddenly provide support to the adrenal glands or the liver. The result is often an uneven correction.

The adrenal glands may recover first, and the thyroid gland may recover later. Kidney function may improve dramatically for the first few months and then some other organ is affected. This process of uneven and rapid adjustment may cause unpleasant reactions. Suddenly one may not feel hungry for a few days, or there may be an increased desire for food. One may need more sleep or be unable to sleep for a few days. Mood swings may occur. Physical symptoms may occur as one passes back through old body-mind patterns, or into new patterns that have never been experienced.

Numerous changes may be noted, and some may cause alarm. Skin eruptions may occur temporarily. Rebalancing is quite a complex process. However, these reactions are normal. With reassurance and understanding, the reactions subside.

An Example of Decompensation

One particular type of decompensation that can be disturbing to the client and to the practitioner occurs if a person is a slow oxidizer with excessive cadmium poisoning. This is a common situation. When a person with this pattern begins a mineral balancing program, the first symptom is usually an improvement because the oxidation rate increases. However, soon cadmium begins to be eliminated. One is then going to feel tired. Often, more tired than previously. This occurs because cadmium has an aldosterone-like effect, it raises one's sodium level. As cadmium is eliminated, the sodium level drops, resulting in a slowing of the oxidation rate.

The resulting fatigue produces a temptation to stop the program. But in fact, the solution is to remain on the program and increase the oxidation rate again. The client will feel better in a week or so. Rest is also indicated to assist healing. With rest the oxidation rate becomes balanced again, energy levels increase and therefore, the body begins eliminating more cadmium. This in turn slows down the oxidation rate and the person feels tired again, often even worse than when they began their nutritional balancing program. Again, the only solution to this problem is to go back on the program to continue the correction process. So it goes - like being on a roller coaster until all the cadmium is eliminated. Then a permanent feeling of well-being will occur. This is an example of one type of toxic metal elimination and rebalancing process. By understanding the process, the mystery of it can be explained.



MINERAL ANTAGONISTS

Heavy metals will block the cell membrane (channel) from allowing nutrients to get into the cell and toxins to get out of the cell. Here are some examples of which heavy metal will block what nutrients. Once the heavy metal has been removed, using NES and/or PEMF therapy for example, then the cell is eager to absorb and replenish the minerals it had been depleted of. Therefore, providing your body with the right minerals that relate to the specific heavy metal that has been removed is important to establish healthy cell nutrient levels again.

MERCURY blocks

- Selenium, **Zinc**, Iron, Iodine

ARSENIC blocks

- **Zinc**, Magnesium, Selenium

ALUMINUM blocks

- Magnesium, Iron, Manganese, **Zinc**

LEAD blocks

- Calcium, Iron, **Zinc**

Note: If Copper and **Zinc** are high, then most likely the Copper blocks **Zinc**

ZINC

Symptoms of low Zinc

Heavy metal accumulation, nervous system depletion, poor concentration and foggy head, tics, twitches, poor immunity, poor digestion from reduced enzyme production

Synergistic nutrients

Vitamin A, B6, D, E, cysteine, glutathione, insulin

Metal Antagonists

Lead, Cobalt, Cadmium, Nickel, Mercury. Excessive calcium intake impairs zinc absorption. Zinc competes with calcium and iron for absorption.



MAGNESIUM

Symptoms of low Magnesium

Acidity, inability for nervous system to relax, broken sleep, insomnia, spasms, cramps, inability to focus mind, restlessness, agitation, anxiety, hypertension, ventricular arrhythmia, poor growth (magnesium required for protein and DNA synthesis), insulin resistance, increased oxidative stress, pro-inflammatory state, osteoporosis

Synergistic nutrients

Vitamin B1, B6, C, D, Calcium, Potassium, Boron

Metal Antagonists

Lead, Cadmium, Aluminum, Arsenic, Mercury

HEAVY METAL DETOX BINDERS

Binders are a crucial part of the detox process as they bind the toxins released into the body and prevent the toxins from latching on again to the cell membrane (receptor) and block the cell channel again. Therefore, the use of binders is the most important support element for a successful and effective detoxification to occur. The following are some of the most often used binders

- MAGNESIUM
- MAGNETIC CLAY & EDIBLE CLAY
- ZEOLITE
- ACTIVATED CHARCOAL
- CHLORELLA
- MODIFIED CITRUS PECTIN

FOODS THAT DETOXYFY & BIND HEAVY METALS

GREEN VEGETABLES / CHLOROPHYLL

Chlorophyll rids the body of environmental toxins, heavy metals, herbicides, and pesticides. Make sure you get lots of greens in your diet –leafy greens, broccoli, cucumbers, celery, sprouts, dandelion teas, chlorella supplements.

RAW GARLIC



Garlic has powerful antiviral, antiseptic and antibiotic properties. Garlic helps stimulate the liver to produce detoxification enzymes that help filter toxins from the digestive system.

ARTICHOKES

Artichokes increase bile production and both purify and protect the liver. They also have a mild diuretic effect on the kidneys, which aides in toxin removal once the liver breaks them down. Some studies have shown that artichokes may regenerate liver tissue.

CILANTRO

Cilantro is king for ridding the body of heavy metals. The chemical compounds in cilantro bind to these toxins, loosening them from the blood, tissues, and organs and assisting with their elimination from the body.

SEA VEGGIES / ALGAE

Sea veggies have many antioxidants that help alkalize the blood and strengthen our digestive tract. The alginic acid in sea veggies absorbs toxins from the digestive tract. They also have the broadest range of minerals you can find in any food!

BROCCOLI SPROUTS

Broccoli sprouts contain important phytochemicals that aid in the detox process at rates much higher than grown-up broccoli. These phytochemicals stimulate detoxification enzymes in the digestive tract. They are also extremely high in antioxidants!

HEAVY METAL DETOX BYPASSING THE LIVER

In situations where it is a challenge to utilize the liver for most of the detoxification other methods mainly driving the detoxification through the skin can be utilized, such as

- FAR INFRARED SAUNA (30 minutes intense sweat)
- MAGNETIC CLAY BATH (full body or foot bath)
- HYPERTHERMIA (fever therapy)
- OIL PULLING
- POULTICE/WRAPPING
- EXERCISE
- SKIN BRUSHING



DNA IMPAIRMENTS

If such impairments exist (via DNA test – shows if liver can't be used for detox for example), then a process that may involve chelators to pull the toxins out, may be useful – **however, this should only be the last resort and requires an expert practitioner who knows how to use them correctly to avoid any adverse effects that can send the toxins/heavy metals loose into the entire body!**

DETOX PHASE I

Convert heavy metals into water soluble elements in preparation for detox phase II

DETOX PHASE II

Eliminate heavy metals through kidney/urine or liver/stool



PEMF SUPPORT

PEMF increases the membrane potential (=energy) dramatically in a matter of minutes and in turn increases 3 facts at the same time:

1. Detoxification (all toxins are shaken loose from the cell membrane receptors)
2. Oxygen uptake (oxidation) is drastically improved by the increased cell membrane potential
3. Nutrient uptake is dramatically increased due to cleared cell membrane channels.

These 3 factors alone can make it more effective for a good detox to incorporate PEMF as an adjunct therapy. PEMF therapy can increase the detox by 40% due to shaking loose the toxins at a cellular level. When used in conjunction with NES therapy PEMF can allow for a gentler detoxification and strengthening of the overall constitution to occur before and while applying some of the core Infoceuticals.

PEMF, and often used together with Vibroacoustic therapy (VAT), have proven to be a successful pathway to a more sensible detoxification approach either as a standalone or as an adjunct modality together with NES therapy.

Remember though, before using PEMF applying a 'primer' to bind the toxins released into the body like magnesium, zeolite, clay, chlorella, modified citrus pectin and activated charcoal will help maximize the therapy.

ADDITIONAL RESOURCES

Watch the videos about various approaches to best support your detox <https://vimeo.com/junevahealth/detox-support> and how PEMF and other methods can help detoxify heavy metals <https://vimeo.com/junevahealth/pemf-to-support-heavy-metal-detox>.