

Detoxification Support Protocol

This Detoxification Support Protocol is meant to help you support your detoxification pathways for elimination. You want to pair the below protocol with a clean diet rich in cooked vegetables and minimal carbs/sugars.

I love using genestra and Pure Encapsulations products as they are 3rd party tested and all products are backed by scientific research.

It is important to note that everyone is unique and has different needs so there is no one-size-fits-all approach. Any approach that claims to work for everyone disregard an individual's personal physiology and genetics. Standardized kits imply that everyone requires the same detox strategy. We know this does not apply to cardiovascular, metabolic or immune health, so why should it apply to detoxification? Consequently, it is imperative to critically evaluate the appropriateness of such kits for detoxification purposes, as they typically enhance both Phase 1 and Phase 2 detoxification pathways. This is not ideal for everyone and can in fact be harmful especially when genetic SNPs are taken into account.

There are 3 different phases of detoxification that need to take place to have optimal health. Everyone has different imbalances which affects how they detoxify.

Dr. Penny Kendall-Reed helps us understand better the different variations.

Fast Phase 1, Slow Phase 2

Patients with accelerated Phase 1 detoxification pathways can expel toxins from cells rapidly. However, this speed also leads to an overproduction of inflammatory and highly toxic Phase 1 substrates. If the subsequent Phase 2 detoxification is slow, these highly toxic substrates from Phase 1 linger in the bloodstream for extended periods. Consequently, patients may endure prolonged detox reactions and face a heightened risk of inflammation and certain cancers, as the toxins are not effectively eliminated from the body.

Slow Phase 1, Fast Phase 2

Patients with a slow Phase 1 detoxification pathway lack sufficient CYP 450 enzymes, which are crucial for effective toxin removal from cells. As a result, toxins stay within the cells for extended periods, potentially leading to extensive damage. If Phase 2 detoxification is rapid, it will efficiently eliminate any available substrates from Phase 1. However, with a slow Phase 1, there will be fewer substrates for Phase 2 to clear out.

Slow Phase 1, Slow Phase 2

These patients are slow in both expelling toxins from cells and eliminating them from the body completely. Consequently, they may carry a heavy toxic burden.

You can get Genetic testing and Nutrigenomics done to figure out how your body functions within these phases.

That being said, there are a few supplements that work well for most people regardless of how their body functions and that is what I am sharing below.

Detox Protocol

always check with your doctor before supplementing

1. Pure Encapsulations Liposomal glutathione: To increase Phase 2 detoxification and reduce inflammation. Especially important when in polluted environments to reduce inflammatory load and increased burden on Phase 2 pathways. You typically do 1 capsule daily with or without food
2. Pure Encapsulations Astaxanthin: To increase Phase 2 detoxification specifically in the mitochondria
3. 1-2 tbs psyllium husk, ground flax or chia seed daily to expel toxins from the gut
4. Genestra liquid chlorophyll or chlorella: acts as a sponge for toxins and excretes them – follow bottle dosage
5. Genestra HMF Multi Strain 50 to help refortify the gut
6. Pure Encapsulations NAC 900mg To increase Phase 2 detoxification and reduce inflammation typically at 1 capsule 2x/day on an empty stomach
7. Superdiet birch Sap to flush liver and kidneys
8. Pure Encapsulations DIM & Detox to support phase 1 detoxification at 2 caps 2x/day on empty stomach. Take Pure Encapsulations Curcumasorb 180s instead if you have fast phase 1 as it slows phase 1 detox down. Take 1 caps 2x/day empty stomach for curcumin.