

Detoxification with Phospholipids

Concerns over heavy metal toxicity continue to spread through the media and medical literature. Detoxification is a necessary parameter for many chronic illnesses including chronic fatigue and fibromyalgia. Heavy metals such as mercury, lead and cadmium are also known to play a role in heart disease and high blood pressure. Heavy metals contribute to several negative roles in the body. Heavy metals can:

- can alter the immune system so that it is not effective against invaders
- poison the mitochondria, the powerhouse of the cell where energy is produced
- increase inflammation
- burden the detoxification system
- raise blood pressure
- increase heart disease
- decrease IQ
- affect the good bacteria in the gastrointestinal tract
- displace minerals from tissues (ex. Cadmium instead of Zinc in the prostate)

Sources of heavy metals are endless and are now a part of our environment. We all have some degree of heavy metal burden. I personally believe we should keep that burden as low as possible. Detox Max Plus is an effective way to decrease total body burden of heavy metals as it significantly reduces the total load of several heavy metals. It is a specific treatment that utilizes essential phospholipids to improve health. Essential phospholipids have the ability to decrease total and LDL cholesterol while increasing the HDL cholesterol. Patients have also noted increases in insulin sensitivity and a decrease in blood pressure.

Detox Max Plus is helpful by not only decreasing the metal burden but by also increasing energy and stamina. It is usually dosed at 2 teaspoons in juice at night, every 3-4 days. After 1-2 bottles, the dose can be taken up to 1 tablespoon in juice every 3-4 days. By bottles 5-6, the dose can be 5 teaspoons in juice every 3-4 days. Twenty bottles are used for prevention. For those with significant heart disease, 30-40 bottles are recommended, then 1 bottle a month. It is important to continue a good multivitamin while on Detox Max Plus to replace the heavy metals coming out with healthy minerals.



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