Inflammation Detox & Drainage Guide

"The world is simply too toxic. It is our clinical opinion that everyone should be doing a detox protocol at least twice a year."



INSIDE HEALTH

Why Focus on Inflammation?



Inflammation is associated with nearly all disease states. Inflammation itself is not the cause of these diseases, but rather a link in the chain that leads to a disease. The allopathic medical model (conventional medicine using drugs and surgical interventions as opposed to natural and holistic options) is overly focused on symptoms. Most people are under the assumption that if the symptom goes away, they are healthier. The reality is that true health is only achieved when your body can repair and function naturally, not by suppressing symptoms with medications.

Dangers of Inflammation

Inflammation is a normal healing response, but long-term inflammation is dangerous. Chronic inflammation can lead to many serious health concerns including arthritis and degeneration of joints, sore muscles, unwanted weight gain, a depressed immune system, brain fog, digestive issues, hormone imbalances, metabolic disorders like diabetes, dementia, Alzheimer's, and even cancer.

How to Reduce Inflammation: Detox & Drainage First!

This program will focus on understanding and addressing the underlying cause of chronic inflammation, helping to enhance your overall health, safely and naturally. There are three general causes of inflammation:

Injury
Infection
Toxic Overload

We will focus on the **toxins and infections**.

Breaking Free from Toxins: A Safe and Natural Approach to Detox and Drainage

Our world is overrun with toxins, including over 80,000 chemicals that contaminate our food, air, and water. In our clinical practice,we typically see people after they have reached their breaking point - their natural ability to process these toxins is simply overwhelmed.

There are two main steps to address the underlying cause of this chronic inflammation:

1. Unlocking the toxins from the tissues (Detox).
2. Escorting the toxins out of the body slowly and safely (Drainage).

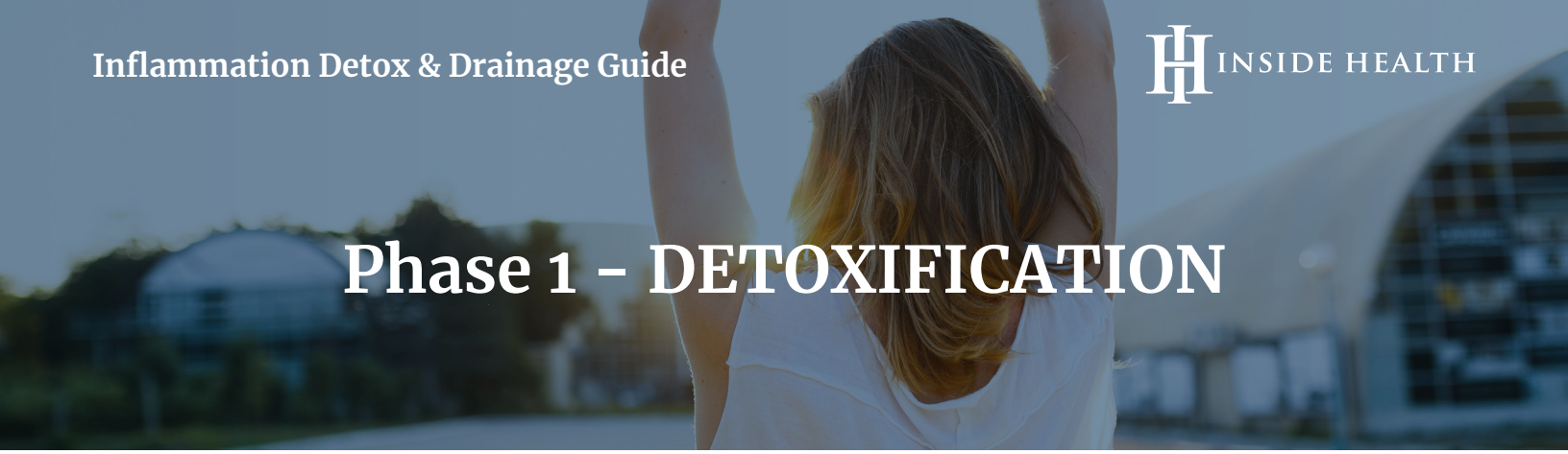


To do this effectively, it is important to follow the advice of trained and experienced experts while also using natural products that will not create their own toxic issues. We will also guide you on how to avoid future toxic overload.

What do we mean by Detox & Drainage?

Detoxification is the normal process of removing toxins from within your body. A toxin is any chemical or element that creates a stress response in the body. A toxin can even be something that seems to be “normal” or “natural” but in excessive quantities can be detrimental to your health.

Let’s explore these two phases in a bit more detail...



Phase 1 - DETOXIFICATION

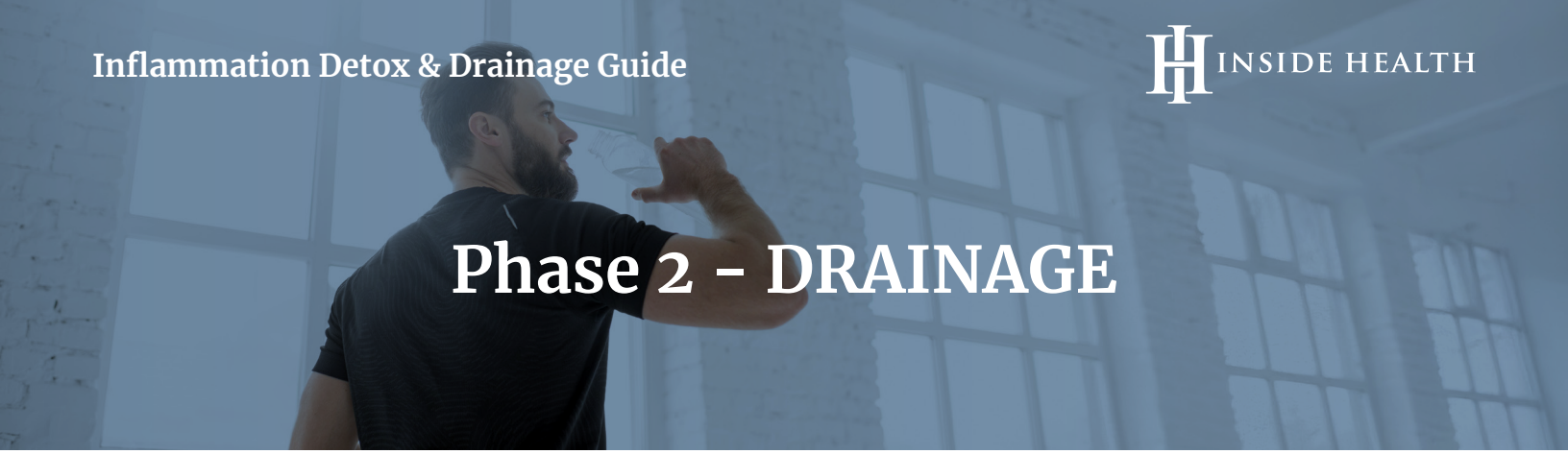
Clearing Systemic Toxins for Optimal Health

The first phase is detoxification, which is the excretion and collection of toxins from individual cells and throughout the body. This is like gathering up all of the trash from inside of your house into various trash bags. Your lymphatic system and liver are most responsible for collecting the toxic trash in your body. Even through normal daily functions, your body is continually producing metabolic waste products from every one of your 40 trillion cells.

That alone is a lot of toxic waste that has to be dealt with correctly. However, when we consider the ever-increasing amounts of environmental toxins that we are surrounded by, it is easy to see why it takes intentional effort to optimize the detoxification ability of our bodies.



Unlike an injury, such as a sprained ankle where the inflammation is localized to the area of the ankle, toxins can go everywhere in the body, causing systemic inflammation. Each person has their own unique tipping point before this toxic load becomes too much. If we exceed this threshold, even momentarily, our bodies must work harder to process and excrete these toxins. Over time, this extra work wears down our bodies and causes more damage to other organs and tissues. This is why we must limit our exposure to toxins while also properly maintaining our detox and drainage systems - to avoid becoming overwhelmed and ending up in a health crisis.



Phase 2 - DRAINAGE

Effective Drainage: Clearing Toxins for Optimal Health

The second phase is drainage, which is similar to taking those bags out to the curb to be taken away for good. The main organs involved in this step are the kidneys and bowels. Special supplement products known as “Binders” act like reinforced trash bags, keeping the toxic debris together until it is excreted once and for all. In the end, you need both detoxification and drainage to work very well for the optimal function of nearly every cell, tissue and hormone in your body.



Nutritional Support for a Full Reset

The Inflammation Detox & Drainage protocol is designed to support the organs and systems that help conquer inflammation from multiple sources. By helping to gather and excrete these dangerous toxins, your body can operate more smoothly and with greater ease.

By putting some attention on your daily habits like the quality of your food, water, and other lifestyle actions, we can help to minimize the overall amount of waste and toxins that your body needs to deal with. Since it is impossible to avoid all environmental toxins, the goal of this protocol is to help you express greater health down to the cellular level.

Why haven't previous "detox" programs worked before?

A common problem that many people experience in various "detox" programs is creating too much detoxification before the drainage system is fully operational.

Before you speed up your detoxification, you must make sure the final pipe is free and clear of any blockage or restriction. If we didn't do this, and instead "detoxed" your house by dumping waste into every sink, shower and toilet at the same time, we would find out the hard way if there was a problem in that final drain line. That's not what you want to do in your body. This causes unpleasant detox issues known as "herx" or "herxheimer" reactions.

The missing key in proper detoxification, as seen in our years of clinical practice, is to make sure that both detox and drainage systems are working properly. You should be having at least one satisfying bowel movement per day. If this is not currently happening, be sure to add Bowel Mover to your program. We will give more details on this shortly.



Before we can talk about the Inflammation Detox & Drainage protocol, we have to talk about your bowels! **DO NOT begin the drainage protocol if you are not pooping at least once per day.**

A proper drainage protocol depends upon a healthy large intestine. It is not wise to unlock more toxins and debris than the exit channels are able to handle.



Toxicity Questionnaire

Make sure to take a few minutes to answer this Questionnaire below. These answers will give you insight on how your detox and draining pathways are currently working and what support is needed.

SIMPLY MARK "YES" OR "NO" FOR EACH QUESTION.

	Yes	No
1. Do you have amalgam (silver metal) fillings in your teeth?		
2. If an amalgam filling was removed, was it done by someone other than a biological dentist?		
3. Have you had flu or allergy shots?		
4. Do you eat salmon, shark, swordfish, or tuna more than twice per week?		
5. Do you have trouble sleeping?		
6. Do you experience any of the following social conditions: anxiety, mood swings, anger for no reason, shyness, irritability, or social phobia?		
7. Do you experience chronic fungal or viral infections, including candida, athlete's foot, jock itch, and/or warts?		
8. Are you sick often?		
9. Do you have chronic sinus issues or congestions?		
10. Do you perspire excessively during the day or night?		
11. Do you use scented materials like candles, air fresheners, perfume or cologne, lotions, etc?		
12. Do you have a history of infections (ebv, lyme, herpes, etc)?		



Toxicity Questionnaire

	Yes	No
13. Do you have low physical energy?		
14. Do you have low mental energy?		
15. Are you overweight?		
16. Are you constipated (less than one bowel movement per day)?		
17. Do you have inflammation that won't go away (puffy skin, extra weight, sore joints, etc.)?		
18. Do you have skin issues like rashes, hives, eczema, or acne?		
19. Do you have any swollen and/or sensitive glands?		
20. Do you have any food allergies?		
21. Do you have frequent bloating or discomfort after eating?		
22. Do you regularly have diarrhea, mucus in your stool, or foul odor?		
23. Have you traveled to any developing countries?		
24. Do you eat pork or raw fish sushi?		
25. Are you regularly around animals (pets, reptiles, horses, farm animals, etc.)?		
26. Is your appetite often suppressed or excessive?		
27. Have you ever been diagnosed with cancer?		

See the following page for scoring!

SCORING

Tally up all the questions you marked "yes" to.

0-5 marked yes

You would benefit from doing the inflammation & drainage protocol once or twice per year as general maintenance.

6-15 marked yes

You would benefit from doing the inflammation & drainage protocol quarterly until your score comes down.

16+ marked yes

You have a more complex case. We recommend working with us directly before starting any protocol.

Inflammation Detox & Drainage Protocol

The higher your score on the drainage quiz, the more this protocol can help you!

Even those who enjoy the best health still live in a toxic world. It takes conscious effort, like this Inflammation Detox & Drainage Protocol, to ensure that you are on the right track. If a high-performance automobile gets regular maintenance to stay at its peak, shouldn't you do the same?

After working with thousands of patients, it is our clinical opinion that everyone can benefit from doing a program like this at least twice a year.

If this is your first time doing a program like this - Welcome! You deserve to feel at your best.



The Complete Inflammation Detox & Drainage Protocol

PURCHASE NOW

What's Included in the Inflammation Detox & Drainage Protocol

CT Minerals - 1 Bottle
2 per day

Provides two forms of magnesium and a variety of trace minerals derived from fulvic acid. This bioavailable formula supports the body's daily micronutrient need for:

- optimal cognitive function,
- energy production,
- immune function,
- nervous system support,
- and to enhance wellbeing*

Drainage Activator - 1 bottle
4 per day

Drainage support supplement that focuses on the extracellular matrix (ECM). This formulation includes six adaptogenic mushrooms and numerous herbs proven to assist the body's natural detox and drainage processes.*

BC-ATP - 1 bottle
4 per day

Supports and optimizes mitochondrial function. The highly charged organic acids in BC-ATP support metabolism and energy production to be at its peak efficiency.* BC-ATP also assists in the body's natural detoxification process and contributes to a balanced gut biome.*

KL Support - 1 bottle
4 per day

Combination of herbs and nutrients traditionally used to support kidney and liver health. Together, these support fat metabolism, hepatic blood flow, and healthy urinary tract and bladder function, while helping the body carry out its natural detoxification processes.*

Additional Support Products



ViRadChem Binder

PURCHASE NOW



Bowel Mover

PURCHASE NOW

ViRadChem Binder - If your Toxicity score is over 16 and you are wanting to take charge of this without our one-on-one help, we recommend adding this extra binder to help minimize any Herx detoxification reactions.

Bowel Mover - If you are currently not having at least one satisfying bowel movement per day, it is imperative that you take Bowel Mover before doing this protocol. Start by taking one per day, increasing by one more each following day until you have a satisfying bowel movement. Remain at that level while doing the Inflammation Detox & Drainage protocol. If bowel movements become excessive, back off by one pill per day until normal function resumes.

If bowel function becomes impaired again, stop the protocol immediately. Your case is likely more complex and needs one-on-one help. **Contact us at 970-685-8060 without delay to set up a consultation and examination.**

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Check with your healthcare practitioner if you are nursing, pregnant, are under 18, or following a doctor-prescribed protocol.

Quantum Nutrition Testing

This is an effective, non-invasive system rooted in the science of applied kinesiology to analyze and identify the interferences preventing the body from being able to heal itself. Additionally, QNT can discover the potential solutions to help remove those interferences causing imbalances safely and naturally. The QNT system and practice is not limited by distance, allowing us to serve clients all across the country.

If you believe you are a more complex case and want to work with us directly using Quantum Nutrition Testing, use the following link to schedule your first appointment below for only $150 (a $300 value).

Addressing the root cause of inflammation has the potential to greatly enhance your overall health. With the Inflammation Detox & Drainage Protocol, we don't anticipate any sort of emergency situation will arise, yet we must advise you to seek emergency medical attention if necessary.

Start your healing journey with Dr. Lauren Kolowski

BOOK AN INITIAL CONSULTATION

Call Us 970-685-8060 | Text Us 970-512-1954

