

The Five Toxicities

Did you ever wonder how toxins build up in the body and what remedies you can use to help?

The fastest way to detox is drink only water for 24 hours, see how you do, then see if you need to eat by doing a vitality check. [GO HERE](#)

If your vitality is ok, proceed into detoxification therapies, which are draining to the life force in general.

If your vitality is low, then you might need to alternate detox with feeding, we call this "[weed and feed](#)." (go to weed and feed in this link)

The human body gets "toxic" from stagnation, overwhelm/excess, nutrient deficiencies (everyone has at least one in today's world), emotional and psychic constipation/dysregulation, slow metabolism (called methylation these days but is not complete), and overload of any type of toxin, read down to discover the truth about Toxin release helpful foods and herbs.

Health Foundation I - choices and blood sugar balance

Health Foundation II - digestion - ability to turn food into self and energy for self

Health Foundation III

Detoxification (recommend seasonal cleansing/detox for 7-21 days 4x/year)

Detoxification is the body's ability to break down all forms of waste and transform it. We have five types of waste:

- 1) Metabolic from normal bodily processes.
- 2) Microbial waste
- 3) Chemical waste.
- 4) Heavy metal waste
- 5) Radiation damaged tissue, and "wrong handed isomers" = spin of death)

Health Foundation IV

Elimination – this is the final exit of toxins, microbial waste, metabolic waste, old tissue, mineral elements both toxic and helpful.

Food transit time is 18-24 hours so if one eats 3 meals per day then 3 Bowel Movements per day are ideal.



Foundation I
What do I eat?
When?
How much?



Foundation II
Food Breakdown
Can I breakdown food
enough to get energy
and maintain/rebuild
my body?



Urine, sweat, tears, saliva, and breathing are elimination pathways/channels. Rashes, headaches, joint pain, swellings, cysts, and more come about when elimination pathways are congested.

Testing

[Toxicity Questionnaire](#)

VCS – Visual Contrast Sensitivity

What is this test?

Seeing how well we see identify contrast on more and more subtle levels.

Determines exposure to mold toxins, or any other that impairs the optic nerve or ability to see clearly.

It can also be a good detector of early liver congestion as the liver and the eyes have a relationship.

MORE!!! on link quickie blurb

<https://youtube.com/clip/Ugkx0rXiR9EmZ-hcvTsG0PgPgJnIXHTkKYT9>

Mold and Multiple Chemical Sensitivity (MCS) - CHTV 73



Dr. Daniel Pompa
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Multiple Chemical Sensitivity is probably the most misunderstood set of symptoms out there. When I was sick, I said I would rather have cancer. It is probably better known as environmental illness or "tilt," but what it boils down to is intolerance to chemicals. Today, I am discussing Mold, Heavy Metal Poisoning, and Multiple Chemical Sensitivity (MCS). Mold Biotxin Illness presents itself as unexplainable symptoms like chronic fatigue, depression, cognitive problems, hair loss, weight-loss resistance, etc. Phil received a misdiagnosis of emphysema even though he had never smoked. He was then told he had Parkinson's. Phil explains how he got well thanks to True Cellular Detox.

[NeuroToxic Questionnaire](#)

[Yeast Mold Questionnaire](#)

The Five Toxicities - what can I do?

At the minimum we can do the below:

Basic Cleanse Rule	Notes
No frying or cooked/heated oils	
Do not eat late(before 6PM ideal)	
Drink water half body weight in oz	
No alcohol, coffee, caffeine better not to have	
No foods made from flour	
No dairy except butter, ghee, kefir and yogurt – best homemade from raw milk	Cheeses and raw milk are congestive
Animal protein best left to a minimum	Some types will need animal protein if not able to rest as much as need and eating it raw and or very under-cooked best option for cleanse
All OILS need to be raw, virgin, unrefined and organic	No frying, saute, or cooking of oils of any sort
Most fruits and vegetables are ok	Auto-immune? Then no nightshades
No grains and beans	This is for some, many feel much better off these
Meat and fish	These can slow cleansing for some, and others if eaten raw in small amounts can help cleanse
Most foods in a package	
No nuts or nut/seed butters	Seeds are ok – see Cleanse list of foods
No packaged "milks"	These are not easy to digest – pasteurized and make your own – almond milk takes 5 minutes
Eat the opposite of how you normally eat for 24-72 hours	See Ways to Cleanse previous pages And Appendix D

Toxicity Easy Remedy Foods, Herbs, Essential oils

This list is in part borrowed from Peter Holmes book The Energetics of Western Herbs and Craig Lane's direct experience

Toxicosis (root cause of Toxicity? - Free radical burden, Immune deficiency, Liver stagnation and or overwhelm, poor cell function, poor choices in self-care, many many root causes)

Heavy metal (see also Cerebral insufficiency, Nervous deficiency, other conditions/symptoms): Bladderwrack, Chaparral, Charcoal, fermented foods, Flower pollen, Garlic, Ground ivy, Hawthorn leaf/flower, Jamaica sarsaparilla, Juniper, Kelp, Lecithin, Microalgae, Milk Thistle Seeds, Miso, Nettle, Nutritional yeast, pectin-rich foods, Red clover, seaweeds, Selfheal, Smilax Tu Fu Ling, Wheatgrass, Wood sorrel, Zeolite

Chemical (see also Cerebral insufficiency, Nervous deficiency, Impotence, Sperm > insufficient/incompetent, Toxicosis, microbial and other conditions/symptoms): Alfalfa, Artichoke, Buckwheat, Chaparral, Charcoal, Dandelion root, Eclipta Han Lian Cao, Eleuthero, fermented foods, Flower pollen, Ginseng (all types), Gotu kola, Grindelia, Kelp, Lecithin, Licorice, Ligustrum Nu Zhen Zi, Microalgae, Milk thistle seed/flower, Millet, Miso, Nutritional yeast, Oat, Polygonum He Shou Wu, *Sage*, Salvia Dan Shen, Seaweeds, Sesame seed, Skullcap, St. John's wort, Turmeric

Metabolic (see also remedies under Arthritis): Acanthopanax Wu Jia Pi, Alfalfa, Asparagus, Birch, Black Currant, Blue cohosh, Broom, Burdock, Cascara sagrada, Celery, Chaparral, Clubmoss, Dandelion, Figwort, Flower pollen, Fumitory, Garlic, Germander, Heartsease, Horsetail, Hydrangea, Jamaica sarsaparilla, *Juniper*, Knotgrass, Meadowsweet, Microalgae, Nettle, Papaya, Parsley, Pipsissewa, Poke root, Red clover, Selfheal, Silver birch, Soapwort, Walnut leaf, Water pepper, White horehound, Yellow dock

Microbial: Aloe resin, Areca Bing Lang / Da Fu Pi, Atractylodes Cang Zhu, Bloodroot, Butternut, Calamus, Chaparral, Cinnamon, *Clove*, Echinacea, Eucalyptus, fermented foods, Garlic, Goldenseal, Horseradish, *Hyssop*, *Juniper*, *Lactobacillus acidophilus/bifidus*, Miso, *Myrrh*, *Palmarosa*, Pasque flower, {Propolis}, Raphanus Lau Fu Zi, *Ravensara*, Rue, Sassafras, Scurvy grass, Sophora Ku Shen, *Spruce*, *Tea tree*, *Thyme*, Water-cress, Wheatgrass, *Winter savory*

Radiation (see also remedies under Infections, chronic, Toxicosis, chemical): Alfalfa, Aloe gel, Asian ginseng, Beet, Bladderwrack, Buckwheat, {Bufo Chan Su}, Charcoal, chlorophyll plants, Eleuthero, Ligusticum Chuan Xiong, fermented foods, Flower pollen, Ganoderma Ling Zhi, Garlic, Ginkgo, Goldenrod, Kelp, *Lavender*, Lecithin, Ligusticum Chuan Xiong, Liquid trace minerals, Microalgae, Millet, Miso, *Niaouli*, Olive oil, pectin-rich foods, Rehmania Shu Di Huang, Reishi, seaweeds, Sea Buckthorn berry/seed, Sophora Ku Shen, St. John's wort, Tea (black, green), (foods = saturated fats, protein, cholesterol rich foods, bioflavonoids)

NON IONIZING RADIATION - RF - MICROWAVE

IONIZING RADIATION = NUCLEAR REACTOR