



THE ART OF DETOX

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INTRODUCTION

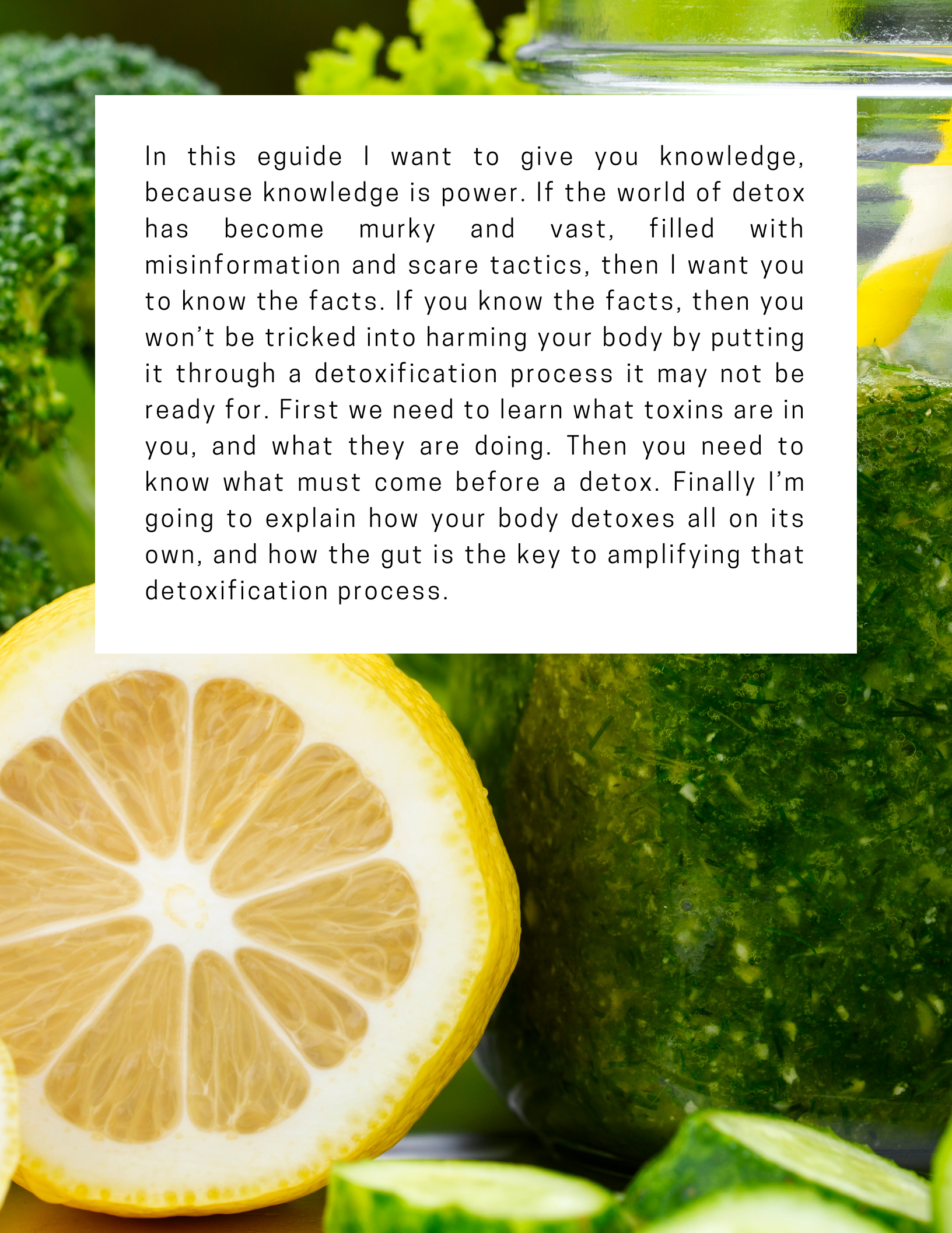
The word detox has evolved a lot during the modern holistic medicine movement, and not all of that evolution has been positive. As our understanding of detox has changed, more and more you're seeing people co-opt it into a phrase that holds little to no true value. There's supplements, and cure alls; dozens of programs and snakeoil solutions that promise that for just a little money and taking a few pills your body will be completely flushed of all the bad and completely overflowing with the good.

They say that if you detox your body you will sleep better, breathe better, have more energy, lose weight, have better eyesight, have less pain, and on and on. Detox has been taken out of the body and into the consumable product. We're all being told that our body cannot handle the toxins it has, and that it isn't created to be able to detoxify itself.

Let's take detox back to its most basic.

Take a deep breath in. Now exhale. Your body just performed one of the most basic detox processes that it does. Breathing is a detoxification that the body does all day, every day. How is it a detox?

You inhaled air that by volume is 78% nitrogen, 21% oxygen, and about 1% other gasses. You exhaled air that was about 79% nitrogen, 14% oxygen, 5% carbon dioxide, and 2% other gasses. Your body took the oxygen that it needed from the air, and released out the carbon dioxide that was poisoning your body. It's something that you probably wouldn't even consider as a detox, but this process is the detox that keeps you alive.



In this eguide I want to give you knowledge, because knowledge is power. If the world of detox has become murky and vast, filled with misinformation and scare tactics, then I want you to know the facts. If you know the facts, then you won't be tricked into harming your body by putting it through a detoxification process it may not be ready for. First we need to learn what toxins are in you, and what they are doing. Then you need to know what must come before a detox. Finally I'm going to explain how your body detoxes all on its own, and how the gut is the key to amplifying that detoxification process.



HOW TOXINS ARE AFFECTING YOU

Before you learn how your body naturally detoxes, it's important to learn what toxins are, and how they affect your body. Toxins is a fear buzzword that is easy to use because most people don't understand what is a toxin and what issues it causes in your body. It's easy to put any and all symptoms down to the 'toxins' in you, and that's why detox has become so sought after. However we do know a lot about toxins, and that knowledge is power that you need to help your body heal itself.

Toxins are anything in our environment that our body cannot use for its benefit. There are toxins in our food, in our air, on the ground, and we absorb them in a number of ways.

There are three models of toxicity, or the ways that toxins can affect your body. The dose-dependent model, the buildup model, and the immune-tolerance model. Let's discuss each of these models, and then I'll explain what build up of toxins is doing in your body.

THE DOSE-DEPENDENT MODEL

The dose-dependent model is all about the quantity of toxin ingested. In this model there are toxins that can be labeled safe or unsafe based on how much is needed to create a reaction. The greater the amount of toxin in your system, the more likely it will become toxic. A good example of this is mercury. There is a threshold of how much mercury is safe for consumption, and if you stay below that threshold, then the presence of mercury in your body is not an issue.

THE BUILDUP MODEL

The buildup model is the flipside to the dose-dependent model. The buildup model does not believe that there is a threshold for safe toxin consumption, because it is based all around low doses of toxins. In this model, you experience exposure to a toxin on low levels, and this may not cause harm at first. But consistent exposure to the toxin over an extended period of time will cause it to build up to the point of issue. This model is based on duration of exposure, not quantity.

THE IMMUNE TOLERANCE MODEL

The final model is the immune-tolerance model. This model combines everything, but the reason that this model is different is because it isn't based on outer forces, but inner. In this model it doesn't matter how much of a toxin you've consumed, or how long you've been exposed, but how your body is responding. Rather than going off of an arbitrary idea of a safe amount of consumption or timing that isn't based on your specific genetics and health, the immune-tolerance model is about your body's response to exposure.

This model perfectly explains why some people react heavily to some toxins, while others are fine. All three aspects of toxins matter- the consumption rate, the exposure time, and your body's personal reaction- but the one that matters most is you and how you are handling what your environment is doing to your body. Quantity and exposure take a back seat when you have a strong immune system. The problems start when your immune system becomes overloaded and you start to react.

THREE MODELS OF TOXICITY

**THE
DOSE-DEPENDENT
MODEL**

**THE IMMUNE
TOLERANCE
MODEL**

**THE BUILDUP
MODEL**

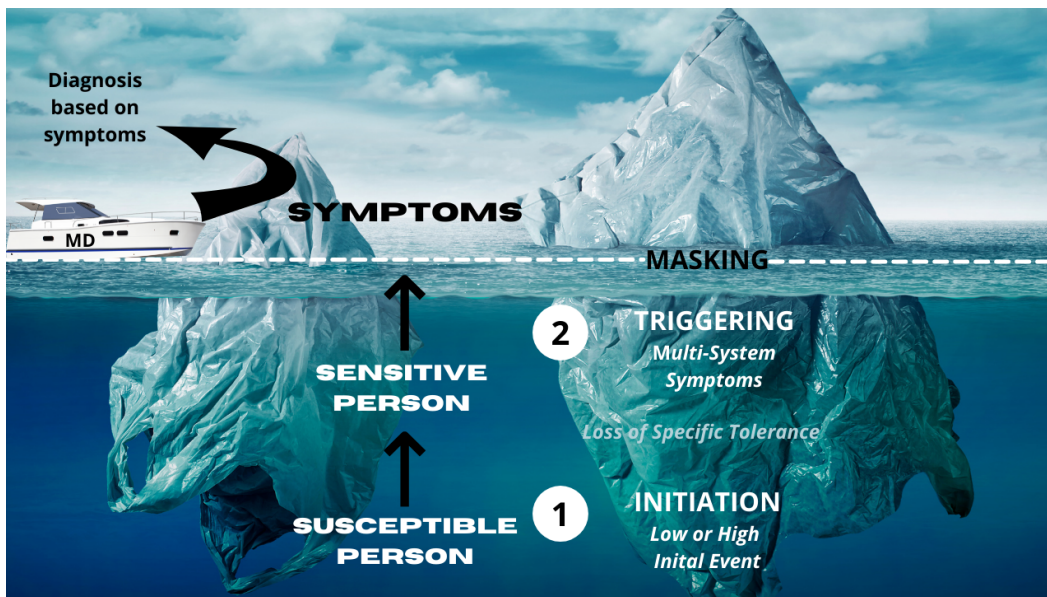
LOSING TOLERANCE

Every person has a different reaction to the toxins in their body- both the levels and the types. You can have a lot of toxins and react very little, or have just a small bit of a toxin and react like crazy. Presence of toxin is not the same as an immune reaction to a toxin, and the immune reaction can be much worse than the toxin. Sometimes even the steps you take to get rid of toxins will be what causes the reaction.

One of the worst case scenario examples is chemical intolerance or sensitivity. There are many different ways that you can develop a chemical intolerance. All three models of toxicity can lead to chemical intolerance, and genetics also play a factor. Your body can actually develop antibodies against the chemicals in your own body to counteract the large presence of toxins. If that happens and you detox aggressively, your immune system will go into hyperdrive. That's where the concept of toxicant induced loss of tolerance comes in, or TILT.

TILT is a term coined by Dr. Claudia Miller who proposed a theory on chemical sensitivity. She believed that chemical sensitivity is a two step process.



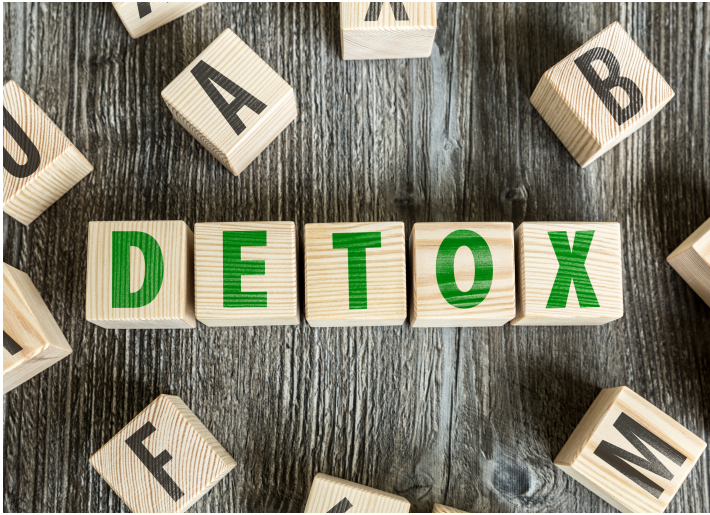


Step one is exposure. Whether it's acute or chronic doesn't matter, all that matters is that your body was introduced to the chemical.

The second step is having symptoms to a small amount of the chemical. Where previously you had no symptoms, now you do. For example you used to be able to handle using a certain cleaning agent, but now using it gives you headaches. You've probably heard someone say before that they used to be able to eat something, but now they can't because they react. The same principle can be applied to toxins. The reaction that your body goes through changed, because your immune system developed a response to the toxin. Gradually over time your tolerance lessens more and more, and that has to be addressed before detox can take place.

It's important to address intolerance, because it can have varied and long lasting effects on your body. You can have diminished glutathione status, which lessens your cells protection against damage and is critically dangerous to your liver's detox process. Diminished glutathione also leads to lowered T-Cell function, which can cause your immune system to react where it shouldn't. This can cause a vicious cycle in your body where your intolerance impacts your immune system which only makes the intolerance worse.

The ultimate result of intolerance is the development of autoimmune diseases such as Hashimoto's, arthritis, celiac disease, MS, and more. There's 140+ different autoimmune disorders, but they all step back to the same issue of autoimmunity that is caused by toxins and intolerance.



WHY WE DETOX

After learning of the potential pitfalls of detoxing improperly, you may have some hesitation in detoxing your body, so I want to explain why it is important to support your body's natural detox process.

In our modern world, it isn't a question of whether or not you're exposed to toxins, it is only a question of how much you are exposed, and how much you are reacting. Toxins from the environment around you are not only carcinogenic, they are also neurotoxic. Every day we are surrounded by an environment that is poisoning our brain and our body. Worse yet, a lot of these toxins are immunosuppressants, which means that the immune system that could keep these toxins at bay is being tampered with.

There's specific studies on how certain toxins interact with certain illnesses. I see a lot of people with multiple sclerosis who have mercury issues, and a lot of people with Parkinson's who have pesticide exposures.

The important thing to remember about detox is the **timing**. You should be detoxing and you should be taking steps to boost your body in its natural functions, but it has to be at the right moment. If it isn't safe for you to detox because you haven't handled your chemical sensitivities, haven't taken care of your immune system properly, haven't regulated your blood sugar and digestion, then you won't get the effects you're looking for. Many people are tempted to go straight into detoxing, because the current paradigm has put an emphasis on the importance of detox... In the end, this may potentially make you feel worse, exacerbate your existing condition, and potentially create more problems than you originally had.



I've spoken a lot about the body's natural detox process, and I want to explain that process. Now that you know what toxins are doing to you, it's time to learn the way that your body is made to get rid of those toxins. And that process works a lot like a funnel.

The pathway starts with the toxins entering the body. These toxins can be heavy metals, plastic, pesticides, or generally any chemical or substance that your body cannot use and can potentially harm you. These toxins enter your terrain, or your body's internal environment. The toxins go into your cells and tissues and that is the wide mouth of the funnel.

Everywhere in your body has cells and tissues, that's what the body is composed of, so it's the broadest area. When we are exposed to these toxins in the cells and tissues, our body has to push them into specific areas of the body that are specifically designed to break down these toxins. The lymphatic system is the next part of the funnel, as it is the organ system that collects the toxins and moves them to where they can be broken down.

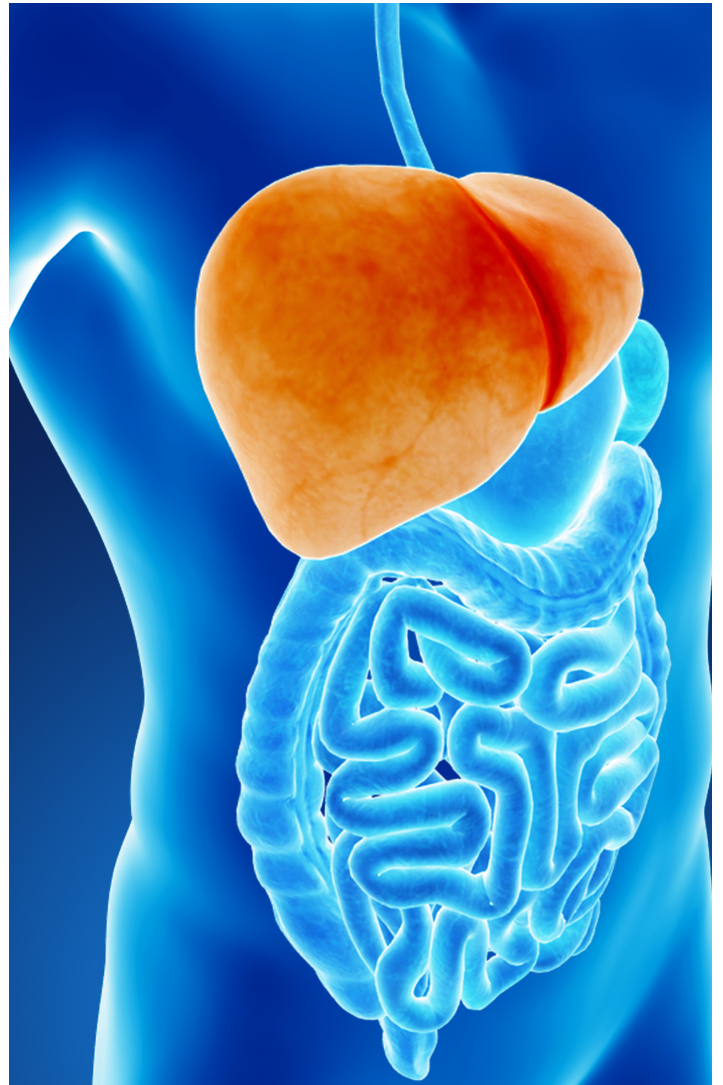
LET'S CLEAN HOUSE

The liver is another one of those key areas of detox in your body that is vital to understand for your benefit. Your liver is a detoxifying organ, its whole job is to help your body get rid of toxins.

Sometimes the easiest way to explain the detox process in the liver is with this simple analogy that comes in three stages, much like the three phases of liver detox. The analogy of cleaning your house.

Phase one you have a whole bunch of different enzymes in your liver, and their job is to neutralize toxins or convert them into something useful. Sometimes a toxin can have beneficial components, and your enzymes break them down to use those components. You have a house full of trash, and you put the trash in a pile. It isn't out of the house or in a trash bag where it won't spill all over the house again, it's just in a pile.

Your enzymes haven't made the toxins any less dangerous or potentially harmful to your body. In fact, the toxins may actually be more dangerous at this point. The enzymes removed the useful parts of the toxins at this point, and have moved the harmful parts to one localized area, so that one area is in danger of being unable to detox if phase two is too slow.



Before we were talking about a healthy flow of lymph, and your liver's detox processes are tied to this healthy flow of lymph. If your drainage systems are not in order, then your body's detox phases are moving too slow and get backed up.

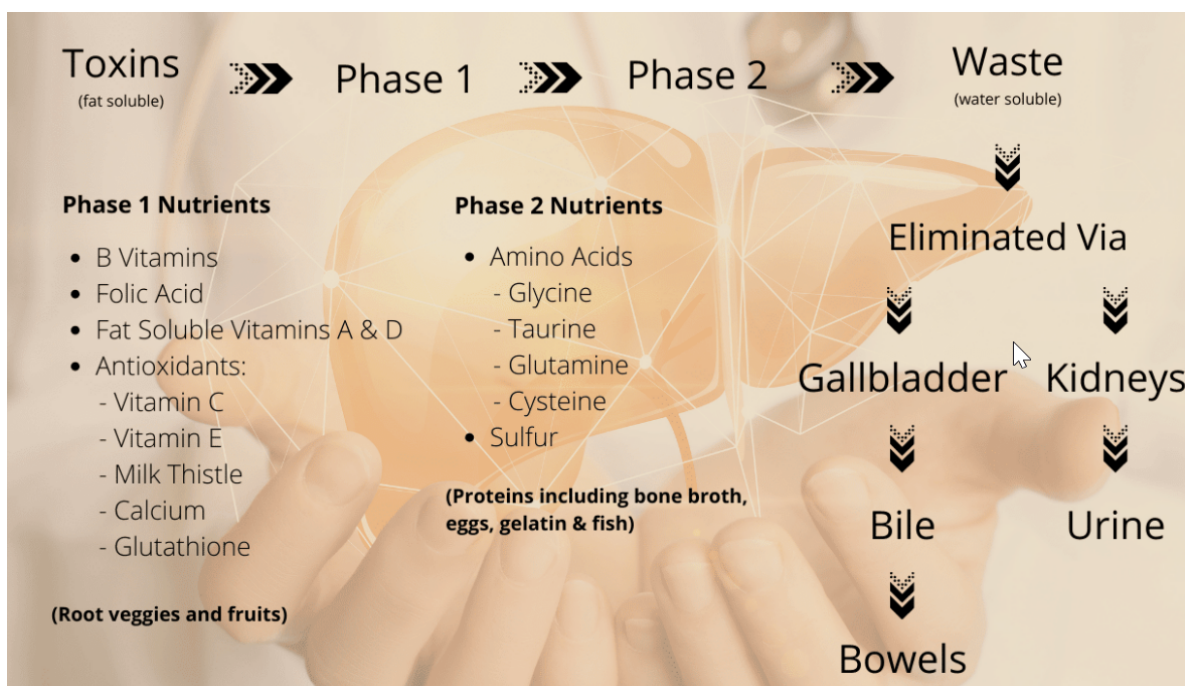
Phase two is what is called the conjugating system. This is graduating from the enzymes that just take the good, to amino acids that are able to break down the toxin and convert it into something that has less potential danger. Then the body is able to get rid of the toxin in phase three.

LET'S CLEAN HOUSE

Going back to our house analogy, phase one was the pile, and now phase two is actually gathering the garbage into a bag. It is no longer able to just spread around the house again, it is gathered and packaged so it can't make your house dirty. However the garbage bag is still in the house.

Phase three is when the liver and the gallbladder begin to work together to turn the toxins into faeces. Once you eliminate the faeces through a bowel movement, your body has completed stage three. The garbage bag has left your house and is out by the curb.

The reason that so many liver detoxes are not producing results is because they ignore this multi-step aspect to detox. It's not just about supporting your liver, it's also about supporting your gut and your elimination process. If you focus only on the liver, then at most all that happens is your trash gets swept into a pile and put in a bag. It's still in your house. Your body still is holding onto the toxins, and that leaves the potential for the toxins to be reabsorbed into your body. The entire funnel of detox has to be supported and seen through, or the job is never done.



HOW DO I SUPPORT MY BODY NOW?

The million dollar question....How do I detox properly?

There's dozens of ways to achieve the same result, but many of the ways that people initially think aren't actually detox. Take for example milk thistle. Milk thistle is an herb that promotes liver function. People take it and assume they are "detoxing" by taking it. All milk thistle does is up your liver's cells so they can work better, it doesn't actually bind or move any toxins. Promoting liver function may have an indirect effect of improving detox, but it isn't doing the actual detoxification.

The number one thing you can do is let your body do what it is made to do and help it along by healing your gut.

All processes and functions that happen in the body are nutrient driven. You need energy to do things, and you gain energy from food. Proper nutrition is what gives your body the ability to run itself, and the more nutrients you have, the better you are able to function. Diet is a big factor in that.



HOW DO I SUPPORT MY BODY NOW?

The body is a very intricate thing, and part of this intricacy is the roadmap to healing the body, which includes detox. Dr. Peter Kan has discovered clinically that there is a sequence to doing this so that when we do detox, we will have good results.

This sequence begins by addressing fuel delivery issues that may arise, because if you are unable to deliver energy to working tissues, you can't heal, let alone detox.

Fuel delivery has 3 components - perfusion, blood sugar stability, and digestion.

1. Perfusion

Perfusion is your body's ability to deliver blood and oxygen to an organ or tissue. For example, decreased cerebral perfusion has the ability to cause impaired consciousness. This is actually one of the most overlooked areas in functional medicine and natural healthcare. And if you are someone who has cold hands or feet, poor circulation, high or low blood pressure, or anemia, it may become more challenging for you to recover from chronic illness or effectively detox.

2. Blood Sugar Stability

Blood sugar stability is what determines your body's ability to maintain optimal brain function and cellular metabolism, and is required for parts of the phase 2 liver detox pathways to properly perform. In fact, both low and high cause a vicious cycle of neurological, immunological, and hormonal stress response which ultimately compromises your body's ability to heal itself.

HOW DO I SUPPORT MY BODY NOW?

Blood sugar levels that are consistently elevated often lead to insulin resistance, which may result in prediabetes and type 2 diabetes. Not to mention, when your blood sugar is balanced you'll feel happier, more energetic, productive, and get better sleep.

Blood sugar problems are actually very common, and are commonly missed or under treated in natural healthcare.

3. Digestion

Digestion is the first step to turning food into the nutrients that your body requires to nourish itself, as well as providing nutrient cofactors to support detox.

It's important to note that no matter how healthy you eat or the amount of supplements you take, if you are unable to digest properly, you are not getting the most out of your nutrition.

You can't just detox out of midair, you require certain vitamins, minerals, amino acids, and more. You get these from the foods you eat. Lots of times people want to get around this with supplements or pills, and that just doesn't work. You get the best results when you are getting these building blocks from food, from nutrients that were grown and created in the ground, and not in a lab. A supplement will never be as effective as food. This is where the gut comes in.

HOW DO I SUPPORT MY BODY NOW?

Digestion is how we get the nutrients from the food, and your gut is the center of digestion. If you can't digest your food properly because you have leaky gut, an impacted microbiome, or any of the other numerous issues that can happen in your gut, then you can't get the proper amount of nutrients. Then your body won't be able to detox, and the toxins will just continue to build and build. The BIG masterclass is the Brain Immune Gut masterclass, because everything is tied back to your gut.

Without nutrition, how can you expect to have the energy to have a strong immune system? Without a strong immune system, how can you expect your body to be able to handle toxic build up? And, most importantly, with a huge toxic build up, how can you expect your brain to not be affected?

Fuel delivery issues are extremely common and often overlooked in both conventional and natural medicine. And fuel delivery is just one of the pillars in the roadmap to heal chronic brain, immune, gut symptoms, and challenges. There are many common myths and misconceptions about detox, and many other concepts in natural medicine that I have designed an entire course on teaching people the significance of being able to self identify and correct these problems. For now, the most important thing for you to know is to take it one step at a time, build a firm foundation in a sequential manner so that when you do embark on detoxification, you will be successful without many detox reactions.



Dr. Kan believes that there are no accidents in life and everything happens for a reason. Although the family illnesses were difficult and stressful, his family's health was transformed through it all. Thousands of hours of post graduate training and over 5,000 clients later, Dr. Kan is committed more than ever to use what he has learned to help those who has lost hope and lost in the insurance-based, profit-motivated, and pharmaceutically-driven system that is failing people with chronic conditions.

Dr. Kan supports and manages patients with chronic conditions using a comprehensive approach by merging the exciting advances of functional neurology and functional medicine. Patients from across the country have come to seek out his holistic approach that is changing the lives of those suffering from chronic conditions. Dr. Kan regularly consults with other physicians on the methods he uses.

Born in Taiwan and immigrated to America at the age of 13, Dr. Kan has deep appreciation of the Eastern wisdom and Western advances in natural healthcare. He believes in the God given ability of the body to heal and regulate itself, and that the body, mind, and spirit must be in alignment for healing to take place. It is his faith in God that gives him the passion and commitment to help patients with chronic pain find hope and healing.