

## Six Phases of Detoxification

The body always acts in its own best interests. When a person becomes acutely ill, many uncomfortable and distressing symptoms develop: vomiting, coughing, fever, sneezing, diarrhea, pain, muscle tension, etc. These symptoms arise from vigorous expression of the healing power. The body eliminates waste material from the intestines or lungs because the brain determined that health would be improved by some vigorous spring cleaning. Attempting to suppress such symptoms with drugs makes one sicker, not healthier. There are rare exceptions, such as pneumonia, but this rule holds true 99% of the time.

Drugs and surgery should only be used as a last resorts. Drugs are powerful chemicals all of which have many negative side effects. One hundred changes in body function may follow the use of a drug but only one may be desirable. The ninety-nine unwanted changes are the side effects. Because of the side effects, a healthy person who takes a drug will inevitably get sick because of the side effects. Yet some expect that the same drug will only produce health in a sick person. This is impossible. Drugs do not build health; they suppress symptoms at great cost. Turning off the fire alarm (the symptom) with a drug will not extinguish the fire (the cause of the symptom). Drugs can save lives in some cases, but there is more harm than good 90% of the time drugs are given. These are the basics of health philosophy. Those who do not understand them remain confused with no direction and poor health. But you can learn about health philosophy, take control of your health, and feel much better than you ever imagined possible.

The main focus in any “disease” process is the condition of the body’s terrain. “Disease” only occurs in a toxic terrain: too acidic, low oxygen, corrupted cell membranes. Over the course of approximately 35 years, I have designed a six phase sequence that has proven to be very effective in all illnesses.

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The six phases of the nutritional sequence are:

1. **Phase I:** Detox the liver, intestines, kidney, lymphatics, and restore a healthy microbiome.
2. **Phase II:** Open up the avenues of excretion.
3. **Phase III:** Detox the heavy metals.
4. **Phase IV:** Remove the chemicals especially the herbicide glyphosate.
5. **Phase V:** Reduce the infections.
6. **Phase VI:** Remove the vaccines

**Phase I** deals with cleaning the filter, the liver. The blood of the entire body flows through the liver every three minutes. If the liver cannot pull out and dispose of the toxins through the bile efficiently, then the toxins are recirculated and potentially can get redeposited in various organs and tissues throughout the body.

The thirty feet of our intestines represents 60% to 80% of our immune system. Plus the fact that our intestines have a direct connection to our brain via the lymphatic system and the tenth cranial nerve, the vagus. In my professional opinion, neurodegenerative diseases have been increasing at an alarming rate and I believe one of the main reasons is that our intestines have become extremely toxic due to our environment, poor quality food, water, and air. The intestines must be cleansed, healed, and repopulated with healthy microorganisms. Using special detox formulas will greatly facilitate the cleansing of the liver, lymphatics and kidney.

**Phase II** focuses on opening up the avenues of excretion. This involves testing nine different homeopathic remedies to ascertain which one best matches the needs of the patient. First, the filter is cleaned then the sewage system must be opened to enable the toxins to leave the cells and travel to the organs of detoxification.

**Phase III** deals with removing the heavy metals. The most frequently found ones are mercury, cadmium, lead, arsenic, aluminum, and nickel. Interestingly, if the

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heavy metals are not removed, it is next to impossible to get rid of infections. It appears that the heavy metals impede the function of the immune system. In addition, if the body is deficient in trace minerals (zinc, selenium, manganese, copper, chromium, iodine, indium, molybdenum, iron, and cobalt as part of B12), the body will not let go of the heavy metals. Unfortunately, most people are deficient in trace minerals. A quick check of one's oral pH first thing in the morning will give a good indication of one's mineral reserves. If your oral pH is too acidic (pH below 6.5) then your mineral reserves are low.

**Phase IV** focuses on the removal of all kinds of chemicals especially the herbicide glyphosate. This toxic herbicide is now ubiquitous in our environment and even found in our rain water; it is also a known carcinogen. Not only does glyphosate cause cancer, it causes leaky gut, leaky brain, primary cause for allergies and general inflammation. Contrary to what the Monsanto executives say it is a poison that will wreak havoc on your body.

**Phase V** uses special natural antibiotics to reduce the burden of infections. One must be cognizant of the fact that if the body is burdened with a congested liver, toxic intestines, poorly functioning kidneys, slugged up drainage system (lymphatics), heavy metal contamination, chemical toxins, and a weakened immune system (low functioning thyroid and adrenals) and nutritional deficiencies it is virtually impossible to get rid of infections. It is for this reason taking antibiotics to "kill" pathogens is futile and invariably the infections comes back within two weeks after the antibiotics are stopped. The reason why infections exist is because of a polluted terrain and a weakened immune system.

**Phase VI** deals with the removal of trapped vaccines. This is one area which most conventional and many integrative practitioners are not aware of. The truth is that many patients have childhood vaccines, medications, and toxins trapped in various

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organs and tissues of the body. How do I know. The following case studies verify this fact.

**Phase I Supplements:** Detox the liver, intestines, kidney, lymphatics, and restore a healthy microbiome.

**1. Glutathione:** Highest concentration is in the liver. It binds to and helps move mercury and other heavy metals out of the tissues and functions as a powerful antioxidant and detoxifier. It protects cells from free radicals and oxidative stress and boosts the immune system. Glutathione's strong antioxidant properties make it suitable in cases of cancerous tumors and lipomas. It also helps the liver detox chemicals and other foreign substances from the blood. It is not able to cure cancer, but several studies suggest that the growth of new cancer cells may be reduced. It also helps protect and reduce the incidence of peripheral neuropathy during chemotherapy with cisplatin drugs.

**Note:** I test three different manufacturers of glutathione: Premier Research, Max International, and Quicksilver. There is no one formula that fits all patients. Most of the supplements presented are available from [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/)

**2. C3 Curcumin Complex:** Bolsters your immune system, anti-inflammatory, helps regulate digestion, reduces joint and muscle pain, supports brain health and cognitive function, and aids cardiovascular function. Must be taken with a high quality organic, cold pressed oil like sunflower, safflower, or turmeric oil to increase absorption. [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/) (Designs for Health).

**3. Cataplex B:** (Standard Process Labs) - Supplies the B-complex vitamins to support liver function. Helps balance the autonomic nervous system by stimulating the sympathetics portion. [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/)

**4. Cataplex G:** (Standard Process Labs) - Supplies the lipotropic factors for digesting fats; stimulates the parasympathetic part of the autonomic nervous system. Aids the liver in the detoxification process. [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/)

**5. Milk Thistle:** Assists in regenerating the liver, promotes bile flow, and is a good antioxidant. I use Energetix brand and Designs for Health brand because

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the latter has no alcohol. Possible downside of the Energetix brand is that it has 22-28% ethyl alcohol; patients with candida cannot handle the alcohol.

[www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/)

6. **Liver Chi:** It is an all natural herbal formula to support liver health and detoxification. The herbs in Liver Chi (Bupleurum chinensis, Schizandra chinensis, Smilax glabra) have been used for centuries in traditional Chinese medicine as liver tonics and revered for their detoxification properties.

Available at ICNR, Inc. ([www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/))

7. **Food Grade Diatomaceous Earth:** This product is very effective in killing parasites, absorbing toxins, and scraping the intestinal walls of mucous plaque. Available on Amazon.

8. **Agri-Mectin or IverMectin:** A veterinary product that is safe for humans. Developed by the Japanese and is every effective in killing parasites. Probably the world's most profound anti-viral agent but inexplicably goes unused in the battle against human viral infections, such as COVID-19 coronavirus. Just a single dose of Agri-Mectin abolishes COVID-10 coronavirus in a lab dish. Agri-Mectin works additively with zinc to control viral and bacterial infections.

Dosage: one cc per 100 pounds body weight. Second dose given two weeks later. Available on [www.statelinetack.com](http://www.statelinetack.com).

**Note:** Australia's The Centre for Digestive Disease (CDD) Medical Director Professor Thomas Borody MB, BS, BSc(Med), MD, PhD, DSc, FRACP, FACP, FACG, AGAF, says FDA and TGA approved Ivermectin which he uses regularly in his hospital, has shown positive results for COVID-19.

9. **Serum D3:** It is a pro-hormone. Boosts the immune system, inhibits the replication of cancer cells, and supports the heart. Most cancer patients are deficient. Recommended dosage: 10 drops directly on the tongue upon arising. Contrary to what your physician may say, blood levels for cancer patients should be between 70 - 100 ng/ml. available at: [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/) (Premier Research's Serum D3).

10. **Kaquin Drops:** A liquid probiotic with over 60 different species. Recommend dosage: start with 15 drops in one ounce of spring water upon arising and before bedtime. After two weeks reduce dosage to five drops twice a day. Available from [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

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11. **Bravo Probiotic:** One of the best probiotic yogurts on the market especially for cancer patients. It has 42 microorganisms, colostrum, and GcMAF (glycoprotein macrophage activating factor). It also comes in a non-dairy form.

Available at: [www.bravo-probiotic-yogurt.com/category/bravo-yogurt](http://www.bravo-probiotic-yogurt.com/category/bravo-yogurt)

12. **Ph Balancer:** This product is made with non-GMO and organic whole foods, herbs, and extracts. Contains a complete trace mineral profile. Cancer patients invariably are too acidic. An acid pH lowers the oxygen level of tissues and cancer growth is enhanced. If the body is deficient in trace minerals it will not release the heavy metals. Dosage has to be tested. Available from [www.Mother Earth Labs.com](http://www.MotherEarthLabs.com)

13. **Pure Synergy:** This product is made from sixty organic and wildcrafted herbs, grasses, medicinal mushrooms and minerals. It represents living food.

Chlorophyll is one of the best detoxifiers for the body plus supplies vital nutrients for the body to heal. Dosage has to be tested. Available from [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

14. **Clinicians Preference:** Organic, cold pressed formula that provides an 11:1 ratio of omega 6 to omega 3 oils. A vegetable based oil derived from flax oil, evening primrose oil, pumpkin seed oil, and extra virgin coconut oil. Organic, cold pressed Omega 6 oil is anti-inflammatory and helps rebuild the cell membranes. Omega 6 oil acts as a magnet pulling oxygen into the cell. Cancer cannot survive in a highly oxygenated environment. Dosage has to be tested. Available from [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

15. **Indiumease:** Indium is the 49th metal in the periodic table of elements. It opens up all the endocrine organs enabling them to absorb trace minerals. It also is documented to extend one's life. Dosage: three drops directly on the tongue. No food for 10 minutes after taking it. Available from [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

16. **Zymessence:** The best systemic enzyme on the market today. It is anti-inflammatory, antibacterial, mildly antiviral, dissolves foreign protein in the blood and lymphatics, and breaks down the biofilm surrounding cancers. Dosage has to be tested. Available at [www.drwongessentials.com/zymessence/](http://www.drwongessentials.com/zymessence/).

17. **Kidney Chi:** It is an all natural herbal formula (Centella asiatica, Lygodium japonicum, Rosa laevigata, Smilax china) that can be used to support kidney and

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bladder health. Can be combined with Asparagus Extract, an excellent diuretic agent that helps cleanse the kidney. Dosage has to be tested. Available from [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

18. **AMLA -C:** Highest concentration of any food based vitamin C (made from Indian goose berries). Most vitamin Cs are ascorbic acid which is the antioxidant fraction of vitamin C. Dosage has to be tested. Available at [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

19. **Cordyceps CS4:** It is an adaptogenic mushroom that enables the adrenals to recuperate and function in the resistance stage instead of the exhaustion stage. It is anti-inflammatory, boosts the immune system, increases stamina, and very effective against all forms of cancer. Dosage: three tablespoons per day (for cancer patients). 3 capsules 2x/day Available at [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

20. **Mag O<sub>7</sub>:** Ozonated form of magnesium that releases O<sub>2</sub> breaking down solidified fecal matter in the colon. Removes debris and plaque from intestines and effective against parasites. Dosage: take four capsules before bedtime for one week. If patient is still eliminating chunks at the end of the week, must continue for two or three weeks until all large masses are gone. Available at [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

21. **Liposomal Vitamin C with Lipoic acid:** quenches free radicals, regenerates antioxidants, and alleviates pain. Dosage has to be tested. Available from [www.Quicksilver.com](http://www.Quicksilver.com).

22. **Superoxide Dismutase (SOD):** SOD is an enzyme found in all living cells. It is essential for liver detoxification. Dosage has to be tested. Available at [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

The more years I practice the more conservative I become. My mantra is less is more especially when it comes to supplements. Define the “splinters” or initiators and define the specific supplements to detox them. You will be amazed how fast the body responds.

23. **Kaun Water:** Dr. Robert Lyon patented a water that has four molecules of oxygen. Very effective in passing through corrupted cell membranes. One and half liters per day will raise the oxygen content inhibiting growth of cancer cells. Also recommended are 50 minute baths in a more concentrated form. For

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more information in the USA, please contact Kaqun Wellness Spa Las Vegas - (702) 586-7751. For international locations go to <https://kaqun.eu/hungary>.

24. **Nucleo Immune:** is a nucleotide formula that offers premier immune and rejuvenation support. available at: [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

25. **Iso Pathic Phenolic Rings:** A homeopathic remedy that is very effective in removing glyphosate, which has now been detected in the rain water. Dosage has to be tested. available at: [www.ghsdoc.com/shop/](http://www.ghsdoc.com/shop/).

When the body is permitted to complete the elimination then the toxins will be flushed from the body. Great health simply springs forward when the burden of toxemia is lifted.