

Some ways to reduce toxin exposure for your child (and the whole family)

by

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Goal: Keeping the system in balance

toxins in



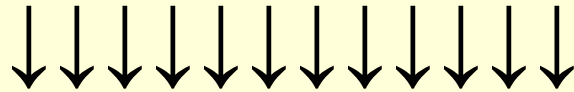
Body load



toxins out

(the reality)

toxins, toxins, toxins, toxins, toxins in



Body load

↓
toxins out

Toxic Burden

Children who become symptomatic with ASD have a high toxic load, such as:

- Lyme neurotoxins and co-infections
- Heavy metals
- emotional burden from the parents
- High EMR exposure
- Pthalates or other environmental toxins (BT)
- High microbial load (molds, parasites, viruses)
- Food allergies, increased intestinal permeability and decreased nutrient absorption
- Sensory overload

This may be why it is one thing (like vaccinations or Lyme exposure) that can be the tipping point into developing symptoms

Mother (up to 2/3rd of body burden passed on to child during gestation and breastfeeding) .

70-80 % of mother's mercury burden from amalgam fillings

*** It is so important to look at your child's history and mom's history to help determine what the biggest obstacles may be (also spend time reviewing your history with your child's doctor)

Easy ways to reduce EMR's

- Use battery clocks near the bed
- Turn off electrical circuit within 3 feet of the bed
- Use beds without metal
- Get rid of cordless phones over 900 MHz
- Open the windows 10 minutes daily to balance positive and negative ions in the house
- Wear natural fibers
- Unplug computers, video games and other electronics when not in use
- No fluorescent lights or compact energy efficient lights (they are linked to neurological d/o and contain mercury)
- Silver coated netting over the bed

Some ways to reduce toxins in the home

- Fragrance-free
- Don't cook in plastic
- Water filter for the bath
- Healthier cleaning products (vinegar is best for molds)
- Clutter-free
- Vacuum daily or remove carpets
- Good quality air filter (Nikken, Austin Air, Eye Q Air)- Use with circulation of a fan
- No ozone air cleaners
- Use no VOC paints
- Hidden areas of mold: stuffed toys, any porous materials you can't physically wash
- Keep humidity in the house less than 50% (dust mites grow in higher humidity)
- Bedding should be aired out since it retains humidity
- Exposing 1 hour of sunlight to porous materials reduces dust mites by 80%
- Stainless steel or ceramic coated cast-iron pans

Emotional Burden and Stress

guilt

resentment

family dynamics/ lack of family understanding

numerous therapies

diagnosis of autism

negative thoughts

parental emotional burden and communication

exhaustion of caretakers

worry/fear/doubt

finances

secrecy

(includes emotions from when your child was conceived and before birth)

- Kids are sponges...picking up so much from the environment around them
- Several even say their child is psychic or highly intuitive

The relationship of unresolved psycho-emotional issues and mercury toxicity

- It is known that mercury deposits are very body compartment specific: in one person it may deposit in the nervous system, in another in the joints or fascia, in another in the kidneys, etc.
- We found that tissues that have been traumatized become deposition places
- We also found that organs and tissues that hold unresolved emotions become the site of mercury contamination

Working on stress

- Get a support system
- Explain to people around you that this is biological and NOT a behavioral condition
- Communicate with your spouse
- Communicate with your child's teachers
- Breathe/meditate/journal/tap/exercise
- Envision your child improving
- Create a time for yourself
- POSITIVE THINKING

Psyche

- Kids understand more than they let on
- Create a fun and non-stressful environment if possible
- Let them know what you are doing before you do it (schedules and routines help)
- If you are stressed, they will be anxious (work on your own energy)
- If the family and parents have obvious stressors or emotional issues, work on them also
- Make the kids feel included in the process (including siblings)
- Let your child know when you are prescribing a product that might be uncomfortable or yucky, why you are doing it and for how long

Sensory Overload

- TV/DVD
- noise and sound
- video games
- Visual
- Olfactory
- light at night (battery operated red light in bedroom)

- Go spend a few quiet moments in your child's bedroom especially
- Also step back for a moment and observe all of the places your child spends time:
 - school
 - play areas
 - car
 - therapist's office
 - other

Smell

- No fragrance in the home (perfume, room sprays, plug-ins, candles, dryer sheets and detergent, soaps...)
- No smoking near your child
- allow fresh air into the home regularly
- Change air filters on heaters/AC
- Ask company to respect the “no perfume” rule

Visual Overload

- Clean up clutter in the bedroom and play areas
- Keep to one project or task at a time
- Use simple visual cues to indicate needs
- Look for fluorescent lighting and get rid of it
- Try to limit use of DVD's/TV/Computer

Sound/Auditory Overload

- No TV or radio at night or in the background
- Listen for odd noises in the sleeping area (try to get it quiet in the bedroom)
- Be clear when you speak
- Keep a quiet time for doing school or therapy work to help focus

Good food choices

- Sugar options: agave, xylitol, honey, stevia
- Drink clean water
- High ORAC foods (good antioxidants)
- Organic, non-GMO (possible bacterotoxin and neurotransmitter inhibitor)
- Fermented foods
- Fresh vegetables and fruits
- Limited dyes and preservatives
- Grass-fed meats without hormones/antibiotics
- Seek out food (not junk) to replace gluten and cassein
- Ghee
- Good fats (avocado, olive oil, flax...)

Reducing exposure to mercury and other heavy metals

- **Environmental**
 - 1977-2002 increase in environmental Hg 3–5 fold (UNEP,2002)
 - 1790-1990 increase of environmental Hg 20 fold, in fish at least 1000 fold (Bender 2002 Mercury Policy Project,USA)
- **Vaccines**
 - **Thimerosal** (ethyl-mercury thiosalicylate) from vaccines, Rh-prevention (Rhogam), other medications
 - Synergistic toxic effect with **Aluminum** and other vaccine preservatives
- **Amalgam fillings**

Environmental mercury and toxic metal reduction

- choose organic foods
- filter drinking and bath water
- look for nearby coal plants or crematoriums
- look in your child's play areas (treated wood has arsenic, sand boxes often have several contaminants, imported toys can have lead...)
- vacuum regularly and use a good quality air filter in the bedroom

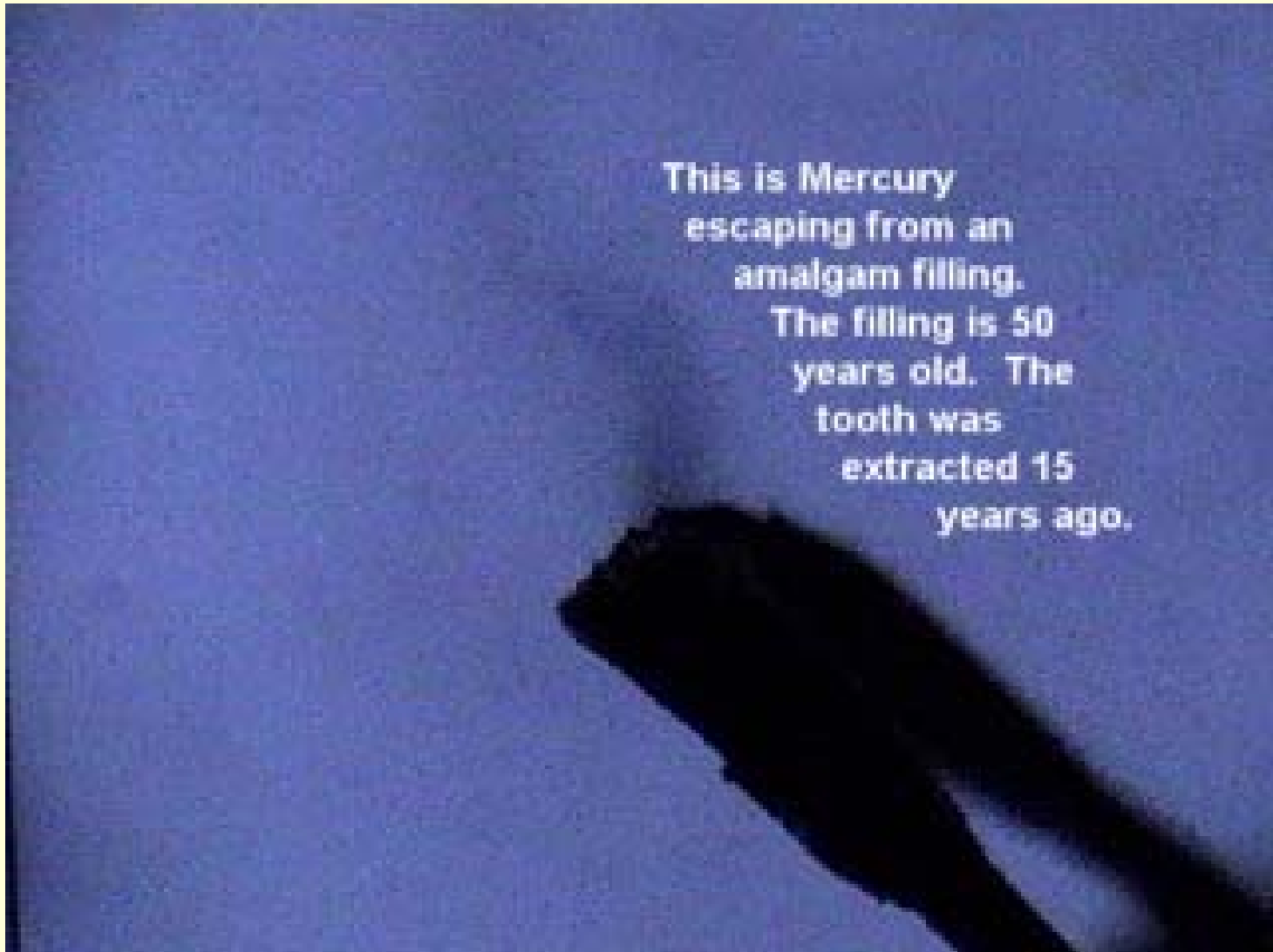
Reducing Vaccine Burden

- Never give Tylenol as preparation or for a fever after (it reduces glutathione production and makes thimerosal more difficult to clear from the body)
- Never vaccinate while your child is ill (runny nose, fever, diarrhea, hay fever)
- Try not to give more than one vaccine at a time
- The MMR can be given in individual components
- Double check that vaccines are Thimerosal-free
- No flu shots if possible
- Fever support: cool bath, homeopathics (Belladonna, Zicam, any combo sold for colds/flu)
- The younger a child is, the more vulnerable his/her neurologic system is to the toxins
- Resources:
 - Stephanie Cave's book (available at this conference)
 - www.mercola.com (has a link for vaccine requirements in your state)
 - We are trying to filter through several websites and vaccine schedules to post some good links on www.THRiiiVE.com
 - Find a DAN! Doctor or a pediatrician you trust who can have an open conversation with you about your options

Amalgams/Dental suggestions

- Find a biological dentist who is already aware that mercury-containing amalgams are dangerous!
(www.iabdm.org International Academy of Biological Dentistry and Medicine)
- Use non-fluoride toothpaste (better options contain xylitol)
- Ask for composite fillings
- Sterilize the toothbrush (hydrogen peroxide and water)
- Use a tongue scraper
- Teach good dental hygiene from the beginning
- Be cautious with enzymes and flavored vitamins sitting in the mouth

Mercury outgases from amalgam fillings for a long, long time. Up to 80% ends up in the CNS



Favorites for Heavy Metal Detox

Clear the excretory organs first, before chelating the brain

- Remember: Lyme infections deplete minerals (esp. Mg) and treating infections helps to restore mineral balance. Also, detox of metals helps to fight off all infections.
- **DMPS**- detoxes the kidneys, more specific for mercury and might remove mold or Lyme mycotoxins
- **DMSA**- detoxes the liver and suppositories are tolerated better (less yeast flare)
- **EDTA**- Suppositories in rotation has worked well, more specific for lead (Detoxamin)
- **Transdermals** can be effective to bypass the gut
- Dr. Neubranders **mB12** protocol (www.drneubranders.com) options are also nasal spray or sublinguals like Beyond B12
- **BioPure Chlorella pyrenoidosa** or **CGF Chlorella** (the CGF chlorella is often tolerated better when you first start)
- **Modifilan** or **BioPure Ecklonia Cava** - (brown algae that binds metals, improve circulation, boosts stem cell production and helps to balance hormones)- Start with 2 daily and work up to 6

Favorites for Heavy Metal Detox

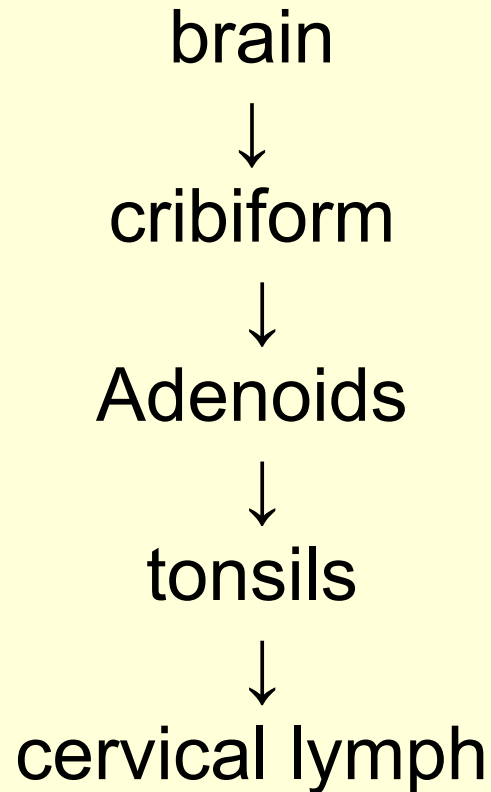
- **BioPure CGF liquid**- a good mobilizer and early intervention
- BioPure **Cilantro tincture** or **Nutramedix Parsley Detox** (orally up to 10 drops in hot water or topically along the lymph and kidneys)
- **Multi-minerals** (especially on the non-chelating days...liquid forms seem easiest to absorb and tolerate)
- **Ion Cleanse or Toxaway foot bath**- turns on the kidney detox and pulls from the lymph
- **Phospholipid Exchange** (small daily doses like 0.5-1 tsp daily in kids)- contains alpha lipoic, magnesium, EDTA and phospholipids
- **BioPure Matrix Metals**- a good mobilizer
- **Greens** and **vit C** help to flush the body and protect you

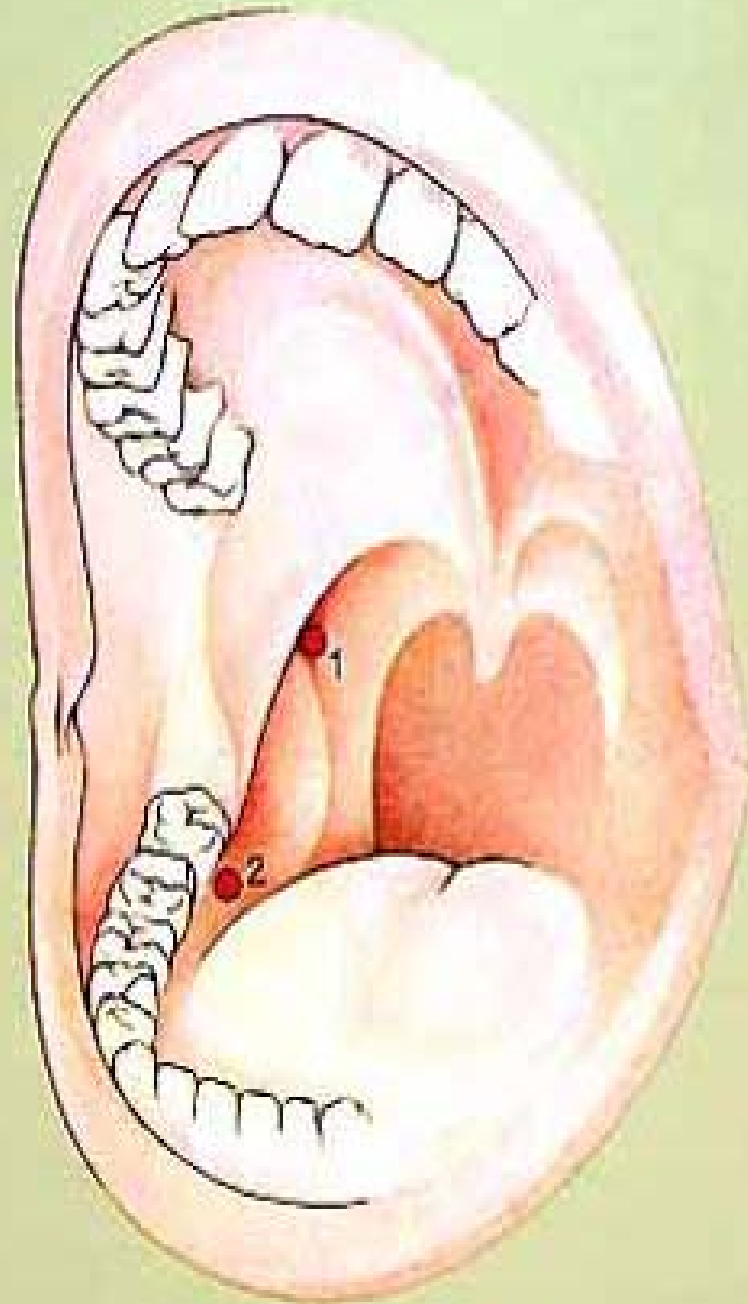
Tonsils/Biotoxins

- Chronically infected **tonsils** are often a major contributing problem in brain inflammation/autism/autoimmunity
- Degenerated tonsils often house multiple bacterial and viral colonies and produce potent brain neurotoxins
- Strep related brain autoimmunity symptoms in autism: verbal stims, repetitive, ritualistic, obsessive-compulsive
- Be prepared that currently ENT doctors often do not believe that tonsil infections are problematic - and resist performing a tonsillectomy

The Tonsils

Congestion in this area due to chronic infection is common and leads to back-up of lymph flow and detox out of the brain





Treating the tonsils

(these are also treatments for chronic strep)

- **Pleo Not, Pleo San Strep** and/or **Pleo San Pseu** (5 drops BID-TID for 6 weeks to treat acute infection, followed with **Pleo Sancom** for up to 1 year)
- Reduce **food allergens**, especially dairy
- **Lymph drainage** remedies like Heel's Lymphomyosot, Lymph Stim Liqueescence or Transformation Enzyme's L-Drain are helpful
- Manual Lymph drainage or a **rebounder**

Treating the tonsils

- **Laser** treatments to stimulate lymph drainage
- Get an **air filter**, **wash bedding** and **vacuum** the bedroom
- **BioPure Rizol oils** topically to the submandibular area
- Heel **tonsilla compositum**- 1 vial orally 1-2 times each week for 1 year or more
- If persistent ear infections or sore throats occur, do not delay in having an EENT evaluation for consideration of **tonsillectomy**

Treating the tonsils

- Dental hygiene/Tongue scraper
- Salt water gargle
- Neti pot
- No dairy, and reduce other food allergens
- **Regenerative cryotherapy** (www.kryopraxis.de)
- It may also be necessary to have the bite evaluated for **occlusal problems** disrupting lymph flow (easy first step is a night guard or braces)

Physical Exam

- Feel for swollen lymph nodes
- Look for allergic shiners (thyroid, food allergies)
- Look for discoloration around the mouth (often a sign of parasites)
- Feel skin texture, especially on the back of the arms (vit A, EFA's)
- Look where your child carries his/her weight
- Pupil dilation or brown spots in the iris
- Rashes or streaks
- Sock lines
- Skin color (gray, yellow)
- Growth curve patterns

Clinical signs of Lyme

- HA
- Noise/light/smell sensitivity
- Vulnerable to viruses
- Fatigue
- Thyroid problems
- Anxiety
- OCD
- GERD
- Low exercise tolerance
- Joint pains
- Fibromyalgia

Clinical signs of Babesia

- Night sweats
- Odd behaviors around the full moon
- Waking at 3-4 am every night
- Rapid cycles of symptoms

Clinical signs of other co-infections

- Stretch marks
- Lumpy feeling just under the skin
- Others...

My favorite non-prescription Lyme treatments...

Always suspect Lyme when your child is not responding to typical chelation and DAN! Protocols

Do testing 6-8 weeks after doing the appropriate Lyme protocol

- To reduce the virulence of co-infections, it has been my preference to start treatments with more broad spectrum herbs, then switch to prescription antibiotics if needed
- **Rizol oils** (ozonated essential oils)- great for stubborn parasites and skin ailments and difficult to treat infections- these can be used orally, topically or in a neti pot
- **Cat's Claw/Samento** (in water or juice with electrolytes)
If tinctures are not tolerated, I like Raintree Nutritionals Cat's Claw

My favorite non-prescription Lyme treatments...

- **Andrographis paniculata**- protective against neurodegeneration and excreted rapidly via the kidneys- tinctures taste horrible, but work well. The pill versions are tolerated better and may even have some cyst-busting effects
- Nutramedix Enula- Adults needing up to 30 drops BID for 3-4 months (Babesia)
- **Colloidal Silver**- dosage varies with the product
- Researched Nutritionals **Transfer Factor LymPlus** or **Transfer Factor RMM**- 1-4 daily

My favorite non-prescription Lyme treatments...

- **Polygonum cuspidatum** (aka **Japanese Knotweed**)- Increases brain microcirculation and decreases autoimmunity- especially useful when there are some neuropathies- sugg product is Source Naturals Resveratrol
- **Stephania Root** tincture- great for associated viral issues, free radical scavenger, ↑ vascular permeability, decreases inflammation (corticosteroid-like in effectiveness)
- **Artemesia**- pulsed for Babesia and parasites
- Nutramedix Cumanda- particularly good if there are joint issues

Clinical signs of parasites

- Rashes on the chest or neck
- Discoloration around the mouth
- Males often have risky behaviors
- Aggravations around the full moon (bloating, irritation, etc)
- Pimples on the head within the hair

(newer stool test from Metametrix uses a DNA probe for better sensitivity)

My favorites for treating parasites

(the most difficult to lab test, but the first thing to treat)

- BioPure organic freeze dried **garlic**
- **Rizol oils**
- **Artemisia** pulsed in high doses 3 days on every 2-3 weeks
- Vermox/**Mebendazole** (100mg BID * 3days, then repeat after 3 weeks)
- **Biltricide** (600mg TID for one day then repeat in 2-3 weeks)
- **Alinia** (dose varies)- 20 day protocol is great for Babesia
- **YES Herbal liquid**
- It seems to be very effective to follow prescription parasite medications with **homeopathic support**

Clinical signs of yeast/fungus

- Gas and bloating
- Lower abdomen is resistant to weight loss
- Kids- high pitched squealing, silly , flushed cheeks and stimming
- White coating on the tongue
- Brain fog and fatigue
- Vaginal or anal irritation/itching/redness
- Headaches
- Weakness/ fatigue
- Sugar cravings
- Stinky BM's
- Light sensitivity
- Rashes
- Memory loss or concentration difficulties
- Joint pain and morning stiffness
- Shortness of breath
- Sinus congestion
- Numbness and tingling
- Skin sensitivity
- Muscle aches and pains

Treating Fungal Issues

- **Diflucan** (Fluconazole) for 1-3 months continuous (this also helps to address the Lyme issue)- it is also inexpensive now
- **Rizol Gamma-** oral, topical or rectal
- **Amphotericin B** (250mg BID oral dosing for 6 weeks)
- **Brainchild Nutritionals yeast rotation**
- **Probiotics** (like Klaire Therbiotic Complete, VSL#3, Custom Probiotics or BioImmersion Beta Glucan probiotic to stimulate gut immunity)

Treating Fungal Issues

- **Saccharomyces (Florastor)**- DAN! protocols now say to use up to 9 daily!!!
- **Grapefruit Seed Extract**- (hint: it hides best in grapefruit juice)
- **Candicid Forte** (herbal blend without garlic)
- **Nystatin** for 1-3 months or longer (wimpy)
- For external yeast-related irritation, keep area clean and dry, apply clay-based powder like Magick Baby and clean area with diluted vinegar wash (www.magickbotanicals.com)

Clinical signs of viruses

- Hot and soft tissue in the forehead repeatedly
- Tinnitus and noise sensitivity
- Fatigue
- Elevated WBC's when symptoms get worse
- Enlarged lymph nodes
- Cold sores or canker sores

Treating Viruses

- **Vitamin A** (some are using up to 400,000IU daily for 2 days every 6 months)- Dr. J. McCandless
- **Monolaurin** or **Lauricidin** (especially if ASD symptoms become worse after a cold or flu)
- **Olive leaf** (I prefer a tincture mixed with **Gingko**)
- **LDM-100** (rash often occurs around day 7-9)
- **Rizol Zeta** (new research is very exciting)
- **Ambrotose**- up to about 3 scoops daily

Treating Viruses

- **Valtrex** (my last resort)
- Researched Nutritionals **Transfer Factor LymPlus, Multi-Immune or Transfer Factor RMM**
- **Echinacea** short term
- **BioPure Stephania**
- **NF Thymactiv**

LDM-100

- **LDM-100** (*Lomatium dissectum*) by Barlow Herbals-
www.barlowherbal.com
- Current buzz is that it can cause a healing detox reaction to measles
- Effects:
 - anti-viral
 - anti-fungal
 - anti-bacterial
- Organic herb used by Native Americans for 100+ years to treat:
 - cold/flu/TB
 - topically to all wounds
 - rheumatic pains
 - all respiratory tract infections

LDM-100

- Side Effects:
 - most common is a rash day 7-9 (isolates don't cause this, but likely are not as effective)
 - 1-2% of healthy population, up to 90% ASD
 - rash looks just like measles (but no fever and kids seem pretty happy)
 - it is not thought to be an allergy, since the rash only occurs once and there is no airway difficulty
- Positive effects:
 - you don't build immunity to it and can take for months
 - energetically, kids are clearing viruses
 - huge leaps in verbal skills
 - general immune support

LDM-100

- Doses:
 - Start slow and build up
 - Kids: 3-4 drops 4-6 times daily (max I have seen is 1 tsp 3 times daily)
- Cautions:
 - Slow down or even pause if rash occurs
 - The rash may indicate a benzene issue (Cowden theory...consider LED first)
 - Timing with school, since the rash looks scary and contagious
 - I don't find this to be a 1st line anti-viral (do vit A, monolaurin, EFA's or olive leaf 1st)
 - Start to get metals under control 1st
 - The rash is NOT an indicator of effectiveness

Exciting new treatments...

- NT Factor and other mitochondrial support
- Valkion
- Boyd Haley's OSR chelator
- Red and green clays (www.reversingautism.org)
- Bitter orange
- MMS
- Salmon or PEO oils
- L-Dopa (0.5mg/kg BW in divided doses)
- Biofilm protocols

Herx Support (die off management)

- Chlorella
- Vit C in frequent doses
- Fluids
- Exercise
- Epsom salt or clay baths
- Have a BM (mag, C, prunes...)
- Fiber/clay
- Charcoal
- Cholestyramine
- Proteolytic enzymes
- Chelators
- Nutramedix Burbur detox
- Liquid minerals
- Coffee enema/colonic
- Cholestepure
- Sun/fresh air/stretching

Supporting the Kidneys

This organ is an absolute must to support if you are chelating metals!!!

- **Renelix** by Pekana
- **M Water**
- **Unda 243**
- **BioPure Matrix Electrolytes** added to all fluids
- **Burdock** or **Dandelion** tea
- Nestmann **Solidago** tincture
- **Acupuncture/ Neural therapy**
- **K-Drain** by Transformation Enzymes
- **Emergen C** added to liquids
- Tapping on K27 whenever taking supplements
- Cilantro rubbed topically over the kidneys

Function of the liver

- Detoxifies chemicals, drugs, hormones, etc.
- Stores vitamins (A,D,E,K,B's), iron & copper
- Manufactures clotting factors & transport proteins
- Produces bile & cholesterol (for steroid hormones)
- Houses many immune cells & filters blood
- Metabolizes proteins & synthesizes amino acids
- Converts amino acids to glucose (gluconeogenesis)
- Converts glucose to glycogen & glycogen to glucose
- Metabolizes fatty acids for energy
- Synthesizes lipoproteins & phospholipids
- Produces glutathione to bind heavy metals, etc.

Liver Support

(Suspect this is needed when the bowels are sluggish and your child is not tolerating any medications and is sensitive to most supplements and foods)

- **Dandelion Root**
- **Ultrathistle** (milk thistle product that is easier to absorb)
- **Liver Life** by BioRay (www.bioray2000.com)
- **Castor oil packs** over the liver with heat for up to 50 minutes daily
- **Coffee enemas**, especially when Herxing (not on very young children)
- Ensuring regular bowel movements
- Treating candida/yeast
- **Pleo Rec** topical over the liver or **Pekana Hepatica** orally
- Neural therapy with Heel **Hepar compositum** or **Hepeel**
- **Phosphatidyl Choline** and **Glutathione**
- Designs for Health **PaleoCleanse** or **Amino D-tox**

Gut Biofilm

(information provided based on research of Dr. Anju Usman)

- Resistant strains of bacteria and yeast produce a polysaccharide matrix (aka biofilm) to protect them from the surrounding environment
- This may explain why several kids are having normal looking stool cultures, but have great responses to anti-fungals and regress when discontinuing them
- It is essentially a layer that encompasses the organisms we are trying to treat, making it very difficult to treat the infections without needing doses so high that would harm our children
- The biofilm essentially hides these infections from our immune system

Gut Biofilm

- The biofilm has a negative charge and is held together by molecules with a positive charge (like calcium, magnesium and iron)
- This layer also contains several different heavy metals
- This biofilm also prevents the normal flora (like acidophilus) from thriving
- The biofilm progresses when sIgA levels are low

Children who may benefit from the biofilm protocol

- Those with persistent dysbiosis
- Those with other evidence of gut pain
- Those with resistant Strep infections
- My thoughts-
Those with resistant Lyme

Gut Biofilm Protocol

(in development by Dr. Anju Usman)

This can be repeated twice daily

- **Step 1- Lysis and Detachment of the Biofilm**
Use enzymes and/or chelators on an empty stomach to “punch holes” in the biofilm
- **Step 2- Target the Microbe**
30-60 minutes later take antimicrobials (Lyme, yeast, bacterial treatments)
- **Step 3- Clean Up the Mess**
1-2 hours later (or at night) take toxin binders
- **Step 4- Rebuild**
probiotics, fermented foods, vitamins

Gut Biofilm Enzymes

- **Enzymes:** The specific enzymes to break down the biofilm are **still a work in progress**. The key component so far seems to be xylanase, but we are still figuring it out.

Some products being used:

- **SPS 30** by Theramedix (www.theramedix.net)
- **Mucostop** by Enzymedica (www.enzymedica.com)
- **Apple cider vinegar**
- **Others** we are trying with Lyme treatments are Lumbrokinase, Rechts regulat, serrapeptase...

Gut Biofilm Chelators

- There is some controversy on this and you should not add any chelators without close supervision and awareness by your practitioner (advantage is that oral EDTA is poorly absorbed, so most of it stays in the digestive tract where we want it)
- Current protocols use oral sodium or magnesium EDTA in powder or capsule form (www.wonderlabs.com is inexpensive)
Studies on Vancomycin-resistant staph infections showed effectiveness when combined with oral EDTA
- Another option is BioPure Phospholipid Exchange at ½-1 teaspoon per dose
- Other oral chelators could be helpful as well

Gut Biofilm Toxin Binders

these are the same things to take when herxing

- Fiber (caution with psyllium)
- Chitosan (caution with shellfish allergy)
- Clays
- Zeolites
- Chlorella
- Modifilan
- Apple pectin
- Butyrate
- Bentonite
- Activated Charcoal (especially if killing yeast)

Biofilm protocol precautions

- You can release ammonia quickly (watch the kidneys)
- Not everyone tolerates the enzymes
 - consider yucca, butyrate, BH4, ...
- You can wake up the immune system quickly and get ↑↑↑ inflammation, fevers, diarrhea, rashes, Herx...
- You can release heavy metals (aluminum, lead) that must be bound up to prevent redistribution
- Start **SLOW** and work up gradually

Natural anti-inflammatories

(consider these when kids become stimmy and agitated)

- Bromelain
- Quercetin
- Hesperidin
- Curcumin
- Turmeric
- EFA's

Hypercoagulation (aka “sticky” blood)

- May see elevated platelets, abnl PT, increased fibrinogen
- Best test is from Hemex Labs (ISAC panel)
- Key is to take the following treatments *AWAY* from food
- Non-heparin treatments that work well: (adult doses)
 - Boluoke-** up to 3 daily
 - Nattokinase-** up to 3 daily
 - Lumbrokinase-** up to 3 daily
 - Rechts Regulat-** 1 Tablespoon twice daily
 - Wobenzym N-** starting at 4 twice daily and increasing
 - Vitalzym X-** starting at 4 twice daily and increasing
 - Serrapeptase-** see Dr. Cowden’s presentation

General Detox Support

- Dr. Neubrander's **methylcobalamin** s.c. injection protocol or nasal spray (www.drneubrander.com)
- Designs for Health **Amino D-tox** and **PaleoCleanse** (great overall detox support)
- **Greens**
- Epsom salt, clay and/or baking soda **baths**
- **Castor oil packs**
- **exercise**
- **Avoiding food allergens**
- **Valkion**
- **HBOT/Lymph Drainage**

General Detox Support

- **Magnesium, B6, zinc**
- Heel **coenzyme compositum** s.c. 1x/week to turn on ATP production
- Always have a **toxin binder** on board
- BioImmersion **Blueberry** (neuroregenerative)
- Plenty of **antioxidants**
- **Essential Fatty Acids**
- Getting plenty of **liquids**

General Detox Support, cont.

- **Probiotics** in high doses
- Pause during a crisis and provide support (especially for gut and kidneys)
- **detox foot pads**
- **Dr. Cowden's Laser Detox (LED)**
- **IR Sauna** (but make sure to stay well hydrated)
- Keep bowels moving (magnesium products often work well)
- **BioBuilde** amino acids that act as collagen and protein building blocks (pre-digested for max absorption)

Essential Fatty Acids

- Most of us are using some form of fish oil in fairly high doses
- Parent and teacher feedback has been consistent with ADD/ADHD especially
- This is one supplement that I notice most kids crave
- Essential fatty acids are important for proper nervous system function and brain development
- But, we may be able to do more....

Parent Essential Oils (PEO's)

- www.brianpeskin.com offers the latest research
- **PEO's are:**
 - unadulterated forms of essential fats that occur in nature
 - include LA (omega 6) and ALA (omega 3)
 - when consumed, the body keeps 95% in the parent form
 - fish oils are high in EPA and DHA, which are actually non-essential derivatives of parent oils (may actually overdose us with derivatives)
 - best ratios appear to be close to 1:1, vs. higher in omega 3's as we once thought
 - they are not made by the body, so we must get them in foods or supplements
 - obtained from a single plant that has not been crossbred

Parent Essential Oils (PEO's)

- **Benefits of PEO's:**
 - allow oxygen to reach cells
 - each cell is surrounded by a membrane that is 50% fat
 - the unsaturated portion of that membrane helps the inside of the cell absorb oxygen
 - getting oxygen into the cell can help to fight all intracellular infections (this is essentially what we are trying to do with HBOT)

Supplements containing PEO's

- YES parent essential oil caps and liquid (pumpkin, EPO, safflower, sunflower, flax and coconut oils)

www.yes-supplements.com

- this is the product Brian Peskin endorses and the one we are having nice results with so far

- Jarrow brand Omega Nutrition Essential Balance Organic Oil (flax, pumpkin, sunflower, olive oils)

www.jarrow.com

- nice thing is it comes in black HDPE plastic to prevent oxidation and they also make a butterscotch flavor junior formula

Remember:

Kids are healing every day!!!