

DR DANA FLAVIN'S DETOX RECOMMENDATIONS

Heavy metals

- ❖ Zeolite, late at night or early morning with pure filtered water
- ❖ Chlorella or spirulina - can take in tablet form
- ❖ Humic acid and fulvic acid
- ❖ Sauna - follow protocol below

Candida and Mycotoxins

- ❖ Oregano oil capsules - 1 capsule daily
- ❖ Garlic - 3-5 times a week
- ❖ Add more spices and garlic in food

Exercise

- ❖ Helps fight cancer
- ❖ Downregulate cancer blood level growth
- ❖ Clears brain
- ❖ Helps remove toxins
- ❖ Walk 30 minutes twice per day
- ❖ Do any forms of exercise 5 days per week ie; tennis, swimming, jogging, weightlifting, cardio

Organic Foods

- ❖ Will help flush out toxins in body such as green leafy vegetables
- ❖ Brassica vegetables (like cauliflower and broccoli) will help pull out the plastics
- ❖ All organic fresh food helps get pesticides out of the body

Sauna

- ❖ Start 10 mins once per week then build up over time to 2x15 min sessions 3-5 days per week ie; 15 mins in, 10 mins break, 15 mins in

Dandelion tea

- ❖ Herb that fights cancer and detoxes the body

Rosemary

- ❖ Is natural antiviral
- ❖ Add to food
- ❖ Use powders or capsules

Parasites

- ❖ Garlic and wormwood help fight against parasites
- ❖ Wormwood and Nigella Sativa and Cats Claw also help kill parasites
- ❖ Nigella Sativa is also anti cancer
- ❖ Follow a guided supplement protocol and start small and build up over time

Gut Health

- ❖ Eat at least 2 forkfuls of kimchi or sauerkraut 5 days per week

Reverse Osmosis Filter

- ❖ Use for drinking water and cooking water

Air filter

- ❖ Use Air filter in home
- ❖ Add 1 living plant per 100 sqft of living space in home to clean up VOCS and toxins in the air