



Mycotoxin exposure support: the basics

Use binders along with liver support to remove toxins and prevent absorption
(This is minimum basic support for proven or suspected mycotoxin load in body)

Use one capsule of each morning and evening:

Amethyst Rose capsules (Uriel Pharmacy)

Carbo Chamomile capsules (Uriel)

PPC 990mg (Nutrasal)

If you are constipated or experience upper right sided abdominal discomfort with the above protocol:

Chelidonium Cichorium (Uriel): 2 capsules at bedtime to support gall bladder function and/or a bile salt replacement supplement or other gall bladder support

DO NOT BECOME CONSTIPATED - toxins will re-absorb in your colon

Use commercial or herbal laxatives if dietary means do not work sufficiently for 1-2 'full' BMs daily

Use coffee enemas with Bulletproof Coffee (mycotoxin free) if needed - very inexpensive and easy to do once you are accustomed to doing them; if you have high oxalates, you can alternate with Chamomile enemas

To prevent further cellular oxidative damage:

Trifortify (Researched Nutritionals) or other liposomal glutathione twice daily

If you experience rashes, irritation of mucus membranes (urinary frequency, sinus trouble, etc), back pain, muscle cramping, or frequent static-electricity shocks:

Electrolyte replacement, including magnesium 2-3x/daily - stay well hydrated

Juniperus Eucalyptus (Uriel): one capsule every morning for kidney support and protection

Silica comp. (Uriel): 1/2 tsp 2x/daily and/or silica rich herbs/teas/foods daily

If your lungs and sinuses are irritated or with excess mucus:

NAC 600mg: one capsule 2x/daily

If you have foggy thinking, poor immediate recall/short term memory/word-finding, insomnia, or tremors even after addressing all of the above, consult a health care provider experienced in mycotoxin detoxification.

The above measures do not represent a complete list, as treatment sometimes often need to be further individualized, and is by no means a substitute for removing source of exposure from environment.