

Detox Programs: Which One Is Best?

"The developer of the 3-Step Detox program masterfully integrates "baby step" principles into the detox to regain health."

The term detox covers a broad range of ideas. For example, some detox programs involve fasting. Some detox programs focus on liver detoxification. Still others center on gut healing. Others facilitate digestion. Other detox programs will increase fiber to assure that toxins are evacuated. Still other programs are centered on yeast, dysbiotic bacteria and parasite removal. And most have some probiotic component. By now every nutritional company has a modified detox program, because it's so obvious that we live in a polluted world. And to me, that's a good thing. Let's all raise public awareness and promote a sense of self responsibility in our own health care.

As clinicians, when we make recommendations, we want to make sure we are comparing apples to apples to get the best value for our patients. So I look at three things when I evaluate detox programs: How much of the spectrum do they cover? I'm taking about digestion, gut healing, liver cleansing, dysbiotic and microbiome repair, and maintenance, etc. What is the actual cost per day? And what is the ease of administration?



The only detox program that I know that covers each of these areas effectively is the "3-Step Detox" program. Having said that, physicians around the country have made suggestions to modify and streamline the program. The suggestions aren't geared to reduce the effectiveness program, rather to educate the patient into taking "baby steps" to regain their health.

Many of us have seen the classic movie with Bill Murray and Richard Dreyfuss, "What about Bob." Richard Dreyfuss, the psychiatrist, helps to modify the behavior of an obsessive compulsive patient named Bob, played by Bill

Murray. The psychiatrist character wrote a book about taking baby steps to overcome your fears. The developer of the 3-Step Detox program, Dr. Abbas Qutab, masterfully integrates these "baby step" principles into the detox.

Dr. Abbas Qutab who holds advanced degrees in medicine, chiropractic, ayurvedic medicine and naturopathy has supervised over 6,000 people on a detox programs over the last 25 years. Here's an overview of the three steps.

Step One involves reducing inflammatory foods and taking two products. The first product is a vegetable-based digestive

enzyme that works in a broad range of pH called Bromelain Plus CLA. By increasing digestive capacity food antigens are digested completely reducing inflammation and digestive discomfort. This particular product also contains enzymes to digest parasitic eggs.

The second product, Beta-TCP, is used to enhance biliary function to digest fats and prepare the way for liver detoxification and optimal bowel evacuation. Beta-TCP also creates an internal pH that is not conducive to the growth of bacteria, fungus or parasites.

This seemingly inconsequential step is essential to prepare the patient for optimal detoxification with minimal side effects. It also serves as a gauge to help the physician assess the commitment of the patient. Taking four of each product with each meal while concurrently changing their diet provides a “baby step” necessary for the next phase, Step Two.

Step Two begins with a diet that further eliminates allergens and simple sugars. Next, two liver/ gut healing medical based meal replacements are used. One is used at breakfast and one as a midafternoon snack to stabilize blood sugar and reduce cravings. Finally, a convenient packet of detox supplements called Bio-Detox Packs are taken with each meal.

The Bio-Detox Pack consists of:

- 2 tablets A.D.P., emulsified oregano, to combat dysbiotic bacteria, yeast and parasites.
- 3 tablets of Beta-TCP to continue supporting elimination and liver detoxification.
- 3 tablets Bromelain Plus CLA for digestion.
- 2 Optimal EFAs Caps to repair leaky gut membranes and continue inflammation reduction.
- A full spectrum antioxidant called BioProtect to support the body as oxidative toxins are released.
- A Botanical based ayurvedic medicine formula called Livotrit Plus to address viruses and heavy metals.

- A product called MCS-2 to support phase II detoxification and the removal of chemicals in the liver.

The newly designed detox program is geared for 17 days. You’ll find that after “baby steps” One and Two, most patients are excited and motivated to continue their detox for an additional 10 days because they feel so good.

The new program includes both Step One and Step Two, a comprehensive 29 page easy to read booklet, and a watertight shaker container.

The instructions are so clear patients can read and follow the program with minimum guidance by the physician. However, encouragement by support staff is extremely valuable. The new packaging provides reduced cost and the baby steps necessary for success.

Dr. Qutab lectures nationally and internationally teaching physicians the tools necessary to add successful detoxification programs to their list of services. You can see links below for webinars to learn the finer points of detoxification or attend a class in person.

When comparing cost, length of program, support materials, ease of administration, not to mention that it is the most complete package in the market, the “3-Step Detox” does not have a peer in product design.

Step Three is sold separately and is based on the patients remaining symptoms and building foundational nutrient support.

Detox is already one of the biggest markets in health and will only continue to grow as people wake up. Try doing a “3-Step Detox” program yourself to feel the benefits, you’ll be pleasantly surprised by its thoroughness and of course the “baby steps”.

Thanks for reading this week’s Tuesday Minute edition. I’ll see you next Tuesday.