

"Mini Detox" Gets Better Patient Compliance

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It's no secret that as we increase our toxic load we can expect greater levels of inflammation and ultimately disease. So the question is no longer should we detox, but rather what is the most efficient way to engage our patients? Let's look at what I call the "mini detox" and hopefully clear up some confusion regarding the detox process.



First of all we forget there are many ways to detox. The body wants to rid itself of pollutants and begin the process to rebuild and repair. So there is no one perfect detox. I always say that the best detox for the patient is the one that they are willing to commit to. Start where the patient is then perhaps in 6 months move on to something more aggressive.

Some people don't like nutritional drinks but they will take pills. One of my col-

leagues describes himself as a "real world doctor." "Joe, for my patients, it's got to be easy to understand, easy to explain and at a reasonable cost", he tells me. His clientele tends to be more financially strapped and are less likely to invest in the "3-Step Detox", which is my favorite detox program. For those of you that are not familiar with it, see the link below to a webinar by Dr. Abbas Qutab the developer of the "3-Step Detox" program.

Because Dr. Qutab holds both medical and chiropractic degrees, he sees some very difficult cases. He developed the "3-Step Detox" program to systematically prepare the body to detox and then to reduce the toxic burden and inflammation quickly and efficiently.

Personally, I can't even tell you the number of dramatic cases I have heard from patients and doctors alike using the "3-Step Detox." In Step Two, the patients

follow a hypo-allergenic diet and use a combination packet of supplements called BioDetox Packs, one with each meal. Twice a day they drink a shake containing a medical food called NutriClear as well as an additional protein source of either filtered whey or concentrated rice.

My "Real World" colleague isn't interested in Step One or the medical foods or even the additional protein. He uses 1 BioDetox packet with each meal. He tells his patients the following, "We are going to do some lab tests that will take about three weeks to come back. In the meantime I want to reduce your systemic inflammation and do a thorough cleaning of your gut. Let's make sure when we put you on a nutritional program you digest and absorb your nutrients as efficiently as possible.

Here is a diet that I want you to follow and take one packet of this product called BioDetox Packs with each meal. The closer you follow the diet and take the supplements, the better you will feel. If you miss taking a detox packet or blow the diet for a meal, just get back to it right away." No guilt or pressure. He shifts the entire responsibility on them in less than 5 minutes. Each BioDetox Pack container has 30 packets or enough for a 10 day supply.

He gives them two containers and says it usually takes three full weeks to use all the product. If they feel too toxic, stop the supplements for a few days and stay on the diet. Re-start with one packet a day for 5 days and then two packets a day for 5 days... then return to the three packets a day routine. After finishing two containers of the BioDetox Packs, the patients come in for their laboratory results. Patients

report that they have more energy, sleep better, have less stiffness and experience greater mental clarity. "Joe, I love this product," he keeps telling me. Better yet, my patients love this product, they feel more alive."

Each BioDetox pack contains 100 mg of emulsified oregano oil to deal with bacterial-fungal overgrowth; plant based enzymes for digestion and as antifungal agents; a blend of organic Omega 3, 6, and 9 oils; full spectrum antioxidants to handle the free radicals spawned by the detox process; and 300 mg of organic beets; as well as over 500 mg of proprietary botanicals to enhance liver detoxification and regeneration.

Careful attention has been paid to both phase one and phase two detoxification pathways to assure detoxification is not overwhelming to the patient. You can see specific information on the product below, but I wanted to highlight a product in an application you may not have considered.

Even if you don't use laboratory tests in your therapies, starting your patient off with an anti-inflammatory diet and a good gut flush using the BioDetox Packs while you balance the nervous system with manipulative therapies can make a big difference. Remember, many of your patients are looking for detox programs and all of them need to reduce their toxic load. This strategy may be the best starting point for many of your patients and a segue for you to help them begin their wellness journey.

Thanks for reading this week's edition and I will see you next Tuesday.