



## Month Two - Video #3

### The Five R's of Cellular Regeneration – R1 Removing the Source

1. Removing the source means just that. If you continue to expose yourself to inflammatory substances whether it is sugar, bad fats or toxins it will minimize the positive effects of this detoxification program.
2. Amalgam filling removal is vitally important. We can detox and probably make progress without it, but there are times where certain of you won't see the magic happen until or unless we pull the heavy metals out of not only the body, but the brain as well. The number of mercury fillings we have has a direct correlation to the amount of mercury found in the liver and brain. This neurotoxin drives massive inflammation and therefore it is best if we remove them. When having amalgam fillings removed, please make sure you use a biological dentist who has been trained in the proper removal of amalgam fillings.
3. Mold could be another source driving inflammation and symptoms in the body. Typical symptoms of mold exposure range from fatigue, weight gain, and body aches and pain that are typical of fibromyalgia. Proper remediation of mold in the home or workplace can be crucial to your recovery. In some instances we encourage people to move. Even furniture, especially cloth furniture can harbor mold which can be very difficult to remove. Sometimes it is better left behind.
4. In addition to removing outside sources of toxicity, it is very important to remove internal sources of toxicity. We do this in our program by utilizing IDS (the Intracellular Detox System). IDS helps to open up detox pathways at the cellular level and help prevent reabsorption of toxins as your body tries to eliminate them. Comprised of two components the first Gcel is designed to raise glutathione (GSH) in the cell. Glutathione is our bodies own natural antioxidant and is 5000 times more potent than vitamin C.

Our cells use glutathione to eliminate toxins. Deficiency of glutathione in the cells has been linked to many chronic diseases. BIND, the second part of the Intracellular Detox System, binds to organic and inorganic toxins and prevents reabsorption in the intestinal tract so that we don't reabsorb toxins before they are eliminated. Many other products sold on the market do not bind heavy metals effectively. BIND does which is critical for many suffering with chronic inflammatory conditions driven by heavy metal toxicity.