

HOW TO **DETOXIFY**

- HEAVY METALS,
- MOULD TOXINS
- PLASTIC COMPOUNDS
- HORMONE METABOLITES
- HERBICIDES AND PESTICIDES

WITHOUT THE RISK OF
REABSORBING ALL THESE
TOXINS IN THE GI TRACT

WHILE SUPPORTING YOUR DETOX
PATHWAYS IN THE PROCESS



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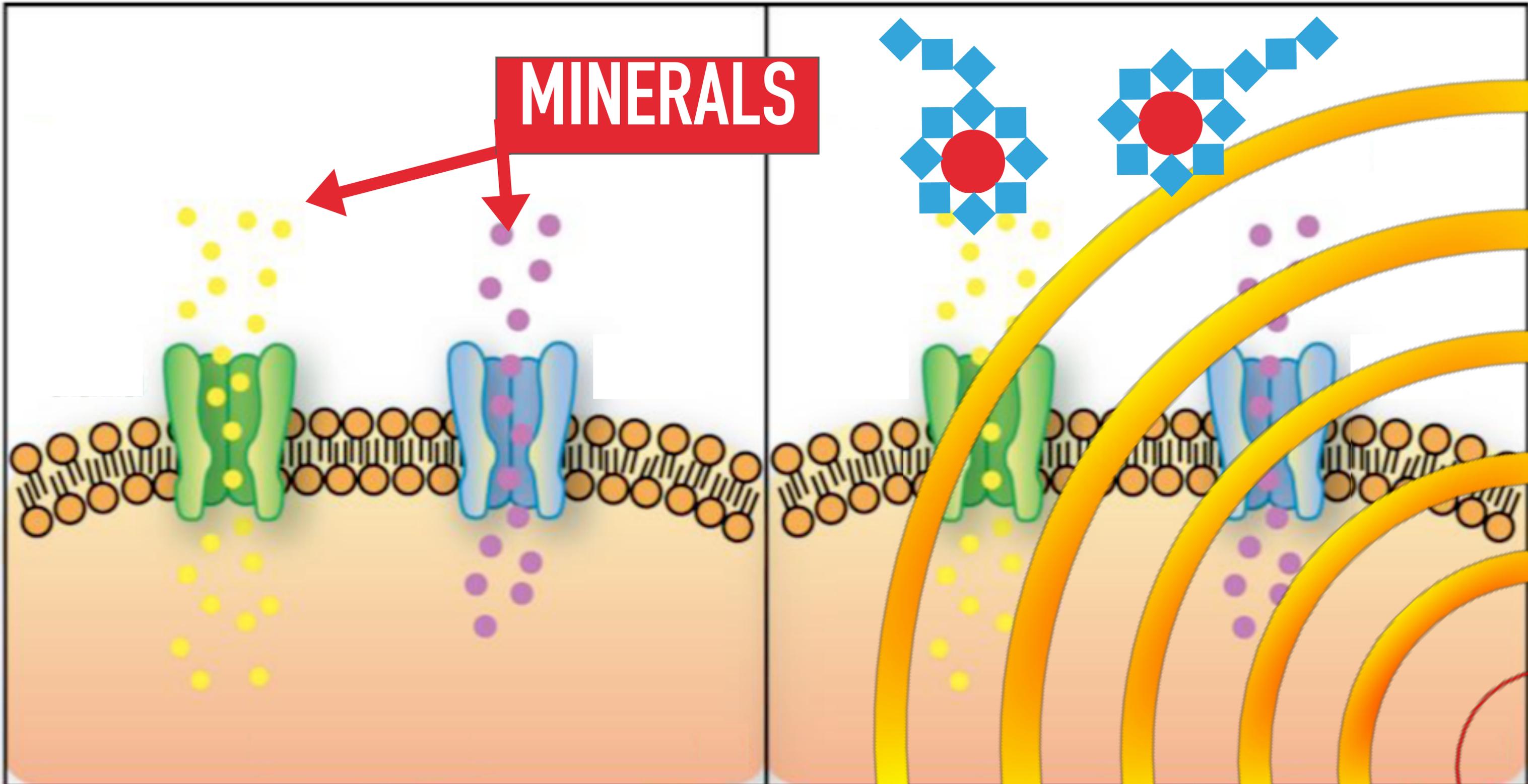
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PULSED ELECTRO MAGNETIC FIELD

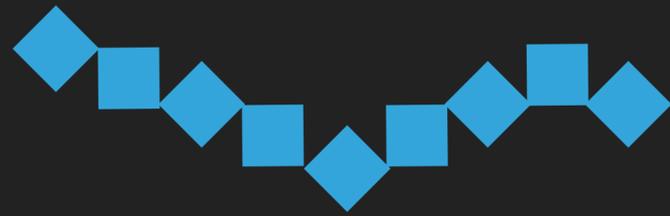
- ▶ SHAKES LOOSE HEAVY METALS
- ▶ CLEARS ION CHANNELS
- ▶ ALLOWS THE CELL TO BREATHE
- ▶ INCREASES NUTRIENT UPTAKE
- ▶ INCREASES OXYGEN SUPPLY
- ▶ INCREASES DETOXIFICATION
- ▶ INCREASES ATP PRODUCTION



MINERALS



HEAVY METAL DETOX BINDERS



- ▶ MAGNETIC CLAY / EDIBLE CLAY
- ▶ ZEOLITE / ACZ Spray
- ▶ MODIFIED CITRUS PECTIN
- ▶ CHLORELLA
- ▶ ACTIVATED CHARCOAL



PURE
DETOX CLAY



ACZnano®
Advanced Cellular Zeolite

SUPPLEMENTATION

LIVER SUPPORT

BINDERS

- Clay - bath - edible
- Zeolite
- FIR Sauna
- Chlorella
- Modified Citrus P.
- Activated Charcoal

- Eat an Anti-inflammatory Diet
- Eat bitter foods and green leafy vegetables
- Choose Organic Crops and Grass-Fed, Cage-Free and Wild Animal Foods
- B vitamins, Zinc, Selenium
- Use Liver-Boosting Supplements
 - Milk thistle
 - Holy basil
 - Dandelion root
- Reduce Stress
- Move Your Body More



The levels of toxins are increasing daily and taking a toll on our detoxification system.

- **Lead** in toys
- **Mercury** in fish
- Smog in the air
- **Pollutants** in rivers and lakes
- **Pharmaceuticals** in the water supply
- **Pesticides** and synthetic chemicals in food....

We are exposed to a cocktail of heavy metals and other toxins in our environment.

It has been demonstrated that a singular toxin might not cause major damage but the compounding factor of toxins increases its toxicity manifold.

LD 1 + LD 1 = Lethal Dose 100

These compounding factors are the main reason for most chronic diseases.

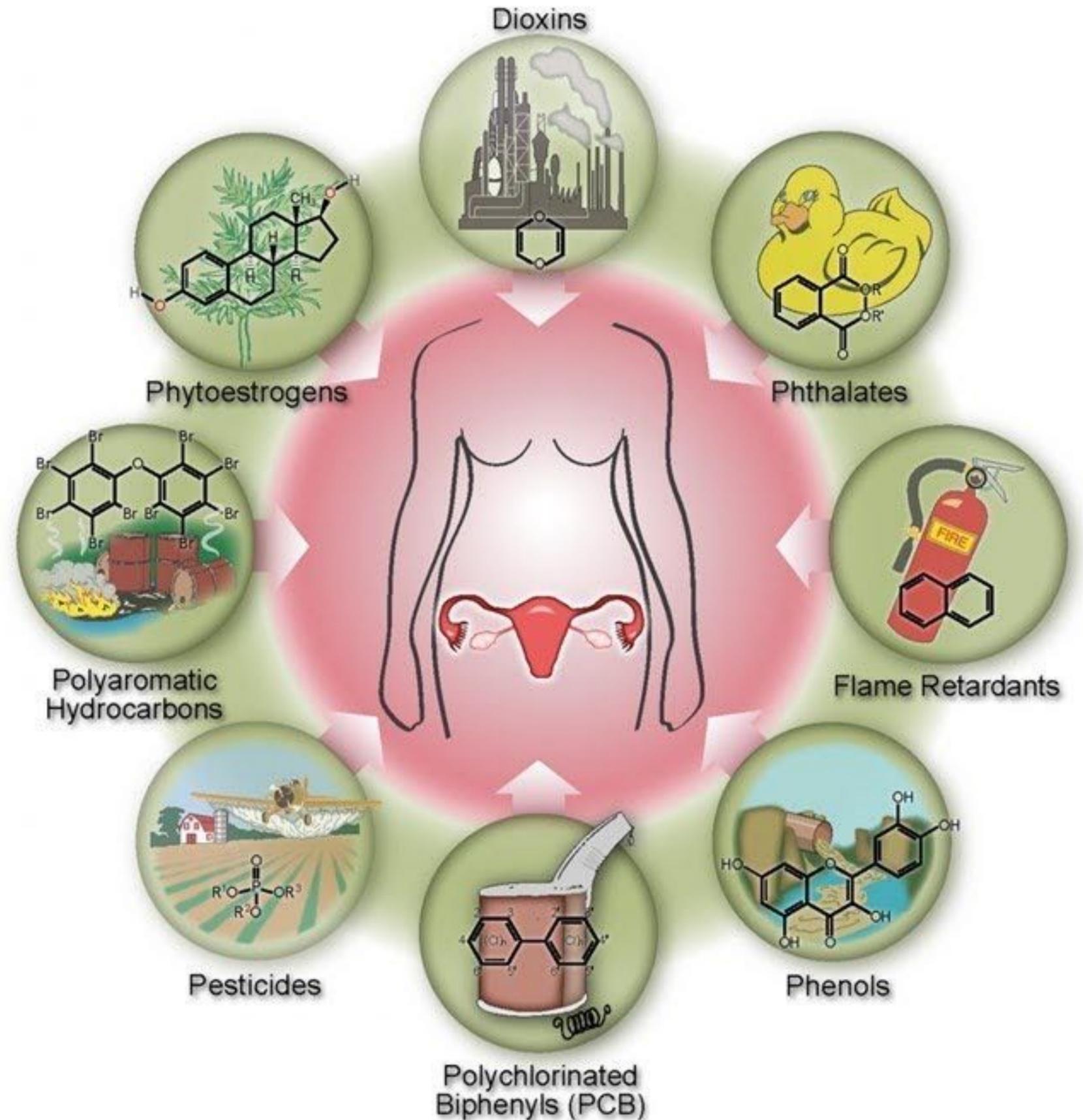
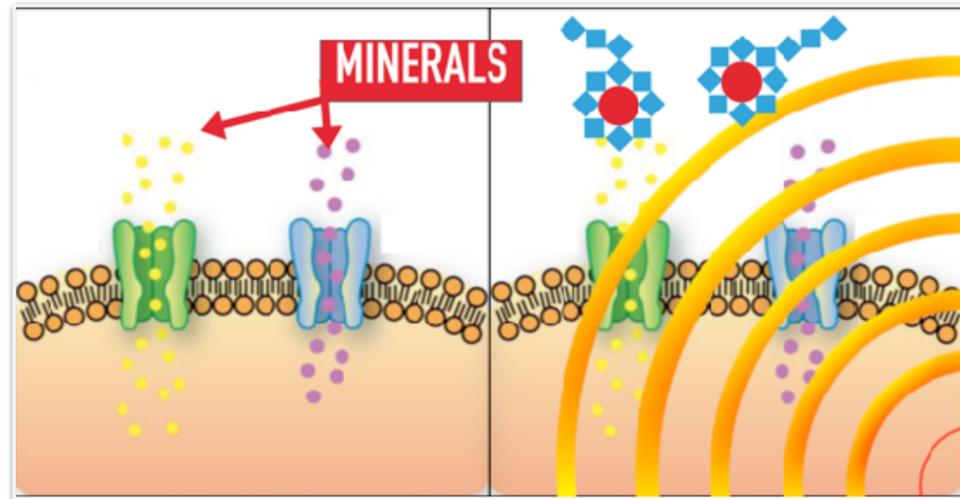


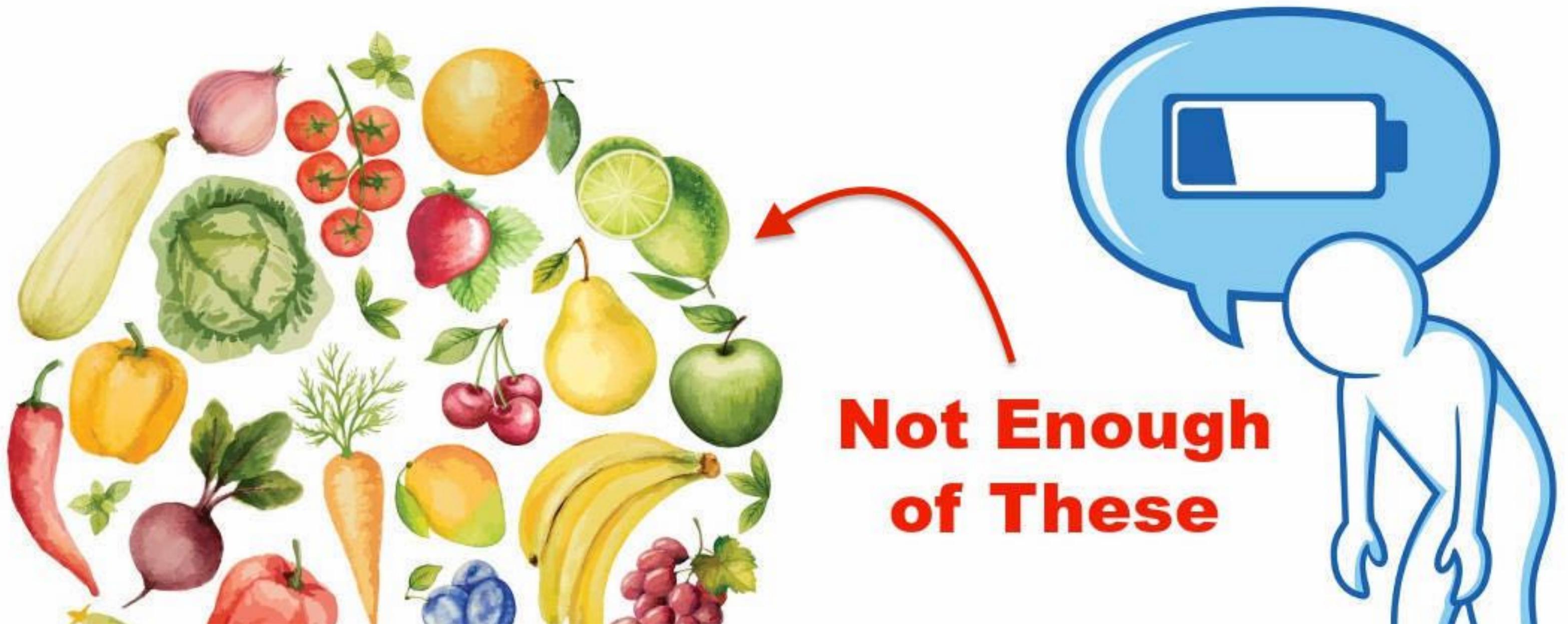


Man-made substances (pharmaceuticals, dioxin, dioxin-like compounds, polychlorinated biphenyls, DDT and other pesticides, plasticisers such as bisphenol A, B, C...) work as endocrine disrupting chemicals.

They are found in everyday products including plastic bottles, metal food cans, detergents, flame retardants, food, toys, cosmetics...

Endocrine disrupting chemicals can lead to overstimulation by blocking receptors and therefore interfere with the normal function of our hormones.





Our detoxification system requires many co-factors and nutrients to effectively eliminate toxins without causing any harm.

If our bodies are nutrient depleted, diet is poor, or we suffer from malabsorption or gastrointestinal issues our detoxification system will be ineffective.

Signs & symptoms of an overloaded detoxification system:

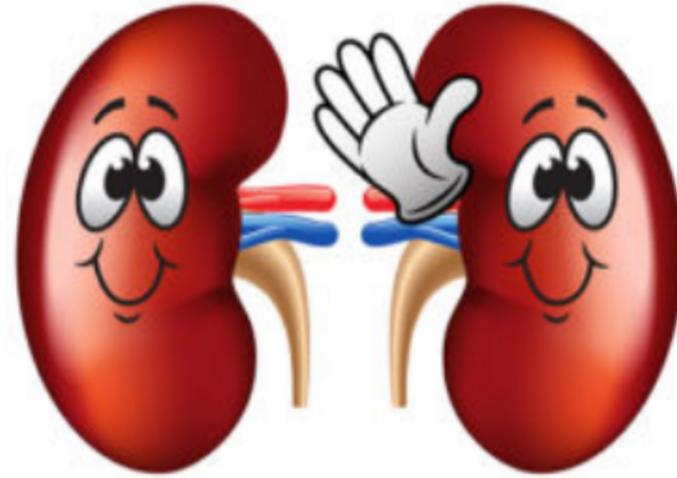
- Lethargy / fatigue (especially upon waking)
- Headaches or migraines with nausea
- Yellowish colouring to white of the eyes
- Bruising very easily (capillary fragility)
- Muscle ache, stiffness of joints, rheumatism worse in morning
- White or yellow coated tongue, bad breath
- Unclear skin, like acne or boils & some rashes
- Intolerance to alcohol & chemical sensitivity (e.g. to perfumes)
- Fluid retention and/or congested lymph glands or sinuses
- Dark circles under the eyes or puffiness around eyes
- Excessive body fat and high LDL cholesterol, fatty liver and gall stones
- Digestive complaints, such as bloating and fullness
- Constipation - less than seven bowel motions a week
- Poor concentration and memory, hyperactivity, Attention Deficit Disorder
- Poor physical balance and fine motor skills, hand tremors
- Tendency to negative thinking/feeling- moody – as in a hangover

HOW DO WE

DETOXIFY?



LIVER



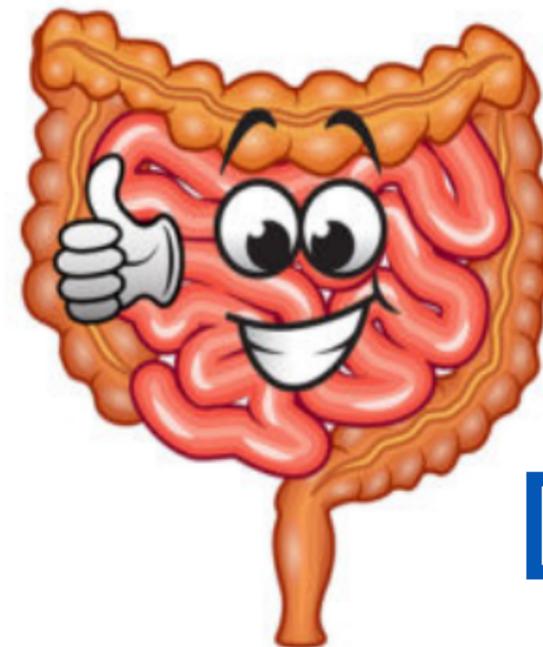
KIDNEYS



LUNGS



SKIN



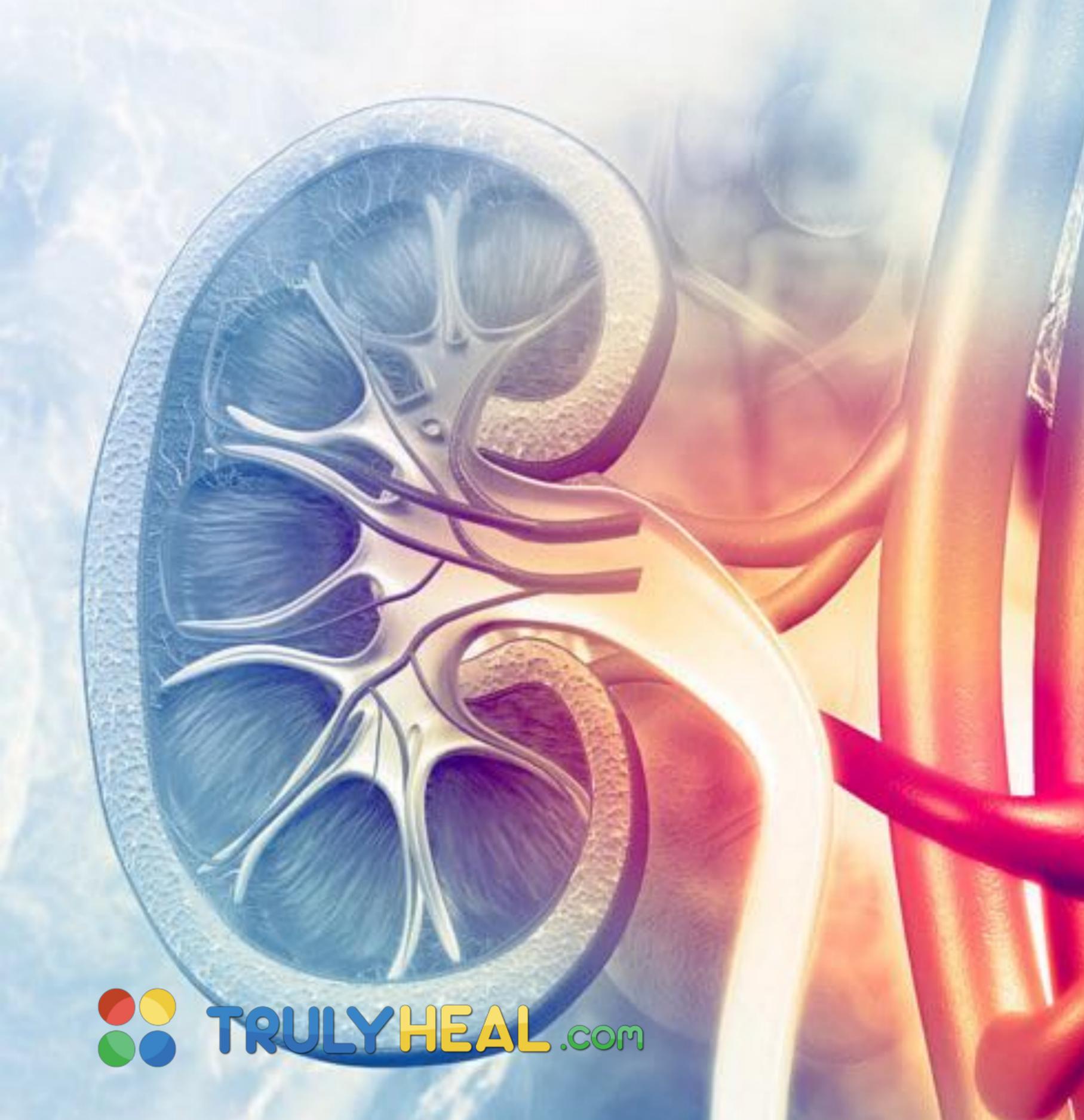
DIGESTIVE SYSTEM

The **skin** detoxifies by first of building a barrier for toxins to enter and then using sweat to eliminate them.

- Sweating through sauna,
- Skin brushing,
- Exfoliating,
- Clay baths or clay masks
- Poultices

are all helpful in supporting the skin to get rid of toxins.





The **kidneys** detoxify by secreting toxins or filtering toxins out of the blood into the urine. They are part of the so called Phase 3 detoxification system.

The kidneys can be supported by:

- Drinking at least 2 litres of water
- Certain herbal teas such as dandelion and nettle
- Foods which are high in antioxidants such as cranberries and blueberries.

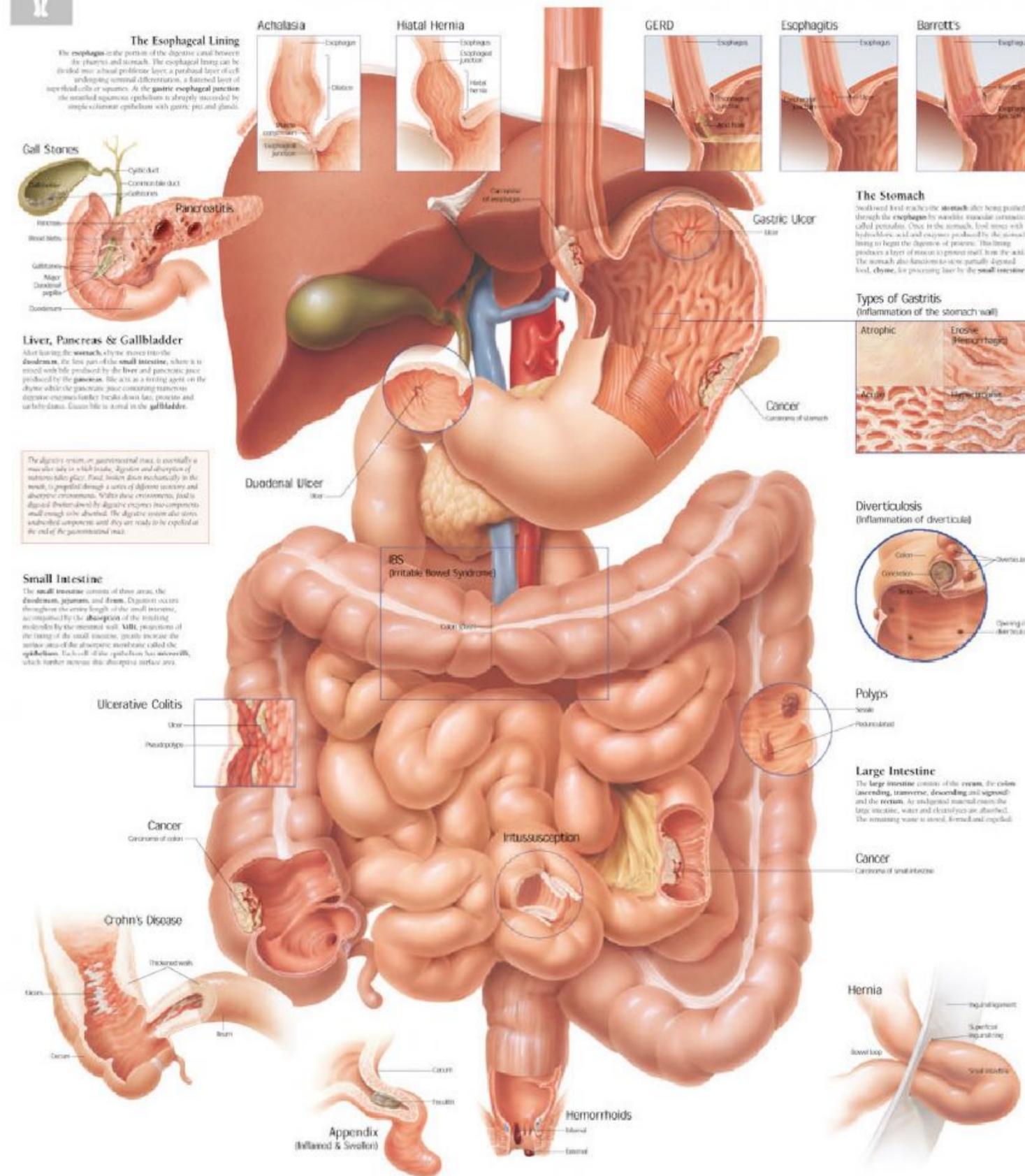


Diseases of the Digestive System

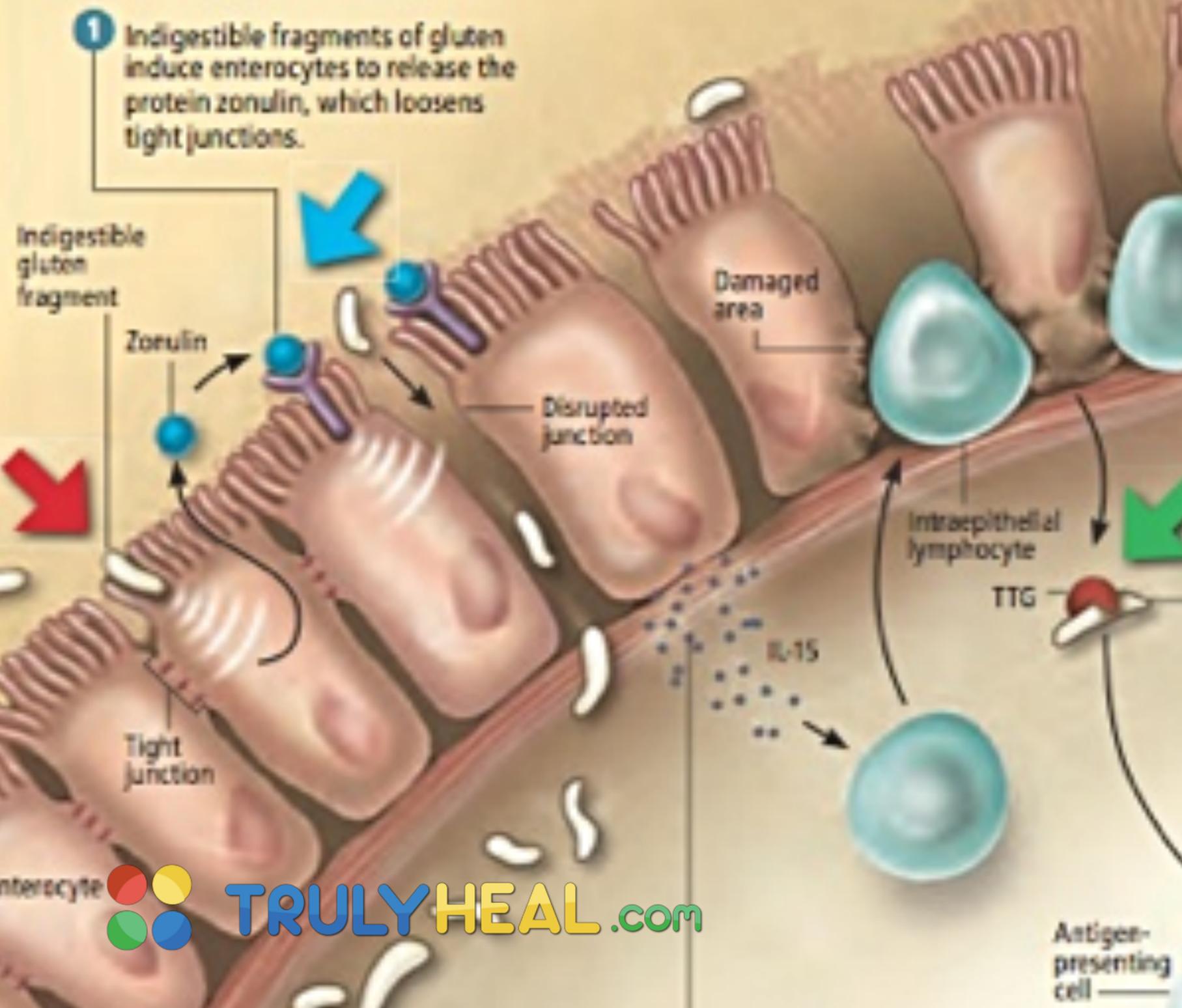
The **digestive system** plays an important role in detoxification.

It is estimated that 25% of detoxification processes occur within gastrointestinal lining.

These cells carry out both phase 1 (via the action of CYP450 enzymes) and phase 3 (via antiporter protein action) in an attempt to reduce the passage of non-metabolised xenobiotics to the internal environment.



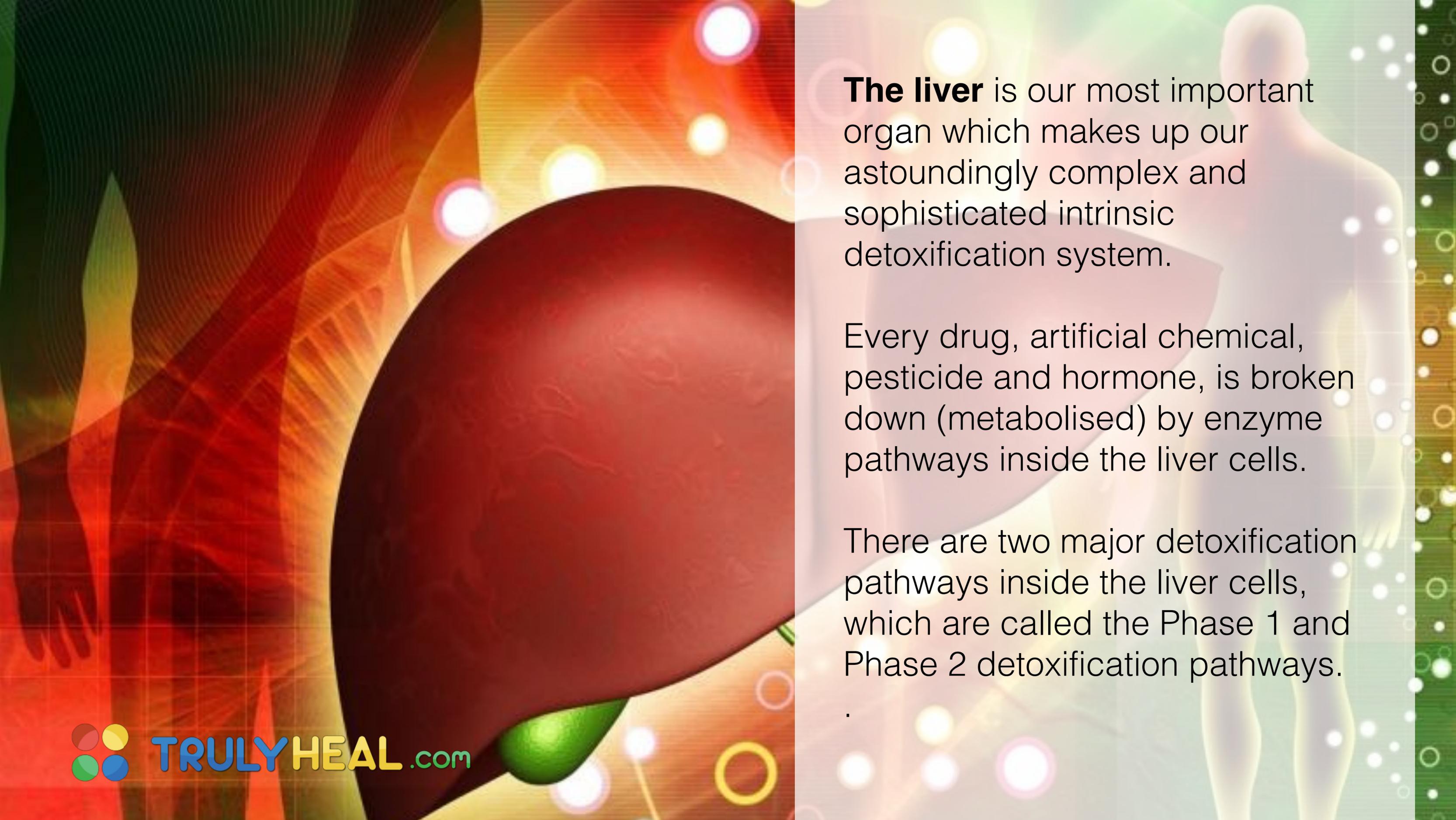
Investigators do not know every detail of how the immune system wreaks havoc with the intestinal lining of celiac patients, but they have identified a number of likely processes (below). Colored arrows indicate events that might be blocked by interventions now being investigated (see table on opposite page).



Our gastrointestinal system cells are a part of our detoxification process as they facilitate the clearance of both external and internal derived toxins.

Poor intestinal integrity as seen in Leaky Gut can cause an inflammatory cascade due to the passage (leakage) of unwanted bigger molecules into the blood stream.

This consequently depletes glutathione (our major anti-oxidant)



The liver is our most important organ which makes up our astoundingly complex and sophisticated intrinsic detoxification system.

Every drug, artificial chemical, pesticide and hormone, is broken down (metabolised) by enzyme pathways inside the liver cells.

There are two major detoxification pathways inside the liver cells, which are called the Phase 1 and Phase 2 detoxification pathways.

FAT-SOLUBLE TOXINS

Phase 1

(Cytochrome P450 Enzymes)

- Oxidation
- Reduction
- Hydrolysis
- Hydration
- Dehalogenation

Nutrients Needed

- Vitamins B2, B3, B6, B12
- Folic Acid
- Glutathione
- Flavonoids

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PHASE 1 Detoxification pathway is catalysed by enzymes referred to as the cytochrome P450 enzyme group.

Cytochrome P450 enzymes converts a toxic chemical into a less harmful chemical.

This is achieved by various chemical reactions (such as oxidation, reduction and hydrolysis). During this process free radicals are produced which, if excessive, can damage the liver cells.

- Methionine
- Vitamin B5, B12
- Glutamine
- Cysteine
- Vitamin C
- Folic Acid
- Malic Acid
- Choline
- Glutathione
- Taurine

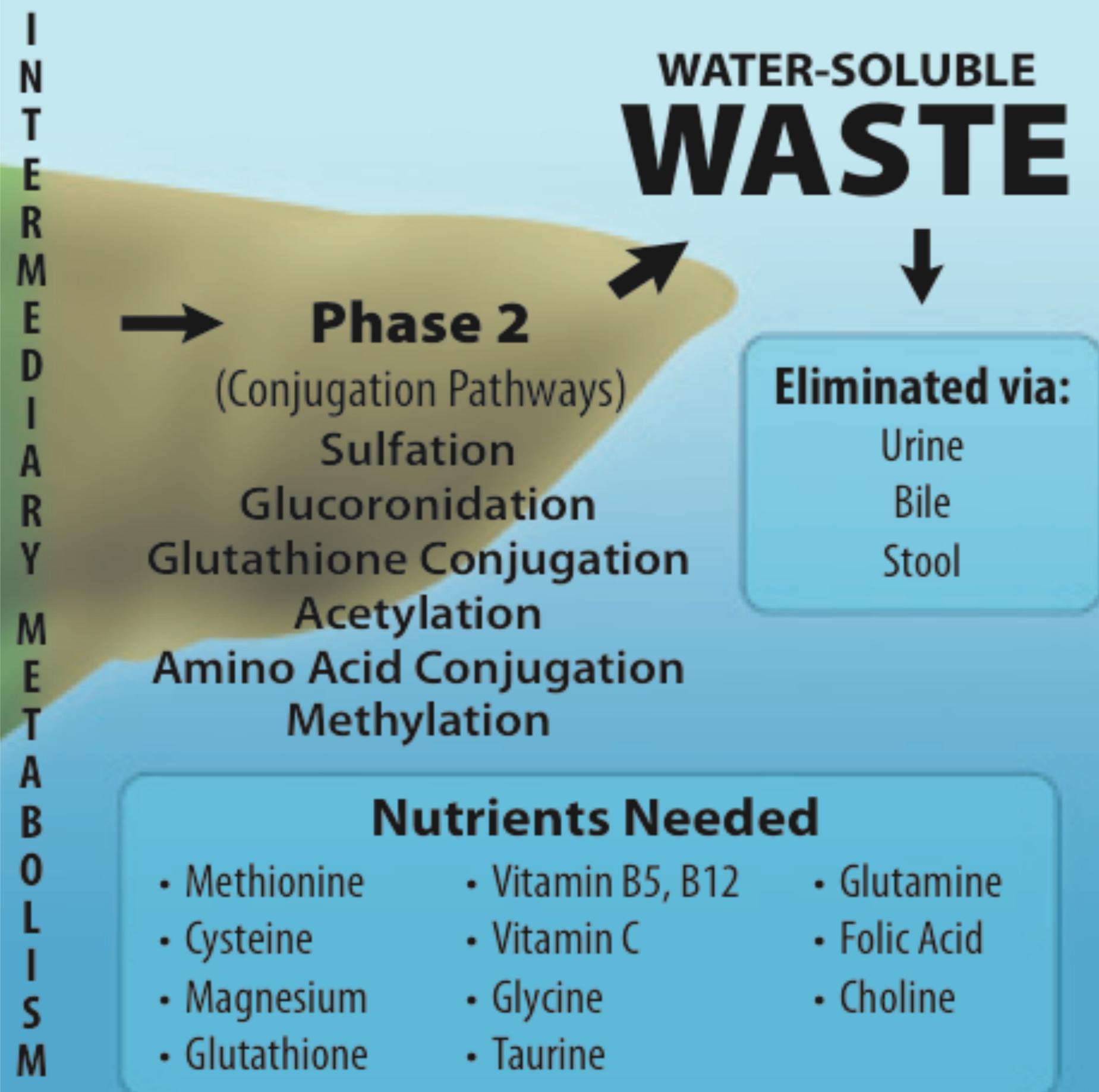


PHASE 2 Detoxification Pathway is also called the conjugation pathway, whereby the liver cells add another substance (eg. cysteine, glycine or a sulphur molecule) to a toxic chemical or drug, to render it less harmful.

This makes the toxin or drug water-soluble, so it can then be excreted from the body via stool or watery fluids such as bile or urine.

Nutrients Needed

- Vitamins B2, B3, B6, B12
- Folic Acid





The rate at which the liver can eliminate toxins can determine an individual's susceptibility to toxic overload.

When the liver becomes so overloaded with harmful toxins that the liver's enzymes can no longer cope, the toxins build up and this then manifests as disease.

Without the intervention of correct nutrition, this state can become a vicious circle of chronic toxic overload

WE FOUND A GREAT PRODUCT, WHICH INCLUDES ALL NECESSARY SUPPLEMENTS TO DETOXIFY PROPERLY.

DETOXIFY

- HEAVY METALS,
- MOULD TOXINS
- PLASTIC COMPOUNDS
- HORMONE METABOLITES
- HERBICIDES AND PESTICIDES

WITHOUT THE RISK OF REABSORBING ALL THESE TOXINS IN THE GI TRACT AND BY SUPPORTING YOUR DETOX PATHWAYS ON THE WAY



THE ADVANTAGES OF LIPOSOMAL DELIVERY

Unilamellar Liposome

FUNDAMENTAL

Liposomes are made of phospholipids—the basic building blocks of cell membranes—and encapsulate nutritional compounds. The combined benefit promotes healthy cellular function.

SMALL & FAST

Our tiny liposomes are rapidly absorbed, starting in the mouth.

WATER-SOLUBLE COMPOUNDS

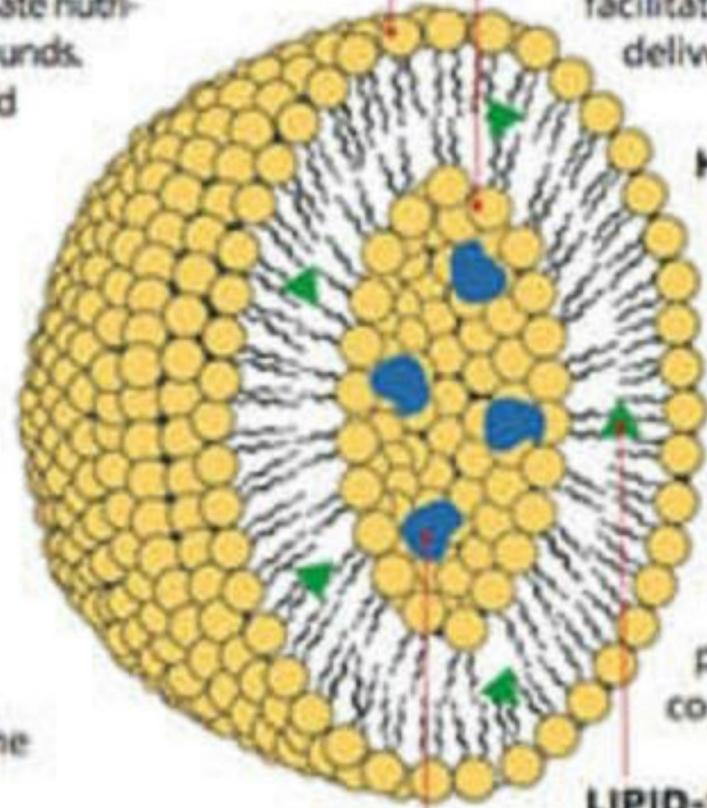
BIOAVAILABLE

These encapsulating phospholipids bond with cell membranes to facilitate intracellular delivery.

HIGHEST QUALITY

We use the same laboratory equipment, rigorous processes, and tight particle-size controls used by the best pharmaceutical companies.

LIPID-SOLUBLE COMPOUNDS



These supplements have a special liposomal delivery system.

This means a single to multilayer spheres made of phospholipids encapsulate a compound, such as glutathione for example, in order to bypass the digestive processes that normally degrade or limit the compound's absorption.



Benefits of Liposomes:

- Ability to cross the blood-brain barrier
- Deposit their cargo intracellularly
- Enhance lymphatic circulation of therapeutic compounds

Additionally, the phospholipids (liposomes are made of) feed the cell membranes. Ensuring proper membrane function to facilitate the absorption of nutrients and the excretion of cellular waste products and toxins.





Glutathione:

Most important liver antioxidant and toxin binder. It supports overall cell health and functionality.

Unfortunately, we just can't take glutathione orally as our stomach acid will break down most of it. Therefore, it is necessary to either supplement with liposomal glutathione which is highly bioavailable or supplement with its precursor (NAC, selenium, alpha-lipoic acid) and use ozone to stimulate production.



METHYL B COMPLEX vitamins – play a major role, acting as co-factors for many enzyme systems including those of liver detoxification.

Activated forms of B2, B6, methyl B12 and folinic acid and trimethylglycine provide all factors necessary for healthy methylation (methylation is a necessary part to how your body detoxifies).



Phospholipids such as **phosphatidyl choline** is the basic building block of the membranes of every cell in the body and is required for optimal function.

Phosphatidyl choline encourages healthy fat metabolism by emulsifying fat and enhances digestion and assimilation of all nutrients. **It is also a vital nutrient for phase 1 liver detoxification and elimination.**

Phosphatidyl choline protects the liver against damage from alcohol, pollutants, viruses, medications and more.

Furthermore, phosphatidyl choline increases the bioavailability of standardized extracts of milk thistle and other nutrients



Bitter herbs are important to improve and support phase 1 and 2 detoxification but also stimulate healthy digestion and absorption.

- Stimulate saliva to digest carbohydrates
- Activate hydrochloric acid to digest protein
- Stimulate bile flow from the gallbladder to digest fats

Bitterex contains **dandelion, milk thistle, solidago, gentian and burdock.**

Silymarin from milk thistle has been proven to be one of the most potent liver-protecting substances. It prevents free radical damage, stabilizes plasma membranes and stimulates new liver cell production.



Diindolylmethane (DIM) comes from the brassica family of plants that includes cabbage, broccoli, bok choy, Brussels sprouts, cauliflower, kale, kohlrabi, and the like.

It has been shown that the ability to upregulate Nrf2 (known as our master regulator of the body's antioxidant response)



Diindolylmethane (DIM)

Because mould toxins (mycotoxins) can inhibit Nrf2 and our detox pathways, we need a strong Nrf2 inducing agent to restore the protective antioxidant system, and the associated enzymes necessary for it to do its job as well as recycle it.

DIM has a strong Nrf2 activating effect and increases the detoxification process necessary to get toxins, specifically mold toxins (mycotoxins) out of the cell!.

Combined with ozone therapy this is the ultimate therapy to combat mould disease and all it's implications.



ULTRA BINDER

Chelation is another important aspect to consider when undertaking a detoxification process.

Chelation is the process by which a molecule encircles and binds (attaches) to the toxin and is removed from the system/tissue.

Binders such as **zeolite**, **bentonite clay** and **activated charcoal** help support natural detoxification, normalize gut function and safely bind heavy metals.

ALL THESE COMPONENTS ARE IN THE BLACK BOX 2 FROM QUICKSILVER SCIENTIFIC. THE BOX COMES WITH FULL INSTRUCTION OF HOW, WHEN AND HOW MUCH TO TAKE EVERY DAY.

CAN'T BE EASIER

