

Combatting Detox Reactions

Understanding how to stop or prevent your [detox reactions](#) can be difficult when you first begin protocol and/or get started with your bee venom injections. Sometimes, there is just nothing you can do about it and you'll have to tough it out. Other times, getting rid of detox signs is as easy as a quick, behind the ear session, washing your face with your apitherapy soap, or administering an extra venom injection.

Pro Tip: What works to combat your detox symptom(s) the first time, may not work the second time. Try a different routine!

You'll learn what techniques and tools work best for your symptoms as you progress in your recovery.

One thing you do not want to forget is how important it is to **get exercise, stretch, and move around** as much as possible. Sitting on the couch all day while completing your protocol tasks and practicing bee venom therapy is likely to result in severe detox symptoms and a longer recovery time. So if you are experiencing detox symptoms related to the healing process, remember to get up and move. It makes a bigger impact than you might think. Even light activities like doing the dishes or stretching on the floor can help a lot.

Make sure you stay hydrated! As you progress in your health journey, this becomes more and more important. Don't forget to drink lots of fluids with electrolytes to prevent dehydration. Your protocol tasks, apitherapy soaps, and venom injections can dehydrate you if you aren't getting enough water and electrolytes. Which can lead to severe and/or worsening detox complications.

Tools for Defeating Detox

1. Apitherapy Cleanser (Level 5X)

It's vital that you do not run out of your level 5X apitherapy cleanser. Without your apitherapy cleanser a lot of your protocol tasks will leave you feeling extremely ill. Going prolonged periods of time without using your apitherapy cleanser is likely to render your protocol tasks significantly less effective, prevent your venom injections from unraveling the ears, and worsen all of your detox reactions. This is because your topical [apitherapy cleanser](#) plays a huge role in repelling the external MD organisms away from the body... something the venom injections can't solely do.

The key to preventing issues that can make you unwell, is constant exposure to [all 5 of the apitherapy ingredients](#), consistently. This is why bee venom injections alone are not enough to get rid of Morgellons. It's the reason why [behind the ear sessions](#) without exposure to all of the products of the beehive, is not enough to cure this condition. An important key to your success is including BOTH topical (soap) and internal (injections) apitherapy regimens. One or the other is not going to cut it.

If you ever run out of soap, we suggest making an effort to apply one of our other apitherapy products a minimum of 1X daily, head to toe, until your next soap arrives. You can use any of our [apitherapy moisturizers or conditioners](#) for this. Our moisturizers and conditioners are not mandatory or a necessary part of protocol but keeping them around the house for times like this, is a good idea. Plus, all of our products are apitherapy approved, filled with a ton of bee venom, and help speed recovery time. Our moisturizers and conditioners are wonderful for combatting symptoms of the scalp, hair, and skin.

2. Apitherapy Supplements

Another smart move is to keep and utilize some or all of our [apitherapy supplements](#) throughout protocol. Our royal jelly, propolis, buckwheat honey, bee pollen, and honeybee venom are all available for purchase separately and come with DIY ideas and usage instructions. This way, you never have to worry about issues arising in the event you run out of soap or have a day with a really bad detox. Our apitherapy supplements also speed recovery time and can help stop severe detox reactions as MD exits the body. Apitherapy supplements are ideal for stopping internal detox symptoms and oral care problems.

3. Bee Venom Injections

Sometimes, the best way to defeat your current detox reactions is by administering an additional venom injection (near or as close as you can get) to the area of the body you are having problems with. e.g if you have a headache on your right temple, administer a venom injection into the upper, right arm. It's important to order your [bee venom therapy kits](#) ahead of time so that you do not run out.

This means you will also need to make sure that you do not run out of the syringe needles you'll need to administer your bee venom injections. You'll find a link to the

exact syringes we suggest in your Stage 2 Protocol Material List. It's a good idea to purchase large size packs of 100 syringes or more. Eventually, you will need them.

4. Electric Razor(s)

It's important to **always have one or more of your electric razors fully charged** and ready to use or you may regret it. It is likely you will encounter a few situations where you will need an electric razor to help with various health problems that arise during recovery. Your electric razor can help fix a lot of the most common complications, pretty quick, once you get the hang of your shaving sessions. If you have a difficult time keeping a charged razor around the house, it is a good idea to buy a second one. And, charge the second razor when you are using the other.

5. Other

Additionally, be sure to keep some Motrin (Ibuprofen) around the house at all times to help with pain, inflammation, and swelling. It's ideal to keep an antihistamine like Allegra 24 hours around in case any autoimmune related or allergic type responses occur as a result of detox.

You may also want to get some packs of baby wipes and put them out around the house. You can use them to wipe debris and/or fluids off your skin as necessary. Plus, they can come in handy for a lot of things you might encounter like cleaning off your razor or tools.

Below is a list of the most common detox symptoms and the techniques & tools we found most helpful in combating them.

Prevention Tips for Lowering Detox

Use your apitherapy cleanser to combat:

- non-healing lesions, sores, wounds - soap affected areas.
- Skin problems: rashes, bumps/lumps, discoloration, itching, dry, irritated - soap affected areas.
- Swelling & Inflammation - soap affected areas.
- Crawling, movement, biting sensations - soap affected areas.

- Prolonged goosebumps or cold skin shower
- Prolonged shivering or feeling cold - bath or shower
- Dizziness or Vertigo - shower
- Burning/stinging sensations - soap affected area(s)
- Vision problems: blurry, double, floaters, redness, itching, irritated, white-out, vision loss, etc. - wash your face
- Sore or Tender spots - bath or shower
- numb, painful, or tingling limbs and extremities - shower
- Involuntary movements, twitching, jerking, or shaking - shower & shave
- Fluids (any color or texture) leaking from pores or skin - shower
- Feeling gross or dirty - shower

For an even more effective soaping session, use your electric razor to complete a behind the ear session and/or body shaving session (before or during) your shower.

Additionally, add in some of our apitherapy moisturizers and/or conditioners to help combat any of the detox symptoms above on days when you don't have time to take a shower or bath.

Use your electric razor to combat:

- Headaches - ear session or shave affected areas
- Eye pain - ear session or shave affected areas
- Heavy eyelids - ear session or shave affected areas
- Neck pain, discomfort - ear session or shave affected areas
- Back pain, discomfort - ear session or shave affected areas. We suggest using [this back razor here](#).
- Severe itching spells - shave affected area(s) until all debris on the surface fall off the skin.
- Swelling & Inflammation - body shaving session or ear session or shave affected areas
- Confusion, Brain Fog - ear session or shave affected areas
- Memory lapse, Forgetfulness - ear session or shave affected areas
- Ear Pain, swelling, irritation - ear session or shave affected areas
- Water in ear - ear session or shave affected areas
- Hearing problems - ear session or shave affected areas
- Joint, bone, muscle pain - shave affected areas
- Digestive issues - shave abdomen and surrounding areas
- numb, painful, or tingling limbs and extremities: shave affected areas, soaping session.

- feeling gross or dirty - body shaving session
- Lock jaw - ear session
- Urinary system problems: ear session or shave affected areas or soaping session
- Knee Pain- shave affected area and ear session

Administer an additional bee venom injection to combat:

- Severe pain (joint, bone, skin, organ, and all other types of pain etc.)
- Fatigue or lack of energy
- Loss of balance/coordination
- Brain fog/confusion
- Lack of motivation
- Insomnia
- OCD symptoms
- ADHD symptoms
- Breathing difficulties or abnormalities
- stiffness, tightness, or loss of ROM
- Prevent or get rid of any viral, bacterial, fungal symptoms or infections
- Depression, anxiety, nervousness
- Restlessness
- Urinary system problems
- Coughing
- Congestion
- Muscle Cramps
- Incontinence or excess urination
- Excessive yawning

Important note about bee venom dosing: During stage 2,3, & 4 you should not exceed 0.10 ml (10 units) of venom solution per 10 pounds of total body weight, in one day of injections. e.g if you weigh 120 pounds.. you should not administer more than 1.2 ml (120 units) of venom solution daily. As this could potentially cause worsening detox reactions- until the body is adjusted to higher doses of venom.

During Stage 5 of protocol, it is okay to begin administering more bee venom solution than 0.10 ml (10 units) of venom solution per 10 pounds of total body weight, as the body should be more than well adjusted to the bee venom by now.

Use royal jelly, propolis, and/or bee pollen to combat:

- oral problems: pain, sores, swelling, sores, loss of taste, color changes, texture changes, etc.
- coughing up mucus or flem non stop
- choking and bodily fluids
- excessive GERD
- Bloating, Gas
- Digestion issues
- Urinary system problems
- Dry Mouth
- Excessive Drooling
- Swollen airway/esophagus
- Dysphagia
- Constipation
- Heart Palpitations (feels like your heart is skipping beats)

It's likely that you will find other things that also help combat your detox symptoms that are not mentioned here too. It is okay to add other things into your routine as desired. Just do your best to stick to natural ingredients only and stay away from synthetic and man-made medications, because this can increase the immunity of Morgellons, allowing them to develop stronger defenses that hinder your recovery..

Review the full list of [detox symptoms here](#).