

ULTIMATE DRAINAGE AND DETOXIFICATION STRATEGIES

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Drainage and Detox Guidelines for Toxic Metals

Typical health issues that can be alleviated by implementing a safe metal detoxification program:

- Chronic Fatigue
- Malaise & Weakness
- Headaches
- Memory Loss & Brain Fog
- Depression, Frustration & Overwhelm
- Skin Rashes
- Belly Bloat
- Weight Gain/Difficulty Losing Weight
- Chronic Neck & Back Pain
- Muscle Aches & Joint Pain
- Irritable Bowel Symptoms
- PMS/Menopause
- Andropause
- Anxiety/Insomnia

At the core of every illness there is a Total Toxic Overload which overwhelms the body's hemodynamic mechanisms causing:

- Low Energy Production (Mitochondrial Impairment)
- Cellular and DNA damage to all major organs (Heart, Brain, Liver, Kidneys and more)
- Nutrient Deficiencies leading to fatigue, neuropathy, insomnia
- Dehydration of cells and Electrolyte Imbalances
- Premature Aging, inside and out
- Overburden of detoxification pathways: liver, intestines, kidneys, skin
- Neurodegenerative disorders (MS, Parkinsons, Dementia)
- Pain syndromes (Fibromyalgia, Arthritis, Migraines)
- Autoimmune disorders (Hashimoto's, MS, Psoriasis, Lupus, Alzheimer's)
- Hormonal Imbalances (Excess Estrogenic, Cortisol, PCOS)
- Blood Sugar, Cardiovascular and Metabolic (Cancer) Diseases

There are only 2 ways to stop toxic metals from harming your brain, body and life:

1. Be a toxic metal detective - identify the hidden metals and stop polluting your body of these toxins!

Remove or decrease toxic metal exposure:

- Organic is the best policy! Avoid conventionally grown produce, grains and meats (poultry, beef, pork etc.) Rice can have high levels of arsenic.
- Check for lead based paint in your home and office.
- Eliminate [pesticide/herbicide/fungicide](#) use in your garden, on your pets, and inside and outside of your home.
- Avoid eating “wide-mouthed” fish such as tuna, swordfish, bass, mahi mahi and shark and instead eat small wild caught fish such as [sardines, anchovies, sable fish, sockeye salmon](#).
- Avoid flu shots and thimerosal (mercury) based vaccines.
- Beware of air pollution and use a HEPA/carbon filtration air purifier in your home, office or car (keep the air circulating button ON at all times to minimize mercury and lead exposure).
- Swap aluminum and stainless steel cookware and dishes with glass, porcelain, ceramic and enamel cookware and dishes.
- Use glass water bottles instead of steel canteens.
- Use porcelain, bamboo, or wooden utensils.
- Stop drinking tap water and invest in a reverse osmosis water purification system and avoid natural-spring water coming from granite rich land such as the Rocky, Sierra and Arrowhead Mountains. Arsenic levels are naturally high in granite rock.
- Find a mercury-conscious holistic dentist and doctor who will create a program to safely remove the amalgam (silver) fillings from the mouth, one quadrant at a time. **Note: Before removing any amalgam fillings, follow the drainage and detoxification protocol below to minimize the absorption of amalgam dust/vapors**
- Stop smoking and avoid second hand cigarette smoke - you are sucking down cadmium bombs!
- Start using natural cosmetics, skin and body products free of metals and read the entire ingredient list! More info go to [EWG's Skin Deep](#).



To get more detailed information on how to clean up your environment, check out my book [The 7-Day Allergy Makeover](#).

2. Cleanse the toxic metals out - 2 Step Drainage and Detox Protocol:

Step 1: Open up and drain the immunctories AKA plumbing system or excretory/cleansing organs, which include the following: lymphatics, skin, lungs, liver/intestines, kidney/bladder. This can be done safely with homeopathic remedies and plant stem cells. This is called the **drainage phase**. Usually 5-7 days before, during and 5-7 days after the Detox.

The Drainage Phase is to prepare and slowly open up your excretory organs and will acclimate your body to stimulate the detoxification organs so that you experience a safe and successful toxic metals cleanse without any aggravation of symptoms.

Step 2: Bind and detoxify the toxic metals out of the body with nutrients, antioxidants, binders and herbal remedies. This is called the **detoxification phase**.

To safely eliminate the body's burden of toxic metals (mercury, arsenic, nickel, cadmium, lead, aluminum, nickel and more), you need your "plumbing" system to be functioning optimally!

Your "plumbing" needs to work freely without any blockage so that when you're ready to "dump" out the toxins during the Detoxification Phase, your body is capable of removing it in a timely manner, without any buildup. Otherwise you'll have a backed up sewage system and you'll be a very moody, unhappy and uncomfortable person. Another term for an exacerbation of detoxification symptoms is called the "**Herxheimer reaction**".

Drainage is key to keeping all plumbing systems working smoothly and to prevent any detox symptoms such as:

- Fatigue and brain fog
- Headaches and migraines
- Nausea and vomiting
- Muscle and joint pain
- Numbness and tingling
- Dizziness or vertigo
- Abdominal cramping, diarrhea, constipation
- Strong mouth or body odor
- Skin rashes, bumps, acne
- Cystitis or an irritated bladder
- Swollen and painful lymph glands/lymphedema
- Anxiety and Insomnia

Cleansing the body of toxic metals doesn't need to be a painful process!

My motto is "Go Slow and Go Deep" to make a true cellular difference. Proper preparation will prime your body without triggering any aggravating detox symptoms and once the toxic metals are excreted out of your body, then healing is inevitable and ultimate wellness is on the horizon!

Important Dietary Guidelines during any Detox Protocol:

Avoid the following:

- Sugar in all forms, including sucrose, fructose, high fructose corn syrup, honey, and maple syrup. Natural low-impact sweeteners such as stevia & erythritol are allowed.
- Artificial sweeteners (sucralose, maltodextrin, saccharin, aspartame, Sweet 'n' Low, Splenda, Equal)
- Gluten grains (wheat, rye, barley, oats, spelt, kamut, triticale, bulgur, couscous, and barley). This includes pastas, bread, crackers, cereals, and other products made from these grains. Small servings (1/4-1/2 cup) of gluten-free whole grains such as brown rice, wild rice, millet, quinoa, amaranth, and buckwheat are allowed during the detox protocol.
- Dairy products including milk (cow, sheep, goat, yak, camel) cheese, yogurt and ice cream, etc.
- All alcohol and recreational drugs
- Caffeine-containing beverages including coffee, tea and soda
- Soy products, including tofu, tempeh (tamari is OK)
- Desserts and sweets (candy, muffins, chocolate, cookies)
- Processed, packaged foods (chips, crackers, popcorn)
- Fried foods, margarine, hydrogenated oils
- Allergenic foods: Peanuts/peanut butter (high allergen legumes), cashews, pistachios, fish & seafood (mercury and Fukushima nuclear waste), egg (if it's a known allergy), etc.

What to Eat:

- Follow the Ultimate Wellness Food Checklist (Included in your download), limit on the carbohydrates, small servings (1/4-1/2 cup) of gluten-free whole grains such as brown rice, wild rice, millet, quinoa, amaranth, and buckwheat are allowed during the detox protocol.
- Eat mainly a plant based diet-veggies (no mushrooms), nuts, seeds, fruit (1 serving/day)
- 2 servings of lean protein/day, vegan protein shake is acceptable. You may also experience fat loss during the cleanse by using the Nutra Cleanse and Detox shakes.

My Favorite Drainage Formulas

Drainage Phase goes from 5-10 days before, during and 5-7 days after the toxic metal detoxification phase.

- Brand: Pekana
Name: Iteres Cream
To Use: Apply to lymph nodes and channels for lymphatic drainage-under arms, groin, abdominal, liver, kidneys, sinuses and neck.
- Brand: Pekana
Name: Basic Detoxification and Drainage Kit (for Kidneys, Liver/Gut, Lymphatics)
To Use: 20-30 drops each bottle, add to 1 liter of water and drink
- Brand: GemmoBase USA
Name: Black Poplar, Rosemary or European Alder (depends on patient, ex. Rosemary is used for more liver support)
To Use: 3-5 drops in 1 tsp. of water 2-3x/day

My Favorite Detoxification Formulas

The Detoxification Phase can last from 3 days up to 7-14 days (depends on your age, weight and body burden of toxic metals)

- Brand: Body Health
Name: Metal Free (clathrating agent that encapsulates the metal and drains it out through the liver/gallbladder into the gut
To Use: 1 drop or more under the tongue in the morning (dose depends on age, weight, and body burden)

- Brand: QuickSilver Scientific
Name: Pure PC (liposomal phosphatidylcholine)
Use: 1- 4 tsp. per day 15-30 min. before meals (dose depends on your age, weight and body burden)
- Brand: Body Bio
Name: Butyrate
To Use: 1-3 capsules per day with meals (dose depends on your age, weight and body burden)

My Favorite Toxic Metal Binders

- Brand: Sonne
Name: Detoxicant #7
To Use: 1-4 tsp. per day, 30 min. after meals 2-3x/day (dose depends on your age, weight and body burden)
- Brand: Now Foods
Name: [Glucomannan Powder](#)
To Use: ½ tsp. mixed in 10-12 oz. of purified water, 30 min. after meals 2-3x/day (dose depends on your age, weight and body burden)
- Brand: Nature's Way
Name: [Coconut Activated Charcoal Powder](#)
To Use: ½ tsp mixed in 10-12 oz. of purified water, 30 min. after meals (dose depends on your age, weight and body burden)



Additional Strategies to Support your Drainage and Detox Protocol:

- Dry brushing
- [Skin Exfoliation, Korean Style](#)
- InfraRed or Korean Saunas
- Hot and Cold Baths
- Dead Sea or Epsom Salt Baths
- Rebounding on an exercise ball
- Inversion techniques
- Intermittent Exercises such as jumping rope, running and using a [climbing machine](#)

Majority of the supplements mentioned in this guideline can be purchased at <http://drsusanne.com/store/> . Use the promo code **HMS15** for a 15% discount, good until May 31st, 2018.

If you want to dig deeper into your health issues or need support and customization with your drainage and detox program, I am available in person, phone, skype or facetime for consultations and followups. Please contact my assistant Frank at **310-315-1514** or email him at help@drsusanne.com to set up an appointment.

