

# Detox Recommendations Based on Great Plains Lab Test Results

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Based on your Great Plains Lab Results, we may consider the recommendations below to assist detoxification. These are general recommendations, not a protocol.

## Additional Testing if not done or indicated:

1. Hair mineral analysis/Food Allergies and recommended supplements
2. DMPS heavy metal, Mycotoxins, Organic Acids Test, Hormone profile, etc.

## Activities

3. High fat diet, food allergies rotation diet, Blood type diet, Plant Paradox
4. Sweat therapy of any kind, exercise, Sun exposure
5. Sauna
6. Coffee Enema daily and Colonics 1x/week based on individual
7. Gallbladder/Liver Flush 1x/month for 12 months
8. Bentonite Clay, Mud pack, Mud Bath
9. Sleep: No electronics in the bedroom, melatonin, sleep links, Pineal Code
10. Limit EMF, Cell phone, Radio Frequencies, Microwaves, Radon
11. Circuit Training: EWOT, Hyper Vibe, PEMF, Swing Master

## Therapies

12. IV Vitamin C, and/or combination of IV UV/Ozone
13. IV PK protocol plus Liposomal Glutathione and Phosphatidyl choline (BodyBio PC)

## Supplements as directed

14. Colon Cleansing: Detox One Colon, Three Whole Body 1x-2x/day
15. Kidney, Liver, Allergy and Lymph 1-3, Drainage
16. Charcoal capsule 1 3x/day between meals and meds
17. Probiotics and prebiotics nutritional support: Green Drink
18. Increase oral Vitamin C, E, Lipoic Acid, Glutathione, N-Acetyl cysteine (NAC)
19. Hormonal support
20. Emotional Stress Control: Heart's Song, 5-HTP, Ultimate Fields, Ultimate Rescue
21. Nutritional Support with vitamins and minerals
22. Homeopathic: Chem Tox, Neuro Tox, Pesticide Tox, Lymph 3, Drainage



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