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## PC Detox Instructions

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## Overview

Dr. Patricia Kane developed the PK protocol which utilizes novel combination of lipids to "wash out" biologically adverse agents.

This document provides an oral version of the protocol which combines several nontoxic agents into an aggregate protocol which activates detoxification pathways which are often disabled in individuals with disease:

- [Liposomal Phosphatidylcholine](#), [More Information](#)
- [Butyrate, a short chain fatty acid from butter](#),
- UFAs in the 4:1 ratio of [omega 6](#) to [omega 3](#), [More Information](#)
- Balanced Electrolyte, [More Information](#)

This combination of [lipid](#) agents are core of [cell membrane](#) physiology and provide very effective combination for health improvement in a wide range of conditions which often present [neurological disease](#).

## The IV [PK Protocol](#)

## Sponsors

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## Legal Notices

This is an oral protocol. The PK Protocol uses IV phospholipids for accelerated delivery and tends to produce faster results. Please contact [www.bodybio.com](http://www.bodybio.com), or [contact us](#) to find a practitioner for the Intravenous PK Protocol.

- Produces rapid results by delivering known quantity of therapeutic agents to cells
- IV protocol is often combined with Glutathione, resulting in improved detoxification
- ***Do not combine pharmaceuticals with the PK protocol because the phospholipids increase cellular delivery of agents and can cause unintended pharmaceutical overdose.*** This includes EDTA, antibiotics, and many other pharmaceutical agents.
- Confirm the physician uses the true PK protocol.

Even though the protocol does not use toxic agents, it is very powerful. Success with oral oral PC Detoxification evidences very high probable success of PK Protocol.

## Oral PC Protocol

The oral protocol uses the same agents on a ramp schedule. This oral protocol:

- Uses the same therapeutic agents
- Safe and effective
- Uses larger quantities for therapeutic response to compensate for digestive versus IV administration;
- Lower tendency to potentiate drugs potency
- Support liver detoxification because fatty agents stimulate bile release
- Enables gradual (titrated) protocol implementation
- At home or physician supported.

## Oral versus IV

Differences between the protocols:

- Oral Response takes longer than IV;
- Responses tend to be less complete;
- At home versus at a doctors office;
- Oral protocol somewhat limited by digestive absorption of agents. Liposomes easily pass through the intestines so delivery is still very good.
- Oral protocol stimulates bile release so individuals elevated bowel flow experience a liver flush, which is often therapeutic.

Individuals who experience a partial response with oral often choose to upgrade to IV protocol.

## Oral Ramp Schedule / Summary View

This table includes a ramp schedule to increase the lipid intake to gradually activate detoxification schedule. The Level Sections below present the same information.

- t - teaspoon
- T - Tablespoon = 3 teaspoons
- c - Capsules = 200 mg
- C - Cup

The lettered titration levels are a dose. Doses can occur up to 3 times daily, preferably with meals.

Dose Frequency:

- Breakfast
- Lunch - provided there was no detox discomfort since breakfast
- Dinner - provided there was no detox discomfort since lunch

	Titration Level						Take at each meal
	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>E</u>	<u>F</u>	
Liposomal PC	1t	2t	1T	1.5T	2T	2.5T	Stimulates bile release & toxin binding, provides raw building materials for cell membranes. Mobilizes toxins from cell structures.
Butyrate	1c	1c	2c	3c	3c	3c	Short chain fatty acid to breakdown lipid toxins which interfere with cell metabolism.

4:1 Omega 6/3 oil or Hemp Oil (3:1)	1t	2t	1T	1.5T	2T	3T	Stimulates liver release. Provides balanced EPL which contributes to optimal cell membrane lipid constituent balance.
Trace Mineral Blend	1 t	1 t	1.5 t	1.5 t	1.5 t	1.5 t	Provides mineral cofactors to aid detoxification and to catalyze.
Electrolyte Blend (Elyte)	1t	2t	2t	1T	1.5T	2T	Provides ionic minerals to aid mineral balance and detoxification. Dilute 8 oz (1 cup) in 1 gallon of water. Or add 3 capfuls per cup water.

The purpose each titration level is to enable gradual increase in quantities. This is a very potent detoxification program, and gradual increase enables protocol start with minimum detoxification discomfort. Most individuals will reach an advanced detoxification within 1 month.

## PC Detox Instructions

The protocol is divided into levels. Each level increases dosage to an upper level.

Increase your level every third day, unless you feel worse than you did when you started the current level. Remain at the current level until elevated detox symptoms resolve.

Use this table to figure out where to start and stop on the levels described below. Note that none of the ingredients in this are about as toxic as eggs and butter.

[PC Detox Kits](#)

Weight to Start/Stop Level Chart:

Weight lbs	Start Level	Stop Level

Less than 50 lbs	A	B
50-100	A / B	C
100-150	A-C	D
150+	B-C	E

### Recipe Advice:

<p>It is very easy to include these materials in a smoothie using fruit or other agents. <a href="#">Click here for recipe</a>. It is possible to blend up to 3 days worth of this recipe in advance for convenience. Then just use the mixture as part of a meal.</p>	<p>Do not add Physphatidylcholine until after blending is complete.</p> <p>3 teaspoons is 1 Tablespoon</p>
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## Level A

If you are "very sick", bedfast, etc. start at level A regardless of how much you weigh. Use level A if less than 50 lbs.

Supplement	Break	Lunch	Dinner	Unit	Purpose
<a href="#">Physphatidylcholine</a> or <a href="#">Liposomal C</a>	1	1	1	tsp	Detox cell lipid toxins
<a href="#">Butyrate-100c</a>	1	1	1	capsules	Breakdown renegade cellular lipids.
<a href="#">Electrolyte Blend</a>	1		1	Caps in Water	Supply Stress Minerals.
<a href="#">4:1 Oil</a> or <a href="#">Hemp Oil</a>	1		1	tsp	Balance cellular Lipids
<a href="#">Trace Minerals</a>	1			tsp	Avoid mineral deficiency

To do this protocol level you will need:

- [PC Detox Oral Kit](#) contains enough supplies for this protocol for approximately 1 month.

You can reduced the amounts, or blend up to 3 days of supplements into the smoothie recipe above.

## Level B

Supplement	Break	Lunch	Dinner	Unit	Purpose
<a href="#">Phosphatidylcholine</a> or <a href="#">Liposomal C</a>	2	2	2	tsp	Detox cell lipid toxins
<a href="#">Butyrate-100c</a>	1	1	1	capsules	Breakdown renegade cellular lipids.
<a href="#">Electrolyte Blend</a>	1		1	Caps in Water	Supply Stress Minerals.
<a href="#">4:1 Oil</a> or <a href="#">Hemp Oil</a>	2		2	tsp	Balance cellular Lipids
<a href="#">Trace Minerals</a>	1.5			tsp	Avoid mineral deficiency

To do the level B for 1 month you will need:

- [PC Detox Oral Kit - Jr](#)
- Plus: [PC Detox Upgrade](#) (1 unit)

## Level C

Supplement	Break	Lunch	Dinner	Unit	Purpose
<a href="#">Phosphatidylcholine</a> or <a href="#">Liposomal C</a>	1		1	Tbs	Detox cell lipid toxins
<a href="#">Butyrate-100c</a>	3		2	capsules	Breakdown renegade cellular lipids.
<a href="#">Electrolyte Blend</a>	2		1	Caps in Water	Supply Stress Minerals.
<a href="#">4:1 Oil</a> or <a href="#">Hemp Oil</a>	1		1	Tbs	Balance cellular Lipids
<a href="#">Trace Minerals</a>	1.5			tsp	Avoid mineral deficiency

To do the level C for 1 month you will need:

- [PC Detox Adult](#)

## Level D

Supplement	Break	Lunch	Dinner	Unit	Purpose
<a href="#">Phosphatidylcholine</a> or <a href="#">Liposomal C</a>	1.5		1.5	Tbs	Detox cell lipid toxins
<a href="#">Butyrate-100c</a>	4		3	capsules	Breakdown renegade cellular lipids.
<a href="#">Electrolyte Blend</a>	2		1	Caps in Water	Supply Stress Minerals.
<a href="#">4:1 Oil</a> or <a href="#">Hemp Oil</a>	1.5		1.5	Tbs	Balance cellular Lipids
<a href="#">Trace Minerals</a>	1.5			tsp	Avoid mineral deficiency

To do the level D for 1 month you will need:

- [PC Detox Adult](#)
- Plus: [PC Detox Upgrade](#) (1 unit)

## Level E

Supplement	Break	Lunch	Dinner	Unit	Purpose
<a href="#">Phosphatidylcholine</a> or <a href="#">Liposomal C</a>	2		2	Tbs	Detox cell lipid toxins
<a href="#">Butyrate-100c</a>	4		4	capsules	Breakdown renegade cellular lipids.
<a href="#">Electrolyte Blend</a>	2		1	Caps in Water	Supply Stress Minerals.
<a href="#">4:1 Oil</a> or <a href="#">Hemp Oil</a>	2		2	Tbs	Balance cellular Lipids
<a href="#">Trace Minerals</a>	1.5			tsp	Avoid mineral deficiency

To do the level E for 1 month you will need:

- [PC Detox Adult](#)
- Plus: [PC Detox Upgrade](#) (2 units)

## Detox Telltales

Detoxification discomfort describes physiological response to toxin mobilization. Toxins normally reside inside cells. Toxins exit cells and enter the blood or lymph, and travel to the liver, or kidneys and exit.

Mobilized toxins can affect other body systems and may cause temporary discomfort because of increased elimination challenges add extra stress to liver and kidneys.

- Nausea or vomiting
- Diarrhea
- Feverish or flu-like symptoms
- Symptoms resolve in a few hours

**Titration** describes the process of gradual increase. Gradual increase drains toxins at an increasing pace, and helps the body to adapt to metabolic demands of increasing toxin removal. **Titration** limits detoxification stress and discomfort.



This detoxification program also provides building materials which enable core improvement in liver health and reduction in kidney stress, so more happens than "simple detoxification".

## **Ramp Increase**

The schedule provides a guide. Normally, the level A will not produce discomfort or adverse response beyond normal symptoms. This ramp schedule minimizes detoxification discomfort and stress because it starts lipid-toxin decrease plus and improves detoxification efficiency at the same time.

The detoxification agents at level 1 are consistent with intake of food in a meal. At this level, detoxification stress will likely be similar to that experienced after a meal high in detoxification lipids.

As the schedule ramps, lipid detoxification agents increase to ramp mobilization and elimination of toxins. It is common to experience increased stool frequency due to elevated bile flow resulting from natural liver stimulation. The schedule

Increase your titration level:

1. After you have spent 3 days at the previous level;
2. And your symptom intensity is the same as or lower than it was when you started;
3. And you do not have diarrhea.

## **PC Detox Kit**

The [Oral PC Detox Kit](#) is available to [members only](#) on our sponsor web site.

## **Consider Also**

This program is complementary to:

- [Acute Care Detox](#);
- [Stress Detox](#)
- [Urea Detox](#);

Energetic supports often are very helpful in accelerating recovery and detox. These links provide more information on these tools:

- [PEMF](#) - improves cellular resistance to pathogens and lifts immunological function, accelerates detoxification

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