

# THE DETOX MASTERCLASS

## WORKBOOK



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## KEY TAKEAWAYS FOR MODULE 1:

### Why Do We Need to Detox?

#### Dr. Chilkov:

- ▶ We're all exposed to a wide variety of toxins in our environment that we're not biologically designed to deal with.
  - ▶ We have to take control over our health by helping our bodies become more efficient at excreting these toxins.
  - ▶ We need to have all the doorways to detoxification open.
  - ▶ To determine our cancer terrain, we want to look at our genetics, our internal physiology, our internal biosystem (efficiencies & inefficiencies), and the things we're being exposed to externally.
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#### Dr. Conners:

- ▶ We're often exposed to more toxins than our liver can deal with so they get dumped into extra cellular spaces, get inside the cells, and cause problems.
  - ▶ A very common cause of cancer is toxins, pesticides, and heavy metals causing DNA replication of cancer cells.
  - ▶ You need to deal with all the phases of detox so that toxins are cleared out in a healthy way.
  - ▶ Toxins can recirculate in the body if the pathways of elimination are blocked.
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#### Dr. Simmons:

- ▶ We all have a baseline detoxification capability. When we reach our toxic load, we'll start to manifest symptoms of toxic burden and toxic overload.
  - ▶ Symptoms are different for everyone (e.g., brain fog, headaches, weight gain, depression, anxiety, rashes) and can lead to serious diseases such as heart disease, diabetes, and cancer.
  - ▶ Do a survey of your home, workplace, and modes of transportation to identify where toxins are coming from.
  - ▶ Very few of the chemicals we come into contact with have been safety tested.
  - ▶ The key to detoxing is to decrease the amount of toxins coming in and increase the amount going out.
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### Dr. Lodi:

- ▶ A state of health is optimal functioning of the body which is a result of providing all the biological needs.
- ▶ Anything that disrupts these processes is a toxin.
- ▶ Heavy metals go all over the body and turn off metabolism.
- ▶ The microbiome is very intelligent but you have to have the right food to support the microbiota.
- ▶ EMFs block the voltage-gated calcium channels on cells which stops calcium from going into the cells.
- ▶ Glyphosate is everywhere and it destroys the microbiome and directly affects the liver's ability to detoxify.

### My Module 1 Notes:


## KEY TAKEAWAYS FOR MODULE 2:

### How Do We Prepare for a Detox?

#### Dr. Chilkov:

- ▶ Have a plan and a structure for your detox.
  - ▶ Set aside sufficient time to get your mind, body, supplements, foods, and living space ready.
  - ▶ If you're older, a middle-of-the-road approach to detox is better.
  - ▶ Water fasting can be too extreme if you're over 50 or have cancer as it can contribute to sarcopenia (muscle loss).
  - ▶ If you've had chemotherapy you need to be cautious of therapies that are hard on the kidneys.
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#### Dr. Conners:

- ▶ Our body was created to be continually detoxing.
  - ▶ If you are detoxifying correctly, you won't have side effects from the detoxification process.
  - ▶ Detoxing is a lifestyle.
  - ▶ If you're taking care of yourself on a daily basis you'll protect yourself from toxins and keep the pathways of detoxification open.
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#### Dr. Simmons:

- ▶ It's very important to be moving your bowels daily and 2-3 times is better. Constipation is a huge issue.
  - ▶ There are 3 ways to remove toxins from the body: sweating, peeing, and pooping (most important).
  - ▶ Exercise, hydration, and fiber are all necessary for moving the bowels.
  - ▶ Opening up that pathway of elimination (bowel movements) is the most important step before a detoxification process.
  - ▶ If you start feeling a lot of emotion or are feeling exhausted going through the detox, S-L-O-W down.
  - ▶ Allow for self-care and self-kindness as you go through the detoxification process.
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## Dr. Lodi:

- ▶ Most people are so overburdened with toxins that they don't know what it feels like to be non-toxic (including with medications).
- ▶ The first step to prepare for detox is to understand how toxic you are and determine what areas of your environment are contributing to that toxic load.
- ▶ You don't "DO" detox. Detox happens when we stop "toxing" (adding toxins in) and get out of the way and allow nature (the body) to do what it does.
- ▶ The body can't cleanse when it's busy digesting. Stop eating 3-5 hours before going to bed (3 hours in your 30s; 4 hours in your 40s; and 5 hours if you're 50+).

## My Module 2 Notes:


## KEY TAKEAWAYS FOR MODULE 3:

# How Do We Detox Glyphosate and Other Chemicals in Our Food, Air & Water?

### Dr. Chilkov:

- ▶ The key to detoxifying these kinds of newer chemicals is to support the healthy function of the detoxification pathways in the liver, to support the flow of bile, and to support the excretion of toxins through the gut.
  - ▶ There are nutrients that will push these pathways such as methylated B vitamins and micro minerals like zinc, molybdenum, selenium, and magnesium.
  - ▶ Water fasting is not the best way to detoxify modern chemicals because you need to have enough protein to drive enzymes.
  - ▶ You can't detoxify unless you have fiber in your gut to bind to the toxins or you will just reabsorb them.
  - ▶ Simple herbs like dandelion tea, and lymphatic herbs like red clover are helpful, along with lymphatic massage and lymphatic drainage. Dry brush massage or loofahs will stimulate lymphatic flow.
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### Dr. Conners:

- ▶ Medications found in municipal drinking water is another source of chemical exposure.
  - ▶ Anything that you absorb that you don't get rid of becomes a part of you.
  - ▶ The chelators that work for heavy metals will work for these large chemicals as well.
  - ▶ Sweating is key to detoxification. You excrete toxins out through your pores.
  - ▶ Doing a sauna 3x/week is ideal. There are portable zip-up saunas you can purchase for home use.
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### Dr. Simmons:

- ▶ Glyphosate is abundant in our environment and is used universally on genetically modified (GMO) crops.
- ▶ Anything that negatively impacts our microbiome has a significant effect on our health because of the gut's relationship with the immune system.
- ▶ Avoid consuming GMO foods. Eating organic is best. Minimizing the grains you consume will help limit your exposure to glyphosate and other chemicals from cross-contamination.
- ▶ Eating after dark is associated with a number of health detriments. Your biggest meal should be early in the day and have a smaller meal at night before sundown.



- ▶ Fasting the day before, the day of, and the day after chemotherapy led to an increase in survival, a decrease in the side effects of chemotherapy, and an increase in the positive effects of chemotherapy.
- ▶ Have a routine 3 days/week where you do 20 minutes of sweat-inducing exercise and then have a cup of hot water with lemon or ginger or green tea and then either get in a hot bath, do a steam, or do a sauna (Infrared sauna is best).

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### Dr. Lodi:

- ▶ The best way to eliminate pesticides in your diet is to eat organic. Finding local organic farmers, a food co-op, or growing your own food is ideal.
- ▶ A supplement called [Biome Medic](#) helps to get rid of glyphosate and other similar chemicals.
- ▶ For chemical sensitivity, use the homeopathic remedy called [Isopathic Phenolic Rings®](#). You take 10 drops under your tongue 3x/day.
- ▶ You can do a juice cleanse by making fresh vegetable juice. Use celery and/or cucumber as the base to give volume of fluid. Add in greens such as spinach, kale, broccoli and some lemon and green or red apple. If you drink 3 or 4 quarts (litres) per day and don't eat, your bowels will clean out.

### My Module 3 Notes:


## KEY TAKEAWAYS FOR MODULE 4:

# How Do We Detox Candida, Fungus & Mold?

### Dr. Chilkov:

- ▶ Candida is a fungus that can imbalance our large intestine. If you are very immune compromised it can become a systemic disease, which can be life threatening.
  - ▶ One of the best ways to decrease the population of Candida in the gut is to increase the healthy bacteria which compete with the fungus.
  - ▶ Raw garlic and goldenseal are great antifungals.
  - ▶ Most molds love sugar so eat a low-carb, low-sugar diet.
  - ▶ Promoting bile flow helps to detox mycotoxins (toxins from mold). Chelidonium, olive oil, and lemon promote bile flow.
  - ▶ The more analysis you have about the type of toxin you're dealing with, the more precise treatment you can have, and you'll achieve better results.
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### Dr. Conners:

- ▶ Candida can be systemic. You can find Candida infections in different places in the body.
  - ▶ When you're dealing with any biotoxin, you have to kill the biotoxin and then detoxify the endotoxins (the toxins it produced).
  - ▶ When you're dealing with mold, you have to be careful to eliminate any sources of exposure.
  - ▶ If you kill the biotoxins faster than your body can eliminate them, you can end up with a hyperimmune reaction that is more uncomfortable than the disease itself.
  - ▶ Check your intestinal transit time by eating some corn and seeing how long it takes to show up in your stool.
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### Dr. Simmons:

- ▶ Mold is everywhere and mold illness is becoming more prevalent. 25% of people lack the enzymes necessary to clear mold from the body.
- ▶ Don't allow other people to discount or normalize your symptoms if you feel there's something wrong.
- ▶ Mold remediation is different depending on which mold toxin you are exposed to and uses herbs to get rid of the organisms in the body. Slow and low is the key.
- ▶ If you are struggling with depression, chronic pain, have been on diets and can't lose weight, it's often because of a Candida overgrowth in your system.

- ▶ Candida feeds on sugar and changing your diet will have a huge impact. Eat a low-glycemic, high-fiber diet with lots of colorful plant foods.
  - ▶ Fermented foods are good for gut health but be mindful that they don't contain any added sugar.
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### Dr. Lodi:

- ▶ You need to replenish your own microbiota and the best way is to take a good quality probiotic with at least 20 different species.
- ▶ An anti-Candida diet is a healthy diet with lots of vegetables and plant fiber.
- ▶ One of the most important blood tests is fasting insulin and it should be 3 or less. The average American is 12 to 25.
- ▶ If you have a problem with obesity, stop eating all cooked starches.
- ▶ You can take probiotics rectally as well as orally. Bifidobacterium bifidum make a short-chain fatty acid called butyric acid, which is necessary for our colon to live.

### My Module 4 Notes:


## KEY TAKEAWAYS FOR MODULE 5:

# How Do We Detox Negative Emotions & Stress?

### Dr. Chilkov:

- ▶ Any kind of emotional toxicity (e.g., childhood trauma, toxic boss, stressful marriage, chronic depression or anxiety) impacts our immunity in profound ways.
  - ▶ The antidote is being open-hearted and kind to yourself. Don't be a self critic.
  - ▶ It's important to be self-reflective but don't blame yourself if you have cancer or another illness.
  - ▶ Cancer provides an extraordinary opportunity for healing. You can either frame it as suffering or as an opportunity to transform your relationship with yourself, others, and make changes in your life.
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### Dr. Conners:

- ▶ Emotional experiences affect how we think, how we process information, and how our hormones function.
  - ▶ To detox from PTSD and negative emotional experiences we need to rewire those experiences.
  - ▶ Every serious disease and everything that you do to the body has an emotional component.
  - ▶ You need a community of people you can trust who will support you in your healing process.
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### Dr. Simmons:

- ▶ When decreasing your toxic load and increasing the toxins you're eliminating, be sure to include emotional toxins.
  - ▶ It's important to heal these wounds and shine a light on these dark areas.
  - ▶ The use of mushrooms, particularly psilocybin, can help to reframe adverse events.
  - ▶ Be mindful of traumas that are happening daily and cut out harmful relationships wherever you can.
  - ▶ Microdosing can allow for small amounts of healing every single day.
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### Dr. Lodi:

- ▶ The hypothalamus is at the base of the brain and is the master gland.
- ▶ The vagal nerve brings information to the gut and back from the gut to the brain.

- ▶ Serotonin is the daytime hormone that keeps you happy and melatonin is the nighttime hormone. Glyphosate interferes with the tryptophan which is used to produce serotonin and melatonin.
- ▶ A thought is neutral with no physiological response while an emotion has a physiological response.
- ▶ The mind has a profound effect on the body and the ability to heal.
- ▶ Behavioral therapy helps to desensitize while the Eastern method is to learn to shut the mind off through modalities such as meditation.

### My Module 5 Notes:


## KEY TAKEAWAYS FOR MODULE 6:

# How Do We Detox Heavy Metals?

### Dr. Chilkov:

- ▶ The body will sequester heavy metals into tissue, so a blood test alone will not give an accurate picture of the body's heavy metal burden. You have to give the body a chelating agent and see what gets excreted in the urine.
  - ▶ Detox of heavy metals requires robust physiology.
  - ▶ A simple and safe way to detox metals and many other toxins is by using a far infrared sauna 3x/week for 20-30 minutes. Use a binding agent such as clay or zeolite so the metals won't get reabsorbed by your system.
  - ▶ You can do metal detoxification by IV chelation, but you need to take kidney function into consideration.
  - ▶ Elevated copper levels contribute to metastatic cancer and cancer progression.
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### Dr. Conners:

- ▶ Heavy metals are in pesticides and herbicides and we're eating them every day.
  - ▶ They can cross over a cell membrane to get inside of a cell and can also cross the blood-brain barrier.
  - ▶ Keeping the pathways of detoxification clear helps prevent heavy metals from getting into cells in the first place.
  - ▶ Specific chelators that will grab onto heavy metals in the tissues and pull them out include DMSA and EDTA as well as cilantro and modified citrus pectin (MCP).
  - ▶ There are specific product recommendations listed in my book, "[The Seven Phases of Detoxification](#)".
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### Dr. Simmons:

- ▶ Heavy metals are everywhere, including in your mouth if you have metal dental amalgams (fillings). Work with a holistic dentist to have them removed safely.
- ▶ Metals prevent your immune system from operating properly and have a tremendous impact on your mitochondria and your energy.
- ▶ Everyone should test their water to see what's in it (order a test kit from [ewg.org](http://ewg.org)) and filter your water.
- ▶ If you eat fish, you likely have significant heavy metal burden. Decrease the amount of fish & seafood you consume and take a gram of chlorella along with it to help to bind up the metals.
- ▶ Spirulina, zeolite, and cilantro tea are other good ways to detoxify from heavy metals.

### Dr. Lodi:

- ▶ Heavy metals block the enzyme systems.
- ▶ EDTA and DMSA are chelating agents that can be taken orally, rectally, or by IV to grab the metals.
- ▶ Eating lots of vegetables with fiber will help pull out metals. Other excellent foods for detoxing metals are cilantro, alfalfa, parsley, blue green algae, garlic and onions (ideally raw).
- ▶ Doing a detox with clay and psyllium is a good option.
- ▶ For someone who is relatively healthy, do a cleanse and then the Master Detox for 7-10 days. Along with it you can take rectal EDTA at night when you go to sleep, and 500 mg of DMSA 2-3x/week just before sleep.

### My Module 6 Notes:


## KEY TAKEAWAYS FOR MODULE 7:

### How Do We Detox Sugar?

#### Dr. Chilkov:

- ▶ It's insulin (not sugar) that drives cancer growth, so the key is to not trigger insulin production.
  - ▶ Low-glycemic/low-carb/low-sugar diets don't trigger insulin and thus exert a lot of control over cancer.
  - ▶ Cancer cells have abnormal mitochondria. We can stress cancer cells by depriving them of their preferred fuel source of insulin and glucose (sugar) and make them more vulnerable to therapies like chemotherapy and radiation.
  - ▶ Sugar also encourages the growth of bad bacteria, pathogens, parasites, and candida in the gut.
  - ▶ Not consuming any calories (not eating) for 13 hours out of every 24-hour cycle (aka intermittent fasting) will improve immunity dramatically.
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#### Dr. Conners:

- ▶ Sugar is both a toxin and an addictive substance.
  - ▶ If you have diabetes and want to cut out sugar, you need to work with your doctor and closely monitor your glucose and hemoglobin a1c levels.
  - ▶ Start counting your grams of carbohydrates (except vegetables). Start with getting to 50 grams/day and work toward 25 g/day and possibly as low as 15 g/day, depending on your goals.
  - ▶ Work on closing the window of time that you eat each day.
  - ▶ To start small, pick 3 days per week where you can do some type of limited eating (intermittent fasting or time restricted eating).
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#### Dr. Simmons:

- ▶ Sugar addiction in the U.S. eclipses all other types of drug addiction.
- ▶ Most people are living in a pro-inflammatory state that leads to disease, including cancer, Alzheimer's, heart disease, depression, and anxiety.
- ▶ When our brains perceive sweet, our glucose and insulin levels rise which also leads to a rise in IGF-1 (insulin-like growth factor) which is tied to the formation of cancer.
- ▶ No one needs sugar. We get enough glucose to support the body from eating a whole food, plant-based diet.
- ▶ Sugar will inhibit the functioning of your immune system for up to 5 hours after ingestion.



- ▶ The first 3 days of eliminating sugar are the hardest. Once you get it out of your diet you will feel incrementally healthier each day.

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### Dr. Lodi:

- ▶ Pasta, bread, potatoes, cake, and rice all break down in the body into sugar.
- ▶ Begin by cutting out cooked starches or cut down to one serving per day and make it as healthy as possible.
- ▶ Train your tastebuds to enjoy more spicy foods and fewer sweet foods.
- ▶ Put at least 12 hours between your last meal of one day and the first meal of the next day. 16 or 18 hours is even better.

### My Module 7 Notes:


## KEY TAKEAWAYS FOR MODULE 8:

### How Do We Detox Gluten?

#### Dr. Connors:

- ▶ Gluten is the protein gliadin in wheat, spelt, rye, and barley.
  - ▶ If you have damage to the gut wall (Leaky Gut), the protein molecules get into the bloodstream and cause an inflammatory response.
  - ▶ Once you have antibodies to any food, there's a pro-inflammatory reaction every time you eat that food that damages cells.
  - ▶ Any inflammation in the gut from gluten or dairy causes inflammation in the brain. This can cause brain fog and memory problems, sensory issues such as achy joints and early arthritis, and issues with balance, vision, and hearing.
  - ▶ There are tests available to measure antibodies of the peptides of gliadin.
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#### Dr. Simmons:

- ▶ Gluten is in every grain and gives grain and bread its texture. It's also hidden in many foods.
  - ▶ The original wheat was Einkorn wheat that had 14 chromosomes. The Dwarf wheat we consume now in North America (NA) has about 140 chromosomes.
  - ▶ The bread making process in NA is about a 2-hour process. In Europe it's the traditional 48-hour process which allows the gluten in grains to get broken down.
  - ▶ All our bodies see gluten as some degree of toxin because the gluten in our society is a manmade chemical more than a food.
  - ▶ Most people in NA do best by pulling gluten out of their diet. With celiac disease, it's important to remove all grains from your diet. We have no nutritional need for grains.
  - ▶ Gluten-free does not equal healthy unless it's real whole food.
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#### Dr. Lodi:

- ▶ Eat what we were designed to eat: vegetables, fruit, nuts and seeds. Eat a lot of them and a good variety.
- ▶ Humans would not consume grains under natural conditions unless they were sprouted. If we sprout grains, we don't have the problems.
- ▶ If something's going on in your body, it's necessary to maintain homeostasis. Homeostasis is maintaining functional integrity so that your body can continue to function optimally.
- ▶ We all have cancer cells, so we don't want to preferentially feed cancer with high glycemic foods.
- ▶ Thermally modifying (cooking) foods damages them. Eat as close to nature as possible.



## KEY TAKEAWAYS FOR MODULE 9:

### How Do We Detox Parasites?

#### Dr. Chilkov:

- ▶ Parasites are taxing to the immune system. They can make you anemic and cause your mitochondria to be disabled.
  - ▶ Many parasite detoxification therapies are toxic because parasites, like cancer cells, are tough to get rid of.
  - ▶ Use a targeted approach. Understand what type of parasite you have, what will eradicate that parasite, and how to recover from the treatment.
  - ▶ Probiotics, prebiotics, and post-biotics should all be part of a parasite plan to help rebuild the microbiome after treatment.
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#### Dr. Conners:

- ▶ The first step to detoxing from parasites is to kill them.
  - ▶ Whenever you kill an organism (bacteria, virus, parasite), it's broken into pieces which your immune system can react to. You need to go slow so the immune system and detoxification pathways aren't overwhelmed.
  - ▶ There are stool sample labs that can measure gut parasites. Gut parasites will die off and be expelled into the toilet through the stool. Other types of parasites such as the liver fluke get into the body.
  - ▶ Support a healthy gallbladder. Liver flukes and parasites are probably one of the top 3 causes of gallbladder disease and gallstones.
  - ▶ Using some type of parasitic cleanse on a regular basis (e.g., 2x/year) is recommended because many times there are no symptoms of parasitic infection.
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#### Dr. Simmons:

- ▶ Occasional treatment for parasites is a good idea because they are everywhere and almost everyone has them. Many people have had parasites for years and are unaware they're there.
- ▶ Parasites are most active during the full moon cycle, so this is a good time to add anti-parasitic herbs into your routine.
- ▶ Anti-parasitic herbs include black walnut, oregano, berberine, clove, goldentthread, and goldenseal.
- ▶ Work with a practitioner or follow a pre-designed program with someone knowledgeable.

### Dr. Lodi:

- ▶ Almost everybody is walking around with parasites.
- ▶ A parasite that can survive on a plant is not going to make it through our digestive system. But a parasite that lives in an animal (e.g., pig) can easily survive inside us.
- ▶ Two important drugs for treating parasites are Ivermectin and Mebendazole.
- ▶ There are many botanical ways of dealing with parasites because humanity has been around long before the pharmaceutical industry came into being. These include wormwood, oregano oil, black walnut, clove, the different clays, diatomaceous earth, neem, and olive leaf.
- ▶ If you've got a big parasite problem, get rid of them and don't worry about the fact that you're taking a drug to do so.

### My Module 9 Notes:


## KEY TAKEAWAYS FOR MODULE 10:

### How Do We Detox EMFs?

#### Dr. Chilkov:

- ▶ Hormonal cancers (breast, ovarian, endometrial/uterine cancer, prostate, and pancreatic) are deeply influenced by environmental toxic exposures and endocrine (hormonal) disruptors in our environment.
  - ▶ We need to be very careful about what we put on our bodies. The preservatives, additives, colorings, and fragrances in body care products disrupt the signaling of hormones.
  - ▶ Styrofoam and plastics also change hormone signaling. Store your food in glass and don't heat food up in plastic containers.
  - ▶ Search your house for endocrine disruptors, especially if you have children, as their exposure is exponentially higher in a smaller body.
  - ▶ [Integrativecanceranswers.com](http://Integrativecanceranswers.com) is my resource for patients and families whose lives have been touched by cancer.
  - ▶ My [14-day renewal cleanse](#) is a safe cleanse for older patients and patients with cancer histories.
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#### Dr. Conners:

- ▶ EMFs are not a specific chemical that we can grab onto and pull out of our body. It's something we need to protect ourselves from.
  - ▶ A RIFE machine can be very beneficial in helping to heal damage from EMFs.
  - ▶ There are devices that you can use on your cell phone to help decrease EMF exposure, but nothing is perfect except putting yourself inside a Faraday cage.
  - ▶ Take steps such as putting your phone in a type of Faraday case, turning off wifi at night, covering Smart meters, etc. to minimize your exposure to EMFs as much as possible.
  - ▶ The best thing you can do is really recognize the seven phases of detoxification and detox in the proper order.
- 

#### Dr. Simmons:

- ▶ We are surrounded by EMF, the electromagnetic field, and we are ever increasing our toxic burden as we are surrounded by more and more gadgets and devices.
- ▶ To improve your health, get more sunlight, minimize your blue light exposure, track your inside time, figure out how much time you're spending inside every day and have a contest with yourself to get outside more.

- ▶ Minimize the electronics in your bedroom and the electronics that you have on after dark. We are not meant to be exposed to blue light after dark.
- ▶ Wear blue light glasses after dark, don't eat in front of blue light (TV, laptop, etc.), and keep your devices as far from your body as possible.

**Dr. Lodi:**

- ▶ EMF is a new problem here on planet Earth since the start of the 20th century.
- ▶ When our body detoxifies something, we often produce what's called a toxic intermediate. Phase one of liver detox can turn something non-toxic into a toxic intermediate (e.g., dioxin).
- ▶ Molecular hydrogen from machines or pills (such as the [H2 Molecular Hydrogen tablets](#) sold by Dr. Mercola) can be added to water to help with EMF exposure.
- ▶ In a healthy gut, a person who's eating a lot of fiber will produce 10 liters a day or more of hydrogen.
- ▶ Eat the food that the healthy bacteria will like and stop feeding the bad bacteria.
- ▶ Even if you're not willing to change your lifestyle, eat more vegetables to get more cellulose (fiber) into your diet.

## My Module 10 Notes:

# Nathan's Daily Detox Protocol

## MORNING

### Upon awakening, drink ACV tea

- 1 cup of warm filtered water (heated in a kettle or on the stove)
- 1 tablespoon of organic Apple Cider Vinegar (ACV)
- 1 tablespoon of organic raw honey

### After ACV tea, drink a glass of fresh vegetable juice

- 1 cucumber
- 1 stalk of celery
- 1/3 bunch of parsley
- 1/4 bunch of cilantro
- 3 large carrots
- 1 green apple

### After the vegetable juice, drink 1 glass of filtered water

- Take 2 capsules of activated charcoal

## AFTERNOON

### Anytime during the day eat Kimchi, Sauerkraut, or Coconut Yogurt

- Eat 2 forkfuls of organic kimchi or sauerkraut
- Or eat a small bowl of coconut kefir yogurt with fresh berries and nuts/seeds added (Buy a sugar-free brand and add stevia and cinnamon for sweetness if desired)

### Drink 1 cup of Dandelion Detox tea with Ions and Enzymes

(Make your own, or buy "Detox tea" by Yogi brand)

- Take 2 capsules of Digest Gold Enzymes
- Take 1 serving of Ions by Dr. Zach Bush
- Spray 4 sprays of Touchstone Essentials Zeolite into mouth

## EVENING

### Spray Touchstone Essentials Zeolite into mouth

- Right before bed, spray 4 sprays of Touchstone Essentials into mouth

## Important:

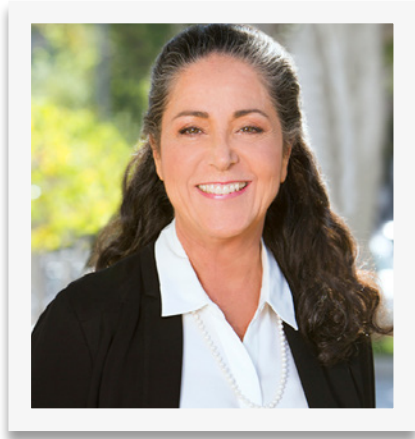
- Throughout the day your diet, exercise, and stress will play a major role in how many toxins your body accumulates or eliminates.
- During the day it is essential to move your body through exercise for at least 1 hour.
- It is essential that you eat 4-5 servings of fresh fruit and berries, and 5-6 servings of fresh vegetables.
- It is ideal that you practice some form of relaxation throughout the day whether through a nap, meditation, or relaxed reading or resting (ideally in the sunshine).
- Pro Tip: Sweat in a sauna for 10-25 minutes 3-5 days per week to help your body detox.

Our AM and PM practices are important for helping our body detox, but just as important is getting rid of the toxic foods, drinks, people, and experiences in our lives that accumulate day in and day out.

The majority of these things are within our control. You can make the changes necessary to heal, and you will feel better, have more energy, be happier, sleep better, and enjoy life more as you commit to this lifestyle!

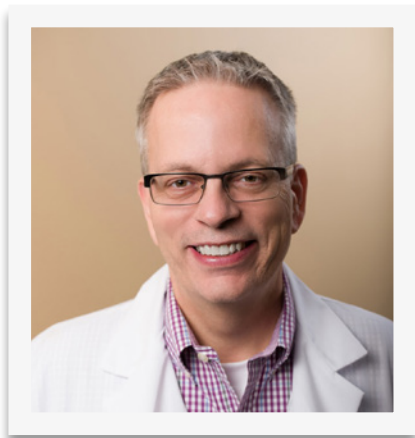


## Meet the Experts



**Dr. Nalini Chilkov, L.A.c, O.M.D.**, combines her diverse training in Traditional Oriental Medicine, Modern Biomedicine and Cell Biology with more than 30 years in private practice. Dr. Chilkov is a respected expert in Collaborative Integrative Cancer Care. She is a seasoned clinician and an innovator, building bridges between modern and traditional healing paradigms and partnering with physicians to provide best outcomes for patients.

Dr. Chilkov has provided her patients with personal and individualized Integrative Care and brings a wealth of wisdom and expertise to her practice. Her clinic is located Santa Monica (Los Angeles), CA, and she teaches health professionals the foundations of Integrative Oncology through her Professional Training Program: [www.aiiore.com](http://www.aiiore.com)



**Dr. Kevin Connors, D.PSc., FICT, FAARFM**, is the Clinic Director at Connors Clinic, an Alternative Cancer Treatment center in St Paul, MN. He graduated with his doctorate from Northwestern Health Sciences University in 1986 and has been studying alternative cancer care for over 18 years. He also holds AMA Fellowships and Board Certifications in Anti-Aging Medicine, Regenerative and Functional Medicine, Botanical Medicine, and is Board Certified in Integrative Cancer Therapy.

Dr. Connors is also certified in Functional Neurology, has had over 300 hours postgraduate study in the Autism Spectrum Disorders, and is trained and certified in Epigenetic Clinical Methylation and Nutrigenomics.

Dr. Connors is a practicing Applied Kinesiologist with an emphasis on Botanical Medicine and Homeopathy. He has written numerous books, including his Amazon Best-Seller “Stop Fighting Cancer and Start Treating the Cause,” all of which are available as a free download at [ConnorsClinic.com/books](http://ConnorsClinic.com/books)



**Dr. Jennifer Simmons, MD**, spent the first 17 years of her career as one of the country's top breast cancer surgeons. Her own experience as a patient with autoimmune disease led her to functional medicine. So enamored with the prospect of preventing and reversing disease rather than masking symptoms, she left her prestigious position in 2019 to start Real Health MD, a functional medicine oasis for those affected by breast cancer.

Her course, My Answer to Breast Cancer™, helps motivated women put their breast cancer diagnosis behind them by providing the tools they need to build health. Dr. Jenn's mission is to educate those affected by breast cancer on the principles of anti-inflammatory living. Her website is [RealHealthMd.com](https://RealHealthMd.com)

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**Dr. Thomas Lodi, MD(H)**, has been practicing medicine for over 34 years. For the first ten years of his medical career, he worked as an internist, urgent care physician, and intensivist in ICU and CCU departments of various hospitals. In New York in 2002, he established one of the first integrative oncology centers and in 2005, founded An Oasis of Healing in Arizona, which is still active. He has been licensed as a Medical Doctor (MD) in the state of New York since 1987 and as a Homeopathic Medical Doctor MD(H) in the State of Arizona since 2002.

Dr. Lodi is a founding member of the International Organization of Integrative Cancer Physicians (IOICP) and an active-allied member of the American Society of Clinical Oncology (ASCO). Since 2012, he has founded and served as the Chief Integrative Oncology Consultant for several cancer centers in Bangkok and Phuket, Thailand, Malaysia, India, Vietnam and Dubai and is currently the founding member and CEO of Oasis International in Phuket, Thailand. His primary website is [anoasisofhealing.com](https://anoasisofhealing.com)

# Nathan Crane

Nathan Crane is a natural health researcher and certified holistic cancer coach. He is an award-winning author, inspirational speaker, Amazon #1 best-selling author and 20x award-winning documentary filmmaker.

Nathan is on the Board of Directors for the Beljanski Foundation, a Non-Profit Conducting Scientific Research into Natural Solutions for Cancer.

Nathan is also the Director of Healing Life, President of the Holistic Leadership Council, Founder of Conquering Cancer, and Director and Producer of the award winning documentary film, Cancer; The Integrative Perspective.



Nathan has received numerous awards including the Accolade 2020 Outstanding Achievement Humanitarian Award, and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

You can receive a Free Download of his bestselling book absolutely free by visiting [BecomingCancerFree.com](https://BecomingCancerFree.com)