





TERRIBLE TOXINS

How to Remove the
Ultimate Silent Killer

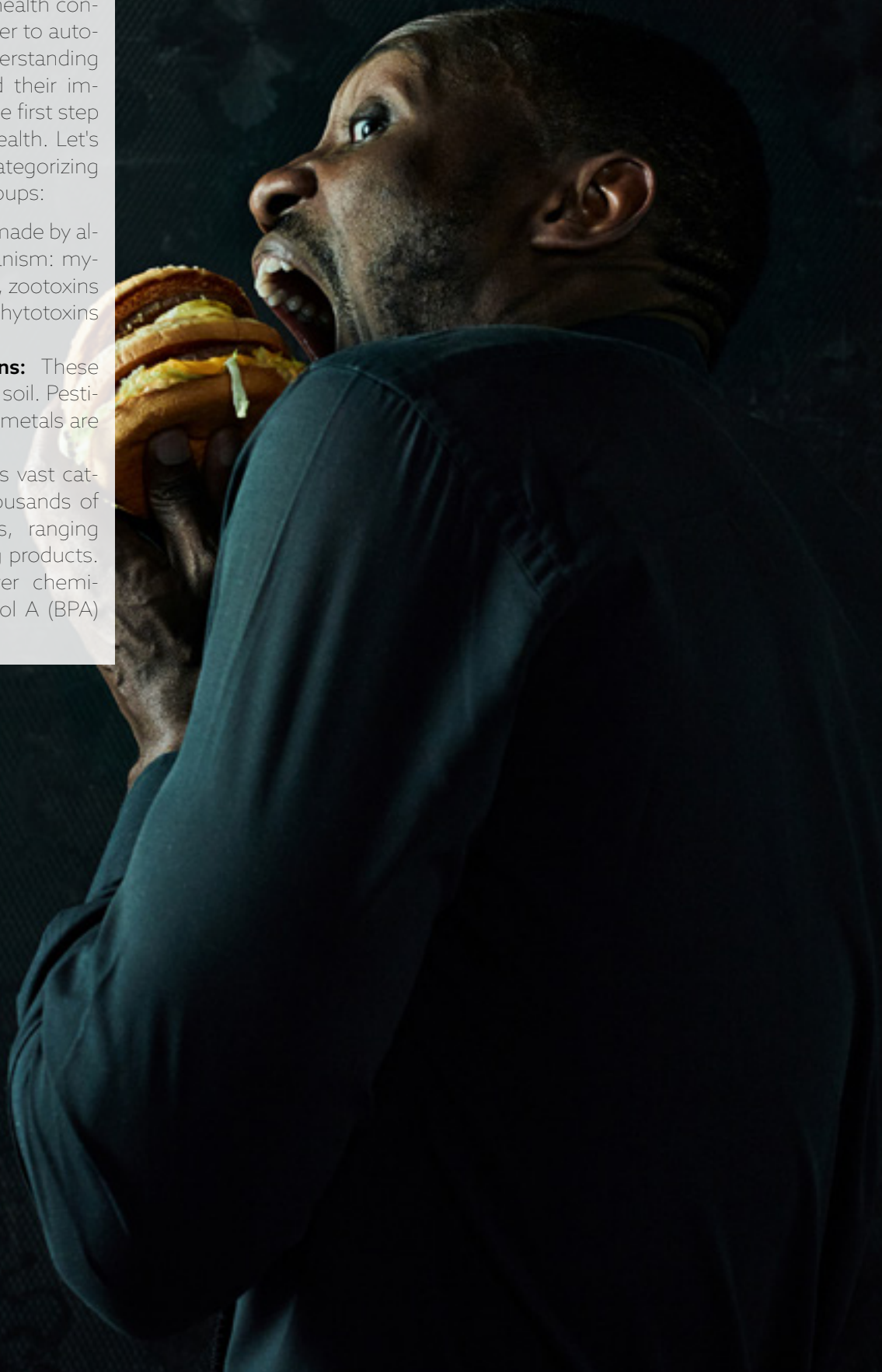
by Dr. Paul Savage

The word 'toxin' gets thrown around casually, but the reality is that we live in a toxic world. These harmful substances are in the air, food, and household products. Long-term exposure to even low levels of toxins is now linked to virtually every health condition ranging from cancer to autoimmune diseases. Understanding the types of toxins and their impacts on our bodies is the first step toward protecting our health. Let's define these toxins by categorizing them into three main groups:

- **Biotoxins:** These are made by almost every type of organism: mycotoxins (made by fungi), zootoxins (made by animals) and phytotoxins (made by plants).

- **Environmental Toxins:** These lurk in the air, water, and soil. Pesticides, herbicides, heavy metals are prime examples.

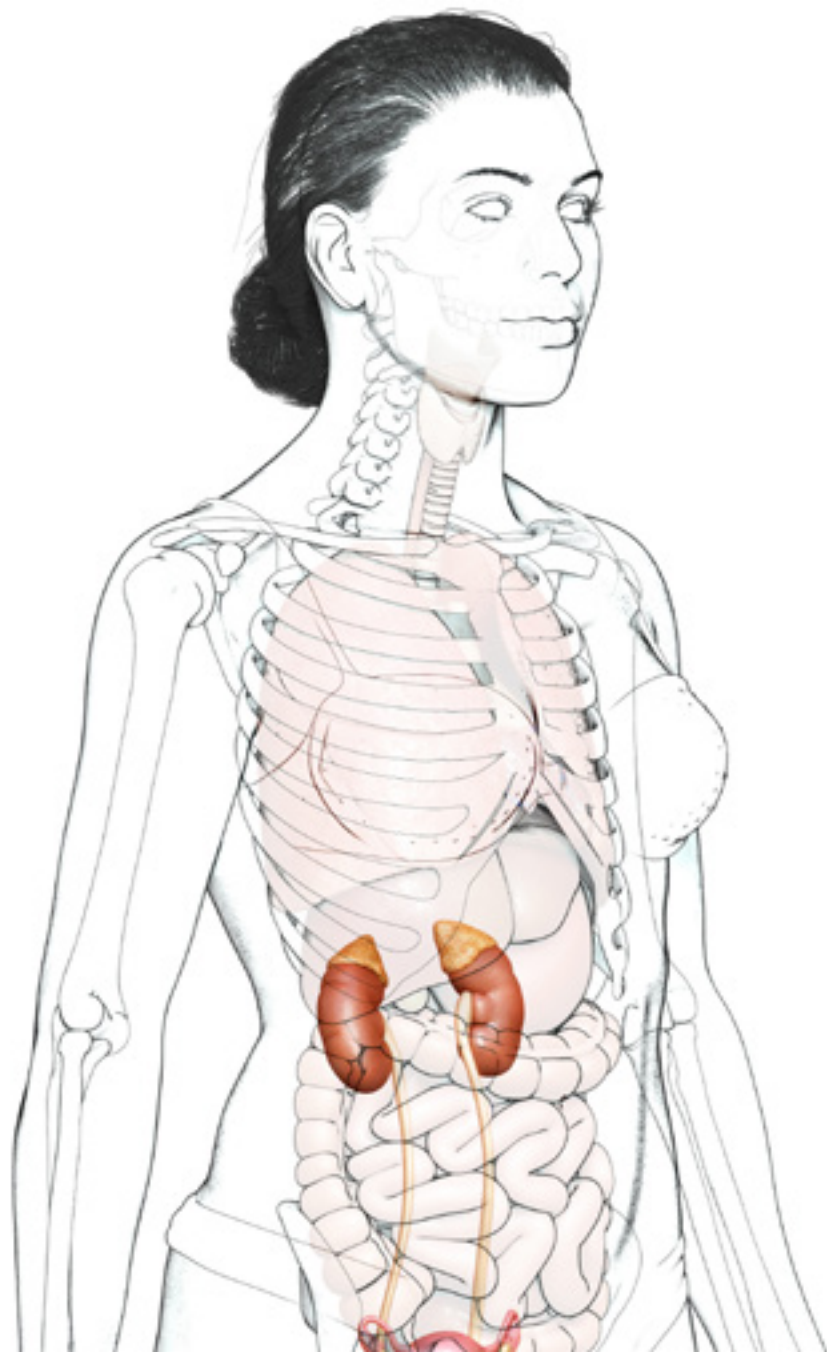
- **Industrial Toxins:** This vast category encompasses thousands of human-made chemicals, ranging from plastics to cleaning products. Examples include forever chemicals (PFAs) and bisphenol A (BPA) and micro-plastics.



Toxins are an inescapable part of our modern world, affecting even rural communities. An estimated 144,000 human-made chemicals, from pesticides to phthalates, pollute our environment. These toxins have now seeped into every inch of our environment.

Alarming, we can only test for a tiny fraction of these substances. This means countless chemicals contaminate our air, water, and food, with potential health consequences which we are only beginning to understand. Studies link toxin exposure to disruptions in our DNA, our cells, our metabolism, and our hormones.

While some chemicals have undoubtedly improved our lives, benefiting food production and technology, there is a significant downside. Estimates suggest toxins contribute to millions of premature deaths annually, including both acute poisoning and the gradual toll of chronic exposure. The World Health Organization states that as much as 24% of all deaths worldwide were attributable to pollution and harmful exposure to chemicals, among other issues. The effects of toxin buildup over decades can be devastating. Here is how they impact our bodies:



Hormone Havoc

- Certain toxins, known as endocrine-disrupting chemicals (EDCs), interfere with hormones' normal function. EDCs bind to hormone receptors, interfering with hormone production or altering hormone signals.

- This hormone disruption has significant implications for various bodily functions and is linked to reproductive disorders, developmental abnormalities, metabolic dysfunction, and an increased risk of cancer.

Cellular Chaos

- Toxins trigger a harmful overload of reactive oxygen species (ROS), also known as free electrons. These free electrons spin off inside our cells and cause damage to our DNA and proteins, reeking havoc inside our cells (think pinball machines).

- Long-term damage cripples how cells function and contributes to aging, cancer, neurodegenerative disorders, and most chronic illnesses.

Immunity Interference

- Toxins weaken our immunity and make us more vulnerable to infections and chronic inflammation.

- Accumulation of toxins has been linked to autoimmune diseases by confusing the immune system so that it attacks you!

Toxins trigger a downward spiral. They weaken the immune system and damage DNA, disrupting the body's ability to cleanse and repair itself. This leads to further cellular damage, metabolic dysfunction, and hormonal imbalance, undermining our health, a vicious cycle indeed!

How Do You DETOX?



While emergency rooms can treat sudden, acute toxin exposure using methods like gastric lavage, activated charcoal, and even hemodialysis or plasma exchange, addressing chronic toxin exposure is more challenging. However, there are steps you can take to support your body's natural detoxification processes:

- **Get Active:** Regular exercise promotes sweating, improves circulation, and supports a healthy lymphatic system – all key for toxin elimination.
 - **Manage Stress:** Healthy coping mechanisms reduce stress, which supports overall well-being and indirectly aids detoxification.
 - **Saunas:** Consider routine sauna sessions for deep sweating and mental well-being.
 - **Plasma Donation:** This removes toxins directly from the blood and offers the benefit of helping others.
 - **Herbal Supplements:** Milk thistle, dandelion root, turmeric, and chlorella support detoxification, cellular health, and the immune system.
- Unfortunately, these strategies are not nearly enough to reverse the buildup of toxins from years of exposure. This leaves a critical gap in our ability to protect our long-term health.

A Possible Solution

My understanding of chronic toxin exposure shifted after reading a 2022 study in which researchers used Therapeutic Plasma Exchange (TPE) to reverse aging biomarkers in humans. This report showed significant improvements in inflammation, oxidation, cancer

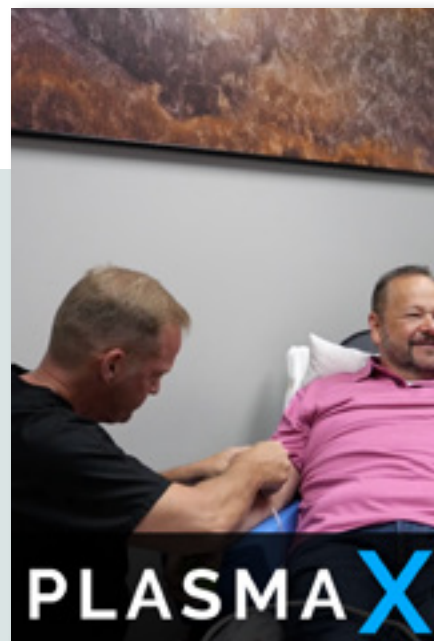
risk, Alzheimer's disease, and immunity decline. While the study attributed their success to the metabolic benefits of TPE, I intuitively knew that the improvements were due, in fact, to a thorough removal of toxins.



Therapeutic Plasma Exchange

Blood is composed of red blood cells, white blood cells, and platelets suspended in a fluid called plasma. In addition to being the highway on which the cells travel, plasma is rich in essential nutrients like electrolytes, vitamins, and hormones. Plasma exchange is a medical procedure that removes a patient's plasma and replaces it with albumin, a protein found naturally in blood plasma. Your body generates new, healthy, clean plasma within a day or two. Think of it as an oil-change for humans.

TPE has been around for over 50 years and is commonly used in treating autoimmune and neurological conditions. The ability of TPE to reduce inflammation, improve cellular health, boost immunity, and even address markers of neurodegeneration holds immense promise for a wider range of applications. This makes TPE a powerful potential tool for tackling the long-term effects of toxin exposure and slowing the aging process itself.



The MDLifespan PlasmaXchange™ Protocol



At MDLifespan, we have developed a specialized TPE protocol to remove toxins. This protocol, which we are calling PlasmaXchange™, emphasizes safety, individualized treatment, and measurable results. We always begin by taking a thorough medical history of my clients to determine if they are candidates for TPE. Specific cardiac and neurological issues will restrict clients from participating. If we decide the client is a candidate for TPE, we perform a comprehensive assessment using blood and urine tests to quantify their toxin burden. Chronic exposure often goes unnoticed but can have significant long-term health impacts. A personalized PlasmaXchange™ treatment package (1, 3, or 5 TPE sessions) will be recommended. Each session is scheduled at one-month intervals, and each TPE appointment lasts 2-4 hours.

After you get the TPE, my team administers an infusion of essential vitamins, minerals, and amino acids to support cellular recovery and detoxification. We also place clients on daily oral supplements, which will further optimize their detoxification pathways between sessions. A few weeks after all the treatments are completed, we repeat blood and urine tests to compare toxin levels and key biomarkers, ensuring the protocol's efficacy in reducing the overall toxin load. The results we have seen so far are, well, simply extraordinary.

PlasmaXchange™ Protocol Results

Testing patients for toxins for 25 years, I've witnessed firsthand the alarming truth: everyone carries a toxin burden, increasing yearly nationwide. The most common toxins include:

- **Glyphosate (Roundup):** This widespread herbicide burns everything it touches. Glyphosate is linked to certain cancers and cellular damage.

- **Lead:** Even low-level lead exposure harms brain development and the nervous system.

- **BPA:** This chemical, in many plastics, disrupts hormones, affecting fertility and increasing the risk of cancers.

- **Mercury:** Mercury contamination has far-reaching consequences, causing cognitive problems and neurological dysfunction.

- **Arsenic:** Exposure to this toxic element is associated with severe health conditions like cancer, heart disease, and diabetes.

Recognizing the need to tackle this widespread issue, my team and I designed a protocol to address the problem directly. The PlasmaXchange™ protocol is the answer to reducing the body's toxic load. Initial results have been extraordinary.

Heavy Metals

- Arsenic and Mercury decreased between 50-60%

- Lead decreased by 85%

- Aluminum decreased by 100%

Environmental & Forever Chemicals

- Pesticides decreased by 60%

- Phenols, including BPA, decreased by 65%

- Herbicides, including Atrazine and Glyphosate, decreased by 75%

- Phthalates decreased by 99%

Health Biomarkers

- Oxidation decreased by 50%

- Cellular senescence decreased by 77%

- Inflammation markers decreased by 95%

- Immune system function showed an increase by 100%

Importantly, the benefits of TPE extend far beyond the immediate treatment. Clients continue to demonstrate significant improvements weeks, even months, after their final session, and our ongoing data collection indicates these positive changes may be long-lasting.

It is worth noting that these results are seen in patients following the PlasmaXchange™ protocol. Patients who received only therapeutic plasma exchange (TPE) sessions did not see the same results. This protocol strategically combines TPE with IV therapy, targeted oral supplements, and lifestyle modifications. While TPE alone offers some benefits, our protocol enhances and amplifies the results.

Beyond these measurable improvements after TPE, our clients have reported:

- Improved energy
- Less joint and muscle pain
- Improved mood
- Decreased fatigue
- Improved mental clarity
- Improved sleep
- Better recovery from exercise

Therapeutic Plasma Exchange marks a turning point in how we understand and address chronic toxin exposure. This breakthrough treatment appears to fundamentally improve health outcomes. The reality is that toxins permeate our modern world, subtly eroding our health over time. They contribute to major diseases like cancer, heart disease, Alzheimer's Disease, neurodegenerative disorders, and more.



While TPE may not yet be widely accessible, it is imperative that we acknowledge the profound threat posed by toxins. Dismissing concerns about these substances is dangerous. We need more research, broader awareness, and increased access to therapies like TPE. This is not merely a trend but a vital step towards protecting our health – both now and for future generations.

For more information on toxins and how to remove them, visit mdlifespan.com/biohackersmag to download your free copy of our Get MDL Clean guidebook.



Dr. Paul Savage



IG: [@mdlifespan](https://www.instagram.com/mdlifespan)

At 37 years old, Dr. Paul Savage was a successful ER/trauma physician. But he was unhealthy, weighed 270 pounds, smoked cigarettes, was tired, anxious, and unwell, and had high cholesterol, high blood pressure, pre-diabetes, and stress.

Rejecting the conventional approach of more medications, his curiosity and determination led him to explore various treatments and lifestyle changes—and transform his life and career through precision medicine.

Twenty-five years later, he's an advocate for combining traditional and integrative medicine, focusing on an evidence-based approach that treats patients as partners. Dr. Savage embraces a continuous pursuit of knowledge and integration of the latest medical advancements into his practice, with several board certifications, including certifications from the Stem Cell Fellowship, Integrative Metabolic Medicine, and the American Academy of Anti-Aging Medicine. Not to mention he built over 50 clinics across the United States and literally wrote the code for the industry standard software that has helped millions of patients.

Dr. Savage is now the founder and CEO of MDLifespan. His latest endeavor of the patented PlasmaXchange™ protocol is the culmination of years of expertise – it's poised to be the defining moment of his career, a transformative movement that will reshape the future of medicine as we know it.