



## CELLULAR DETOX PROTOCOL

### Step 1. Prep Phase (21 Day SP Purification Program)

This is HIGHLY recommended *before* the Body Phase to prepare the tissues (colon, kidneys, liver, and lymph), and clear and reduce inflammation. A one-month body phase is next *before* the Brain Phase.

### Step 2 Body Phase

PRODUCT	DOSAGE	WHY
ACG Glutathione Spray	12 sprays 2x/day	Intracellular antioxidant & detox support nutrient
Vitality Detox drops	10 drops 2x/day	Bind intra and extra cellular toxins
GI detox caps	2 caps before bed(at least 2 hours away from food/pills/spray)	Binds toxins in gut, prevents re-circulation into tissues
Pure Genomics Multivitamin	1 cap daily with food	Cell and nerve detox/methylation

### Step 3 Brain Phase

**Most important phase! Start this after the 1 month BODY PHASE (establishes a tissue concentration gradient), ideally after amalgam fillings removed (not mandatory)**

PRODUCT	DOSAGE
<b>ACG Glutathione spray</b>	12 sprays 2x/day
<b>Vitality Detox Drops</b>	10 drops 2x/day
<b>HM Complex caps</b>	3 caps daily ( divided dosages or all at once)
<b>GI Detox caps</b>	2 caps before bed (2+ hours away from food/pills/sprays)
<b>Pure Genomics Multi</b>	1 cap daily with food

### **BASIC RULES**

1. On Brain phase, most people require 4-5 rounds or more. Take a month off every 3 months if desired.
2. Having trouble? Cut the number of sprays or caps in half. Still having trouble? Cut the dose in half again, or try taking every other day, then increase dose each week to toleration.

3. **Drops and sprays** take under the tongue. Hold 30 seconds before swallowing. Vitality detox drops and ACG glutathione spray taken 2 minutes apart. Vitality detox drops 30 mins away from any Rx medications.

### **VERY IMPORTANT SUGGESTIONS AND TIPS:**

1. Dry sauna therapy. Sweating clears toxins from cells, and exercise moves the lymph. Combine with Lemon or Eucalyptus Essential oil if possible.
2. Epsom salt bath 2x/week. Use 2 cups per tub and soak for 20-30 minutes
3. Try a natural laxative like Smooth Move Tea or Magnesium citrate powder if no consistent 2-3 bowel movements per day.
4. This process is not a race. Removing accumulating toxins in the brain and body may take **months or years**. Most need multiple brain phases. Have patience. This system works.
5. Drink plenty of water! May require 50% or more normal intake. Take extra minerals. **Hawaiian Spirulina** powder (preferred) or Himalayan pink salt (1/4 tsp/day).
6. **Eat more detox foods:** fresh cilantro, parsley, Wild frozen blueberries, apples, dulse, garlic, asparagus, broccoli, kale, radish, celery, sprouts, artichokes, and Hawaiian spirulina.

Vitality Detox Drops

“General suggested use by age”

Age 1-4: 2 drops/sprays 2x/day

Age 5-14: 3-5 drops/sprays 2x/day

Age 15-adult: 15-20 drops/sprays 2x/day

### QUESTIONS AND ANSWERS

1. **What is glutathione and why is it important?** It's our bodies best natural made antioxidant. Functions include detoxification, cell repair and anti aging. Studies show most people are deficient due to toxins, infections, stress, nutrient deficient, aging and genetic snips.
2. **Can children take all products? Are they safe?** For Vitality drops and glutathione spray see “suggested use” above, separate these by two minutes. ½ GI detox cap. Usually children dosage is ½ adult dosage.
3. **I see black or dark green stool color since taking the products, is this normal?** Yes GI detox contains charcoal that causes black stools. Any green is from pyrophillite clay.
4. **What if I'm still constipated?** Use any herbal laxation or magnesium citrate with a dose that works.
5. **Are the products available on your online pharmacy?** Yes! All except the vitality drops, and the SP purification program.
6. **How much detox foods should I eat?** As many as you can easily on a long term basis. Once a week is NOT sufficient.

7. **What if my toxins stay elevated?** It could mean an ongoing toxic exposure, genetic methylation defect, poor compliance, zinc, selenium or sulfur deficiency, no exercise/sweating. Add Quicksilver Liposomal EDTA + R Lipoic Acid 4 oz. Take as directed on bottle.
8. **What else can I do to reduce potentially unknown exposure of chemicals or heavy metals?** Got to [ewg.org](http://ewg.org). Great resource for food, environmental and beauty product sources.

\*These statements have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease.