

# HOW TO GET CLEAN FROM TOXINS

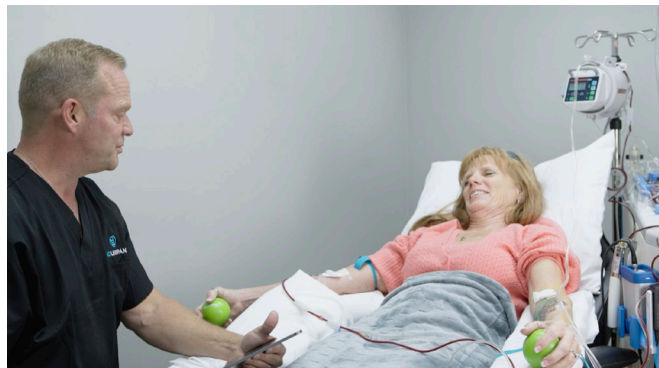
**Embarking on the Journey to Pure Vitality:  
Insights from MDLifespan**

**In the pursuit of radiant health and vitality, it's crucial to understand the transformative power of detoxification. But before we delve into the art of purifying the body and soul, let's ponder a fundamental question: What exactly are toxins?**

Toxins, the elusive adversaries of our well-being, lurk in the shadows of our daily lives, stealthily hidden in the products we consume and the environments we inhabit. From the food we eat to the air we breathe, toxins infiltrate our existence, posing a grave threat to our vitality and longevity. They encompass a myriad of substances, from heavy metals to environmental pollutants, each wielding the potential to disrupt the delicate balance of our internal ecosystems.

Toxins are found in many products that we use daily, such as our food and our drinking water, household cleaners, dry cleaning clothes, plastic bottles and containers, medications, gasoline, pesticides, fuel oil and cosmetics, to name just a few. Toxins adversely affect bodily functions and lead to health problems if present. Toxins grow in danger as the body's detoxification mechanisms are overwhelmed. Toxins lead many significant health problems including heart disease, cancer, Alzheimer's disease, autoimmune issues, obesity and even death.

Now, can the body rid itself of these insidious invaders unaided? The answer lies in the intricate mechanisms of our physiology. While our miraculous organs—the liver, kidneys, lungs, skin, and digestive system—labor tirelessly to expel toxins, the onslaught of modern-day pollutants overwhelms their capacity, leaving behind a trail of havoc and imbalance.



**As we navigate the labyrinth of detoxification, it's essential to recognize the three distinct categories of toxins that besiege our bodies:**

- The Heavy Metals
- The Forever Chemicals
- The Environmental Toxins.

Each harbors its own perils, infiltrating our cells and tissues with relentless persistence, sowing the seeds of affliction and disease.

Let us embark on a profound exploration, unraveling the mysteries of detoxification and illuminating the path to radiant health and vitality.

**Disclaimer:** This guidebook is a high-level overview of toxins and detoxification methods. This is not meant to serve as medical advice. It's recommended you consult with your physician before taking any detox measures.



# HEAVY METALS:

## UNVEILING THE WEIGHT OF IMPURITY

### WHAT ARE HEAVY METAL TOXINS?

Heavy metal toxins are the metals with high atomic weights that are harmful to human health when ingested, inhaled, or absorbed through the skin. They can accumulate in various organs and tissues throughout the body, including the brain, liver, kidneys, bones, and lungs, to name a few. They may also be found in blood, hair, and urine samples, serving as indicators of exposure and potential toxicity.

#### Examples of Heavy Metals include:

- |            |            |
|------------|------------|
| • Lead     | • Copper   |
| • Mercury  | • Nickel   |
| • Arsenic  | • Zinc     |
| • Cadmium  | • Aluminum |
| • Chromium | • Iron     |

### HOW DO HEAVY METALS ENTER THE BODY?

**Heavy metal toxins enter the body through various routes including:**

- The water we drink
- The Air (pollution) we breath
- The food that we eat (sprayed with pesticides)
- The tobacco we chew and smoke
- The products we use:
  - Cosmetics (e.g. lipstick and eyeliners)
  - Cookware (e.g. non-stick pans)
  - Jewelry (e.g. costume jewelry with lead)
  - Children's Toys (e.g. painted toys containing lead)


### HEALTH CONDITIONS RELATED TO HEAVY METAL TOXIN EXPOSURE

Heavy metal toxicity can affect the function of organs such as the brain, the arteries, the heart, the liver, and the lungs. Having elevated levels of heavy metals in the body can also reduce energy levels, weaken the immune system, and affect blood composition.

**Long-term exposure to heavy metals can cause health catastrophes, such as:**

- Parkinson's disease
- Alzheimer's disease
- Cancer
- Heart disease
- Immune system suppression





# FOREVER CHEMICALS: THE PERPETUAL DILEMMA

Also known as PFAs  
(Per- and Polyfluoroalkyl Substances)

## WHAT ARE FOREVER CHEMICALS?

Per- and polyfluoroalkyl substances (PFAs) are a group of synthetic chemicals that have been used in thousands of consumer products and industrial processes. They build up in our bodies and take 1000s of years to degrade in our environment. Reports show 99% of Americans test positive for forever chemicals, and now the CDC is recommending testing app patients for PFAs, as they are dangerous to the health of everyone.

Historically, PFAs have been impossible to remove from the human body. Until recently, there have been no definitive medical procedures or methods that can clear PFAS (per- and polyfluoroalkyl substances) from the body, according to the Secretary of the United States Navy. However, the MDL Protocol (reviewed on page 5) involving Plasma Exchange has proven to be highly effective in the removal of all toxins, including the diverse types of PFAs.

## EXAMPLES OF PFAS INCLUDE:

Although there are thousands of PFAS, the six most studied PFAS found in our environment are:

- 1 Perfluorooctane sulfonic acid (PFOS)
- 2 Perfluorooctanoic acid (PFOA)
- 3 Perfluorobutanoic acid (PFBA)
- 4 Perfluorohexanoic acid (PFHxA)
- 5 Perfluorononanoic acid (PFNA)
- 6 GenX/HPFO-DA

## HOW DO PFAS ENTER THE BODY?

- Food Packaging: pizza boxes, food wrappers, take out containers, microwave popcorn bags, disposable trays, and bakery bags.
- Non-stick pans (Teflon)
- Firefighting foam
- Tap water
- Furnishings: Carpets, rugs, furniture textiles, window treatments, car seats
- Stain-proof and waterproof clothing
- Outdoor gear
- Cleaning products
- Personal care products: shampoo, contact lenses, floss, toilet paper, eye makeup, and nail polish

## HEALTH CONDITIONS RELATED TO PFAS

- Increased risk of certain types of cancers, including prostate, breast, skin, kidney, and testicular cancers.
- Reduced ability of the body's immune system to fight infections, including reduced vaccine response
- Interference with the body's natural hormones
- Increased cholesterol level
- Increased risk of obesity
- Decreased fertility in men and women, and increased high blood pressure in pregnant women
- Developmental delays in children, including low birth weight, accelerated puberty, bone variations, behavioral changes.



# ENVIRONMENTAL TOXINS

## NAVIGATING THE GAUNTLET OF IMPURITY

Environmental toxins refer to harmful substances found in the environment, including pollutants such as heavy metals, pesticides, industrial chemicals, air and water pollutants, and biological toxins from organisms like mold and bacteria. These toxins enter the body through various routes, including ingestion, inhalation, and skin contact, and they accumulate over time, leading to health problems and environmental degradation.

### Examples of Environmental Toxins Include:

- Pesticides
- Herbicides
- Phthalates
- Parabens
- Phenols
- Bisphenol A (BPA)
- VOCs: Volatile organic compounds (e.g. benzene, formaldehyde, and toluene)
- Mycotoxins



### HOW DO ENVIRONMENTAL & ORGANIC TOXINS ENTER THE BODY?

Parabens are found in cosmetics and body care products (e.g. shampoo, lotion)

Phthalates are found in vinyl flooring, lubricating oil, and personal care products.

BPA is found in water bottles, metal food cans, supply pipes, epoxy resins, and eyewear.

Pesticides and herbicides are used in modernized farming of fruits and vegetables.

VOCs are found in aerosol sprays, cleansers, disinfectants, air fresheners, bug repellents, stored fuels, and automotive products

Mold is found in grain, vegetables, buildings, wood products, wallpaper, insulation, drywall, carpet, fabric, and upholstery.

### HEALTH CONDITIONS RELATED TO ENVIRONMENTAL TOXINS

- Weakened immune system
- Decreased fertility in men and women
- Directly linked to cancer
- Damage to the nervous system, including Alzheimer's and Parkinson's disease
- Increase in inflammation and oxidative stress
- Increase risk of heart disease, hypertension, and stroke





# HOW TO REMOVE TOXINS

Armed with knowledge and resolve, we embark on the journey of purification, casting aside the shackles of toxicity and embracing the radiance of vitality. At MDLifespan, we offer a sanctuary of healing, a haven where the body and soul find solace amidst the tumult of modernity.

Our protocols are crafted with care and precision, drawing upon the latest advancements in medical science and the timeless wisdom of holistic healing. Through plasma exchange, oral chelation, and intravenous therapy, we purge the body of toxins, restoring balance and harmony to the inner sanctum of our being.

As we tread the path to radiant vitality, let us embrace the transformative power of detoxification, for in its embrace lies the promise of renewal and the dawn of a new era of well-being. Together, let us reclaim our birthright of health and vitality, forging a legacy of wellness for generations to come.

## MDL PLASMA EXCHANGE PROTOCOL FOR ALL TOXINS

The protocol around TPE involving Plasma Exchange has proven to be highly effective in the removal of virtually all toxins, including heavy metals, PFAs, environmental toxins, and more. This safe and effective method of removing toxins was developed and refined within the MDLifespan international network of researchers and clinicians.

### The protocol includes:

- Monthly plasma exchange sessions, intravenous nutrients, antioxidants, and anti-inflammatory compounds.
- Daily oral supplements
- Lifestyle changes

This protocol is more effective in removing heavy metals, PFAs, and environmental toxins than **any other known method of detoxification**. This protocol is effective in boosting the immune system, decreasing inflammation, decreasing oxidative stress, decreasing autoimmune responses, and decreasing cancer markers, thus providing an overall improvement in the micro-environment of the human body.

# ORAL CHELATION PROTOCOL FOR HEAVY METALS AND ENVIRONMENTAL TOXINS

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**An oral chelation agent, DMSA (dimercaptosuccinic acid), can be used to facilitate the removal of certain heavy metals from the body. However, the effectiveness of oral chelation can be limited compared to intravenous chelation therapy. Chelation is most effective on lead, mercury, and cadmium; the other heavy metals are not as effectively removed with this method.**

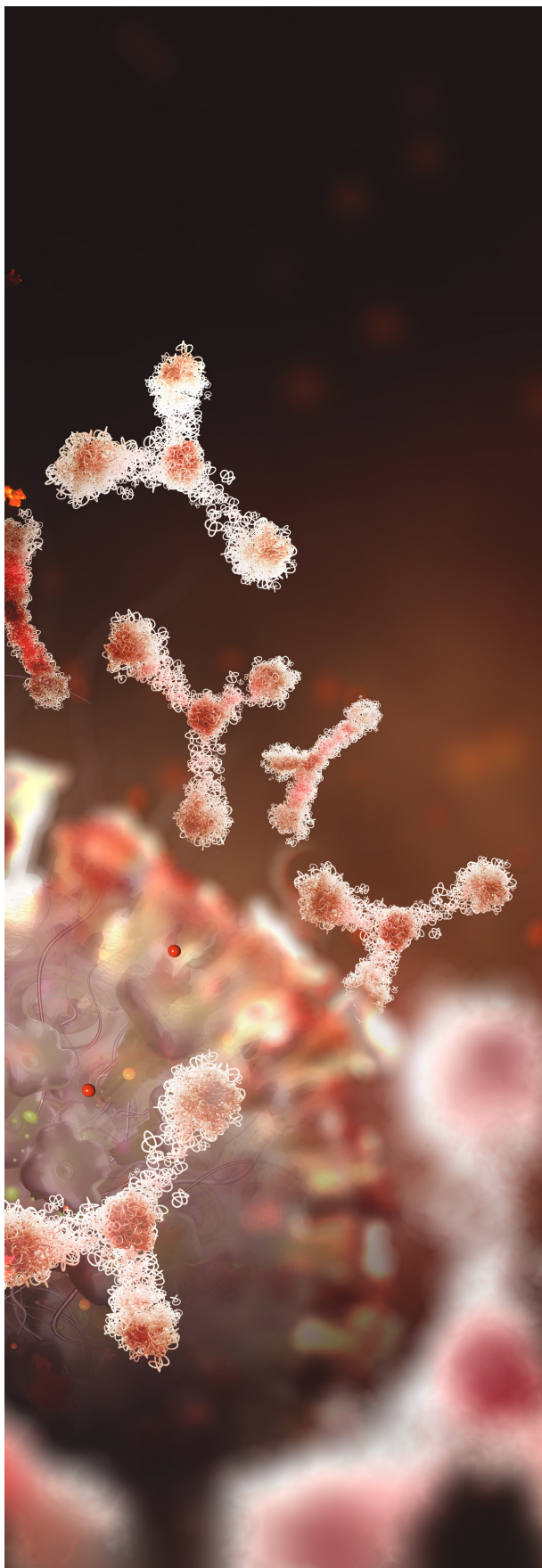
MDLifespan offers an oral chelation kit made by Quicksilver Scientific. The Oral Qube® 2.0 Professional Detoxification System is a full spectrum, complete detoxification process, integrating the latest scientific breakthroughs to support the body's detoxification, regeneration, and longevity pathways.

This protocol addresses a broad range of contaminants, including heavy metals, environmental toxins, excess hormone levels, endocrine disrupters, plasticizers, pesticides, solvents, fine particulate pollution, toxic metabolites of alcohol and mold, endotoxin, and free radicals generated by electromagnetic and oxidative stress.

The MDLifespan oral chelation kit also offers direct precursor support of critical longevity and regenerative pathways that regulate metabolism, growth, and energy. Optimizing cellular NAD<sup>+</sup>, an ancient, highly conserved signaling molecule, and supporting critical methylation cycles with key B vitamins, supports ATP production, mitochondrial health, and the activation of longevity genes. This enhances the systemic ability to rebuild, repair, and regenerate – foundations of detoxification and longevity.

This comprehensive detoxification kit offers supplemental central nervous system support to mitigate blockages to detox, targeting parasympathetic tone and modulating both the inflammatory and immune responses with ingredients like full spectrum hemp extract, curcumin, Boswellia, glutathione, quercetin, luteolin, and DIM.





## IV CHELATION PROTOCOL FOR HEAVY METALS ONLY

Chelation Therapy is a treatment using chelating agents to remove heavy metals from the body. It's effective for lead, mercury, cadmium, and other heavy metals to a lesser degree.

This therapy is effective because the chelating agents bind to heavy metals, forming a complex excreted from the body. Examples of chelating agents are intravenous EDTA and intravenous DMPS.

### **MDLifespan's IV Chelation Protocol:**

- 10 IVs with EDTA over 5 weeks, two non-consecutive days per week
- Oral DMSA 500 mgs, 5 days a week for 5 weeks
- Nutrient supplement Mitocore: three capsules twice daily for one month

## ACTIVATED CHARCOAL FOR HEAVY METALS

Activated charcoal is known for its ability to bind to certain toxins, including heavy metals, in the gastrointestinal tract and prevent their absorption into the bloodstream. However, its effectiveness can vary depending on the specific heavy metal, and toxin, involved. Activated charcoal has not proven effective in removing PFAs or most of the environmental toxins.

### **MDLifespan offers two activated charcoal options:**

**Quicksilver Scientific Ultra Binder Universal Toxin Binder Powder** - Mix one rounded teaspoon into eight ounces of water once daily before bed on an empty stomach for 6 months (at least 2 hours after meals or medications).

**Solaray Activated Charcoal** - Take one capsule with a glass of water before bed every night on an empty stomach for 6 months (at least 2 hours after meals or medications).



**Mdlifespan.com**

(844) PLASMAX or (844) 752-7629  
ageless@mdlifespan.com  
Headquarters located in Chicago, IL