

Triple A Detox: A 3 month protocol to remove environmental poisons, such as Aluminum, Antimony, and Arsenic

Through intensive study and research, the naturopathic team at Herbs, Etc. feels that this year's flu situation has had such a serious impact due to all the toxins to which we are exposed that make our bodies susceptible, and it also makes the possibility of mutation of the virus more likely. We agree that a resurgence is apt to occur; therefore, it is extremely important to take steps to strengthen our immune systems and also, to reduce the toxin load that may have accumulated in our bodies. That way, we can enjoy our health and live with confidence when the flu season returns!

We have designed a 3 step protocol that is specific to the vulnerabilities of which this virus takes advantage. We recommend you spend one month clearing each toxin; this means that it will take 3 months to complete the Triple A Detox. This 3 month protocol will need to be repeated, for many people, a number of times. Depending on your exposure to the toxins, your environmental history, and your mineralization quality, this will determine how many times you may need to repeat the protocols.

Finally, there's (at least) one more toxin that needs to be considered. Drumroll..... It's glyphosate, commonly known as Round Up. Even if you eat organically, it is aggressively found in the water supply, the food supply, even organically, and the air you breathe. Therefore, in the background of the Triple A Detox, there will be a consistent effort to flush and remove the glyphosate.

In Step 1, the first 30 days, we will work to remove Aluminum. It is commonly found in underarm antiperspirants, baking products, in some water sources, numerous products, and most especially, the sky trails. What are sky trails? They are a plan set forth by the government to protect us from the sun with regular, multi jet-streamed planes spraying a mix of chemicals and metals (50% aluminum) to reflect the sun's rays. This makes its way down to us, settling in our soil, water, and the air we breathe.

In order to get Aluminum out, we need a few key minerals. Selenium helps with the removal of all unwanted metals, so this will be standard throughout the Triple Detox. Silica is the key mineral for displacing Aluminum from the brain tissue, other nerve tissue, cells, and general biology. We will focus on 3 remedies for the removal of Aluminum: a Nature's Sunshine product called Heavy Metal Detox, a liquid Silica called Orgono G5 Silica, and homeopathic Aluminum antidote pellets (2 pellets per day). The general recommendations for the others are on the bottles.

In Step 2, the second 30 days, we will focus on clearing Antimony. This toxin is heavily concentrated in plastic products. For example, all that #1 and #2 bottled water, juices, soft drinks, and numerous plastic food containers. It is also found in rubber, textiles, paints, batteries, and much more. It is a key factor in hormone disruption, weight imbalances, blood sugar problems, cancers, and other chronic diseases. For the purpose of this article, people with concentrations of this metal are more susceptible to viruses.

To cleanse Antimony, consider using Nature's Sunshine's EnviroDetox, Herbs Etc's Super Natural Boron, and homeopathic Antimony antidote pellets (2 pellets per day). The general recommendations for the other remedies are on the bottles.

Step 3, the last 30 days, involves getting rid of Arsenic. Michigan, along with several other states, has a surprising amount of Arsenic in our water. Although many will be told the amount is within an "acceptable" range, all heavy metals are cumulative in the human body. Therefore, a small amount over a long period of time becomes a big problem. Besides our water, Arsenic can be found in wood preservation, cosmetics, cigarettes, industrial air pollution, and our general food supply.

Arsenic is naturopathically removed using Selenomethionine (the mineral Selenium and the amino acid methionine), while supporting the kidneys through a one-time per day dose of Nature's Sunshine's liquid Kidney Drainage and a twice daily dose of Nature's Sunshine's Urinary Maintenance. Homeopathically, we will once again use a homeopathic Arsenic antidote in pellets (2 pellets daily). The Selenomethionine should be considered a consistent mineral throughout the entire 90 day protocol. For those of you already taking Grand Unified, a supplement designed by Dr. Richard Olree, you're on the right track, because it already contains Selenium and Boron, along with other good minerals.

Your normal supplement program can be continued while you are doing each step of the Detox. To work on the Glyphosate (RoundUp®), consider Humic and Fulvic Acid liquid combination. Children do well with 3 drops per day in drinking water, and adults do well with 6 drops. These naturally occurring soil acids gently move stores of glyphosate out of your body. If you suspect you have leaky gut, you may want to also add 1 tsp twice daily of liquid ION Gut Health. It heals the over permeability of the gut and brain linings. One bottle of each is enough to get your entire household started. We also have Glyphosate antidote pellets to be taken twice per week in order to further pull out that toxin.

Please keep in mind that cleansing can create unique symptoms, such as mild rashes, increased elimination, brain fog, and fatigue as the poisons leave the body. Keep up your friendly flora and good fats to make the entire process go smoothly. You can always slow the process by reducing the intensity of the program or taking small breaks as needed.

Once you feel the body is clean of these metals, continue a support program that includes Silica, Boron, Iodine, Friendly Flora, Essential Fatty Acids, and Vitamins C and D3. Eat 9 fruits and vegetables per day, and find a clean source of drinking water. Our entire naturopathic staff and store staff are trained on how to implement the Triple A Detox. You are always encouraged to seek out a personalized approach to cleansing with the assistance of your natural health care provider who may even recommend a hair analysis laboratory test. Consider being diligent with these suggestions for at least the next 18 to 24 months and preferably, over a lifetime for true wellness.

Ideal Program – Month 1: Cleaning Aluminum

Daily protocol:

Iodine
Selenomethionine
Super Natural Boron
Vitamin D3
Vitamin C
Probiotic Eleven
Fulvic/Humic Minerals liquid
Good fats/omegas (NSP or Barlean's Fish or Flax oil)
Orgono G5 Silica liquid
Heavy Metal Detox
Homeopathic Aluminum antidote

Ideal Program – Month 2: Cleaning Antimony

Daily protocol:

Iodine
Selenomethionine
Super Natural Boron
Vitamin D3
Vitamin C
Probiotic Eleven
Fulvic/Humic Minerals liquid
Good fats/omegas (NSP or Barlean's Fish or Flax oil)
EnviroDetox
Homeopathic Antimony antidote

Ideal Program – Month 3: Cleaning Arsenicum

Daily protocol:

Iodine
Selenomethionine
Super Natural Boron
Vitamin D3
Vitamin C
Probiotic Eleven
Fulvic/Humic Minerals liquid
Good fats/omegas (NSP or Barlean's Fish or Flax oil)
Kidney Drainage liquid
Urinary Maintenance
Homeopathic Arsenic antidote

Ideal Standard Program including Cleaning Glyphosate

Daily protocol:

Iodine

Selenomethionine

Super Natural Boron

Vitamin D3

Vitamin C

Fulvic/Humic Minerals liquid

Good fats/omegas (NSP or Barlean's Fish or Flax oil)

Liquid ION Gut Health

Homeopathic Glyphosate/RoundUp antidote