

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

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