Dr. Smith Live

Energy Medicine: The New Frontier

June 4, 2026

Topic: Counteracting Micro Plastics in Your Body

- 12 Steps to reduce accumulation of micro plastics.
- How to combat ingested micro plastics?
- What food supplements will enhance micro plastic detoxification?
- Q & A

With our co-host

Patricia Sihlanick

Time: 07:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

https://us06web.zoom.us/meeting/register/tY20mNhmSBO2qjDUxXXkUw

After registering, you will receive a confirmation email containing information about joining the meeting.

Micro plastics are known to induce severe oxidative stress and inflammation at the cellular level.

Based on the available research, addressing micro plastic accumulation in the body requires a multi-pronged strategy centered on supporting the body's natural detoxification pathways, particularly the liver and digestive tract. There are no single "magic bullet" supplements that directly dissolve plastics, but several compounds show promise in enhancing the body's ability to bind to and eliminate these pervasive toxins.

12 Steps to reduce accumulation of micro plastics?

1. Install a good home water filtration system to reduce exposure. Vitasalus's home system does remove micro plastics from the water. **PureMaster V-Series V-700 and FluorideMaster Combo: $2090 Vitasalus.net**
2. Avoid farm raised fish: they are feed pellets that have micro plastics. Micro plastics contamination in commercial fish meal and feed.
3. Avoid purchasing products in plastic containers.
4. Stop using plastic straws, plastic cups, and plastic utensils.
5. Do not wrap your store bought foods in plastic wrap.
6. Avoid eating large fish: Tuna, shark, swordfish, king mackerel and similar large mackerels, and marlin.
7. Avoid wearing clothing made from synthetic plastic fibers.
8. Avoid commercial toilet paper. Replace with toilet paper made from bamboo.
9. Avoid taking supplements made from plastics.
10. Avoid processed foods.
11. Extended-release medications.
12. Avoid heating foods in plastic containers.

How to combat ingested micro plastics?

Fiber is a primary and critical tool. Emerging research suggests that soluble fiber acts as a "molecular sponge" in the gut, binding to micro plastics and ushering them out of the body before they can infiltrate tissues. This process effectively gives the digestive system a "daily deep clean," preventing the absorption of these contaminants into the bloodstream. A fiber-rich diet, including whole foods like oats, lentils, and avocados, is foundational for this detox mechanism. This is particularly important because micro plastics are now commonly found in human brains, with diet being a primary vector. Since the gut is a major entry point for micro plastics from seafood, supplements, and ultra-processed foods, ensuring efficient elimination is a vital first line of defense.

Glyphosate is known to cause a leaky brain and leaky gut. By healing a leaky gut one can reduce the passage of ingested micro plastics into the bloodstream.

Two supplements have the incredible ability to heal the intestinal lining:

Tri-Butyrin Supreme™ represents a new approach to gut health and immune function — powered by postbiotics.* "Postbiotics" are health-promoting compounds produced by friendly gut microbes when they break down and ferment dietary fiber. This product is also enhanced with black cumin seed oil and medium-chain triglycerides for superior absorption.

EZTrek is a plant-based lipid composition (Medical Food) to help improve inflammation. Once inflammation is reduced, healing accelerates, naturally. **Composition:** all organic flax oil, Evening Primrose oil, Sunflower oil, Pumpkin seed oil and Extra Virgin Coconut oil. Excessive saturated fat will not cause heart disease, but it will unbalance the important delta-6 desaturase pathway and decrease your output of PGE1. PGE1 is critically important since one of its functions is to regulate inflammation in the body and chronic systemic inflammation is an element of many intractable

illnesses. Chronic, long-term inflammation is caused by processed cooking oils.

What food supplements will enhance micro plastic detoxification?

Milk thistle, specifically its active compound silymarin, is a powerful liver-supporting supplement. The liver is the body's primary detoxification organ, and silymarin acts as a "guardian" at the cellular level, preventing toxins like heavy metals and pesticides—which are often co-contaminants with micro plastics—from infiltrating liver cells. Silymarin also boosts the liver's natural antioxidant, glutathione, which is critical for neutralizing the oxidative stress caused by these pollutants. Furthermore, it has anti-inflammatory properties that calm chronic inflammation, a common consequence of toxin overload. Given that microplastics with endocrine-disrupting chemicals have been detected in breastmilk and urine samples, supporting liver function is crucial for processing and eliminating these compounds.

Plant-based minerals and probiotics are also essential. Many individuals are mineral deficient, and these deficiencies hinder the body's ability to perform the 37 trillion chemical reactions necessary for health and detoxification. Plant-based minerals provide the building blocks needed to push out toxins when present in sufficient amounts. A high-quality, non-dairy probiotic is equally vital because 80% of the immune system resides in the digestive tract. A healthy gut microbiome, supported by prebiotic fibers that fuel beneficial bacteria, strengthens the gut lining and reduces inflammation, making it more difficult for toxins to cross into the bloodstream.

Non-dairy probiotics

Sauerkraut — raw/unpasteurized versions contain live cultures
Kimchi, Miso, Tempeh, Kombucha, Water kefir, Pickles — only naturally fermented refrigerated kinds, not vinegar-only shelf pickles.

- *Lactobacillus*
- *Leuconostoc*

- *Bifidobacterium*

Non-dairy probiotic yogurts

Made from coconut, almond, oat, or soy milk:

- Forager Project
- Kite Hill
- Cocojune
- So Delicious Dairy Free
- Siggi's Plant-Based

Non-dairy probiotic supplements

Many capsules are vegan and dairy-free.
Common brands:

- Garden of Life
- Culturelle
- Seed
- MaryRuth Organics
- MegaFood

Omega 6 and 3 fatty acids from clean sources are recommended for their powerful anti-inflammatory properties, which help counteract the systemic inflammation triggered by micro plastic exposure. However, caution is advised, as many fish oil sources contain mercury and other pollutants, and even natural algae and plankton may contain micro plastics. Safer alternatives include squid oil (EPA: eicosapentaenoic acid and DHA: docosahexaenoic acid), which is lower on the food chain and accumulates fewer toxins. Ultimately, the most effective strategy is to reduce your toxic burden by choosing small fish over large predators, opting for powdered supplements or liquid extracts in glass bottles to avoid plastic capsule contamination, and focusing on a whole-food diet to minimize your intake of these pervasive pollutants.

Parent omega 6 and 3 oils will convert to any other forms needed by the body (EPA, DHA, omega 9, etc.) Most oils purchased in a health food store are derivatives and will not convert to other form.

1. Chitosan (Derived from shellfish shells.)

- One 2025 animal study found chitosan increased fecal excretion of micro plastics and reduced intestinal retention.
- Works somewhat like a binding fiber in the gut.

2. Psyllium Husk and High-Fiber Supplements

Research suggests fiber may help trap microplastics in the digestive tract and move them out through stool faster. Human evidence is still limited, but this is considered one of the more plausible approaches.

Best fiber foods/supplements:

- Psyllium husk
- Chia seeds
- Flaxseed
- Oat bran
- Legumes
- Vegetables

Aim for: 25–38 g fiber/day total from food + supplements

4. Chlorella and Spirulina

- Chlorella
- Spirulina

These algae are often studied for binding environmental toxins. Some reviews suggest they *may* help bind harmful compounds and support excretion, though direct human evidence for micro plastics is lacking.

Helpful for Reducing Damage (Not Removing Plastics)

These nutrients may help reduce inflammation and oxidative stress caused by micro plastics:

Antioxidant-Rich Foods

- Berries

- Green tea
- Turmeric
- Dark leafy greens
- Cruciferous vegetables

Key compounds:

- Polyphenols
- Vitamin C
- Vitamin E
- Sulforaphane

Foods Being Studied for Environmental Removal (Not Yet Human Detox)

Okra + Fenugreek Extracts

Researchers found extracts from these plants can trap micro plastics in water extremely well.

However:

- This was water-treatment research,
- not proof they remove plastics from human tissues.

Still, their soluble fibers and mucilage may eventually prove useful.

Astaxanthin, a powerful xanthophyll carotenoid, is one of the most effective natural compounds for neutralizing this damage. Research indicates that astaxanthin has been widely studied for its antioxidant, anti-inflammatory, and immune-enhancing properties, as well as its benefits on DNA repair. This is critical because the damage from micro plastics is largely driven by free radical formation. Supplementation with astaxanthin for just four weeks has been shown to increase blood levels of the master antioxidant glutathione in active young men.

Astaxanthin has a unique molecular structure that allows it to span the cell membrane, protecting both the water-soluble and fat-soluble parts of the cell from oxidative attack. This is particularly relevant for micro plastics,

which can lodge in tissues and cause chronic inflammation. By fortifying cellular integrity, astaxanthin helps prevent the long-term degenerative consequences of this toxic exposure.

Glutathione is the body's primary detoxification agent, and raising its levels is essential for the liver to process and eliminate foreign toxins, including the chemical additives and adhered pollutants found on micro plastics. Supplementing with **NAC** insures a high level of available glutathione.

Zeolite: Micro plastics can be positively, negatively and have a neutral charge. 9Negatively-charged zeolite works like a magnet, trapping positively-charged heavy metals such as lead, mercury, arsenic, cadmium and many other toxins, and carrying them out of the body within hours.
The original nanosized zeolite liquid, Pure Body Extra reaches to a cellular level and using advanced nanosizing, the natural zeolite has a vast surface area to trap and remove toxins from the body.

Garlic has demonstrated clinical effectiveness in treating lead poisoning, appearing as effective as drug therapy. These agents, alongside astaxanthin, help the body bind and excrete toxins. The overall goal is to build a robust biological defense system that operates 24/7, making you resilient against disease. By supporting glutathione production and reducing systemic inflammation, astaxanthin enables the body's own detoxification organs—the liver, kidneys, and lymphatic system—to function optimally in processing and excreting these foreign particles.

Practical Evidence-Based Stack
If you want the most science-aligned approach right now:

1. High-fiber diet
2. Psyllium husk
3. Fermented foods/probiotic
4. Chitosan (if tolerated)
5. Antioxidant-rich foods

6. Filtered water + less plastic exposure

That combination has far more evidence than expensive “micro plastic detox” products currently marketed online.