

# Detoxification Protocol with NOW products

As suggested by Jim Golick CCN, LDN

This program may result in common symptoms of detoxification such as headaches, skin rashes, fatigue, and bowel changes. These should be interpreted as positive signs of toxin elimination. After several weeks people generally feel much better than before. If symptoms are too harsh, discontinue or reduce dosages. Do not do this program if you have a history of bowel obstructions or gallstones. Consult your physician before beginning this program.

Product / #	Quantity	Duration	Rationale/directions	Cautions
<b>2x Silymarin</b> with Artichoke and Dandelion # 4739	B4 Br   Bed	4 weeks or longer	Aids liver & gall bladder & bile flow.	Reduce dose if loose stools occur
	1-2   1-2			
<b>OR</b> <b>Detox Support</b> #3281	B4 Br   Bed	3 weeks on, 1 week off	Assists in removal of toxins via liver, lymph, spleen, and kidneys	Begin with 2 caps. Reduce dose if constipation develops
	2-3   2-3			
<b>DRINK</b>	<b>8-10</b>	<b>GLASSES</b>	<b>OF</b>	<b>WATER</b>
<b>Bentonite powder</b> # 3050	B4 Br   Bed	3 days on, 1 day off for 2-3 weeks	Add ¼ tsp to 12 oz water or diluted pineapple juice and shake for 10 seconds.	Reduce or stop for 2 days if constipation occurs. Magnet for GI toxins.
	¼ tsp   ¼ tsp			
<b>Apple Psyllium powder</b> # 5920	B4 Br   Bed	Daily for at least 4 weeks	Add 1 TBSP Psyllium to above mixture and shake again. Drink immediately.	Fiber for bowel cleansing and regularity
	1Tbs   1Tbs			
<b>TAKE</b>	<b>A</b>	<b>GOOD</b>	<b>MULTIPLE</b>	<b>VITAMIN</b>
<b>Candida Clear</b> # 3319 <b>OR</b> <b>Oregano Oil SG</b> # 4732	B4 Br   Bed	Daily for at least 8-12 weeks	Assists in elimination of yeasts and other unwanted organisms	Begin with 1-2 caps twice daily first week, then increase.
	2-3   2-3			
<b>GR-8 dophilus</b> #2912  <b>THIS</b> <b>Whey Protein Isolate Straw #2164 or Vanilla # 2160</b>	B4 Br   Bed	At least 12 weeks  <b>WHAT</b> 2-3x/day for 7- 10 days. Thereafter consume 1-2 x/day	Provides beneficial bowel flora for regulation of GI functions  <b>YOU</b> Replace 2 meals and snacks with 1 scoop mixed in water. May add berries but <u>no</u> <u>bananas or juice!</u>	<b>Begin 2 weeks after detox has started.</b>  <b>EAT</b> Gives the digestive system a rest, aids repair, curbs appetite, aids detoxification
	1-2   1-2			
<b>Super Omega 3-6-9 caps</b> #1839	Br   L   Snk	months	Take capsules with whey shake	Provides balanced fatty acids for repair. reduces inflammation
	2   2   1-2			
Salmon, sardines, organic chicken, turkey, some organic beef, 2 eggs, 2-3 x per week, if not allergic to these	Homemade soups, stir-fry veggies, salads with spinach, leafy greens, hummus, rice, oatmeal (?)	Broccoli, cauliflower, Brussel sprouts, onions, garlic, carrots, celery	Eat one meal per day of solid food such as these items. <b>Limit fruits for the first 10 days.</b>  <b>Ezekiel and Rice bread are allowed</b>	<b>All sweets, wheat and dairy products are forbidden for at least 2-3 weeks!!</b> <u>Carefully</u> add back and beware of a “kickback reaction” <b>Avoid if reactive</b>