

# DETOX PROTOCOL SUMMARY



SUPPORTING PRODUCTS THAT CAN BE USED THROUGHOUT DETOX PROTOCOL



FOUNDATIONAL PRODUCT: DETOX PREPARATION

2 weeks to support preparation then continue use throughout targeted detox protocol.



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## BIOCLINIC NATURALS DETOXIFICATION PROTOCOL

### 1. DECREASE TOXIC LOAD (CONTINUE THROUGHOUT DETOXIFICATION PROTOCOL)

- a. Reduce or remove exposure to toxins as much as possible.
- b. Use saunas to support removal of toxins via sweat.
- c. Increase fluid intake to support removal of toxins via kidneys and bowel.
- d. Eat 'clean' foods, engage in a healthy lifestyle and do moderate exercise.

### 2. FOUNDATION PROTOCOL (PREPARE FOR DETOXIFICATION)

- a. Support liver & gastrointestinal tract to support metabolism and toxin elimination.
- b. Improve integrity of gut and mucous membranes and support tissue repair.
- c. Provide antioxidant support.
- d. Optimise both renal and bowel function and elimination.
- e. Improve balance of microbiome and gastrointestinal ecosystem.

- Take DetoxClear for 2 weeks as a foundation product to prepare the body. Continue use during targeted detox protocol.
- Include RelieFibre™ to support bowel function and use throughout protocol.
- Use BiomeClear as required throughout detox protocol.

### 3. TARGETED PROTOCOL (DISPLACE SPECIFIC TOXINS AND SUPPORT THEIR ELIMINATION)

- a. Identify which toxins are of most concern for the individual based on exposure, occupation, signs and symptoms and testing.
- b. Introduce the appropriate product for targeted elimination for a minimum of 2 weeks (or longer at practitioner discretion).
- c. Continue to support the patient with the foundation protocol and strategies to reduce toxic load.

KEY CONCERN	PRIMARY PRODUCT	COMBINE WITH SUPPORTING PRODUCTS
Heavy metal toxicity	Take HM-Clear for min. 2 weeks	Include DetoxClear, RelieFibre™ and BiomeClear throughout.
Persistent organic pesticide toxicity	Take DioxiClear for min. 2 weeks	Include DetoxClear, RelieFibre™ and BiomeClear throughout.
Solvent and plasticiser toxicity	Take SolvClear for min. 2 weeks	Include DetoxClear, RelieFibre™ and BiomeClear throughout.