

HUMAN FAQ

What about . . . DETOXING?

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Whatever the species, all will detoxify to one degree or another when starting on a more pure, pH balanced diet, and the bio-available **DYNAMITE®** supplements and/or feeds. Not understanding detoxification, or even not realizing that it can occur, can be troubling. It may not occur immediately and there can be multiple stages of detoxification, but, once begun, it is important to follow through.

It takes about 4 months for the blood to “turn over” or to have blood cells totally replace themselves; other tissues complete this faster. At that point, there will be a certain level of nutrient saturation resulting in a bio-chemical homeostasis resulting in a change of appetite levels as the cellular structure balances out. Of course some people may reach this sooner and some later due to individual needs.

During this balancing time, the body will begin to rid itself of elements that are not helping its health and which it deems toxic. Major organs of toxin elimination are the liver, kidneys, colon and, of course the skin, which is the largest, but can also include the eyes, lungs, etc. Some symptoms can include: runny eyes and/or nose (think “colds” & “flu”), discharge from ears including extra wax formation, mucus and/or blood in stool, *alopecia* or temporary loss of some hair, hacking of phlegm out of lungs, hives, itching, etc. Where the toxins come out of a body tends to show clearly where that body’s particular weaknesses lie. Such symptoms usually clear up in approximately 1-2 weeks. In most cases the transition is very subtle and the detox is practically undetectable. Usually the only changes that are noticeable are the improvements.

In fact, such responses are very normal and are no reason for a panic reaction which may result in suppression rather than elimination. In homeopathy, it is commonly assumed such a *Herxheimer Reaction* is a desired signal meaning the treatment is working and it is considered a “healing opportunity.” In fact, as time progresses, symptoms of a prior condition repeating for a period of time can be experienced and is called “retracing.” Many holistic practitioners consider that a body requires one month of healing for every year a condition has existed.

It is wise to severely limit, and even eliminate entirely ALL sugars and stimulants (coffee, pop, etc.) during this period. Sugars include not only table sugar, honey, maple syrup, molasses, etc., but also all grains and grain products including corn. These simply encourage a much longer detoxification period, encourage the growth of yeasts and molds, and result in a continuation of uncomfortable symptoms.

With animals, we always encourage daily **DynaPro** usage for this period to encourage the growth of intestinal beneficial bacteria. These bacterial

colonies aid in the breakdown, subsequent absorption, and metabolization of nutrients much more completely. Even more, they cleanse the rotting layers of undigested hydrocarbons lining the digestive system (including the small intestine) and actually trigger the immune system to create extra immune-bolstering chemicals and extra antibodies (B-lymphocytes). These vigorous antibodies travel the body searching out pathogens or foreign matter; the increased immune function helps eliminate parasites (yes, humans have them, too) as well as bacteria (including *e. coli*), viruses, fungi, and yeasts that are in the body actively or left over from previous illnesses. A ‘battle’ can then ensue between the revitalized immune system and the pathogenic invaders causing a die-off (detoxification) of the pathogens.

Since **DynaPro** is made specifically for animal use only, we cannot recommend it for human use. However, there are numerous distributors who have used it very successfully in just the ways, and for the same reasons, we suggest it for animals. One option is to drink real fermented Kefir [WWW.KEFIR.COM] and of course **Elixir** also aids general digestion.

Also vital for ease of natural detoxification is plenty of pure water; that means chlorine and chemical-free. Chlorine is put into water to kill bacteria and other pathogens present and it will also kill beneficial bacteria in the intestinal tracts of all who drink water so treated. For home use, we suggest a Reverse Osmosis filtering system or even distilling the water. We also suggest the addition of **Catalyst Water** to all drinking water as this increases, dramatically, the ability for cells to partake of nutrients. Water helps flush toxins from the body to prevent re-absorption. Generally, one quart of water per 50# body weight is the usual daily recommendation, although if someone is more than 50# overweight, this may be more than is appropriate until weight is lost. Interestingly, many toxins are stored in adipose (fatty) tissue, so there is one more reason to try to eliminate an overabundance of fat, but s-l-o-w-l-y.

Another terrific aid for detoxification is the addition of **Excel** to the daily regimen. Even though it is marketed strictly for animal use, just 1/4 teaspoon daily seems to not only increase the rate of toxin elimination, especially from the liver, but also supports the system while doing so. Very soothing for both skin eruptions and digestion is **Miracle Clay** made according to label directions and patted on as a poultice or simply drunk down; especially effective for heavy metal detoxing.

DETOXING IS NORMAL, natural and necessary. It is a cause for celebration that success is on the horizon. ■