True Cellular Detox™ (Part 2 of 2)

Health Centers of the Future, LLC.

A Deeper Look Into True Cellular Detox™ and It's Components

To gain a greater appreciation for this program and how it can transform your health, let's delve further into each of the three components of the True Cellular Detox™ system and how they work. Be sure to review True Cellular Detox™: Part One prior to reading this article to learn and understand the foundations of the method to help you best implement the program and see real results.

Component 1: Applying the 5R's

Within True Cellular Detox™, the 5R's of True Cellular Detox and Healing ™, is used as the roadmap and these principles remain the foundation to fixing the cell. True Cellular Detox™, and the 5R's within it, is not a product but a clinically proven strategy that has helped thousands get their lives back after mainstream medicine has failed them. The process is not a quick-fix band- aid, but rather a guide for doctors and their patients to understand how to support all health challenges. The following steps (or R's) are all addressed within the True Cellular Detox™ program. The goal is not to focus on a specific condition, but to fully support the body's inherent ability to heal itself. We truly believe God provided the concepts of True Cellular Detox™ and the 5R's, and we're blessed to share the information with those who are struggling and living without answers.

Here's a quick overview of the 5R's of True Cellular Detox and Healing™.

R1: Remove the Source

R1 is removing the toxic source that has accumulated over time in the body; it's truly what True Cellular Detox™ is all about. It is also removing the toxic sources from our lives (see more in "Detox your life": top 10 article in resources). Dr. Pompa would have never recovered his health had he not removed the mercury amalgam fillings (but removal MUST be performed properly or detox becomes dangerous). For more on this, read the two part series of "When detox is dangerous" in your resources section).

Most allopathic doctors cover symptoms with medications while alternative practitioners do the same with supplements. Neither approach gets people truly well. Toxic stressors quickly shut down detox pathways and allow other toxins to bio-accumulate. These typically include the three amigos: biotoxins from mold and Lyme disease, infections, and heavy metals like lead and mercury. Read the "Detox your life" article and determine what toxins need to be removed from your environment and get busy. Take one step at a time. It is not reasonable or expected to detox your life in a week.

All of the products centered on the 5R's are part of improving natural cellular detox pathways. Ingredients target the cell membrane, cell energy, intracellular glutathione and methylation, all of which are part of True Cellular Detox™.

R2: Regenerate the Cell Membrane

It has been shown that the cell membrane holds the intelligence of the cell and plays a major role in detox, turning genes on and off, and regulating hormones; regenerating the membrane is at the core of a solution to the growing number of unexplainable symptoms and degenerative diseases seen today in epidemic proportions. In healthy individuals, the supple lipid bilayer of the membrane allows nutrients to flow inside easily, and toxins and free radicals to leave unimpeded. If

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inflamed, nothing can come in and out, so the cell becomes a toxic wasteland and illness results. The membrane must be regenerated for detoxification to occur and elicit body-wide healing. It has been shown to be the key player in turning off genes that express unwanted symptoms, diseases and even obesity (1). Along with the diet, detox and specific fats in proper ratios in the products address healing the cell membrane throughout the program.

R3: Restore Cellular Energy

Cellular energy is the gasoline of the cell, and nothing runs or functions without it. As nutrients flow into the cell, they feed the powerhouse called mitochondria, the cellular structures which produce ATP (aka cellular energy). Without adequate production of ATP, cells are unable to detoxify or regenerate properly. What's more, the lower your ATP, the more inflammation is occurring at the cellular level. Individuals lacking ATP have become an epidemic in America and suffer from symptoms like fatigue, brain fog, digestive problems and hormone conditions. Without raising cellular ATP symptoms will not be impacted by treatments. Cellular energy, or the lack off it, is now the target for cancer research (2). Restoring cellular energy is critical in the first month of this program and is specifically addressed using ingredients that have been shown to regenerate and even make more mitochondria (mitochondrial biogenesis). This is where energy is made in the cell, so making more mitochondria will increase the energy needed to downregulate inflammation and upregulate cellular detox pathways.

R4: Reduce Cellular Inflammation

Systemic cellular inflammation is linked to almost all chronic diseases and hormone conditions today. Specifically, we are referring to inflammation of the cell membrane that affects the way the cell communicates, detoxes and ultimately changes gene expression, which can trigger a disease of genetic weakness. Understanding how inflammation affects the cell and how to downregulate it is essential to get almost any condition well. Unfortunately, most health practitioners are not keeping up with the exciting research in the area of inflammation, detox, or gene expression, which would dramatically change their clients' results. Top sources of inflammation include dietary sugars and grains, bad fats and toxins. This program addresses all of these sources as well as the key, well-studied ingredients in the products supportingR4. Many of the ingredients are shown in studies to raise intracellular glutathione, and numerous studies demonstrate glutathione's effect on cellular inflammation and detox.

R5: Reestablish Methylation

Methylation is a biochemical process that affects many essential body functions including DNA repair, detoxification, fighting infections, removing environmental toxins such as lead and estrogen, and more processes we're only beginning to understand. The body needs methylation to regulate stress hormones, and when unable to methylate remains in a state of constant stress. Methyl groups are needed to turn on the stress response, but they are also needed to turn it off. Therefore, if methyl groups are lacking, a greater opportunity is created for toxins, inflammation, and other stressors to trigger bad genes. A toxic diet, lifestyle and various stressors (whether chemical, physical, or emotional) can turn on bad genes by depleting methylation. On the other hand, a healthy lifestyle, clean diet and environment, and properly restored methylation can turn off a bad gene. Hence, our DNA is no longer our destiny.

For example, Dr. Pompa's wife was methyl depleted due to toxic lead from her mother. Methyl groups can become depleted from any type of stress (physical, emotional or chemical). In her case, it was the toxic lead that created the deficiency and shut down detox pathways. Methylation helps the body remove toxic estrogen and other hormones, and when she became depleted she built up bad estrogen metabolites that can lead to cancer. Her mother died of estrogen driven cancer, but she detoxed the lead using True Cellular Detox™ and supported her methylation, so the outcome was different. This program supports methylation pathways throughout every phase due to its importance in protecting the cell, detox pathways, and turning off bad gene expression.

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As you can see, the 5R's act as a guide and road map to up-regulating natural detox pathways of cell. But you mustn't stop here to achieve successful detox and restored health. Read on to understand the next component of the process to getting your life back.

True Cellular Detox™
Component 2: Opening and Supporting Critical Detox Pathways

While gently applying the 5R's to support the cellular pathways, it is just as important to open up the downstream detox pathways such as the lymphatic system, kidneys, liver and gut before true binders are ever used.

The first of the three phases is the Prep Phase. The Prep Phase goal is to up-regulate detox pathways at the cell and support downstream pathways for successful safe detox. It is important to note that cell function and detox pathways are both supported (via the 5R's) in this phase and not pushed to the point of detox. Even after the prep phase, it is important to note that the cell pathways and the downstream pathways need to be supported throughout the Body Phase and Brain Phase. Most of the main pathways remain supported throughout the program with supplementation; however, some individuals may need more support and suggestions are made in the corresponding videos as well as below. If symptoms are experienced during the body or brain phase, this would likely indicate the need for more downstream detox pathway support.

As stated, some typical cleanses, such as colon cleanses or coffee enemas, can be helpful in the later phases of detox (body phase and brain phase) to keep the toxins moving out of the body and not backing up causing unwanted symptoms. Simple cleanses such as these can be useful before or during True Cellular Detox™, but if you end there you will never make it to where the true problem exists.

The Downstream Pathways and Suggestions To Help Drainage

The lymphatic system is part of our circulatory and immune systems, made up of lymphatic vessels that make and move lymph fluid from tissues to the blood stream. The body's ability to detox begins with the lymphatic system which helps clear the blood of toxins and takes stress off the other detox pathways by moving toxins further downstream for removal. Interestingly, the largest concentration of lymph tissue surrounds the gut, so a properly functioning digestive system is critical to lymphatic health and successful detox. A Far Infrared sauna is a very powerful detox tool, and can open up the skin detox pathway and take a lot of toxic stress from the lymph. Another great lymph support is the ancient practice of dry brushing. To do it, simply buy a coarse bristle brush and firmly brush the skin towards the heart (avoid sensitive areas). Tip: it's convenient to dry brush in the shower stall prior to showering. Other ideas include: rebounding, yoga, lymphatic drainage massage, deep breathing and high quality supplementation. Recall, there are videos to teach you the yoga poses and lymph draining exercises in the program.

The kidneys play a vital role in detox by extracting waste from our blood, balancing our body fluids, and forming urine to excrete toxic waste. Key kidney support tactics include supplemental support, avoiding excess protein, and consuming lots of pure water and potassium rich foods like citrus fruits,and grass-fed yogurts. Extra un-sweetened cranberry juice and some kidney-focused teas, such as dandelion tea, are a simple and great way to support this important pathway.

The liver is our greatest detox organ, and so must be attended to during any type of detox. To open and support the liver during True Cellular Detox™, recommend coffee enemas may be helpful at times to push out bile from a toxic liver. One of the functions of the liver is to make bile, a fluid that aids in digestion. Without bile, the liver could not absorb nutrients nor remove toxins. However, when the liver is congested and over-taxed the toxic bile gets trapped. This is when we like to use coffee enemas, or a coffee enema in a suppository form, to support the liver in removing the toxic bile. Online you will find directions for coffee enemas. You do not absorb the caffeine, so if you are caffeine sensitive you will be fine. Other ways to

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support the liver during detox include liver support supplements, herbs like milk thistle, dandelion tea, and consuming lots of leafy green vegetables.

The gut is oftentimes the most limiting detox pathway. It is estimated that 95% of America has a leaky gut that allows undigested foods and toxins to leak through the intestinal lining and into circulation. This drives inflammation, food allergies and autoimmune diseases. Many of the advanced strategies (see video) are the most effective and efficient ways to support and heal the gut. There is simply no better way to downregulate inflammation and heal a leaky gut than to give it a break from food. Fasting, typically on pure water, probiotic whey water, or broth made from the bones of 100% grass-fed cows, gives the gut a much-needed break from digesting food so it can heal and seal damaged intestinal lining. Daily intermittent fasting (see the advanced strategies) offers many positive hormonal and anti-aging effects, and more and more studies are showing the dramatic results fasting provides, like accelerated gut healing, weight-loss, improved immunity, and generalized cellular regeneration. Simply not eating from dinner to lunch the next day is a daily intermittent fast. A typical time to wait between dinner and the next meal the following day is 16-18 hours. Studies have shown a 1300% increase in the anti-aging growth hormone in women and a 2000% increase in men (3). Those are amazing numbers. Dr. Pompa has been practicing daily intermittent fasting in recent years and it has been the single most powerful addition to his already healthy lifestyle since getting well using True Cellular Detox™.

Here is a heal your gut tip that may surprise you. Stop taking the probiotic that you have been on for months or years. Taking the same probiotic for too long can create an imbalance of gut bacteria. At first it is a positive, but when taken for too long becomes a negative. It is better to mix it up with different bacteria. Adding fermented foods to your diet (like sauerkraut, grass-fed yogurt, kombucha, natural pickles) is a simple way to get a variety of new bacteria, which will support gut health and True Cellular Detox™.

Adding other downstream strategies to your regimen is beneficial as well, because the more you do to support your body, the better and faster you will get results.

Practices include:

- Following the 3 exchange diet, switching grains, sugars, and toxic fats (see menu planning section)
- Consuming plenty of fermented foods, such as cultured dairy, natural pickles and sauerkraut
- Oil pulling (try it during shower time, but don't spit down the drain!)
- Drinking plenty of pure water
- Taking therapeutic grade supplements (see article in resources on common vitamin deficiencies to get started).
- Spending time in nature to regulate circadian rhythms and optimize vitamin D levels.
- Getting regular chiropractic care and body work.
- Maintaining a spiritual practice embracing daily prayer, meditation and relaxation.
- Moving your body each day and using burst training for weight-loss and anti-aging effects.
- Sleeping deeply. Especially needed during the healing process, its impact on health cannot be overstated.

Next, you'll learn about the third component of successful detox. Once the 5R's are working to support the cell, and detox pathways are open and supported, ensuring that toxins are moved out of the body is essential to getting lasting results.

True Cellular Detox™
Component 3: Using True Binding Agents to Remove Toxins

The use of detox agents is where we often see the most abuse in detox. Practitioners can cause harm using weak binders,

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instead of true binders, or other detox agents incorrectly. This is the component and step that makes it all work and come together, or not.

The use of a true binder is a critical part of True Cellular Detox™ because it binds with the toxins and escorts them completely out of the body for safe removal. A binder that holds the toxins with a strong enough bond to prevent any redistribution of toxins back into the body, or worse yet the brain, is the key to minimizing symptoms and not adding to the toxic load. For example, recall the image of a street cleaner supposedly used to clean city streets. It seems like a good idea, but when you look behind it you view a cloud of dust and dirt pushed to the side. The street sweeper represents what most detox agents do in the body. They just stir up toxins only to resettle somewhere else. When this happen with heavy metals many of them end up in deeper tissue and in the brain where they cause new problems. Therefore, **a true binder is defined by having a strong enough bond that cannot be broken by anything in the body. The true binders used in this program are CytoDetox™, Alpha Lipoic Acid (ALA), and BIND activated charcoal.**

The Body Phase is when true binders are first incorporated, and they are used in cycles to rest detox pathways and to set up a concentration gradient to keep toxins moving out of the body easily. Cycling is important in true detox, and used in any effective and real detox plan. Recall why there is a Body Phase and a Brain Phase: the goal is to clear the body first to set up a concentration gradient from the brain. Toxins always move from higher concentration to lower. Thereby, clearing the body first allows toxins to move more easily across membranes. The varied cycles accomplish the same thing by giving time to rest and allow toxins to move via the concentration gradient, and then are followed by a detox cycle at a higher dose. This is a basic but effective way to detox, and seems to be more understood by scientists than many doctors. Natural detox is always cycled in nature and should not be violated; it is simple science. A woman's menstrual cycle is a form of detox that occurs monthly. Even the earth goes through natural detox cycles. All we need to do is emulate what happens in nature for success.

True binders that have the ability to cross into the cell or brain, such as CytoDetox™ and ALA, can speed up the process of detox making it more efficient and effective. CytoDetox™ has some particles that cross into the cell and brain and some that do not. This is great because some stay outside the cell to clean up. This minimizes redistribution of free toxins as well. The particles that do cross into the cell help clear the cell and the brain faster. CytoDetox™ is used in both the Body Phase and Brain Phase because of this unique quality.

ALA is fat-soluble and crosses very deeply into the nerve and brain tissue, and is used exclusively in the Brain Phase after the body is cleared using CytoDetox™. The outer layer of every nerve is made of fat, every cell membrane is fat, and the brain is mostly fat; therefore, a fat-soluble true binder is key to detox at the deep level that is needed for success.

BIND is used in both phases to clear the gut and prevent redistribution from the gut back into the body. BIND is a very large binder and does not cross outside the gut, therefore is used exclusively to prevent re-tox or autointoxication. When toxins make their way to the gut many of them can be reabsorbed and end up back into the body. The use of BIND is critical to prevent this and avoid unwanted symptoms as well as to maximize detox efforts.

Your Final Solution to Why You Still Don't Feel Well

The Brain Phase is where the magic happens. Eventually applying this process to the brain utilizing fat soluble detox agents, such as ALA with CytoDetox™ is truly a God given gift to those crying out for answers. Removing neurotoxins that have bio-accumulated in the brain over the years is the key to why so many people have unexplainable symptoms, illnesses, and "have tried everything" and still don't feel well. It is also an answer for the hormone havoc epidemic that exists today, even in children. Remove the interference and the body will do the healing: this is where true hope lies, not in man's manufactured chemicals.

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Most practitioners do not get to cellular level of detox, and rarely, if ever, get upstream to detox the brain. Yet this is what it takes to allow the body to really heal. Remember, it is not the doctor but the body that does the healing: the healing comes from an innate intelligence that God put in the cell directed by the brain and nervous system. Any detox program short of this is neither true nor lasting.

Furthermore, preventing re-tox throughout the entire process is a must. Most of the toxins are brought from the cell to the liver and dumped into the gut. Once in the gut, toxins must be transported out of the body so that they are not reabsorbed. Autointoxication causes dangerous symptoms and remains a common occurrence in most downstream detox programs, another reason that using true binders during detox is critical to safely getting results. Again, health will only return once cellular functions are improved via the 5R's and real detox agents (that actually have the ability to pull toxins from the cell) are used to avoid toxin redistribution. This is how thousands have been given their lives back, thanks to the growing number of practitioners trained in True Cellular Detox™ around the country.

Dr. Pompa didn't have the game-changing addition of the true binding agent CytoDetox™ when detoxing. It is a truly an amazing particle, and when combined with the cellular products and fat-soluble binders, a level of detox can be reached that was not possible until now. This is a very exciting time in cellular detox. With that said, there's the story behind CytoDetox™.

The Story Behind CytoDetox™

CytoDetox™ was brought to Dr. Pompa at the perfect time, and an answer to prayer. The FDA had been in the process of taking DMSA (a true binder of heavy metals) off the market as a "supplement," which it had been for years, and making it available by prescription only. He was in turmoil over the situation because DMSA, when used properly, can be an amazing tool to clear the body of heavy metals. It doesn't cross into the cell or the brain, but because it is water-soluble it helps clear out the body before going deeper with fat-soluble agents. Seeing concern over the situation, his wife reminded him to pray about it. I listened, and prayed that God would bring something even better.

Within two weeks, a gentleman who had worked with liquid zeolite for years called his wife trying to get in touch. Having just told him to pray about this she immediately said "You need to talk to my husband." Whether you believe in God and prayer or not this is the way it happened, and for the Pompas it was not a coincidence.

If he hadn't just prayed about it, he too would have been very skeptical as most detox products either do nothing or work too far downstream to make a difference. When the gentleman on the phone noted it was a liquid zeolite hopes were crushed. Years before, he tested many liquid zeolite products with no success. Zeolite is from volcanic rock and is broken down into small particles that have an ion binding cage. It binds heavy metals and other toxins very well, and has been used for years throughout the world to bind environmental toxic waste and heavy metal contamination. The problem is the particles are too big, even in liquid form, to cross the gut to be used in the body. Most company's boast of their products "Nano size particles" in liquid form that are small enough to cross the gut, however he never found this to be true upon testing. Even though it is in liquid form it was still a particle suspended in a liquid and not soluble. Many people do give testimony to these liquid zeolites, likely due to the fact that they are true binders and bind metals in the gut, perhaps helpful to those with severe leaky gut challenges. They can, therefore, have a positive outcome, but these products are still too far downstream for much interest..

However, the gentleman on the phone but assured this zeolite (clinoptilolite) particle is very different. He noted it is the first particle to be hydrolyzed, and not only crosses the gut but into the cell and the brain as well. He told of the man who was responsible for the patent-pending process named Nikolaos Tsirikos-Karapanos PharmD, MD, PhD, FETCS. He is a researcher, educator, and recipient of two of the most prestigious awards in cardiovascular research. Dr. Pompa soon spoke with Dr. Tsirikos-Karapanos to better understand his research and process. And, as they say, the rest is history. The world now has a true

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binder that not only leaves the gut but crosses into the cell and the brain.

Combining this product with the 5R's concept and keeping detox pathways open, and lives will truly change. This is True Cellular Detox™ and, God willing, we will continue to train more practitioners around the world in the process because this is what really works. Remove the interference (R1) from the body and brain, and the God-given innate intelligence will do the healing.

1. Biology of Belief; Bruce H. Lipton, Ph.D..

2. Cancer as a Metabolic Disease; Thomas N. Seyfried

3. J Clin Invest. 1988Apl; 81(4):968-975. Fasting enhances growth hormone secretion and implicitly the complex rhythms of growth hormone in men

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