

# Lipophilic Detoxification System

This system is divided into components:

- [Lipid Exchange](#) – basic protocol to dilute cellular lipid toxins;
- [Cellular Sleep](#) – protocol to stimulate anabolic cellular energy cycle typically accompanies compromised cell membranes;
- [Glucose Regulation](#) – Helps compensate for glucose dysregulation that accompanies lipid toxicity;
- [Immune Support](#) – Support for immune system compromise that frequently accompanies lipid toxins;
- [Cellular Liver Support](#) – Enhanced detoxification to support liver cells;
- [Neurological Support](#) – Supports neural factors for neurological degeneration.

## Lipid Exchange

This level provides basic lipid exchange program.

Supplement	Category	Wake	Break	Lunch	Dinner	Eve	Bed	Unit	Notes
Forte EPL	L		2					T	Stir into smoothie. Emulsifies fat and feeds liver cells to mobilize lipid soluble toxins.
Myer's Cocktail EPL	L	One Bottle per week. May be taken ½ at a time.						Btl	Methylation (B vitamins), vitamin C cofactors and B vitamins. Stir into clamato juice.
Beet Tops – fresh or capsules			2	2	2			c	Thins bile to improve flow. Or use ½ cup raw beet top in a juicer.
<a href="#">Lipid Potassium</a>	N		2 (anytime during day)					g	Delivers cellular potassium and supports potassium metabolism.
pH paper									Dip in urine and read color for acidity
Ammonium Phosphate	X		2 with meals only when UpH > 5.5					c	Bile Binder. Absorbs bile released to digest fat for elimination. Works with Beet Flow and dietary fats to create exit path for fat soluble toxins.

4:1 oil	X	1	1	T	Not included – Hemp is good choice
Choke Berry Juice	X	1 (anytime during day)		oz	Dissolves bile stones - antioxidants
Eggs		4+			Preferably raw Natural source of liver detox aids (albumin & lecithin)
Butter or Cream		1+		T	Source of butyrate. Helps break down reengage lipids in cells. Good source of fat.
Coconut Oil		2+		T	Source of high quality fat. Widely associated with weight loss. Triggers bile flow
Coffee Enema		At Discretion or as needed			Clears liver and bowel

Categories:

D - Digestive	P - Pathogens	T - Tablespoon	c - capsules
L - Liver	E - Energy	t - teaspoon	D -Droppers
S - Sleep	X - Detox	d - drops	g - grams
V - Vascular	G - Glucose	v - varies	mg - milligrams
		m - minutes	h - hours

Notes: Don't feel you need to force feed yourself fats. You should feel full after eating. Stop when you feel you've had enough. The lipids in this program are filling and palatable to most.

Live juicing is necessary to provided collateral nutrients. Juices contain wide spectrum of nutrients and lots of antioxidants. Carrot/beet/ginger/Celery, or whatever live juices taste good to you.

Keep the sweet fruit to a minimum to limit carbohydrates. Berry smoothies are an excellent substrate for most of these foods, and provide alkali minerals that will be depleted by the bile passage.

Blend the smoothie and then stir in the EPL supplements afterwards. Use stevia or maple syrup for sweetening if desired.

## Cellular Sleep Support

Individuals with high levels of lipophilic toxicity often have difficulty with sleep.

The following protocol often

<b>Sleep Support</b>	Dinne	Bedtime	Unit
	r		

Glucosamine Sulfate	5	5	g	Supports joint health and helps sleep with anabolic shift
<a href="#">Lipid Potassium</a>	5		g	External source of potassium to compensate for cellular K deficiency resulting from absence of natural potassium production.
n-Butyl Alcohol	1	1	g	Helps stimulate cellular shift to anabolic for sleep
Anabolic Cofactors	3		c	Some proteins and glandular extracts help anabolic shift

## Glucose Regulation

Individuals with high levels of lipophilic toxicity often have difficulty with glucose control.

This supplement group helps to management of glucose related issues, including vascular degeneration.

Supplement	Category	Wake	Break	Lunch	Dinner	Even	Bed	Unit	Notes
Lipoic Acid	G		1	1				g	Helps activate cellular glucose uptake
Chelated Chromium	G		1	1				v	Helps balance daytime glucose management.
Chelated Vanadium	G				2			v	Helps balance nighttime glucose management.
Vitamin C	GV		5	5	5			g	Occupies glucose uptake channels. Supports vascular system recovery.
Niacin	V		100					mg	Supports collagen regeneration for vascular recovery.
Lysine	V			3				g	Supports collagen growth
Proline	V			3				g	Inhibits vascular plaque formation by blocking vascular lysine receptors

## Immune Support

Immune system compromise is a typical by product of lipophilic toxicity. Immune system cells cease to be able to keep pathogenic organisms in check.

Typical

- Red and white blood cell count irregularities,
- Hepatic infections;

- Any serious disease diagnosis in the category cancer;
- A history of chronic sinusitis, or any other persistent infection.

Duplicated items, like beet tops, increase amounts from Level-1 values.

Supplement	Category	Wake	Break	Lunch	Dinner	Even	Bed	Unit	Notes
Hormetic Sleeping Pad	P						8	h	Suppresses fungus, lyme disease, and advance forms
Colloidal Silver	PL			2				t	Broad spectrum antibiotic/antifungal interferes with pathogenic organism reproduction without interfering with symbiotic organisms.
PEMF Exposure	LX				30			m	Anti-pathogenic for exogenous organisms, tapeworm, etc. Improves lymph flow.
ImmuneAssist-247	LP		3	3	3			c	Supplies advanced hetero-polysaccharides which support immune system and have anti-pathogenic effects.

## Cellular Liver Support

Telltale for more aggressive support are serious illness diagnoses that tend to accompany long-term lipid toxicity:

- Red and white blood cell count irregularities,
- Yellow skin tone;
- Any serious disease diagnosis in the category of diabetes or cancer.

The level 2 protocol is in addition to the level 1 protocol.

Duplicated items, like beet tops, increase amounts from Level-1 values.

Supplement	Category	Wake	Break	Lunch	Dinner	Even	Bed	Unit	Notes
Silymarin	L		3	3	3			c	Milk thistle provides cellular support for the liver and detoxification.
Alpha-ketoglutarate	L		3	3	3			c	Supports glucose metabolism and liver detoxification.
Sunshine				1				h	Sunshine helps to breakdown liver toxins and reduce pathogenic loads. Full

									sun over as much of the body as possible.
Lipoic Acid	LX	1	1					g	Supports chelation of brain and liver.
Beet Tops – fresh or capsules	LX	4	4	4				c	Thins bile to improve flow. Or use 1 cup raw beet top in a juicer.
Myer’s Cocktail EPL	L	Two Bottles per week						Btl	Methylation (B vitamins), vitamin C cofactors and B vitamins. Stir into clamato juice.
Coffee Enema	LX	Daily							Clears liver and bowel

## Neurological Support

Frequently neurological conditions accompany lipid toxicity. Nerve fibers, which make up the brain and nervous system exhibit many different pathologies when overloaded with toxins:

- Ringing in ears
- Motor Control Loss
- Decreased sensory perception
- Seizure disorders

Beware that this program generally should be used with lipid detox and immune support.

Neurological issues represent serious pathology and generally require collateral protocols:

- Immune system support because immunological compromise enables opportunistic organisms to contribute to toxic loading;
- Cellular Liver Support (The body protects the nervous system at all costs. Neural degeneration generally suggests extreme systemic toxicity.)

Supplement	Category	Wake	Break	Lunch	Dinner	Eye	Bed	Unit	Notes
Neuro - EPL	N			5				G	Provides Methylation cofactors
Lipoic Acid	LX	1	1					g	Supports chelation of brain and liver.
Myer’s Cocktail EPL	L	½ bottle per day						Btl	Methylation (B vitamins), vitamin C cofactors and B vitamins. Stir into clamato juice.
<a href="#">Lipid Potassium</a>	N			5				g	External source of potassium to compensate for cellular K deficiency. Polluted neural membranes do not maintain adequate potassium

concentrations in the axon carry nerve signals resulting in signal loss, and noise rejection issues.