Detoxification

What the body of research demonstrates.

RESEARCH DATA

Sauna Benefits — Sweating 4–7 times per week in the sauna
- 37% lower all-cause mortality rate than those sweating once a week
- 63% lower sudden cardiac death
- Cardiovascular mortality risk declining linearly with sauna frequency
- 50% lower fatal cardiovascular disease
- 65% lower dementia and Alzheimer's risk
- 19 minute session delivers twice the health benefits of sessions 11 minutes or less

Lead in Blood vs Bone vs Tissue
This data indicates that as we get older, more lead gets stored in bones & teeth
- Young Children — 70% in bones/teeth + 29% in organs + 1% in blood
- 20 years old — 78% in bones/ teeth + 21% in organs + 1% in blood
- Average adult — 94% in bones and teeth + 5% in organs + 1% in blood
- 80 years old — 96% in bones and teeth + 3% in organs + 1% in blood

Total Lead in the Body — High levels compared to low levels
- 232% higher all-cause mortality rate

Arsenic & Cadmium
- Both metals are excreted at a much higher rate through sweat compared to urine

Chemical Detox
- BPA — found in sweat even in those with no detectable BPA in blood or urine
- Phthalates — twice as much in sweat as urine
- Pesticides — DDT/DDE in almost all study participants. More in sweat than blood or urine
- Flame Retardants — 100% of study participants had in blood or sweat, none in urine
- Daily Sweating is equal to or greater than urinary excretion

Metals Detox — Sweating
- Nickel — 11x more excretion during exercise compared to sauna
- Lead — 11x more excretion during exercise compared to sauna
- Copper — 30% more excretion during exercise compared to sauna
- Arsenic — 40% more excretion during exercise compared to sauna
- Mercury — minimal excretion during both exercise and sauna

PFAS Detox — 'Forever Chemicals'
- Many PFAS chemicals get excreted through bile acids and not sweat

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Ultimate Gut Reset

Detoxification

Click the image for a direct link to each product.

OPTIMIZING DETOX

Exercise
- **Frequency:** 2-4 times per week if able.
- **Duration:** 10-15 minutes of active sweating.
- **Detox Strengths:** Significant levels of most metals and chemicals.

Sauna
- **Frequency:** As much as 4-7 times a week. If you experience symptoms, reduce frequency.
- **Duration:** 20-25 minutes total or 15 minutes of sweating.
- **Detox Strengths:** Most metals, most chemicals.

Lymphatic Drainage
- Self oil massage, dry brushing, massage therapy of all kinds, Block Therapy, Rolfing, red light therapy, movement.

Support Liver, Gall Bladder, Kidneys
- Excreating toxins is stressful on the organs of elimination and requires a lot of resource.
- Drink sufficient water and ensure bowel movement at least once per day.



Cellcore KL-Support
TAKE WITH OR WITHOUT FOOD
2 capsules (2x/day) to support kidneys and liver

*Take at least 2 hours away from prescription medications.



Cellcore Advanced TUDCA
TAKE WITH OR WITHOUT FOOD
1 capsule (2x/day) to support bile flow, liver detoxification, and digestion.

*Take at least 2 hours away from prescription medications.



Valence Kidney Flow
TAKE WITH OR WITHOUT FOOD
1 capsule with each meal to support kidneys

Save 10% with code
AWKENEDCOLLECTIVE



Valence Bile Flow Plus
TAKE WITH OR WITHOUT FOOD
1 capsule with each meal to support bile flow, liver detoxification, and digestion.

Save 10% with code
AWKENEDCOLLECTIVE

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DETOX BINDERS

Binders

- Mobilizing toxins out of bones and organs means you are essentially 'retoxifying' the body temporarily until your body is able to process the toxin and eliminate it.
- Binders help ensure toxins actually get excreted through the stool instead of being recirculated and redeposited. They also take the detox stress load off the kidneys.
- Each type of binder has unique properties that determine its effectiveness at binding various toxins and waste products.
- It is often useful to rotate 2-3 different binders to remove any given toxin. For example, if the goal is to bind and eliminate lead, you can take BioGuard each day for 2 weeks, then rotate to take HM-ET each day for 2 weeks, then rotate to taking Chlorella each day for 2 weeks. This cyle may need to be continued for 2-6 months or more depending on the level of toxicity.

My Preferred Heavy Metals Binders

- BioGuard from Valence (**save 10%** with code AWAKENEDCOLLECTIVE)
- HM-ET from Cellcore (**15% discount**)
- Recoverybits Chlorella from Energybits (**save 20%** with code BBTG)
- Zeocharge from Zeolite Labs (**save 10%** with code JASONPRALL)
- Ultra Binder from Quicksilver (**20% discount**)
- PectaSol modified citrus pectin from Econugenics (**20% discount**)

My Preferred Biotoxin Binders

- Biotoxin Binder from Cellcore (**20% discount**)
- Zeocharge from Zeolite Labs (**save 10%** with code JASONPRALL)
- Enterosgel (short term use)

My Preferred Mold Toxin Binders

- Carboxy from Cellcore (**15% discount**)
- Ultra Binder from Quicksilver (**20% discount**)
- PectaSol modified citrus pectin from Econugenics (**20% discount**)
- Recoverybits Chlorella from Energybits (**save 20%** with code BBTG)

My Preferred Chemical Toxin Binders

- PectaSol modified citrus pectin from Econugenics (**20% discount**)
- BioGuard from Valence (**save 10%** with code AWAKENEDCOLLECTIVE)
- ViRadChem Binder from Cellcore (**15% discount**)
- Ultra Binder from Quicksilver (**20% discount**)

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DETOX BINDERS



BioGuard
TAKE WITH OR WITHOUT FOOD
2 capsules (2-3x/day) – ok to use long term
Binding Agents: MCP, plant fibers, humic acid, chlorella, coconut charcoal
Strengths: Heavy metals, chemicals, gut/liver/immune support
*Take at least 30 min before or 2 hours after from prescription medications.



Biotoxin Binder
TAKE WITH OR WITHOUT FOOD
1-2 capsules (2x/day) – ok to use long term
Binding Agents: Modified humic and fulvic acids
Strengths: Toxins from pathogenic organisms in the gut, pesticides
*Take at least 30 min before or 2 hours after from prescription medications.



Zeocharge (zeolite)
TAKE ONCE PER DAY ON EMPTY STOMACH
Week 1: 6 scoops, Week 2: 5 scoops, Week 3: 4 scoops
Week 4: 3 scoops, Week 5: 2 scoops, Week 6 ongoing: 1 scoop
Strengths: Heavy metals, glyphosate, biotoxins, supporting leaky gut
Save 10% with code **JASONPRALL**



Recoverybits (chlorella)
TAKE WITH OR WITHOUT FOOD
Start with 10 tablets & work up to 20-30 tablets daily for detox – ok to use long term
Binding Agents: cracked cell wall chlorella
Strengths: Heavy metals, mold toxins, immune modulation



Ultra Binder
TAKE ON EMPTY STOMACH
2 capsules (2x/day) – use for 30 days, then pause for 30 days before continuing
Binding Agents: Charcoal, Chitosan, Zeolite, MCP, Silica Extract, Aloe, Clay
Strengths: Heavy metals, pesticides, chemicals, mold toxins
*Take at least 30 min before or 2 hours after from prescription medications.



PectaSol
TAKE ON EMPTY STOMACH
1-2 scoops (6-12 caps) per day – ok to use long term
Binding Agents: MCP
Strengths: Heavy metals, mold toxins, biofilms, inflammation support

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ViRadChem Binder
TAKE WITH OR WITHOUT FOOD
1-2 capsules (2x/day) – ok to use long term
Binding Agents: Modified humic and fulvic acids, broccoli sprout, herbal extracts
Strengths: Viruses, radioactive elements, chemicals
*Take at least 30 min before or 2 hours after from prescription medications.



HM-ET Binder
TAKE WITH OR WITHOUT FOOD
1-2 capsules (2x/day) – ok to use long term
Binding Agents: Modified humic and fulvic acids, broccoli sprout, zeolite
Strengths: Heavy Metals, chemicals
*Take at least 30 min before or 2 hours after from prescription medications.



Carboxy
TAKE WITH OR WITHOUT FOOD
Start with ½ scoop and work up to 1 scoop per day with water – ok to use long term
Binding Agents: Modified humic shale, fulvic + humic acid
Strengths: Mold toxins, chemicals, cellular detox
*Take at least 30 min before or 2 hours after from prescription medications.



Enterosgel
TAKE WITH OR WITHOUT FOOD
1 Tbsp or 1-1.5 sachet, diluted in 200mL of water. 3 times a day.
Follow product instructions for more detail.
Binding Agents: organosilicon matrix gel
Strengths: Aluminum, mold toxins, biotoxins

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