

AUTOIMMUNE RECOVERY *Protocol*



MODULE 3: PARASITE PROTOCOL,
MOLD DETOX, HEAVY METAL
DETOX, & INFLAMMATION

TOTAL *Recovery* PACKAGE

AUTOIMMUNE RECOVERY PROTOCOL

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PREPARING FOR YOUR CLEANSE

Before starting a cleanse or detox protocol, you want to be sure your drainage pathways are open to be able to carry the toxins and waste products quickly out of the body. The colon, liver, and kidneys are key organs that need to be opened. There are several natural products that can help open these pathways.

TUDCA

Our body actually manufactures a little bit of a product called TUDCA—the fancy name is Tauroursodeoxycholic acid—which is a water-soluble bile acid. It can also be extracted from plants and taken as a supplement. You take one capsule with a meal up to twice a day. So you just pick two meals and take one capsule of TUDCA with each, and it helps to move the bile duct.

People with heart palpitations, pounding, and arrhythmias took TUDCA, and within a month, the symptoms disappeared. Some people who took it got so much drainage down the back of their throat, they felt like they were going to throw up. That's because when you move the liver bile duct, the lymphatic into the lymph is going to be able to clear, and it's opening up that whole pathway, so the lymph is able to clear.

MILK THISTLE

Another great natural product for drainage is milk thistle, which is awesome to help open up the liver bile duct system to get things open and flowing.

DANDELION ROOT

Another one is dandelion root, which helps with bile production and also helps to clear the kidneys, so it works in two areas of drainage.

COFFEE ENEMAS

Coffee enemas help to purge. The hemorrhoidal veins in the rectum area go directly to the hepatic portal vein, so when you put coffee about six inches into the rectum area and let that absorb, it goes right to the liver.

It increases glutathione, which is a detoxer for the body, and it increases bile production, which causes purging. So when the bile gets thick and sludgy and not moving well, coffee enemas help to move that flow or push that out. Parasites love to clog up the liver bile duct. Bugs and pathogens in general love to cause stagnation of the body fluids because it gives them an environment in which they can thrive. When things are moving, your body can thrive instead of the bugs.

DIPEPTIDYL PEPTIDASE IV

There's an enzyme, DPP IV or Dipeptidyl Peptidase IV, that's gaining more popularity in the last few years because it helps with gluten, and can even help with casein as far as breaking that down. This enzyme specifically helps to squeeze the liver, so again, it really helps to create movement, and motion is life.

CARBONS/CHARCOALS & CLAYS

Carbons/charcoals and clays are really good as well, to bind onto the bile. And now there are even better things that are available, like a bioactive carbon that actually goes systemic through the body besides just with the liver bile duct.





PARASITE CLEANSE

Anyone can be infected with parasites, and most Americans carry parasites. They are not just a third-world issue. Many parasites are passed back and forth from pets or livestock, and some are picked up from contaminated water, food, insect bites, or even just walking on the ground.

Mostly, they just sit inside the body and steal nutrition, but when a person is weakened from another ailment the parasites can take hold and cause further illness. Therefore it is advisable for everyone with any health disorder to do an anti-parasite program at least once a year, or twice a year if you live with animals. People interested in maintaining good health should also do routine parasite cleansing.

Symptoms may occur anywhere in the body, depending on the type of parasite and where it is located. Parasites may produce no symptoms or several symptoms, such as diarrhea, gas, chronic constipation, bloating, fatigue, insomnia, weight gain, muscle cramping, dry skin, mood swings, brittle hair, hair loss, skin rashes, bad breath, nail biting, etc. Parasites contribute to major diseases including diabetes, some heart disease, Crohn's disease, ulcerative colitis, arthritis and rheumatoid symptoms, asthma, and more.

Diagnostic tests are available for some parasites, but not for all, and results are not always accurate. You don't need a diagnosis to do a parasite cleanse. There are a lot of great natural products available that can really change lives and help people with parasites.

EXAMPLE PROTOCOLS

These three herbs kill over one hundred different parasites: **green/black walnut hull, fresh ground clove powder, and wormwood**. All three herbs must be used together to kill the worms, larvae, and eggs all at once. Tinctures and capsules are the most common forms available.

Essential Oils

Mimosa Pudica—Mimosa pudica from the seed, which is the fat-soluble portion, works really well against parasites. The other portion of Mimosa pudica is not fat-soluble, so it doesn't really get into our cells.

Neem—Neem is a common Ayurvedic aid in preventing and ridding the human body of parasites. Neem also stimulates the liver and kidneys, helping eliminate toxins quickly and optimizing the body's metabolic activities.

Clove—Parasite eggs are destroyed by cloves and/or clove oil.

Other things used to expel worms include an Ayurvedic medicine called vendonga, diatomaceous earth, bentonite clay, pumpkin seeds, garlic, cayenne pepper, goldenseal, sage, thyme, fennel, male fern, cranberry powder, grapefruit seed extract, apple kernel, olive leaf extract, apple seeds, red clover blossoms, vitamin C, wheat grass juice, grapes and grape juice, echinacea, metabolic enzymes.





MOLD DETOX

If you are in a moldy environment, you have to remove yourself from that environment. Mold is so pervasive that if there is mold present, it will be affecting you - it is not a good enough solution to simply use an air filter. You have to remove the source from your home or from your workplace.

Unfortunately, if you can't relocate or get into a different environment, you'll stay sensitive, reactive, allergic to seemingly everything, even as you progress through protocols. If there's still mold in the environment, it creates a hyperactivity - a hypersensitive state.

PROTOCOL STEPS:

1. Remove yourself from the source of mold.
2. Take carbon charcoal frequently. You want to take small amounts of carbon or charcoal multiple times a day while you have mold exposure to bind on to the bile to clear it out. You always want to take it on an empty stomach with plenty of water, and then wait at least an hour after you take it to bind on to the mold. If you take carbon with supplements or food, it's going to bind onto that.





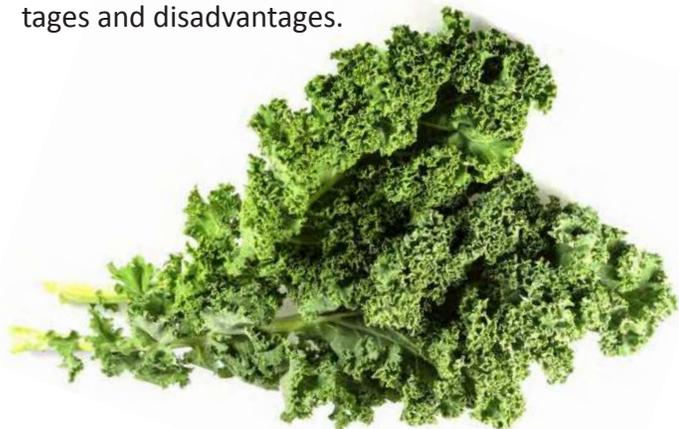
HEAVY METAL TOXICITY

Heavy metals such as arsenic, lead, mercury, cadmium, iron, and aluminum are very damaging to human cells, including brain neurons, and cause an inflammatory response. Exposure can come from sources such as [dental fillings](#), [personal care products](#), [vaccines](#), [dietary sources like fish](#), and [air pollution](#).

Very limited exposure does not usually cause disease or harm but long-term exposure to low levels of heavy metals can cause the toxins to build up in your body.

Symptoms of heavy metal toxicity are similar to the symptoms of a variety of other medical conditions, such as migraine, chronic headaches, chronic sinusitis, asthma that is unresponsive to conventional therapy, depression, Chronic Fatigue Syndrome, fibromyalgia, chronic Lyme disease, Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD). Symptoms can also mimic certain autoimmune diseases, such as celiac disease, irritable bowel syndrome, psoriatic arthritis, and rheumatoid arthritis.

If you suspect you have heavy metal toxicity, discuss it with your healthcare provider. You may want to be tested to determine the type and level of toxicity you have. The most common types of tests are blood, urine, and hair tests, and each has its advantages and disadvantages.



With or without tests, certain steps should be taken to ensure safe and effective detoxing.

1. First of all, [remove all sources of heavy metal exposure](#) (e.g., amalgam fillings safely removed, aluminum cooking pans replaced with non-aluminum, etc.).
2. [Testing of detox pathways is recommended to be sure the liver, kidneys, gut, and lymph system are open and functioning well](#). You want them to be able to excrete the toxins quickly when they are released from the tissues in your body and not have them floating around causing damage. If any of the pathways are not functioning well, take whatever steps are necessary to correct that before starting a heavy metal detox.
3. [Supplement with folate and B vitamins, and eat sulfur containing foods](#) like broccoli, kale, garlic, onions, and daikon radish to help open the pathways.
4. [Supplement with essential minerals](#) to ensure that your tissues have the correct minerals they need to function well. If they are short on the correct minerals (calcium, zinc, magnesium, etc.), the released heavy metals may substitute in for them instead of being excreted.
5. [Increase your glutathione](#). Glutathione is a powerful antioxidant that protects you from heavy metal damage, according to studies in both human and rat cells.[1][2][3]. This powerful antioxidant also supports liver enzymes that break down mold toxins and heavy metals. Your digestion will destroy normal glutathione, so opt for a liposomal glutathione supplement that makes it through your stomach. You can also supplement with N-acetylcysteine (NAC) and alpha-lipoic acid, which your body can use to build glutathione on its own.[4]



CILANTRO

Yoshiaki Omura, a doctor and director of Medical Research at the Heart Disease Foundation in New York, discovered by accident that cilantro could help chelate mercury, aluminum, and lead from the body. He had treated certain eye infections with antibiotics, and the infections would completely subside, but then return again a few months later. His investigation found the infectious organisms hiding in parts of the body that had large concentrations of heavy metals.

Since heavy metals are excreted in the urine, Dr. Omura began testing the patients' urine. After one patient ate a meal containing cilantro, his urine tested with increased levels of mercury. So Dr. Omura began testing cilantro for its chelating properties and found that it accelerated removal of heavy metals from his patients' bodies. The antibiotics then eliminated the infections for good.[5]

A year later, a patient had three mercury-based amalgam fillings removed, resulting in a build-up of mercury in his lungs, liver, kidneys and heart. Dr. Omura prescribed regular cilantro consumption, and after a few weeks, the levels of mercury had significantly decreased.[6]

To use cilantro for its chelating properties, consume a quarter cup of its leaves and stems per day. It's a good idea to avoid exceeding this amount during the first two weeks, since you'll risk releasing more heavy metals than your body can efficiently remove. Once the initial deposits are cleared, however, you can increase this amount. You could even combine the cilantro with other chelating foods, such as spirulina and chlorella, for a more potent detox.[7]

Combined with the benefits of the other ingredients, the following recipe for Cilantro Chelation Pesto is a powerful tissue cleanser.

It is easy to make, and also really tasty. It's delicious on toast, baked potatoes, and pasta.

Two teaspoons of this cilantro pesto daily for three weeks is purportedly enough to increase the urinary excretion of mercury, lead, and aluminum, thus effectively removing these toxic metals from our bodies. Consider doing this cleanse for three weeks at least once a year.

CILANTRO CHELATION PESTO

- 4 cloves garlic
- 1/3 cup Brazil nuts (selenium source)
- 1/3 cup sunflower seeds (cysteine source)
- 1/3 cup pumpkin seeds (zinc, magnesium sources)
- 2 cups packed fresh cilantro (coriander, Chinese parsley) (Vitamin A source)
- 2/3 cup flaxseed oil
- 4 tablespoons lemon juice (Vitamin C source)
- 2 tsp. Dulse powder
- Bragg Liquid Aminos™

Process the cilantro and flaxseed oil in a blender until the cilantro is chopped. Add the garlic, nuts, and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste. Add a squirt of Bragg's Liquid Aminos to taste and blend again. Store in dark glass jars if possible. It freezes well, so purchase cilantro in season and fill enough jars to last through the year.[8]





INFLAMMATION PROTOCOL

Are you sore on a daily basis? Do you wake up in pain? Are old injuries plaguing you? Are you bloated? You may be dealing with inflammation.

Inflammation is swelling, whether it looks swollen or not. Did you know that a joint can swell up to 30% of its capacity inward (inside the joint) before it expands externally? Have you ever stubbed a toe or jammed a finger? Remember how it was stiff and hard to move, even weeks after the swelling went down? That was due to what is called intra-articular inflammation or swelling inside the joint.

There can be inflammation elsewhere in the body like bloating, headaches and arthritis. Inflammation is a systemic issue, not a local issue if it lasts more than a week to 10 days. Similar to how a stagnant pond “goes bad” and starts to grow all the wrong things in it, chronic inflammation causes stagnation in the areas where it has set. So, what should you do?

1. First, switch to an all organic diet and increase your intake of purified water. By removing the toxic materials in your diet and in your personal care products, you will reduce your exposure to pro-inflammatory chemicals that keep the inflammatory process going.

We suggest the following products offered by Dr. Nuzum & Dr Jay Davidson.

[Dr. Jay Davidson’s Parasite & Heavy Metal Detox:](#) Click here to purchase at a discount.

[7M+:](#) 1 capsule 3 x daily

[Turmeric 3D:](#) 1-2 capsules 2-3 x daily - assists in reduction of overall inflammation.

[OrganiGreens:](#) Suggested use for adults is 1-2 scoops of powder a day.

[Black Brew:](#) 1/8 teaspoon daily as directed on label to help reduce the overall load of toxic waste products that have accumulated in the body, which contribute to a high reactive inflammatory response.

[Frankincense Essential Oil:](#) 3-5 drops applied topically to inflamed areas, as needed.[9]





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