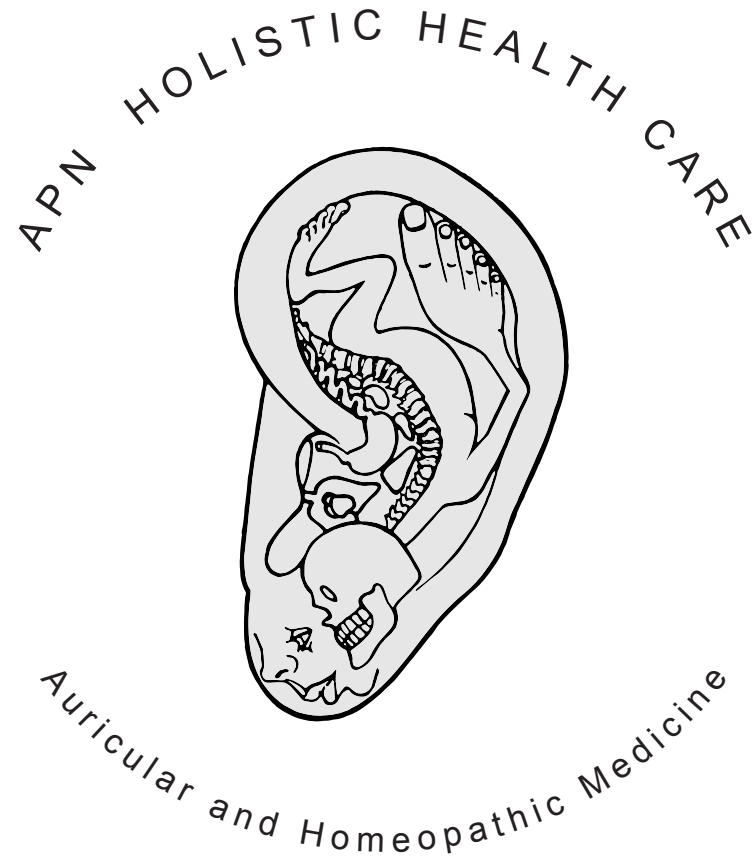


Patient Treatment Guide



Dear Patient

You are receiving this pamphlet because you have recently started treatment. In order to achieve your health goals and enhance the biotherapeutic drainage protocol, the following lifestyle and diet changes are suggested and if adapted will help facilitate the body towards self healing.

- Filtered water (glyphosate removed and 0-20ppm level)- Drink, Cook, Brew
HEPA, Carbon Electrostatic Air Filter- Living in the city or near petroleum refinery or near busy highway
- Eat organic produce and staples- rice, onion, garlic, honey, sugar, milk, coffee creamer, Grains, Hard Beans, Potatoes & Anything made from them - Use EWG Dirty Dozen List
- Switch to Flouride free toothpaste (reduce exposure to calcium flouride)
- Avoid Commercial grade coffees and teas (most heavily sprayed with pesticides) switch to organic coffee/tea. (Brands: Kicking Horse, Teas quared, Four O'Clock)
- Eliminate canola/ vegetable oil (Canola oil is a vegetable oil derived from rapeseed contains very levels of erucic acid, which can be toxic to the liver and heart)
- Decrease blue light or LED screen time after 9pm/ get a blue light blocking screen cover or glasses
- Add meditation, movement, exercise, infrared sauna detox to your lifestyle
- Get adequate sleep and proper nutrition and consume 2 litres of filtered water daily



Flouride Lowers Immune function by Interfering with Pineal Function

“Flouride is likely to cause decreased melatonin production and to have other effects on normal pineal function, which in turn could contribute to a variety of effects in humans.” (National Research Council 2006).

Calcium Flouride appears naturally in underground water supplies. Too much consumed daily can lead to bone or dental problems. Independent labs and reputable researchers have linked the following health issues with daily long term intake of sodium flouride:

Genetic DNA Damage Alzheimer’s Disease

Thyroid Disruption - affecting the complete endocrine system and leading to obesity

Neurological - diminished IQ and inability to focus, lethargy and weariness.

Melatonin Disruption, lowers immunity to cancer, accelerates aging, sleep disorders

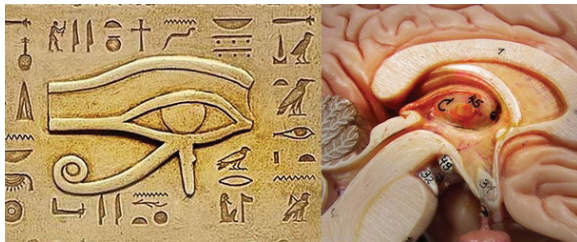
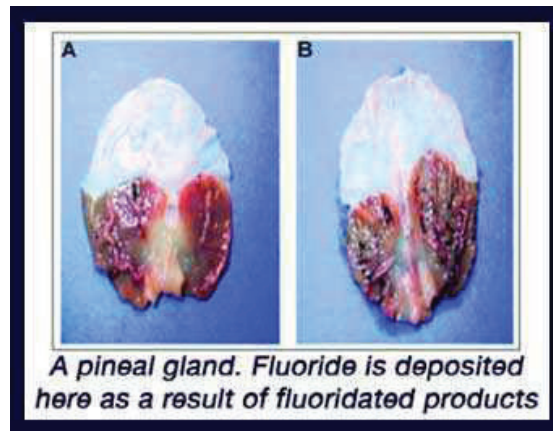
In the 1990s, a British scientist, Jennifer Luke, discovered:

- Flouride accumulates to strikingly high levels in the pineal gland
- The pineal gland is located between the two hemispheres of the brain and is responsible for the synthesis and secretion of the hormone melatonin
- Melatonin maintains the body’s sleep-wake cycle, regulates the onset of puberty in females, and helps protect the body from cell damage caused by free radicals

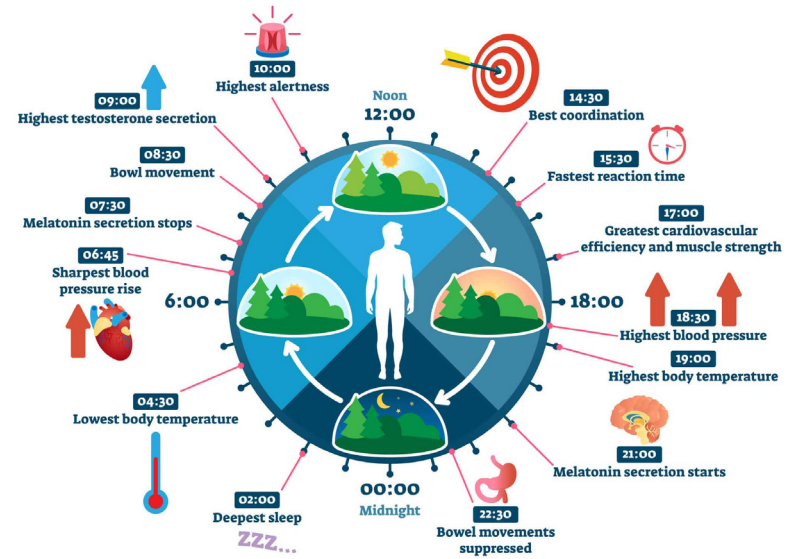
Suggested Toothpaste:

Meditation helps to open the Pineal Gland

Adequate Sleep followin the C. Rhythm Eliminate LED bluelight after 9pm



CIRCADIAN RHYTHM



Non Alcoholic Fatty Liver Disease (NAFLD)

Below, listed are studies and important updates on Glyphosate and it's role in Cancer and many chronic health conditions namely fatty liver.

Website: : <https://detoxproject.org/glyphosate/>

World Health Organization (WHO) and International Agency for Research on Cancer (IARC)

International Agency for Research on Cancer



20 March 2015

IARC Monographs Volume 112: evaluation of five organophosphate insecticides and herbicides

Lyon, France, 20 March 2015 – The International Agency for Research on Cancer (IARC), the specialized cancer agency of the World Health Organization, has assessed the carcinogenicity of **five organophosphate pesticides**. A summary of the final evaluations together with a short rationale have now been published online in *The Lancet Oncology*, and the detailed assessments will be published as Volume 112 of the IARC Monographs.

What were the results of the IARC evaluations?

The herbicide **glyphosate** and the insecticides **malathion** and **diazinon** were classified as *probably carcinogenic to humans* (Group 2A).

The insecticides **tetrachlorvinphos** and **parathion** were classified as *possibly carcinogenic to humans* (Group 2B).

What was the scientific basis of the IARC evaluations?

The pesticides **tetrachlorvinphos** and **parathion** were classified as *possibly carcinogenic to humans* (Group 2B) based on convincing evidence that these agents cause cancer in laboratory animals.

For the insecticide **malathion**, there is *limited evidence of carcinogenicity* in humans for non-Hodgkin lymphoma and prostate cancer. The evidence in humans is from studies of exposures, mostly agricultural, in the USA, Canada, and Sweden published since 2001. Malathion also caused tumours in rodent studies. Malathion caused DNA and chromosomal damage and also disrupted hormone pathways.

For the insecticide **diazinon**, there was *limited evidence of carcinogenicity* in humans for non-Hodgkin lymphoma and lung cancer. The evidence in humans is from studies of agricultural exposures in the USA and Canada published since 2001. The classification of diazinon in Group 2A was also based on strong evidence that diazinon induced DNA or chromosomal damage.

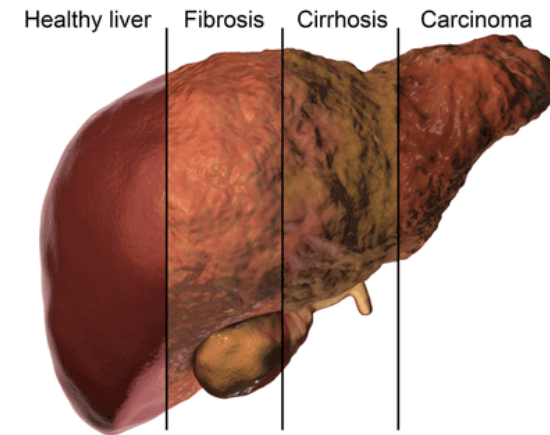
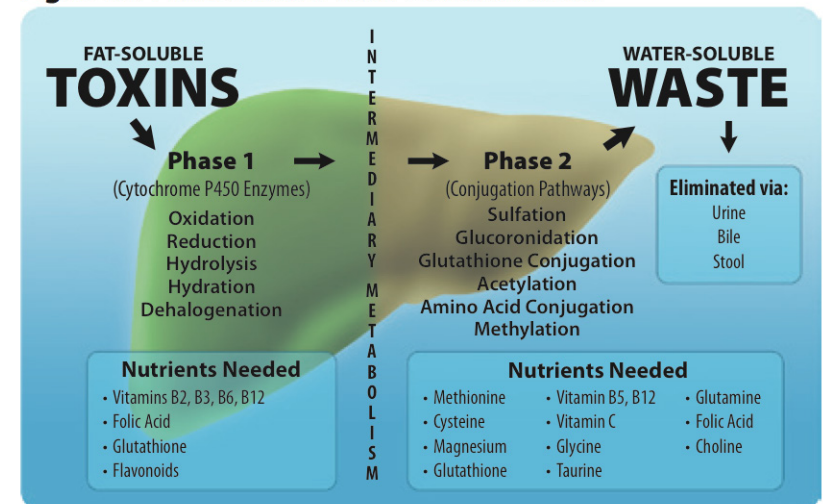


Figure 3. Phase I and II Liver Detoxification



The liver performs 500 to 600 functions every second
There are no Standard Medical Tests to determine
if the Liver is performing these functions

Many of the conclusions in Medical Research are misleading, exaggerated or statically incorrect

The liver facilitates:

Creates bile to aid digestion and build cell walls

- Carries out hundreds of enzymes/ minute
- Produces clotting factors
- Key to OVERALL digestive, metabolic, immune and hormonal health
- Metabolizes RBC, WBC, bacteria, alcohol, hormones and ALL drugs and chemicals entering the digestive tract
- Breakdown of ammonia to urea (NAFLD prevention)
- The enzyme systems of detoxification
- Storage of vitamins A, D, E, K and B12
- Blood sugar regulation
- Keeps blood and cholesterol balanced
- Blood pressure regulation via angiotensinogen (blood pressure regulator protein)
- Neurotransmitter precursor production (dopamine, epinephrine(adrenalin), serotonin, histamine, GABA-brain, muscles, nitric oxide-vasodilator)
- The enzyme systems of hormone degradation- Thyroid hormone conversion
- Proper storage of mineral iron (Fe) and copper (cu)
- Production of energy in the form of ATP (energy forming)
- Breakdown of old damaged RBS's (sequence of RNA- that conveys genetic info from DNA to ribosome)
- Production of blood components (prothrombin-reduce blood loss, fibrinogen-clot, albumin- yellow liquid fluid holds blood cells in whole suspension)
- Amino acid synthesis
- Metabolizes carbohydrates, proteins, fats, vitamins and minerals

SCIENTIFIC REPORTS

OPEN

Multimomics reveal non-alcoholic fatty liver disease in rats following chronic exposure to an ultra-low dose of Roundup herbicide

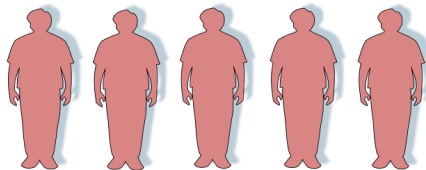
Robin Mesnage¹, George Renney², Gilles-Eric Séralini³, Malcolm Ward² & Michael N. Antoniou¹

The impairment of liver function by low environmentally relevant doses of glyphosate-based herbicides (GBH) is still a debatable and unresolved matter. Previously we have shown that rats administered for 2 years with **0.1 ppb** (50 ng/L glyphosate equivalent dilution; 4 ng/kg body weight/day daily intake) of a Roundup GBH formulation showed signs of enhanced liver injury as indicated by anatomorphological, blood/urine biochemical changes and transcriptome profiling. Here we present a multimomic study combining metabolome and proteome liver analyses to obtain further insight into the Roundup-induced pathology. Proteins significantly disturbed (214 out of 1906 detected, $q < 0.05$) were involved in organonitrogen metabolism and fatty acid β -oxidation. Proteome disturbances reflected peroxisomal proliferation, steatosis and necrosis. The metabolome analysis (55 metabolites altered out of 673 detected, $p < 0.05$) confirmed lipotoxic conditions and oxidative stress by showing an activation of glutathione and ascorbate free radical scavenger systems. Additionally, we found metabolite alterations associated with hallmarks of hepatotoxicity such as γ -glutamyl dipeptides, acylcarnitines, and proline derivatives. Overall, metabolome and proteome disturbances showed a substantial overlap with biomarkers of non-alcoholic fatty liver disease and its progression to steatohepatosis and thus confirm liver functional dysfunction resulting from chronic ultra-low dose GBH exposure.

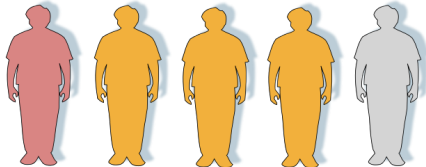
0.1 ppb

Received: 22 July 2016
Accepted: 22 November 2016
Published: 09 January 2017

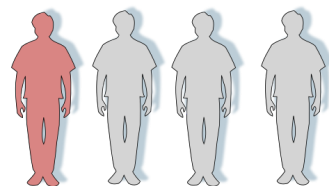
NAFLD Prevalence in 2019



More than 6 diabetics and 9 severe obese people out of 10 have NAFLD



1 out of 4 people have NAFLD, regardless of weight



Glyphosate Food Testing Results: (in parts per billion – ppb)

Full laboratory reports for this food testing can be found [here](#). A searchable database of results can be found [here](#).

General Mills		
	Original Cheerios	Glyphosate - 1,125.3 ppb AMPA - 26.4
	Honey Nut Cheerios	Glyphosate - 670.2 ppb AMPA - 14.5
	Wheaties	Glyphosate - 31.2 ppb
	Trix	Glyphosate - 9.9 ppb
	Gluten Free Bunny Cookies Cocoa & Vanilla	Glyphosate - 55.13* ppb
Kellogg's		
	Corn Flakes	Glyphosate - 78.9 ppb
	Raisin Bran	Glyphosate - 82.9 ppb
	Organic Promise**	Glyphosate - 24.9 ppb
	Special K	Glyphosate - 74.6 ppb
	Frosted Flakes	Glyphosate - 72.8 ppb
	Cheez-It (Original)	Glyphosate - 24.6 ppb
	Cheez-It (Whole Grain)	Glyphosate - 36.25* ppb
	Soft-Baked Cookies, Oatmeal Dark Chocolate	Glyphosate - 275.58* ppb
Nabisco		
	Ritz Crackers	Glyphosate - 270.24 ppb
	Triscuit	Glyphosate - 89.68 ppb
	Oreo Original	Glyphosate - 289.47* ppb
Campbell Soup Company		
	Goldfish crackers original (Pepperidge Farm)	Glyphosate - 18.40 ppb
	Goldfish crackers colors	Glyphosate - 8.02 ppb
	Goldfish crackers Whole Grain	Glyphosate - 24.58 ppb
Little Debbie		
	Oatmeal Creme Pies	Glyphosate - 264.28* ppb
Lucy's		
	Oatmeal Cookies Gluten Free	Glyphosate - 452.44* ppb
Whole Foods		
	365 Organic Golden Round Crackers**	Glyphosate - 119.12* ppb
Back to Nature		
	Crispy Cheddar Crackers	Glyphosate - 327.22* ppb

Limit of Quantitation: 5 ppb

**These samples exhibit very low recovery and/or response. The above amounts found are rough estimates at best and may not represent an accurate representation of the sample.

** Widespread contamination in food supply — even organic farmers are having their crops/ our food contaminated.

Food Democracy Now! Glyphosate: Unsafe on Any Plate

What is a Bio-therapeutic Drainage?

Bio therapeutic drainage is done using specially numbered UNDA homeopathic compounds that were formulated in Belgium and have been in use since the 1930's. The UNDA numbered compounds are extremely safe, not contraindicated with medications. They combine dilute forms of plants and minerals, which create a dual action: the plants guide the remedy to the appropriate organ system and the minerals are co-factors for the enzymes of that organ. They are different from detoxification products or remedies as they are deeper acting, made of special Homeopathic potencies and respect the body and does not push it to the limits in order to drain. Eliminates toxins, without aggression. Highly effective method of detoxification at the cellular level. Neutralization, intracellular and extracellular removal of toxins from the body by opening emunctories and then discharging the toxins. These remedies are typically used in combinations of 3-4 bottles in order to drain and support the emunctories (liver, kidney, lungs and skin) that require help.

Bio-therapeutic drainage using UNDA numbered compounds administered by a well trained practitioner should be considered by everyone experiencing toxicity symptoms or looking for a safe and long lasting way to detoxify.



“Cells release wastes and toxins into the surrounding tissues. Drainage is the process ensuring that these wastes and toxins are carried by blood and lymph out of cells and tissues toward the excretory organs call emunctories for their elimination.”

From Natural Medecine to a Medecine of the Individual, Dr. Gerard Gueniot with Dr. Pierre Tondelier, Editions Amyris, 2010

How your body removes toxins:

In order to neutralize and eliminate toxins, your body requires a pathway to send waste outside the body. These pathways of elimination are called emunctories. An emunctory is any tissue that allows excretions to exit the body. The majority of elimination occurs via the primary emunctories. If the primary emunctories are not working then the second emunctories will kick in to help in the elimination and prevent the toxicity from being backed up and causing symptoms.

The Liver--* see previous page

The Kidney- your eliminator

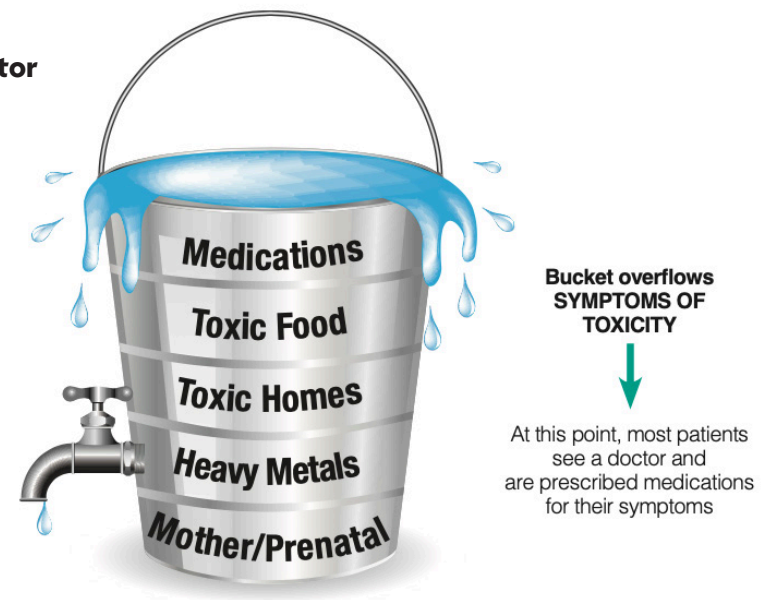
Process 200 L of blood and eliminate waste and extra water as urine
Regulate electrolytes and acid-base balance
Filter waste and drugs
Regulate blood pressure and produce hormones
Most importantly- eliminate water-soluble waste

The Gastrointestinal Tract/Mucous Membranes- your immune system regulator

Home to 100 trillion hard working friendly bacteria
Digestion and absorption of nutrients
Prevents infections and balance autoimmunity

The Skin- your deposition centre

Largest organ of detoxification
Stores toxins that the body can no longer tolerate
Skin conditions will clear up once proper drainage and elimination takes place.



“Arginine is a Growth Factor for Many Viruses”

In Viral Infections

AVOID: “Corn, Rice, Wheat, Nuts & Seeds and Cocoa”

Fat Depresses the Immune System

A high fat intake causes immunosuppression

Avoid Excessive Alcohol Intake

Alcohol Impairs Cellular Immunity

Avoid Commercial Tea and Coffee

They are the most Heavily Sprayed Food Crop

Drink Organic Teas and Coffee

Eat Organic!!

AVOID GMO FOOD

Avoid Commercial Fruits and Vegetables with High Levels of Toxicants

“GMO Food Lowers White Blood Cells (immune response) functions and Interferes with Digestive Mucosa”

EWG'S 2020 DIRTY 12™



- | | | |
|-----------------|-------------|--------------|
| 1. Strawberries | 5. Apples | 9. Pears |
| 2. Spinach | 6. Grapes | 10. Tomatoes |
| 3. Kale | 7. Peaches | 11. Celery |
| 4. Nectarines | 8. Cherries | 12. Potatoes |



EWG'S 2020 CLEAN 15™



- | | | |
|---------------|------------------------|--------------------|
| 1. Avocados | 6. Sweet Peas (Frozen) | 11. Broccoli |
| 2. Sweet Corn | 7. Eggplant | 12. Mushrooms |
| 3. Pineapple | 8. Asparagus | 13. Cabbage |
| 4. Onions | 9. Cauliflower | 14. Honeydew Melon |
| 5. Papaya | 10. Cantaloupe | 15. Kiwi |



www.ewg.org

Healing Crisis

When any treatment or cleansing program causes a large scale die-off or shed of toxicity (fungus, bacteria, protozoa, virus, chemicals, emotions, environmental and food toxicity) leaving the body a significant amount of endotoxins (toxins within the bacteria itself) are released into the body, a healing crisis can be observed in a small amount of patients. (5%)

A healing crisis is often viewed conventionally as an uncomfortable aggravation that is often alleviated or suppressed, in holistic medicine a healing crisis is a sure sign the body is working in tandem with the treatment and the symptoms of a healing crisis is the “die off” process – of toxicity (fungus, bacteria, protozoa, virus, chemicals, emotions, environmental and food toxicity) leaving the body.

The healing crisis is the result of every body-system, in concert, working to eliminate waste products through all elimination channels and set the stage for regeneration.

The end result: old tissues are replaced with new.

The more bacteria present, and the stronger their endotoxins, the stronger the cleansing reaction. When any treatment causes the organs of the body (particularly the liver, which is a storehouse of drug and poison residues) to release their stored toxins, a healing crisis may occur as toxins previously lodged in the fat cells are released into the blood stream.



Symptoms:

The healing crisis will usually bring about past conditions in whatever order the body is capable of handling at that time. People often forget the diseases or injuries they have had in the past, but are usually reminded during the crisis.

Reactions include:

Increased joint or muscle pain/ Arthritic flair up
Diarrhea/ Cramps/ Nausea
Extreme fatigue and/or its opposite, restlessness
Headache (believed to be caused by buildup of toxins in the blood)
Aches, Pains / Itching
Insomnia
Sinus congestion /Fever (usually low grade) and/or chills
Frequent urination and/or urinary tract discharges
Drop in blood pressure
Skin eruptions, including: boils, hives, and rashes,pimples, bumps
Cold or flu-like symptoms
Strong emotions: anger, despair, sadness, fear, etc.
Suppressed memories arise
Anxiety/ Mood swings / New phobias develop

Easing Your Way Through the Healing Crisis:

Drink plenty of fresh water (especially water), fresh veggie juices, Drink from 2 to 3 litres of reverse osmosis or filtered water per day. This will help flush the toxins out of your system and speed along the detoxification. Follow the diet (if applicable)

If you are feeling fatigued, or sleepy, your body is talking to you, and telling you to rest. Be kind to yourself, and get the rest that you need through this process.

Sleep hours required :

Infants 16hrs

Teens 9 hours

Adults 7-9 hours

Seniors 5-7 hours

Stress increases sympathetic and delays parasympathetic nervous system state.

Benefits of Water in the Body

Is Your Water Safe?

There are more than 80 “regulated” contaminants and more unregulated toxins, like the rocket fuel component perchlorate which are present in most tap water.

What’s So Bad about Our Drinking Water?

Most water contains arsenic, fluoride, chlorine and a host of other unhealthy toxins. So when we drink it we are actually imbibing water that contains a mixture of toxic, poisonous chemicals that spells danger and at the very least overburdening work for our colons.

Tap water contains:

Arsenic

A very toxic heavy metal classified by the International Agency for Research on Cancer (IARC) as a Category I carcinogen, which means it is definitely a cancer causing agent

Fluoride

Tap water is actually fluoridated, meaning it’s added to water deliberately, notwithstanding it’s almost as poisonous as arsenic is, and more toxic than lead. This substance is so toxic until the fluoridation process has been banned in several countries. Even some U.S. cities have caught on and started rejecting the process of fluoridation since 1990.

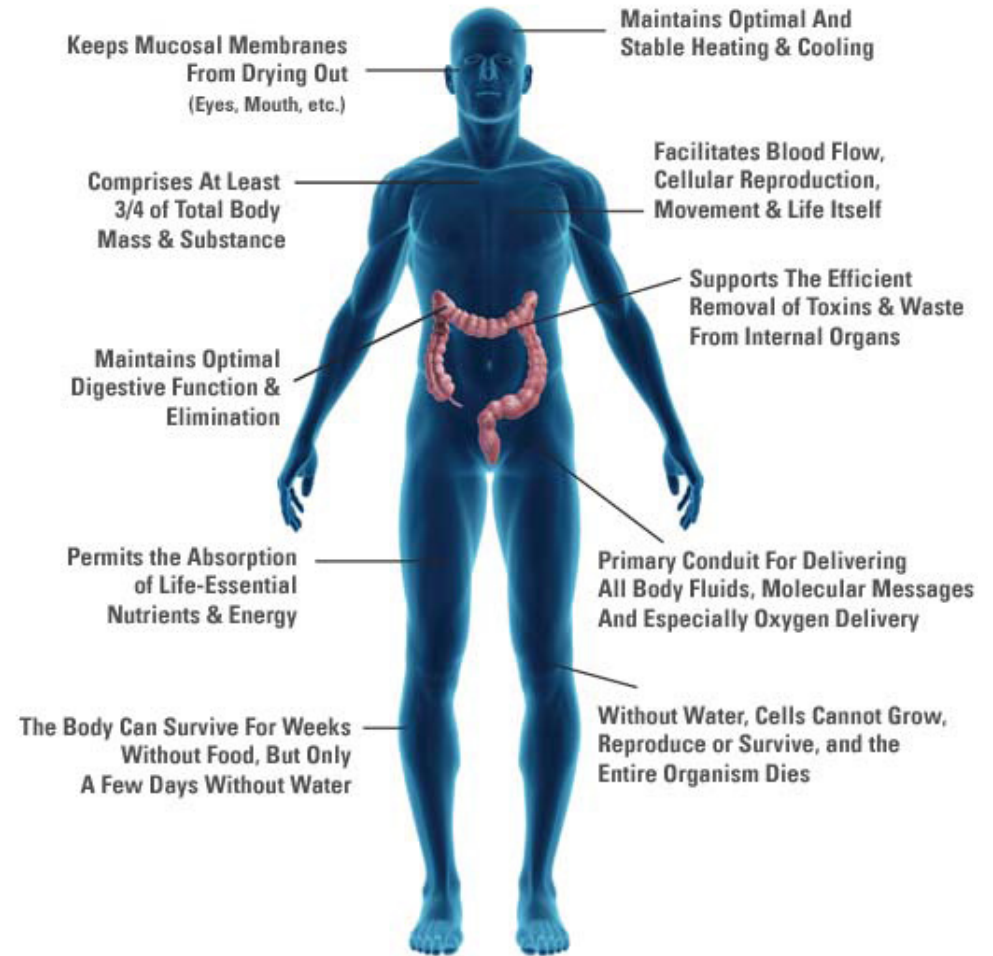
Chlorine

Chlorine is added to water to kill certain bacteria. This chemical can be inhaled in gas form and absorbed through the skin and therefore presents a danger even if you’re present in the room with it, to say nothing of drinking it. Once in the human body, it bonds with other compounds to form Trihalomethanes (THMs).

These byproducts trigger the production of free radicals in the body and cause serious cell damage. In one research study, chlorine and chloramine was added to rats’ water supply and as a result the rats developed tumors in the liver kidneys and intestines. Even after this study which shows some of the dangers possible, the government continues to provide chlorinated drinking water to the public.

DO NOT DRINK TAP WATER

REVERSE OSMOSIS WATER IS HIGHLY RECOMMENDED



Filtered Water Options

Reverse Osmosis or Filtered water is best recommended. These are just a few of our suggestions but you may find other RO water options. Home Depot, Lowes, Canadian Tire, Cosco all have filtration options.



The NSF Mark

The NSF mark is your assurance that the product has been tested by one of the most respected independent certification organizations in existence today. It is valued by consumers, manufacturers, retailers and regulatory agencies worldwide.

Machines located in Supermarket or Canadian Tire Lobbies

Refill here for about \$4.00 with a large refillable bottle.



\$850.00+

This is the recommended brand

<http://nimbuswater.ca>

416 302 9223(Santo Bozzo)



iSpring

At Home Depot
\$299.00

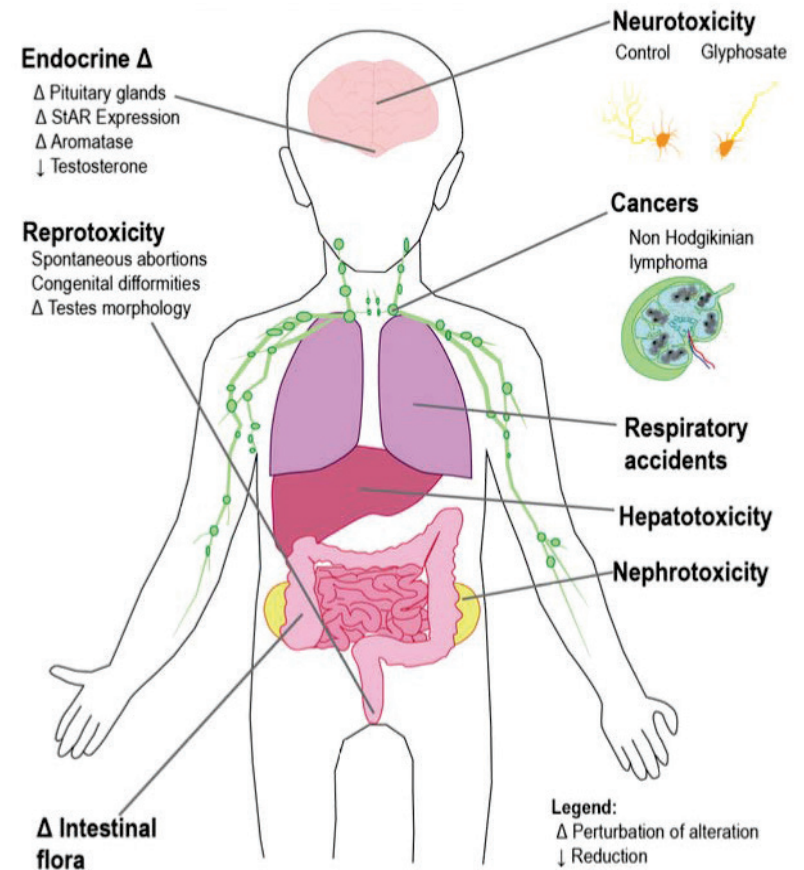


PureDrop

At Home Depot
\$181.00



Glyphosate Human Toxicity



Eat adequate Protein

A Protein Deficiency Depresses the Immune System

Clean sources of protein:

Animal

- Organic chicken breast
- Organic pork
- Organic Grass fed beef
- Fish
- Cage free eggs, Organic eggs

Non Animal

- Beans: kidney beans (26g in 2cups), pinto, black/white
- Organic tofu & Tempeh (15-20g in 1/2cup)
- Organic Hemp hearts (10g in 3 tblsp)
- Edamame (8.4 g in 1/2cup)
- Broccoli (8.1 g in 1 cup)
- Organic chickpeas (7.3 g in ½ cup)
- Sunflower seeds (7.3 g in ¼ cup)
- Organic legumes: lentils, green peas
- Spinach (2.1 g in 2 cups of spinach)
- Sesame seeds (5.4 g in ¼ cup)
- Poppy seeds (5.4g in ¼ cup)
- Hemp hearts
- Quinoa
- Organic chia seeds (4.7g in 2 tblsp)
- Organic cottage cheese
- Organic greek yogurt
- Soy milk (4-8g per 8 oz)
- Almond, hemp & rice milk (1g in 1 cup)
- Harmonized Vegan Protein by progressive
- Vegessentials Protein powder by Progressive

Sugars Lowers Immune Function by 80% for 2-5 hours after Ingestion

Avoid Sugars and White Foods with a High Glycemic Index

Even when the diet contained as little as 10% sucrose, antibody production was reduced

Sugar intake should be reduced as sugar decreases immunity in several ways:

- Increase serum insulin that competes with mitogens (cell division) for binding sites in lymphocytes (immune system cells)
- Glucose, fructose, sucrose (simple sugars) from honey or orange juice have been shown to decrease phagocytic index (immune system to fight bacteria)
- Sugar depresses the immune system

Sugars to Avoid

- All sugar sources
- potatoes
- white rice
- bread
- pasta
- ice cream
- corn syrup, agave, honey, stevia, coconut sugar, palm sugar, brown sugar
- white flour
- All alcohols (high in sugar content)
- No artificial sweeteners
- corn
- cocoa powder
- Soda water, tonic water, fruit juices
- Fruit- (even fruit has sugars that the bacteria will love)

Sugar Substitutes

- Organic raw honey is the closest to have
- Spelt /brown rice/ millet type made bread or any bread not made of traditional white /whole wheat flour
- Having 1 fruit serving /week or
- Opt for blueberries, kale, (if you are doing a smoothie, fill your smoothie with more vegetables than fruit)

The Wahls Protocol[®]




The Wahls[™] Diet Cheat Sheet



This is Wahls Paleo Diet[™], Level 2. Most people follow this level.
Eat recommended foods according to your appetite.



Avoid Excluded foods:



CATEGORY	SPECIES	HELPFUL INFORMATION
 EWG'S BEST BETS! Very High Omega-3s, Low Mercury, Sustainable	WILD SALMON	One or two four-ounce servings a week of these fish have little mercury and optimum levels of omega-3 fatty acids for pregnant or nursing women and people with heart disease.
	SARDINES	
	MUSSELS	
	RAINBOW TROUT	
	ATLANTIC MACKEREL	
 GOOD CHOICES High Omega-3s, Low Mercury	OYSTERS	These species have favorable concentrations of omega-3 fats. One four-ounce serving provides at least 25 percent of the weekly recommended omega-3 consumption. A pregnant woman of average weight could eat three four-ounce servings per week without ingesting too much mercury. These species do not necessarily come from sustainable sources.
	ANCHOVIES	
	POLLOCK/IMITATION CRAB	
	HERRING	
 LOW MERCURY But Also Low Omega-3s	SHRIMP	These varieties can be healthy sources of protein and other nutrients, but an adult would have to eat five to 20 four-ounce portions to meet the omega-3 recommendation for pregnant women and people with heart disease.
	CATFISH	
	TILAPIA	
	CLAMS	
	SCALLOPS	
	PANGASIUS (BASA, SWAI, OR TRA)	

 MERCURY RISKS ADD UP Pregnant Women And Children Should Limit Or Avoid	CANNED LIGHT AND ALBACORE TUNA	These fish contain too much mercury to be part of the regular diet of pregnant women and children. How much you can safely eat depends on your age, weight and health status. Use EWG's Seafood Calculator to gauge how often you can eat them and to find healthier options.
	HALIBUT	
	LOBSTER	
	MAHI MAHI	
	SEA BASS	
 AVOID Mercury Levels Too High To Eat Regularly	SHARK*	High-mercury seafood should never be eaten by pregnant women and children, according to EWG's analysis and federal government warnings. Everyone else should eat these species infrequently or not at all.
	SWORDFISH*	
	TILEFISH*	
	KING MACKEREL*	
	MARLIN**	
	BLUEFIN AND BIGEYE TUNA STEAKS OR SUSHI**	
	ORANGE ROUGHY**	
*FDA/EPA advisories recommend that pregnant women and children never eat these species. ** EWG analysis concludes these species are high in mercury.		