

# How to Do a Toxic 'Dump'

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# Toxicity

- Toxicity is most often defined by the degree of harm a substance (or substances) causes to a biological organism.
- All substances, even water, can become toxic at a certain dosage.

# Toxicity

- When a natural physician uses the term “toxicity”, she or he is most often not talking about common poisons, but about the cumulative effect of **exotoxins** (any substance entering the body including pathogens, chemicals, food, and essentially anything the person “reacts to”) as well as **endotoxins**— meaning those pathogens already in the body currently affecting us as well as any toxic substance being stored, particularly in our fat stores.
- Another key source of toxicity for the human organism is the quality of their thought processes as well as the connection experienced by the individual of the spirit/mind/body.

# Symptoms of Toxicity

- The first sign that you are toxic is the fact you're not dead.
- If you're not alive, you will not need a detox program, but instead a decomposition plan.
- If you are not breathing only pure air, not drinking only pure water, not eating perfect organic food, are yourself not enlightened, and you are not spending time with strictly enlightened people, then you are indeed toxic.

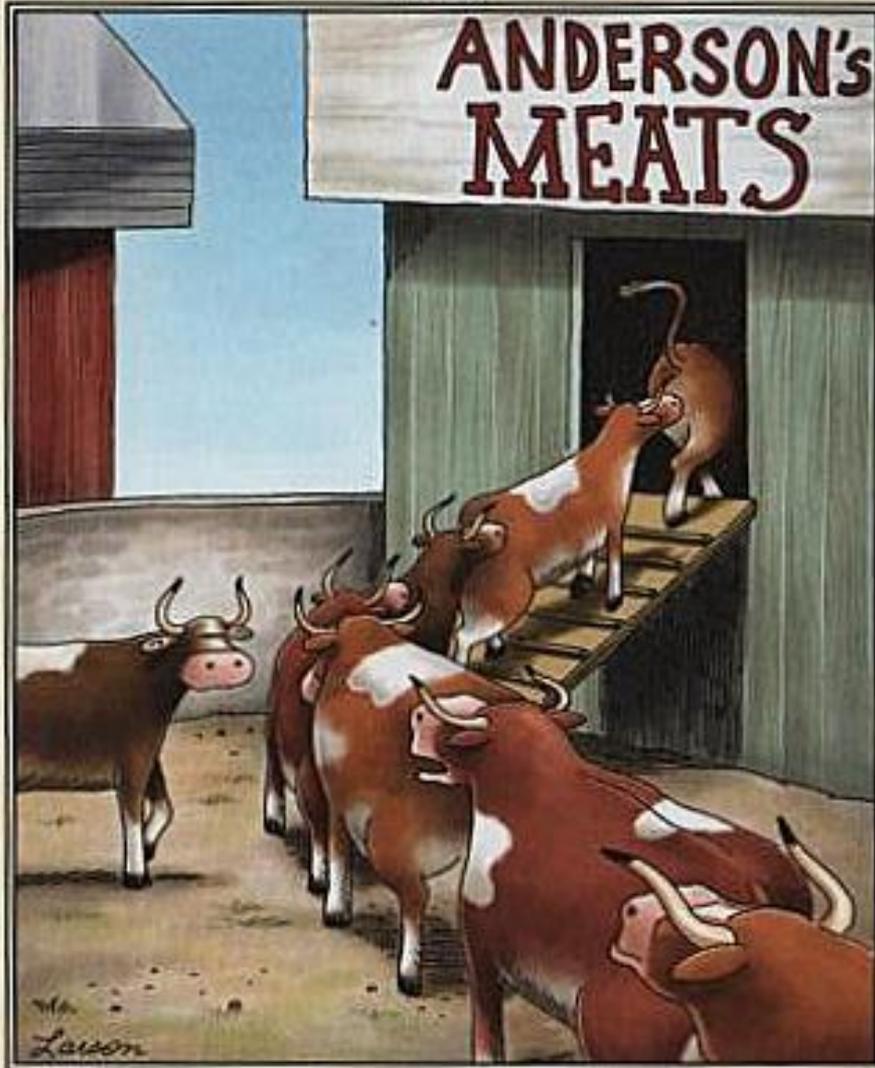
# Symptoms of Toxicity

These are the common symptoms of toxicity:

- Fatigue
- “feeling out of sync”
- Achy
- Bad breath
- Any skin disturbance
- Any digestive disturbance
- Any sleep disruption
- Weight gain or weight loss
- Poor libido/ Lack of stamina

Truly, toxicity is the dis-ease that precedes disease.

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"Hey! You! ... No cutting in!"

# 6 Stages of Disease

## Stage 1: Accumulation

- Everyone is born in this phase, as discussed above.
- Life is a sexually transmitted, incurable disease.
- Nobody stays at this stage.

## Stage 2: Aggravation

- As toxins accumulate, the state of vibrant well-being decreases, but we are still considered well.

# 6 Stages of Disease

## Stage 3: Dissemination

- This is the first phase where someone will begin to feel unwell, which can be experienced as low grade fatigue, achiness, or mild depression.

## Stage 4: Localization

- The body's detoxification abilities have been overcome and specific symptoms can set in. That individual's "weak spot" will be revealed. If he or she is prone to sinus problems, migraines, digestive maladies, etc., these symptoms will present themselves.

# 6 Stages of Disease

- At this phase of disease, no specific lab tests will be abnormal; however, the person will start taking a myriad of symptom relievers which add exponentially to their own toxicity, causing further actual disease.

## **Stage 5: Manifestation**

- This is where an actual disease can be diagnosed. A scratchy throat becomes tonsillitis; sinus congestion becomes sinusitis, and so on.

# 6 Stages of Disease

## Stage 6: Chronicity

- The disease has become so imbedded in the tissues that our natural repair mechanisms are overcome.
- This is the setting for hardening of the arteries, autoimmune disease, cancer, etc..

# Toxicity Summary

- Hopefully you now understand why detoxification is truly the only form of preventative medicine that exist.
- Tests like Pap smears, mammograms, and colonoscopies are good at early detection, but are clearly not preventive medicine.

# How to Test for Toxicity

# Testing for Toxicity

1. Bioimpedance Analysis (BIA): for more information, go to [middlepathmedicine.com](http://middlepathmedicine.com).
2. Tests for heavy metal toxicity : after taking a chelating agent, the person does a 6 hour urine collection, the sample is sent out, and heavy metal burden is determined.
3. Other Functional Medicine Tests : ordered through your Integrative Medicine Practitioner.

# How to Detox (How to 'Dump')

# Detoxing

- Any system of detoxification calls for minimizing incoming toxins, especially from the diet, and enhancing your body's natural detoxification ability.
- The recommended dosage of detoxification involves following a detox program for 1-2 weeks, at least 3 times per year.

# Detoxing

A detox diet involves the following:

- The elimination of processed foods and common food allergens, including the following:
  - Glutens
  - Dairy
  - Eggs
  - Soy
  - Corn
  - Sugar/Salt/Processed Foods
  - Most meats

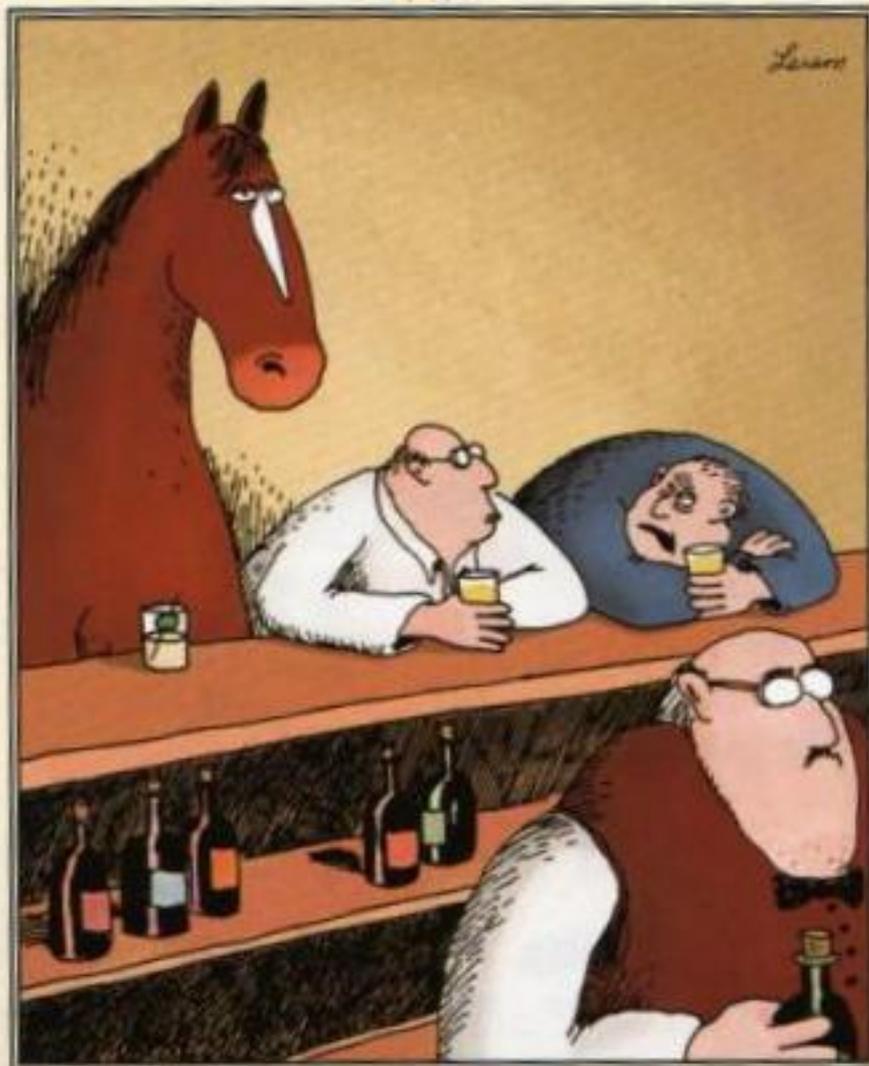
# Detoxing

- The foods to include:
  - Fruits
  - Vegetables
  - Rice
  - Beans
  - Raw nuts

# Detoxing

- One must eliminate alcohol and any medicines not required for the long-term maintenance of a health condition.
- If you have never detoxed from caffeine, you must eliminate all caffeine sources.

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“Sure—but can you make him drink?”

# Far Infrared Sauna for Detox

Light Comparison<sup>[3]</sup>

Name	Wavelength	Frequency (Hz)	Photon Energy (eV)
Gamma ray	less than 0.01 nm	more than 10 EHZ	100 keV - 300+ GeV
X-Ray	0.01 nm to 10 nm	30 PHz - 30 EHZ	120 eV to 120 keV
Ultraviolet	10 nm - 390 nm	30 EHZ - 790 THz	3 eV to 124 eV
Visible	390 - 750 nm	790 THz - 405 THz	1.7 eV - 3.3 eV
<b>Infrared</b>	750 nm - 1 mm	405 THz - 300 GHz	1.24 meV - 1.7 eV
Microwave	1 mm - 1 meter	300 GHz - 300 MHz	1.24 meV - 1.24 $\mu$ eV
Radio	1 mm - 100,000km	300 GHz - 3 Hz	1.24 meV - 12.4 feV

# Far Infrared Sauna:

## Commonly used sub-division scheme

A commonly used sub-division scheme is:

- **Near-infrared** (NIR, IR-A *DIN*): 0.75-1.4  $\mu\text{m}$  in wavelength, defined by the water absorption, and commonly used in fiber optic telecommunication because of low attenuation losses in the  $\text{SiO}_2$  glass (silica) medium. Image intensifiers are sensitive to this area of the spectrum. Examples include night vision devices such as night vision goggles.
- **Short-wavelength infrared** (SWIR, IR-B *DIN*): 1.4-3  $\mu\text{m}$ , water absorption increases significantly at 1,450 nm. The 1,530 to 1,560 nm range is the dominant spectral region for long-distance telecommunications.
- **Mid-wavelength infrared** (MWIR, IR-C *DIN*) also called intermediate infrared (IIR): 3-8  $\mu\text{m}$ . In guided missile technology the 3-5  $\mu\text{m}$  portion of this band is the atmospheric window in which the homing heads of passive IR 'heat seeking' missiles are designed to work, homing on to the Infrared signature of the target aircraft, typically the jet engine exhaust plume.

# Far Infrared Sauna:

## Commonly used sub-division scheme

- **Long-wavelength infrared** (LWIR, IR-C *DIN*): 8–15  $\mu\text{m}$ . This is the "thermal imaging" region, in which sensors can obtain a completely passive picture of the outside world based on thermal emissions only and requiring no external light or thermal source such as the sun, moon or infrared illuminator. Forward-looking infrared (FLIR) systems use this area of the spectrum. This region is also called the "thermal infrared."
- **Far infrared** (FIR): 15 - 1,000  $\mu\text{m}$ .

NIR and SWIR is sometimes called "reflected infrared" while MWIR and LWIR is sometimes referred to as "thermal infrared." Due to the nature of the blackbody radiation curves, typical 'hot' objects, such as exhaust pipes, often appear brighter in the MW compared to the same object viewed in the LW.

# Far Infrared Sauna Clinical Uses

## For Congestive Heart Failure:

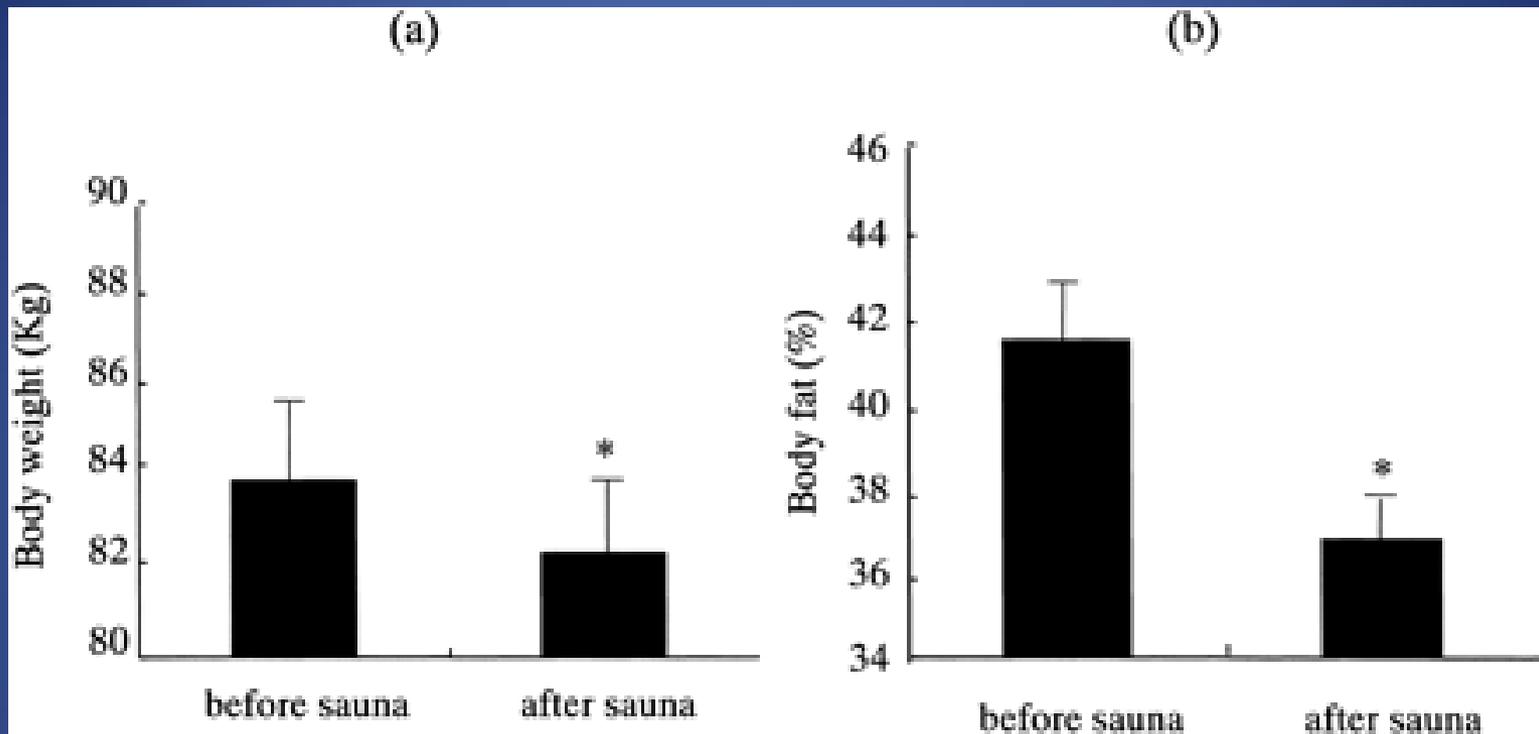
- Four clinical trials show significant benefits in over 80% of patients with CHF.
- Benefits include not only improved exercise tolerance and improvements in heart function, but also prevention of hospitalization and death.

## For Chronic Pain:

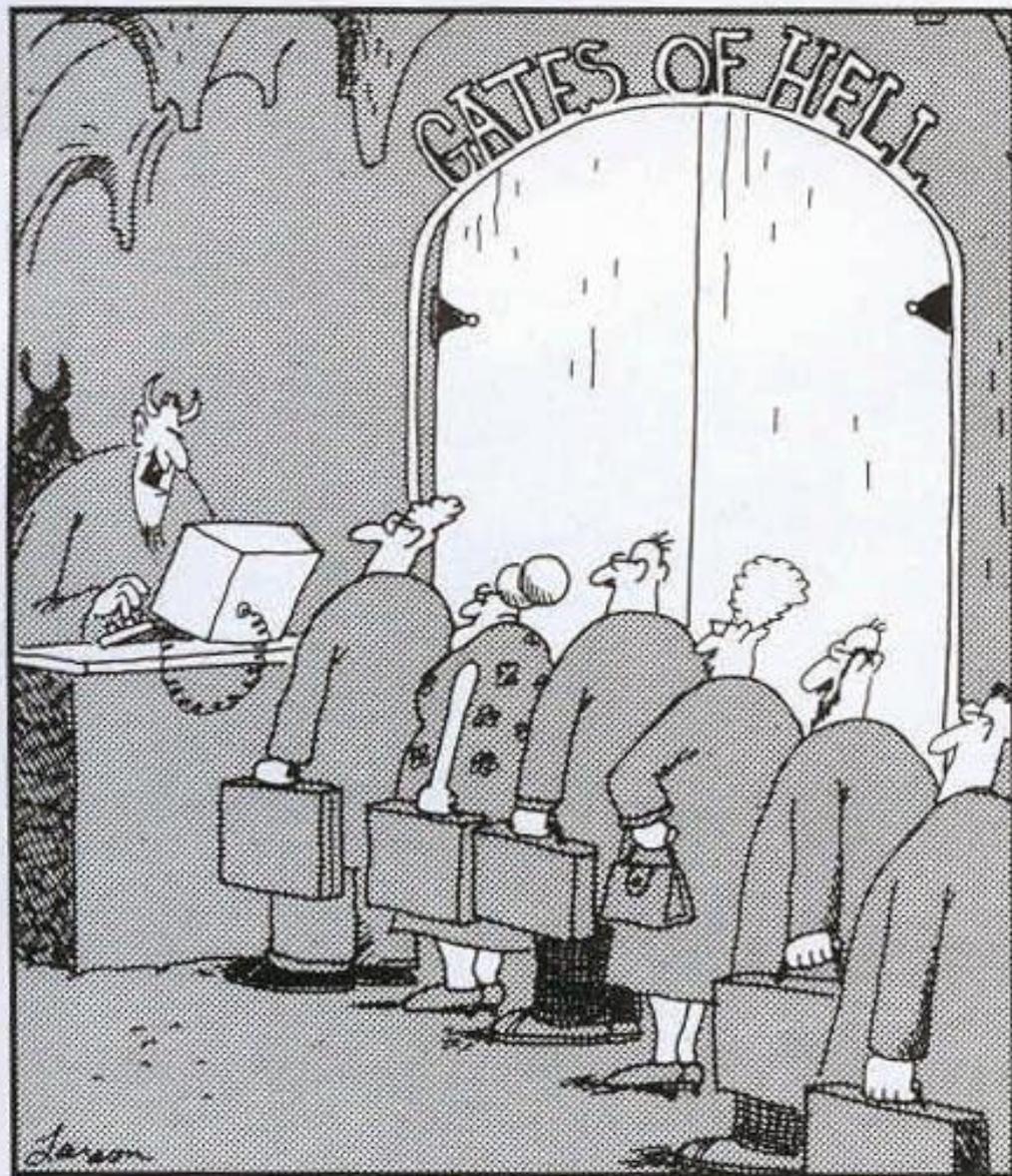
- FIRS dramatically decreases pain and increases the likelihood of return to work.

## For Wound Healing:

- Anecdotal case reports show profound benefit on those with peripheral vascular disease.



**Figure 2.** Body weight (a) and body fat (b) significantly decreased in 10 obese subjects after 2-week sauna therapy ( $*P < 0.05$ ) at 30 minutes daily.



"OK, sir, would you like inferno or non-inferno? ...  
Ha! Just kidding. It's all inferno, of course—  
I just get a kick out of saying that."

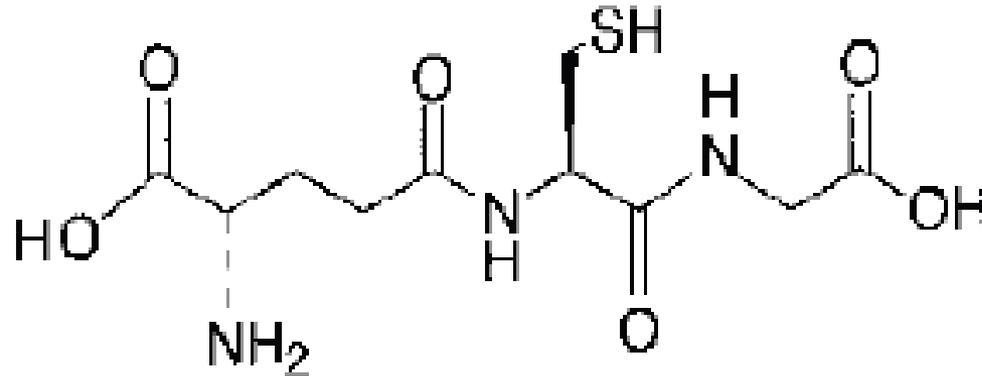
# IV Glutathione for Detoxification

## Glutathione

- 60 to 200 mg/ml
- A tripeptide synthesized from Glycine, Glutamic acid and Cysteine
- Primary intracellular antioxidant – essential to life
- Useful to prevent radiation injury BEFORE treatment is started
- Important chelator of lead, mercury, cadmium, arsenic

# Glutathione

## Gamma-glutamyl-cysteinyl-glycine



## Glutathione

- Can prevent or reverse alcohol induced fatty liver, cirrhosis, hepatitis, liver tumors
- Inhibits chemical induced carcinogenesis
- Improves prognosis of stroke victims
- Useful in any condition where there is risk for oxidative damage

## Glutathione

- Important role in immune function via white blood cell production and is a potent anti-viral agent
- It is one of the strongest anti-cancer agents made by the body
- Glutathione levels decrease with age. It is involved in cellular differentiation and slows the aging process

## Glutathione (GSH)

- 500 mg is a reasonable starting dose for conditions benefiting from GSH
  - MCS patients may do better starting at 100-200 mg
- Evaluate how patient tolerates dose before giving high doses, e.g. build up dose over time incrementing 500 mg per infusion
- Protocols for the treatment of Parkinson's Disease use from 2400-3600 mg
  - This dose has been as high as 10,000 mg

## Glutathione & Parkinson's Disease

- David Perlmutter, MD, has done extensive work with Parkinson's patients and finds GSH essential
- Dr Perlmutter's protocol
  - Typically starts GSH at 2400 mg twice weekly
  - Some patients require 3600 mg GSH daily
  - Given by push over 5-8 minutes following a nutritional IV

\*Personal communication June 2007

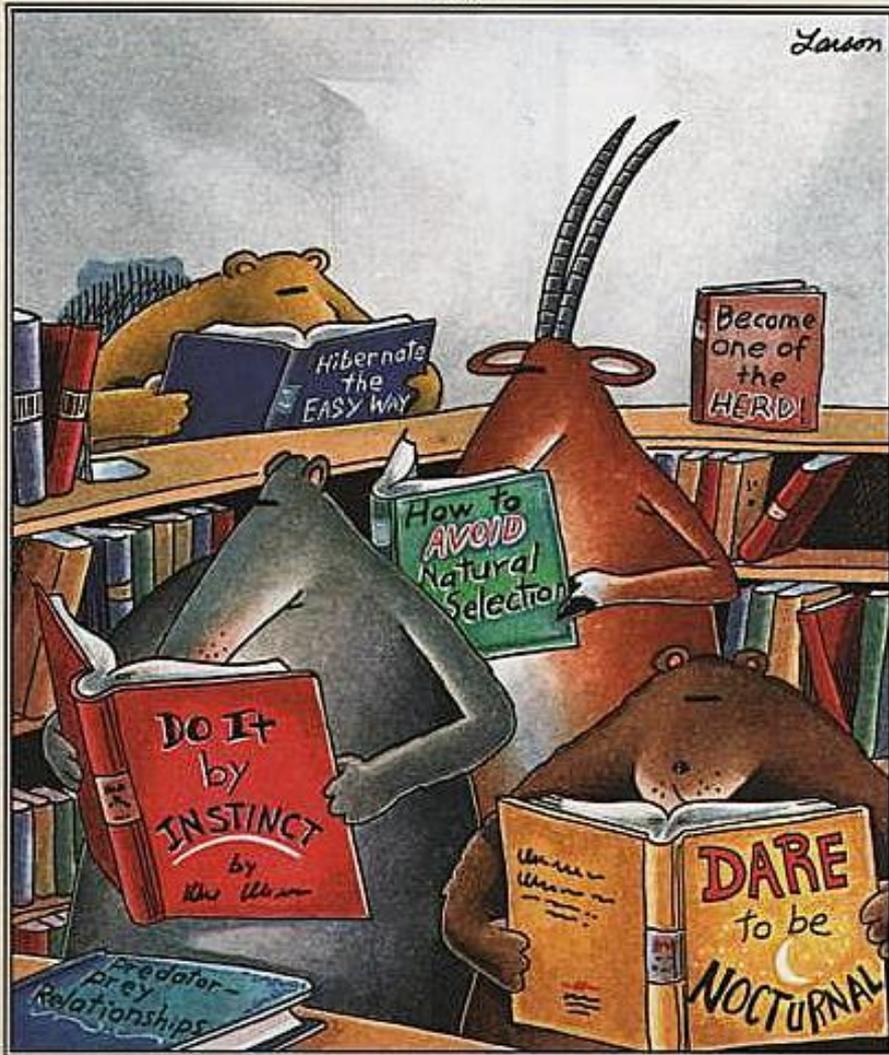
## l-dopa depletes sulfur amino acids

- Glutathione is a sulfur amino acid and a powerful antioxidant that neutralizes neurotoxins that may cause Parkinson's disease
- Implications of sulfur amino acid depletion relating to Parkinson's disease include depletion of:
  - Glutathione leading to progression of Parkinson's disease
  - The enzymes required to synthesize l-tyrosine to l-dopa
  - s-adenosyl-methionine, the body's one carbon methyl donor
  - Epinephrine

Ref: Hinz M, Stein A, Uncini T. Amino acid management of Parkinson's disease: a case study. *Int J Gen Med*. 2011; 4: 165–174.

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In the animal self-help section

# Detoxification Programs that Work

# Detox Programs

- HEEL Detox
- UltraClear RENEW Program
- Many more are available, however, do NOT take herbal supplements from any company that you have not extensively researched.
- I have found signs of severe liver injury related to common detox products.