

New Complete Bio-Detoxification Program

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I was watching a video presentation by Dr. Alex Vasquez and he made a startling claim, "The gut is the major contributing factor with anybody in chronic pain." Whether we acknowledge it or not, toxins affect us. Leaky gut, translocation of bacteria, the increase of pro-inflammatory cytokines, immune and mitochondrial dysregulation, receptor site dysfunction all speak to the reasons why toxins and a leaky gut increase pain, depression and increased sensitivities to foods and our environment. That being said it's our job to connect the dots from the symptoms patients have to the toxic load they are carrying around.

I'll explain in a minute why your job just got easier. But before I do, click on the link to the right for a questionnaire to measure toxic load and the symptoms that accompany it.

Fatigue, brain fog, skin issues, bloating, constipation, depression, anxiety, irritability, and pain of all kinds are major indicators of the need to reduce one's total toxic load.

Take a few minutes to fill out the questionnaire and have



your staff fill it out as well. If your scores are 14 or higher or 10 or more in one category, it may be time for you to reduce your toxic load and see how you can increase the effectiveness of whatever therapy you employ with this program.

Dr. Abbas Qutab who holds advanced degrees in medicine, chiropractic, Ayurvedic medicine and naturopathy has been on the forefront of the detoxification movement. He has personally supervised over 6,000 people on detox programs over the last 25 years. Every one of his patients starts out with a detox to clean and then reset the system.

Over the last 15 years Biotics has worked with Dr. Qutab and has developed products based on his experience and the evolving research. In short, they have been on the forefront of the detoxification movement for decades. And as new research evolves and clinical feedback is received they have updated their programs to make them more user friendly, more affordable and taste better.

They have created "baby steps" to help doctors and their patients systematically regain their health in a program called the Complete Bio-Detoxification Program. This new updated system is more user

friendly, has more flexibility and is more affordable. Take a look, and I think you'll agree.

There are now just two components to the new updated program. The first is called a "preparatory phase" or Step One, that weans you off inflammatory and addictive foods. Step One also assures that you are digesting your food properly and that the elimination channels are open and functioning.

Back before the science of detoxification was understood, people would get sick because pulling toxins out of cells before the natural channels of elimination were open and able to handle the toxins, created problems. People often felt fluish, spaced out or even had greater levels of inflammation during a detox. Today we may see a slight reduction in performance but nothing like the side effects we saw years ago. So before you do a detox you have to make sure you naturally open the channels of elimination.

The preparatory phase includes meal by meal instructions for the anti-inflammatory diet and two supplements, Beta-TCP and Bromelain Plus CLA used for 7 days to assure success. Four tablets are taken with each meal to prepare the body to eliminate toxins. Once the "preparatory phase" is completed, you begin the second step, the 10 day "detoxification phase."

I've mentioned how the microbiome in the gut has such a powerful effect on our perception of pain, mood, ability to think clearly, and how sensitive we are to our environment. The "detoxification phase" includes a packet of ten capsules and tablets designed to support the microbiome with food concentrates that restrict, even killing the disruptive bugs in the bowel, while creating an environment that facilitates healthy GI function.

Knowing free radicals will be released in the detox process, this step includes foods and botanically based anti-oxidants to quench the free radicals. Along with the BioDetox Packs, patients continue with a meal by meal diet plan with the addition of two flavored shakes daily. The medical foods for the shakes have been

updated so that they actually taste good and come in a variety of different flavors. The shakes are used as a drink for breakfast and as a mid-afternoon snack to support gut healing and repair.

The Complete Bio-Detoxification Program from Biotics Research Corporation is packaged for patient convenience and compliance.

The total program lasting 17 days includes Beta-TCP, Bromelain Plus CLA, 30 BioDetox Packs, with your choice of NutriClear or NutriClear FREE, and Whey Protein Isolate in natural, chocolate or vanilla or you can choose Pea Protein Isolate. Also included is a shaker bottle, the Anti-Inflammatory Diet and instructions in a 24 page easy to read booklet that answers 99% of the users' questions before they start the detox.

A lot of companies have different programs and obviously different costs. I am pretty thrifty by nature but I have learned that with wellness products you get what you pay for. Meaning cheaper products are generally CHEAPER PRODUCTS of inferior quality. However if you figure the cost per day of the complete program, you will see it is priced fairly and it's extremely convenient. By convenient I mean it is easy to do.

I am on the run a lot and making complicated recipes and food preparations would be difficult. You can go to most restaurants and find foods to eat right off the menu. Sure organic is best but what I call the "do-ability" factor is very important.

So when looking at a cleansing reset we want to make sure all the elements of a detox are present; namely gut clearing and healing, optimized digestion, liver detoxification and sufficient fiber to assure that toxins are evacuated.

You may not start every patient with a detox like Dr. Qutab, but you do have patients right now that could greatly benefit from it.

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