

HUMAN INTRO

DETOXING WITH DYNAMITE

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Whatever the species, whether human or animal, all will detoxify to one degree or another when starting on a more pure, pH balanced diet, and the bio-available **DYNAMITE**® supplements. 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.

Reaching Homeostasis

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 cellular nutrient saturation resulting in a bio-chemical homeostasis which in turn can result in a change of appetite levels. Of course since we are all individuals, some may reach homeostasis sooner, while some, especially the elderly or very ill, may take longer.

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, mucus and/or blood in stool, *alopecia* or temporary loss of some hair, coughing, hives, itching, etc. Where the toxins come out of a body tends to indicate 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.

Avoiding the Herxheimer Reaction

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 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 are called “cellular retracing.” Many holistic practitioners consider that a body requires one month of healing for every year a condition has existed.

It is wise to begin to limit, heading toward removing entirely, known toxins such as sugar/artificial sweeteners, white flour products, and OTC’s (over-the-counter medications) when changing to a more pure regimen. However, to avoid detoxing too quickly, it may be necessary to move a little more slowly. We must always be alert to individual needs

and some may detox with nary a symptom while others may show symptoms even years down the road.

Dealing with the Gut

We always encourage daily usage of some lacto-fermented products, especially during this period, to encourage the growth of beneficial intestinal bacteria. Real yogurt with live bacteria is a well-known option, but real Kefir is even better as are fermented sauerkraut or other vegetables. Many people even take **DynaPro**, designed strictly for animals, to provide the same beneficial results.

Beneficial bacterial colonies aid in the breakdown, subsequent absorption, and metabolization of nutrients much more completely. They also 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 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 then ensues between the revitalized immune system and the pathogenic invaders that will cause a die-off (detoxification) of the pathogens.

Water and Other Aids

Also vital for ease of detoxification is plenty of pure water; approximately 1 qt. per 50# body weight. Pure means chlorine and chemical-free. Chlorine is put into water to kill bacteria and other pathogens present and it will also kill those beneficial intestinal bacteria we are nurturing. For home use, the ideal would be a Reverse Osmosis filtering system, but many prefer distillers. Water helps flush toxins from the body to prevent re-absorption. Interestingly, many toxins are stored in adipose (fatty) tissue, so there is one more reason to try to eliminate an overabundance of fat.

In order to help not only digestion, but also electrolyte balance, it is wise to mix your water with **Elixir**. Activated **Catalyst Water** actually enables the water to become ‘wetter’ and more effective in removing toxins.

Another terrific detoxification aid, again made for animal use, is **Excel**. Just 1/4 teaspoon daily seems to not only increase the rate of toxin elimination, especially from the liver, but also to support the system while doing so. Very soothing for various skin eruptions during detoxification is the **Miracle Clay** made according to label directions and patted on as a poultice as is bathing in an **Elixir** or **ACV** bath.

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