

**CELLULAR HEALTH
INSTITUTE**

Detox Your Cells, Heal Your Body

Discover why you are still struggling to fully regain your health, vitality and wellbeing. This ebook reveals the underlying factors that are fueling sickness and disease and what to do so you can reclaim your health.

**YOURS IN HEALTH,
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Hi this is Dr. Faria of the Cellular Health Institute:

The information in this e-book could be the beginning of a transformation of your current health status, your health concerns and the quality of life that you are currently experiencing. True health comes from removing the interferences that are robbing your cells of your health and vitality. All our health programs involve some form of True Cellular Detox. I have learned and studied under some of the best experts available today in Functional Medicine. Read the following information as my good friend and True Cellular Detox expert, Dr. Pompa reveals along with myself why if you don't detox the cell you will never get well.

Why You Still Don't Feel Well

Think of your body as a bucket. Now imagine the toxins that surround us in daily life are the liquid that slowly fills that bucket. With each toxic exposure, drop-by-drop your bucket becomes more full. A drop here and there isn't such a big deal, as our immune systems were designed to handle a degree of toxicity. However, chronic exposure to an onslaught of chemical, physical and emotional stressors fills up your bucket each day, and at some point the bucket begins to overflow. It may take a few decades before your bucket spills over, but once it does cellular inflammation is triggered, symptoms arise, and disease manifests.

Sadly, the tactics, treatments and downstream detox that got people well in the past do not work nearly as well today because we are sicker and more toxic. The epidemic is at the cell and the detox MUST go there to be effective. We need to recognize that the massive increase in neurotoxins we are exposed to is like no time in the history of man. Many of these chemicals are new to our bodies and have become ubiquitous in our everyday lives, filling our buckets drop by drop, shutting down natural cellular detox pathways and even changing DNA to express diseases or unwanted symptoms. Whether it's weight-loss resistance, hormonal dysregulation, thyroid problems, diabetes, Chronic Fatigue Syndrome, fibromyalgia, autism, autoimmune, and even cancer, the answer is in fact to go upstream to the source and address toxicity and its effect on the cell to achieve restored health.

Not every toxin is created equal and many ask which toxins are the worst. That's a hard question to answer because there are so many, and the list is getting longer of new toxins entering our world. There are however, a few toxins that are worthy of mention here because of their unique role in modern day disease, weight loss resistance, and simply "why you still may not feel well."

The Glyphosate Epidemic

Glyphosate is an example of one toxin that has been introduced in the mid 70's as a herbicide/pesticide that is now ubiquitous in our soil and food supply. It is the active ingredient in the product Round-up, the #1 used pesticide in the world. It is being sprayed on almost all conventional grains to increase harvest and yield. The amount used on

genetically modified organisms (GMOs), products that are modified to withstand more of the chemical and not die, can be ten times that of normal crops.

Unless you are eating 100% organic your intake of this chemical is massive. This is no average toxin when you look at new studies on its damaging effects on the human gut and brain. Since the introduction of this chemical to our food supply we have seen obesity rates rise at the same level as the chemical. Autism, diabetes, Alzheimer's, dementia and autoimmune diseases have all increased at the same rate as well (1). Senior scientist from MIT Stephanie Seneff, has shown in studies that glyphosate creates holes in the human gut, shuts down detox pathways, and is linked to the diseases above (2-8). Seneff has also shown that the chemical increases the toxic effects of heavy metals in the brain, giving further explanation of it's connection to the rise autism spectrum disorders, dementia, and Alzheimer's (9). Most countries have banned this horrific toxin except right here in America.

There are three other toxins that are not only at the top of the list for toxicity, but most of us have been exposed to our whole lives as far back as in utero. Because of the high level of toxin exposure, and how difficult it is for our bodies to get rid of the three toxins, the stage is set for our buckets to overflow. We refer to these toxins as the three amigos. They are so toxic that they have the ability to affect cellular function, and, therefore, it's natural detox pathways. They can also shut down the downstream detox pathways such as the liver, kidneys, lymphatic system and gut. Once these pathways are compromised the body will begin to bio-accumulate many of the daily toxins we are exposed to we would have normally detoxed with ease. This is where it all begins . . . the bucket overflows and the symptoms start.

The Three Toxic Amigos

Amigo #1: METALS

We have grown up in what is called the "lead generation." From gasoline to paint, it was everywhere, and it's said it will take four generations to be bred out of our bodies and environment. The number one exposure of lead is actually our mothers in utero.

As far as mercury exposures, amalgam tooth fillings have been used for more than 150 years, and contain 50% mercury that vaporizes directly into the brain. Those in middle age now got hit the hardest, with the increases in vaccinations and more amalgam fillings than any other generation. This qualifies them as the "mercury generation," and the opportunity to pass it on to their children for at least four generations. To make matters worse, our children are also being exposed to high levels of glyphosate since the mid 70's, as noted above, which increases the toxicity of the metals by allowing it to cross deeper into the tissues and brain. According to Dr. Seneff, the sudden rise in autism spectrum disorders is the combination of glyphosate and heavy metals from vaccines as well as other sources.

Most practitioners today agree that heavy metals are at the root of many illnesses, but, sadly, very few understand how to truly and safely remove it from the body. People are told that chlorella and other herbal concoctions are going to take care of their heavy metal detox. This is discussed in more detail below, but know that these are not true binders of heavy metals and will not pull a heavy metal out of the body, let alone from the deep nerve tissue where it bio-accumulates. Worse yet, many are told after 1-2 months of a detox program that they are metal free. In reality, it takes 20-30 years of low dose exposure to accumulate heavy metals; to insinuate that it will come out in a few months is simply impossible. If you have a more severe health challenge and suspect you have a deep-rooted heavy metal issue, you may need several cycles of the True Cellular Detox™ Brain Phase (as described below) to support this condition.

Amigo #2: MOLD

But doesn't stop with heavy metals. Biotoxins from mold are arguably more toxic. God warns people about mold and even directs them regarding how to handle it in the Bible in Leviticus Chapter 14. Today, mold is an even greater problem because of new construction methods that can feed its growth. Toxic mold is evil and nasty, and ruins many lives. The sad part is that most practitioners do not understand it, nor do they perform the proper testing and detox method. Mold privy practitioners all around the world utilize the VCS test provided with this program to identify mold illness.

According to experts, failing in rows C and D of the test can be an indicator of biotoxic illness. If you have a more severe health challenge, and have a dramatic decline in those rows, you may need several cycles of the True Cellular Detox™ Brain Phase (as described below) to support this condition. Biotoxic illness driven by mold can cause many un-explainable symptoms such as sudden weight gain, weight loss resistance, anxiety, sleep problems, morning stiffness and pain, and a range of hormone related problems.

Amigo #3: HIDDEN INFECTION

Hidden infections are oftentimes the thing that keeps many from getting their lives back. They are difficult to detect and difficult to get rid of. They come in the form of root canals that harbor anaerobic bacteria that no antibiotic or herbal killer can reach because they are deep in microtubules that remain, even after the root is extracted. Cavitations in the jaw left behind from tooth extractions (like wisdom teeth), will often leave a space that breeds infection. The anaerobic bacteria from the infection slowly work their way into the bloodstream causing major immune issues and can even trigger autoimmune disease.

Lyme disease is perhaps even more misunderstood than heavy metal and mold challenges, and goes undetected in countless so-called unexplainable illnesses. The problem is, for years western medicine didn't recognize Lyme disease as a real illness and the treatment

was simply a round of antibiotics. If you didn't get well then you didn't have Lyme, it was "all in your head."

Today we know it is in fact real, but still very difficult to detect and kill. Lyme will even occur with co-infections such as bacteria like Babesia and Bartonella. These guys are nasty, opportunistic and hard to kill. Lyme, like mold, is a biotoxic illness and, as stated above, the VCS test is an indicator of this deeper-rooted issue.

Lyme is a stealthy, intelligent survivor that can morph and switch from a spirochete form, which can drill deep into your tissues, to a cyst that drugs and herbs can't kill. And if it were not hard enough to kill, it will hide and protect itself from the immune system by co-habiting in and around mercury. We believe that many people do not get well after years of Lyme treatment because they do not address the heavy metals issue or do it incorrectly. True Cellular Detox™ must be a part of detoxing infections like these from the body or you will not get well.

Remember, if you don't detox the cell you will not fix the cell, and if you don't fix the cell you will not get well. We believe periodic detoxification is in order for nearly every human being on the planet, but it must be done right to get results. And how does one properly detox the cell? You should know the answer by now...True Cellular Detox™. But what is it exactly?

What is True Cellular Detox™?

True Cellular Detox™ is a process which works by improving cellular function so the body is able to detox and heal itself. The approach incorporates the 5R's of True Cellular Detox and Healing™, which has become a roadmap to not just fixing the cell, but an explanation of the epidemic of inflammatory driven chronic diseases and the growing number of unexplainable, over-medicated illnesses.

The 5R's is a tool and simple strategy for understanding and repairing the complexities of cellular pathways that have become damaged by the toxic onslaught of today's world. Using the 5R's to repair the natural detox pathways of the cell upstream, while keeping the downstream detox pathways open (lymph, liver, kidneys and gut), and including true binders to assist in the removal of toxins, is True Cellular Detox™.

Therefore, True Cellular Detox™ goes upstream to target the source of illness and involves three components:

1. Applying the 5R's principles as a roadmap to fix the cell
2. Opening and supporting critical detox pathways
3. Utilizing true binding agents to remove toxins from the cell

There are three phases that make up True Cellular Detox™ which progress from the preparation of detox pathways, to clearing the body, and ultimately clearing the brain, where the real magic begins. It is the brain phase that has given thousands their lives back. Neurotoxins damage nerves, and the brain is neural tissue. Many unwanted and unexplained symptoms come from the toxins that have embedded deep into the nerves and the brain, and because it is this system that runs and heals the body, you must detox the brain. It is the brain that coordinates all healing through hormones and neurotransmitters; all function starts here. True detox must go upstream to the cell, and that is the key for a lasting solution to today's epidemic of inflammatory driven disease. However, more specifically, detox must go all the way to the brain cells. This is the ultimate goal of True Cellular Detox™.

Therefore, the three phases and goals for each phase:

- 1. Prep Phase:** The goal is to prepare the cellular detox pathways without up-regulating detox (yet), and prepare the downstream detox pathways for successful and safe detox.
- 2. Body Phase:** The goal is to clear the body first to create a lower concentration of toxins from the deeper nerve tissues like the brain. Because toxins move from higher concentration to lower, this allows the toxins to more easily be removed from the brain.
- 3. Brain Phase:** The goal is to clear the deep toxins from the brain and nerve tissue. Fat-soluble "true binders" are used in this phase to cross the blood brain barrier as well as the fatty coating that protects the nerves (myelin sheath). This phase is the ultimate goal and is where lives get transformed.

This is the framework for True Cellular Detox™: 3 Components in 3 Phases. But lets be clear....

True Cellular Detox™ is not simply:

- A colon cleanse (good to help with constipation and clear toxins from the colon, but not far enough upstream)
- A foot bath (good for edema in lower legs, but we're not convinced of any detox benefit)
- A raw juice fast (if using greens and not fruit you will get some fasting benefits to support detox at best)
- A coffee enema (good to move toxins from the liver and toxic bile complex, but not far enough upstream)
- A bottle of chlorella tablets (not a true binder)
- 7-10 day herbal cleanses (not true binders)

Although these strategies, and countless others, can be helpful in supporting detox, they are too far downstream to make the impact needed to remove toxins at the cellular level. Again, one must find and remove the source of illness to begin the journey back to health. The 5R's provide the roadmap to fixing and detoxing the cell, but the source of toxicity must be removed properly, whilst keeping detox pathways open and supported, to provoke cellular revitalization.

Including a true binding agent (or agents) in the Body Phase and Brain Phase is critical to preventing re-circulation of toxins once they are moving out from the cell. There are many detox agents used today, but few are true binders, thus have little to no effect. Examples include chlorella, often promoted as the "metal magnet," but in real human tests makes no change in the toxic burden. There are many 7-10 day herbal detox cleanses that promise to change your life, but again fall short of any real change. Many of these products are even dangerous because they are weak binders, meaning they simply stir up toxins without completely removing them from the body thereby allowing them to cross back into deeper tissues (like the brain).

This is where the distinction lies between True Cellular Detox™ and other forms of detox. Utilizing this system has made all the difference in the health of people around the world. It works and is effective because it ensures toxins are safely and completely removed by considering the entire detox process: from the cell upstream to the brain, and moving through the downstream pathways and out of the body.

Very Important

If one of the "big boy" sources of toxicity are not detected and removed, such as one of the three amigos (metals, mold and hidden infection), there will never be a lasting solution to a health challenge. There will be a continued need for detox just to remain slightly better or status quo. When the source of illness remains, i.e. someone is ill yet continues to live in a moldy home, the individual will never fully recover regardless of changes in diet and lifestyle. Only when the interference has been removed can the body's innate intelligence execute the healing to its full extent. R1 of the 5R's described below is removing the toxic sources from your cells and your life.

Once external toxins have been eliminated as much as possible, internal toxins that have bio-accumulated over time must continue to be removed as well. As emphasized, most cleanses fail to remove toxins at the cellular level. Many people recognize the need for detox and wish to do a "cleanse" in attempts to feel better, but does it make logical sense that a 10 day cleanse once a year can remove what took 20-30 years to accumulate? Most will need more than the 3 months provided in the program and should repeat the brain phase several times.

And what about the issue of using a downstream approach without incorporating true binding agents, key to successful toxin elimination? These points are rarely considered. True detox is no quick fix; it takes time and effort, but is transformational. We have nothing against coffee enemas, colon cleanses, or some of the other herbal cleanses out there; however, they are all too far downstream to have a lasting impact. Remember, you must get to the cell to get well.

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.

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.

Here at the Cellular Health Institute, we are True Cellular Detox Specialists and understand how to help give you the healing support your body needs so you can get to the root cause and get well. I have a saying in our office, "if you treat your health today, you won't have to treat your diseases tomorrow".

I want to personally invite you to call our office at [407.862.2287](tel:407.862.2287) for a personal and detailed consultation, exam and review of your health concerns or present state of health.

As my gift to you for taking the time to gain the answers and insights to the tools that can help you heal, I am offering you a free 15 minute phone consultation to discuss your current

health concerns. During that call, I will listen, guide and advise if and how Functional Medicine and True Cellular detox could help get you back to being the best you can be. I look forward to hearing from you soon.

Sincerely,

Dr. Manuel Faria, DC, [Dipl.Ac.](#), NMD, DACBN

www.healthecells.com