

Holiday Remorse... 3-Step Detox

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During the weeks that follow a major holiday season, most people I know openly admit to the poor dietary and beverage choices they made. Many will tell me socially that it's time for some real lifestyle changes. Call it, "holiday remorse," but after "New Year's Day" is the perfect time to present to your patients that your "wellness team specializes" in detox.

Many of your patients may not know you can help them and unfortunately go to health food stores or some internet site where they get sold on an unsupervised often inferior product. Plan in advance to promote the "3-Step Detox" program after the holidays, and you'll be ready and equipped to get patients started.

I always explain to patients that "ideally it would be nice to live in a perfect world with no stress and eat pure organic food that is not laden



with plastics and pesticides. But we don't live in that perfect world; and because we don't, I personally feel I need to do some internal house cleaning a couple of times per year. Especially after holiday gorge fests.

I can hear some of you saying "but Joe, I don't have a wellness team that specializes in detox. How can I say that?" Let me remind you that you have more resources than you realize. You have several key players who are eager to help you.

First, your representative from Biotics Research Corporation is excited about helping you learn how to incorporate detox into your practice. Give them the word and they will give you all the help you need."

Secondly, Biotics has two physicians on staff, Dr. Rachel Oliver and Dr. Miranda Jorgensen to give you personalized attention.

Finally, the developer of the "3-Step Detox Program" Dr. Abbas Qutab has personally detoxed over 6,000 patients.

He holds advanced degrees in medicine and chiropractic and teaches worldwide on health and detox. Dr. Abbas Qutab developed the 3-Step Detox program to make detox an easy, safe, affordable and successful process for both doctor and patient.

Since working with Dr. Qutab, I have put hundreds of patients on the 3-Step Detox. I have not had one patient say they were disappointed or that they misappropriated their time or money to do the 3-Step Detox. Dr. Qutab did a webinar available through Biotics website on the importance of detoxing your patients. You can see the link below.

Let me summarize a few key points. Step 1 is designed to get the body ready for the detox. Step 1 utilizes a hypoallergenic diet and two supplements: Beta-TCP, an organic beet product with taurine, Vitamin C and pancreatic enzymes; and Bromelain Plus CLA, a proteolytic enzyme product that is vegetable based to assist with digestion and reduce inflammation. Take 4 tablets of each supplement with food until they are gone. Don't start Step 2 until Step 1 is finished. If 4 tablets are too much at first, take 2 of each but stay on the diet provided. The hypoallergenic diet is very healing all on its own. I had one patient that loved Step 1, stayed on it for 20 days and lost about 7 pounds.

Step 2 is where the real cleansing action is. For breakfast and as a mid-afternoon snack patients drink a "medical food" drink or "detox cocktail." Mix 2 scoops of a rice based liver/gut healing formula called NutriClear and one scoop of a filtered whey product called Whey Protein Isolate with 8 oz. of water. If whey is a problem due to food allergies, rice protein can be substituted.

Also, take one packet of the Bio-Detox Pack with each hypoallergenic meal. Bio-Detox Packs provide continued digestive support, encourage liver drainage and detoxification, provide antioxidants to deal with the free radicals generated by the detox, provide EFAs to reduce inflammation and balance prostaglandins, discourage or destroy intestinal dysbiosis and begin the process of heavy metal removal. That's a pretty thorough list of housecleaning. After 10 days patients feel so good, I ask them to consider another round of 10 days to continue the cleansing process. About 75% feel so good they gladly extend their cleansing cycle.

The focus of Step 3 is designed to be a long term process to rebuild and repair cell by cell. Step 3 is a focused and intentional rebuilding phase which includes vitamin D, probiotics, anti-inflammatory EFAs and foundation building botanicals and nutrients to enhance repair mechanisms. For Step 3, Dr. Qutab offers suggestions for targeting specific conditions.

Of all the detox programs I have used over 30 years, and believe me, I've tried many, the 3-Step Detox is absolutely the best. If you are not familiar with how to use the 3-Step Detox, please watch Dr. Qutab's webinar. Also, call your representative for the marketing and educational materials that have been created for you by Dr. Qutab. Start planning now, and take advantage of the fact that your patients are already thinking about New Year's resolutions.

Thanks for reading this week's edition. I will see you next Tuesday.