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## True Cellular Detox™ (Part 1 of 2)

Revelation Health, LLC.

What if you're eating the perfect diet, exercising regularly, and yet you still struggle with no energy and losing weight? Truth is, you are not alone. You are among a growing number of Americans who are suffering from a metabolic condition known as weight loss resistance. This condition is being driven by neurotoxins that affect our brain, hormones, and ultimately our cells. It goes far beyond the inability to lose weight; neurotoxins are an up-stream cause of most chronic health conditions today. The majority of modern chronic diseases, including the rise in autoimmune conditions, autism related disorders, hormone conditions, cancer, heart disease, chronic fatigue, fibromyalgia, thyroid conditions, diabetes, chronic pain, and any inflammation driven disease, are all connected to neurotoxicity.

The only true solution to any disease state is removing what is interfering with the body healing itself. True Cellular Detox™ goes upstream to where the real interference is: the CELL. Even the lack of energy and the inability to lose weight are cellular problems driven by neurotoxins, and **if you don't detox the cell you will never get well.**

We use the words TRUE and CELLULAR because detox is only real and lasting when it occurs at the cellular level. Cellular detox is a fundamental component of fixing a cell and if you don't fix the cell you will never get well. **The True Cellular Detox™ process is explained in this article, as well as a deeper look into three toxins that we believe are at the heart of the epidemic of chronic disease and why most people still don't feel well despite their best efforts.**

Most practitioners carry out detox improperly or neglect it altogether. This article also speaks to these methods that not only fall short of true detox, but exposes methods that can be dangerous. No matter how clean of a lifestyle we lead, toxins bombard us from all angles including our air, water, foods, body care products, clothing and even store receipts. But since we can't live in a bubble, periodic True Cellular Detox™ is essential to a healthy life in the modern toxic world.

Note: This information is not just for the sick and challenged. We have all bio-accumulated toxins and it is just a matter of time and genetics to when it will make us sick. Anyone looking to live a longer and healthier life needs to understand these principles of cellular detox and healing. When it comes to anti-aging and optimal cellular health this is the true science.

### 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, hormone 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 affect on the cell to achieve restored health.

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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; however, see a list of the Toxic Top Ten (read "Detox Your Life" article in resources section), which are the worst offenders. There are 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. Dr. Pompa speaks personally about this issue because his wife's lead ended up in all three of their biological children, which created a number of unexplainable challenges early on in their lives until correctly detoxed.

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

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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. Please read the two articles in your resources section on "When Detox Becomes Dangerous" for more on this topic.

Dr. Pompa's story and battle with neurotoxic illness driven by chronic mercury toxicity is told in part one. Our hope is that you read his journey and gain a great appreciation from where this information originated. His authority in this subject comes not from years of study, although there was plenty of that, but from the victory God gave him through it. True Cellular Detox™ was truly birthed from pain to purpose.

### **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. Dr. Pompa could never get rid of candida until he got the metal levels down to a certain point; this is also the case with Lyme. 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

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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... True Cellular Detox™. But what is it exactly?

## What is True Cellular Detox™?

True Cellular Detox™ is a process Dr. Pompa learned and created through his own health challenges, and those he coaches back to health, 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:

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- 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). For more on this topic read the article in your resources section "When Detox is Dangerous" (part 2).

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. Dr. Pompa still does 3-4 brain phases a year as preventive wellness, because even with the best effort we could never eliminate all the toxins we are exposed to daily.

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.

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## After My 3 Months What Should I Do Next? The Cellular Vitality Phase

As stated above, most of us need more than 3 months of detox, and the brain phase cycle should be repeated several times with time off between cycles. If you have a more serious health challenge, or symptoms such as weight loss resistance, chronic lack of energy and brain fog, you will most definitely need more detox. One brain cycle per month after the 3-month program for at least 6 months to 2 years to support detox would be recommended. After 6 months, the cycles can be spread out to every other month or even every 3rd month. Those who are healthy and want to stay healthy, or simply want to increase performance still need to do periodic brain phases. We believe a few cycles a year are needed for all of us to combat the toxic onslaught of today's world.

The question then is what to do between cycles to keep detox pathways open and support general nutritional needs. This is why we developed the Cellular Vitality Phase formula. It provides everything needed to support cell function, as well as supporting the most common nutrient deficiencies. We are not believers in a daily mega multi-vitamin, but recognize the need for certain nutrients in which many are deficient. The formula meets all of these needs and much more. We feel the nutrients and ingredients included are far more effective than any multi because they support the true nutritional requirements as well as the bigger need of supporting natural cellular detox pathways.

Many of vitamins and minerals in the Cellular Vitality Phase formula are the most bioavailable nutrients today because they are actual extracts from organic fruits and vegetables. Moreover, the nutrients in these products are in their "active" forms, meaning less conversion and energy is needed from the body, providing easier assimilation into the cell.

As an example, the nutrition in the Cellular Vitality formula has the active form of vitamin D with vitamin K2. Most people have a greater need for K2 than vitamin D, and the lack of K2 in a vitamin D supplement will create what is known as a functional deficiency that can lead to cancer and osteoporosis. Another example is the type of folic acid used in the formula. It is the active form called methyltetrahydrofolate that does not need to be converted from the basic form of folic acid to be used by the body. This active form is important because it's estimated that 15% of the population has a genetic snip called the MTHFR gene. If you have the MTHFR gene you will have trouble making the conversion, and studies show it puts you at greater risk for heart disease, cancer, mental health issues and difficulties with general detoxification.

The healthy fats included in the Cellular Vitality formula are in a specific ratio that target and support the health of the cell membrane. Remember, the membrane is where all detox begins and ends. We love to say that you can judge a person's health based upon the vitality of their cell membranes. Many people today are taking fish oil because they have heard about the benefits of these fats; however, new studies are showing that taking fish oils alone can create what is known as omega 3 dominance. More and more studies are showing it is the balance and ratio of these important fats that matters the most. The Cellular Vitality formula offers this balance and is safer and more effective than taking fish oil by itself.

All of the 5R's of True Cellular Detox and Healing™ are supported in this phase, as well as the most common nutrient deficiencies. But you may be thinking: should I still take my multi-vitamin, fish oil, and other vitamins? There may be some with different needs who require further support, but these folks would be the exception. This phase of the program was developed for perfect cellular support for general health and detox maintenance between True Cellular Detox™ cycles.

### Going Deeper

A deeper look at each component of True Cellular Detox™ is needed to gain a greater appreciation for what this program is and what it offers. Continue on to read True Cellular Detox Part Two: A Deeper Look Into True Cellular Detox™ and Its Components, for a more in-depth understanding of the method, and suggestions on how to best support your detox and

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answers to how much you may need.

1. (\*Nancy Swanson, <http://www.examiner.com/article/data-show-correlations-between-increase-neurological-diseases-and-gmos>)
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