




HEAVY METAL DETOX



Part Four How to Unblock Detox Pathways

Welcome to this course Warriors!

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Do a Blocked Pathway Test before beginning any program

Sometimes we just do not know if our pathways are blocked. Honestly one of the quickest ways to know is to take a handful of cilantro and eat it and see if you get a headache, Sulfurzyme can be a good test as well. Do you get a headache or tummy ache? Even using oils, if it is not a spicy oil and you apply it topically (young living only) do you get a "rash" the rash is simply that your body is not moving the molecules around efficiently. These are all signs your detox pathways are blocked.

None of the above are the actual problem, the blood and the ability for your body to remove contaminants are. This is just cluing you in to the root issue, the problem is that most people think the food, the sulfur or the oil is the issue.

If heavy metals are the issue we do not want to overly stir them up without proper preparation. Proper planning always prevents poor performance.

Physical health and vitality

The bottom line here is inflammation. Inflammation will block your body's ability to detox properly. So gut health is the key here, how strong and thriving is your gut?

Have you had any recent rounds of antibiotics? The gut flora will need to be rebalanced with probiotics first before beginning. (head o the gut health course here for more)

Medication will cause low levels of inflammation on a daily basis

Poor quality food and chemicals will cause inflammation

Fragrance used in the home

Overall sedentary lifestyle

Emotional Health

There is no denying that emotional stress is the root of all dis-ease and DISEASE literally in the body. Stress that goes unchecked for any period of time disrupts the entire ecosystem of the body and also increases acute inflammation via fight and flight mechanisms.

The tip here is, if you are in the middle of a big life event this is not a good time to do a detox program because your body and mind will be under additional weight. Although sometimes we can feel like there is never a good time to begin something, we just have to make the effort and priority. Use your oils and reduce the stress daily to help keep your brain and body balanced.

Environmental Stress

This is all about lifestyle choices. Alcohol, smoking, stress, poor boundaries, over scheduled, food, toxins in the home, fragrances etc...

You will have a much harder time healing and detoxifying when there is additional outside stress on the body.

So ensure the home is clean of all toxins, use thieves' home cleaner only, diffuse oils, change out detergents, soaps, personal care products, avoid drinking alcohol and of course smoking is never a wise choice.

Remineralize and Selenium

Minerals are the key to LIFE and unlocking the power of cells. Unfortunately most people are extremely mineral deficient and this is important to build up for any detox program.

1. Start adding even more celtic sea salt or himalayan salt to your food
2. CT minerals or YL mineral essence to your morning ningxia drink
3. Unwind by YL for additional magnesium before you go to bed at night (especially important for kids)

Again cell core code to use is:
B9Ab3m80

CT Minerals from Cell Core

(Practitioner code B9Ab3m80)

CT-Minerals has minerals and metals. Our cells need charged gradients to draw proteins, structure water, and complete other actions in the cell. CT-Minerals has metals in it, but the Carbon Technology protects those metals, changes the oxidation states, and delivers them where they need to be. The minerals are activated and the electrolytes create a charged gradient, like a magnet.

As a product, CT-Minerals conducts electricity because it is a polyelectrolyte solution with plenty of ions available. Plus the metals and minerals in the supplement are good conductors of electricity. If humans aren't conducting electricity, the body does not function as it should. That's why it's essential to boost energy levels by conducting electricity and supplying minerals and metals that move those electrons.

Some benefits of CT-Minerals may include:

- Providing energy (polyelectrolytes)
- Regulating nerve function
- Replenishing pH balance
- Supplying minerals to cells when needed
- Supporting cellular and tissue repair

Metals can be used to create new bonds. In fact, certain metals can help restore body tissue. Metals are fundamental to creating carbon-carbon bonds, which take a lot of energy and are more stable and less reactive. If the proteins are not able to form new cellular membranes, it's because of the body's inability to create new carbon bonds. That's why people need essential minerals and metals, because certain metals can build new tissue