

Comprehensive Protocol Guide



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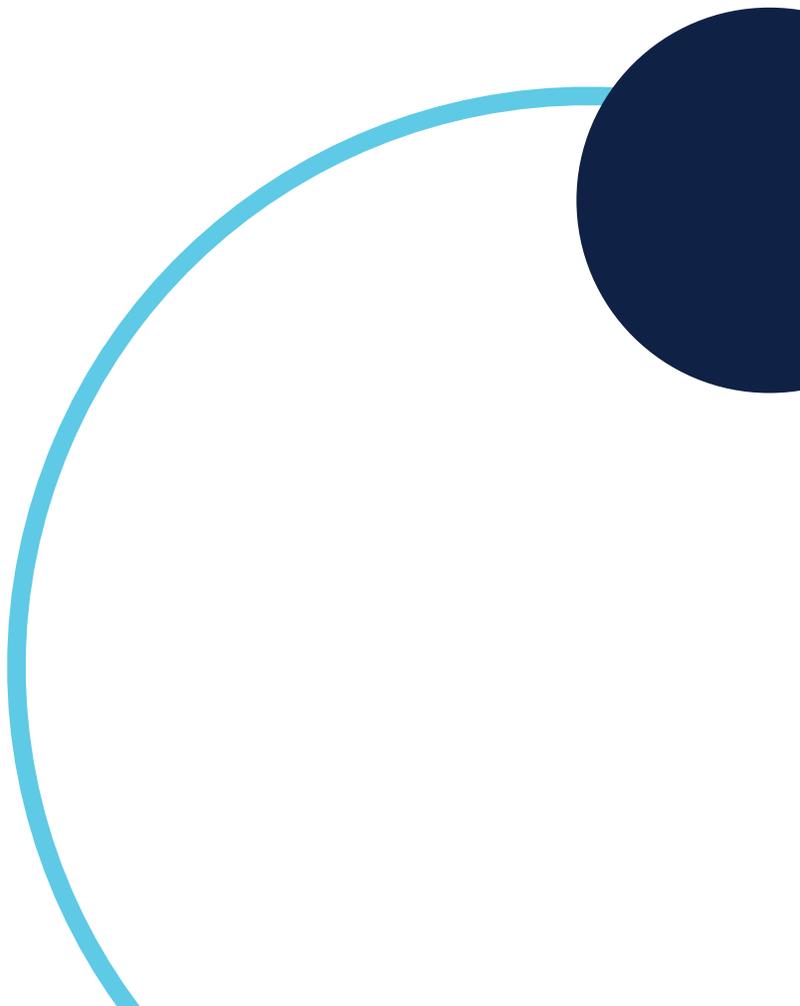
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Your detox journey starts with the Roadmap to Health



There is a proper order to follow when it comes to supporting detoxification and getting well. Our Roadmap to Health breaks down this order into easy-to-follow steps or phases.

The Roadmap to Health allows you to move through your detox journey with more ease, energy, and clarity. As a result, you'll get the results you're looking for, faster.

Following the Roadmap to Health properly prepares the body for detoxification by first supporting the mitochondria and opening drainage pathways. This helps minimize unwanted reactions and ensure the body has sufficient energy to detoxify.

This step-by-step process targets different areas of the body at each stage of detoxification, so that the underlying root causes of your symptoms can be efficiently addressed.

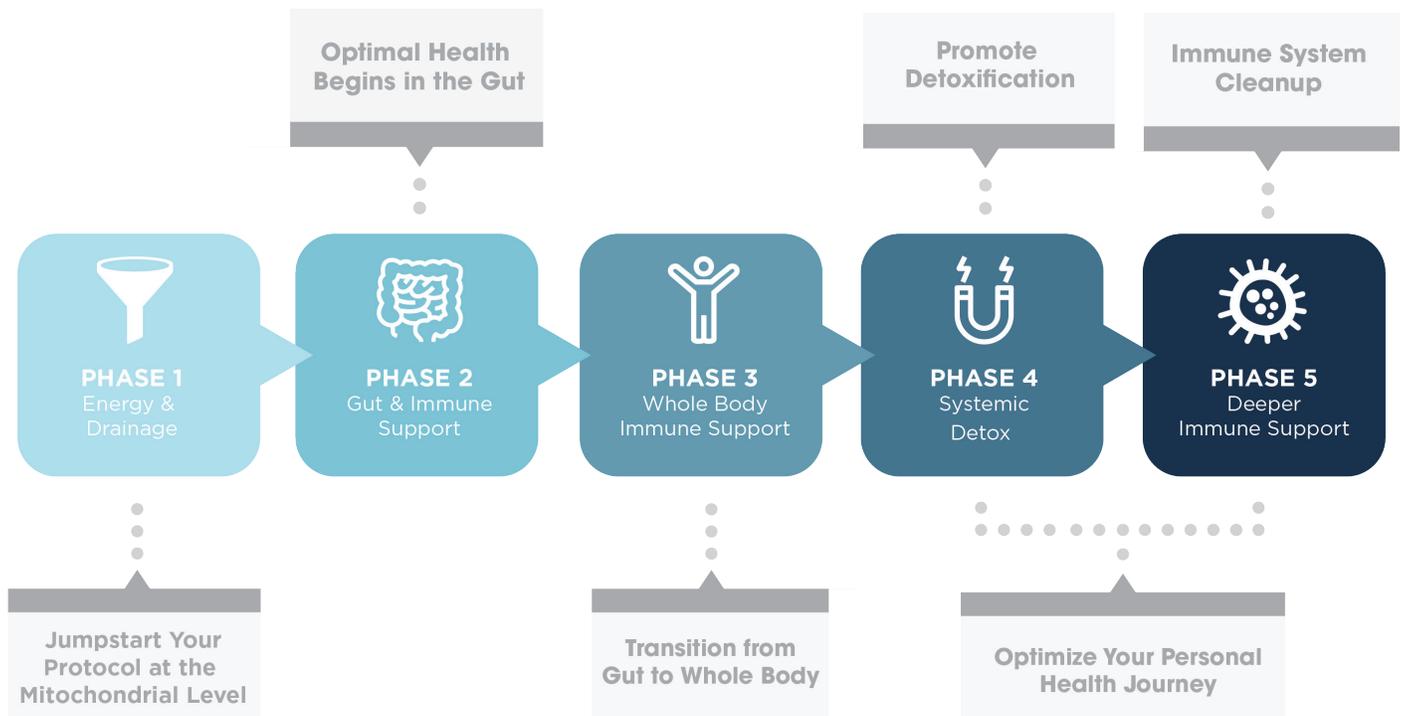


Roadmap to Health:

A complete breakdown



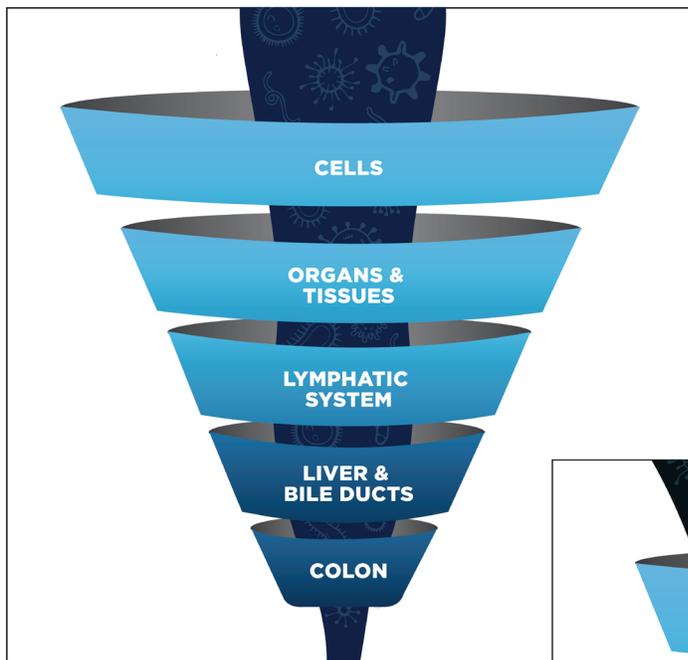
As with any important journey, an effective roadmap is critical to success. The Roadmap to Health is designed to help individuals understand how to take the trip and what to expect along the way. It will also help in navigating and understanding some of the detours, challenges, and important mileposts of a successful health journey.



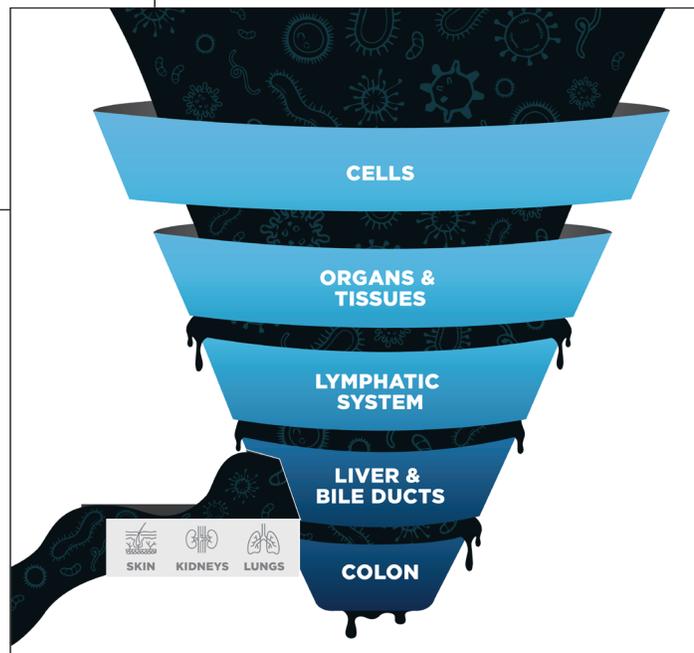
Your Body's Drainage Funnel



Before beginning any detox protocol, you must first establish healthy drainage pathways. Pushing detox before these pathways are properly open can cause substances to get clogged and stuck in your system, only exacerbating health concerns. This is why supporting your body's drainage funnel is the first step in the Roadmap to Health. It sets the body up for success and helps lessen unwanted reactions while on the protocol.



Optimal Drainage Pathway



Blocked Drainage Pathway

Protocol Timeline



PHASE 1:

Take month 1

PHASE 2:

Take for months 2-3

PHASE 3:

Take for months 4-5

PHASE 4A:

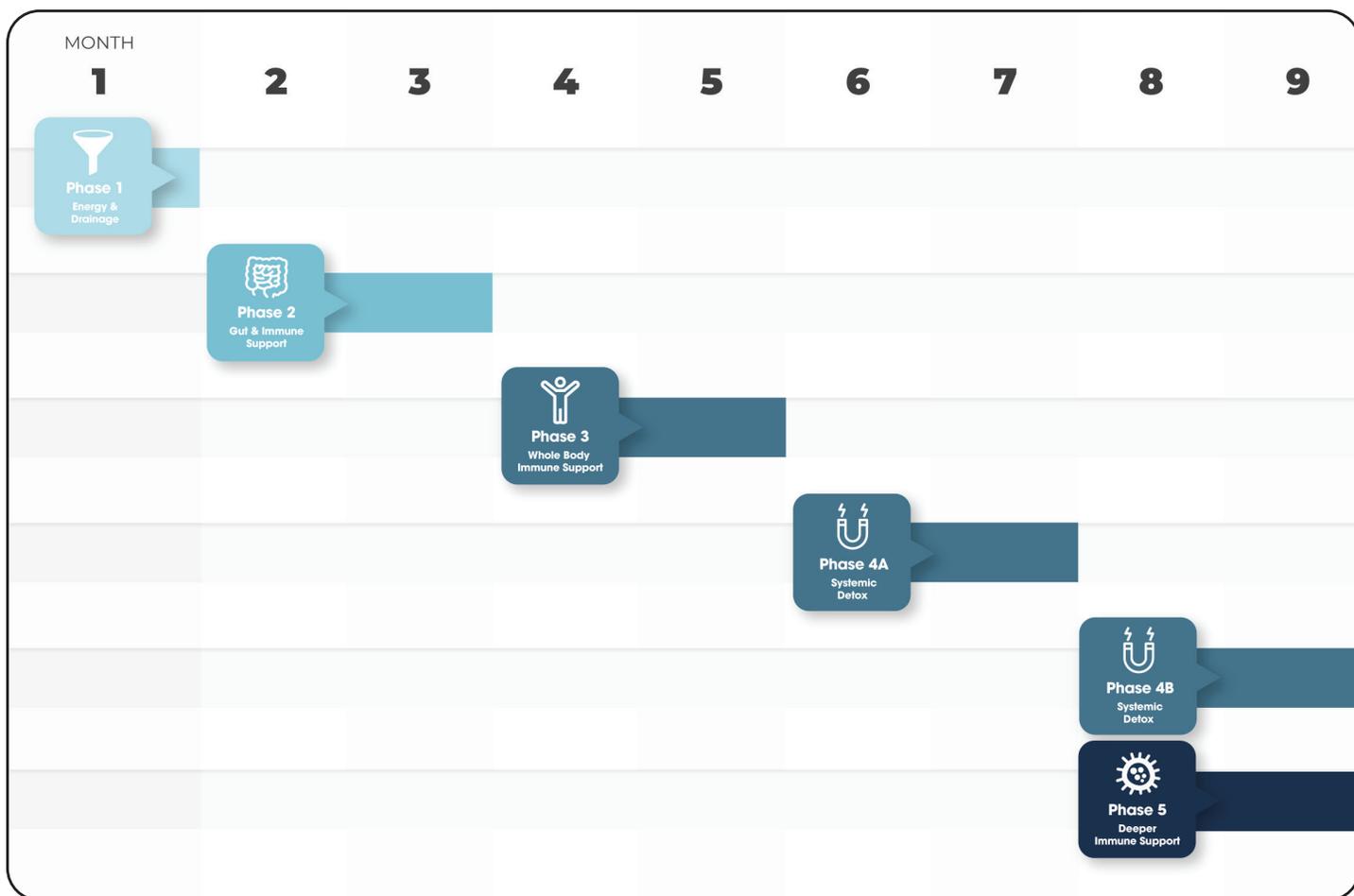
Take for months 6-7

PHASE 4B:

Take for months 8-9

PHASE 5:

Take for months 8-9



Phase 1: Energy & Drainage



The products in Phase 1 deliver key nutrients for optimizing mitochondrial health and establishing healthy drainage pathways – both of which are essential before promoting periods of detoxification.* This also helps minimize unwanted reactions and encourages sustained energy as your patient or client moves through the protocol.*



Drainage Support*



Gut Terrain Support*



Mitochondrial Support*

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
CT-Minerals		1			
BC-ATP		2		2	
BioToxin Binder		2		2	
KL Support		2		2	
= capsules					

DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart here.

Continue taking CT-Minerals through Step 2, until the bottle is finished.



Phase 2: Gut & Immune Support



After preparing the body for detoxification in Phase 1, Phase 2 focuses on balancing the gut microbiome, encouraging healthy bile flow, removing occasional intestinal buildup, and optimizing digestive function.* Phase 2 consists of Advanced TUDCA, BC-ATP, BioToxin Binder, Para 1, and Para 2.



Detoxification Support*



Gut Terrain Support*



Immune Support*

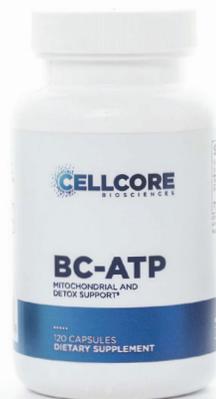
	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BC-ATP		2		2	
BioToxin Binder		2		2	
Para 1	2				2
Advanced TUDCA		1 with food		1 with food	
Para 2	2				2

= capsules

DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart.

Continue taking CT-Minerals from Phase 1 during this phase, until the bottle is finished.



Phase 3: Whole Body Immune Support



Phase 3 builds momentum for deeper, whole body cleansing with six products: BC-ATP, CT-Minerals, LymphActiv, Para 1, Para 3, and ViRadChem Binder.*



Drainage Support*



Gut Terrain Support*



Mitochondrial Support*

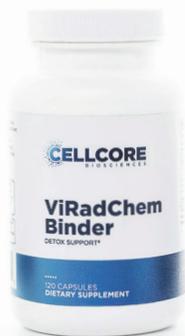
	WAKE UP	MORNING	NOON	EVENING	BEDTIME
CT-Minerals		1			
BC-ATP		2		2	
Para 1	2				2
ViRadChem Binder		2		2	
LymphActiv		1		1	
Para 3		10 in water		10 in water	

= drops = capsules

DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart.

Continue taking CT-Minerals through Phase 4A, Phase 4B, and/or Phase 5, until the bottle is finished.



Phase 4A: Systemic Detox

Phase 4A promotes cleansing within and beyond the gut. It consists of BC-ATP, CT-Biotic, HM-ET Binder, KL Support, and Para 4. *

Note: After completing Phase 4A, move into Phase 4B, which continues to promote systemic detoxification but without Para 4.* This is because Para 4 is a more potent formula and should only be taken for two months at a time.



Detoxification Support*



Gut Terrain Support*



Drainage Support*

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BC-ATP		2		2	
KL Support		2		2	
HM-ET Binder		1		1	
Para 4	2				2
CT-Biotic		1 with food		1 with food	

= capsules

DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart.

Continue taking CT-Minerals from Phase 3 during this phase, until the bottle is finished.



Phase 4B: Systemic Detox

Building on the progress made in Phase 4A, Phase 4B carries on to promote cleansing within and beyond the gut.* It consists of Advanced TUDCA, BC-ATP, CT-Biotic, Metabolic Activator, and HM-ET Binder.



Detoxification Support*



Gut Terrain Support*



Drainage Support*

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BC-ATP		2		2	
HM-ET Binder		1		1	
CT-Biotic		1 with food		1 with food	
Advanced TUDCA		1 with food		1 with food	
Metabolic Activator		5		5	

= capsules = drops

DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart.

If there is any CT-Minerals leftover from Phase 3, continue taking this product during this phase until the bottle is finished.



Phase 5: Deeper Immune Support



Phase 5 provides potent blends of herbs in tincture and supplement form, designed to encourage lymphatic drainage, optimize immune system function, promote systemic detoxification, and support the gut microbiome.* It consists of IS-BAB, IS-BART, IS-BOOST, IS-BORR, and LymphActiv.

Note: The liquid tincture format of the IS-line promotes faster absorption and maximum potency, as well as allows for customized dosing. As concentrated tinctures, the IS-line has higher potency than capsules. For those who are sensitive, it's recommended to start with a low dose, gradually working up to the recommended daily dose.



Detoxification Support*



Lymphatic Support*



Drainage Support*

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
LymphActiv		1		1	
IS-BORR		1 away from food		1 away from food	
Once IS-BORR full dosage is reached, introduce IS-BART					
IS-BART		1 away from food		1 away from food	
Once IS-BART full dosage is reached, introduce IS-BAB					
IS-BAB		1 away from food		1 away from food	
Once IS-BAB full dosage is reached, introduce IS-BOOST					
IS-BOOST		1 away from food		1 away from food	
*3 bottles of LymphActiv will be taken throughout this whole phase *Only take 2 IS_products simultaneously					

DOSING NOTES:

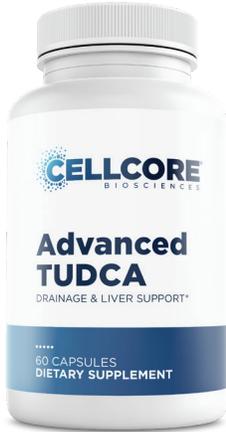
For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart.

If there is any CT-Minerals leftover from Phase 3, continue taking this product during this phase until the bottle is finished.

Phase 5 includes 3 bottles of LymphActiv to ensure the quantity of doses needed to complete the Phase.



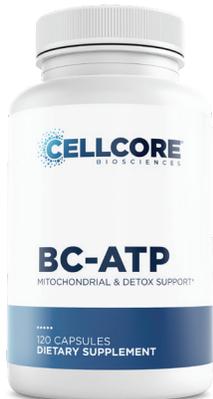
As Part of the Protocol



Advanced TUDCA

Supporting bile production is essential when it comes to promoting the body's natural ability to detoxify.*

TUDCA (Tauroursodeoxycholic acid) is a water-soluble bile acid that's naturally produced by the body and found in liver bile. When taken as a supplement, it helps stimulate the release of bile into the digestive tract. This supports healthy digestion and drainage, the body's natural detoxification processes, and the health of the liver bile duct system.*



BC-ATP

BC-ATP is our most powerful supplement for supporting mitochondrial function.*

When the body has the nutrients it needs to support mitochondria and ATP output, patients can experience improved cognitive function, mental clarity and focus, and sustained physical energy.*

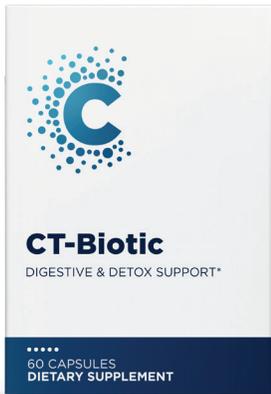
The highly charged organic acids support metabolism and the ATP cycle in being at peak efficiency.* These carbons also assist in the body's natural detoxification processes, contribute to a balanced gut microbiome, aid cellular renewal, and support immune health.*



BioToxin Binder

BioToxin Binder aids the body's natural ability to detoxify.* It lends increased support to the gut microbiome, which optimizes immunity and digestive function.* The addition of BioActive Carbon Technology also supports cellular repair and increased energy production.*

BioToxin Binder is an ideal first-step detoxification support supplement. We recommend taking it prior to Carboxy, HM-ET Binder, or ViRadChem Binder.

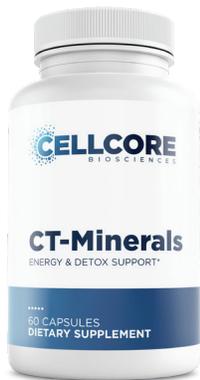


CT-Biotic

CT-Biotic is a blend of spore-forming and non-spore-forming bacteria combined with BioActive Carbon Technology. It provides 11 bacterial strains that are essential for supporting detoxification, digestive function, and immunity.*

The addition of BioActive Carbon® sets CT-Biotic apart from other probiotic supplements.

As a blend of fulvic and humic acids, Carbon Technology helps protect all bacterial strains from being destroyed or damaged by stomach acid, so that cultures are still intact by the time they reach the lower GI tract.



CT-Minerals

CT-Minerals are a convenient way to help support your body's daily micronutrient needs for optimal cognitive function, energy production, immune function, mental clarity, nervous system support – and to enhance your overall feeling of well-being.*

Each capsule provides minerals derived from fulvic acid, which is sourced from the soil and decomposed plant life. Fulvic acids naturally contain trace minerals and are typically easier for the body to digest, absorb, and utilize.*

In addition to their trace mineral content, fulvic acids help nourish the gut microbiome, support gut function, and may help assist nutrient absorption from other foods and supplements.*



CT-Zyme

Support digestive function, nutrient absorption, energy production, and immunity with CT-Zyme.*

This proprietary blend of 11 digestive enzymes — including amylase, beta glucanase, bromelain, and cellulase — assist the body in digesting high-fiber and nutrient-dense foods, such as beans, fruit, grains, lentils, and vegetables.*

Each enzyme in CT-Zyme functions at a specific pH, which makes the enzymes effective at every stage of digestion as it passes through the gastrointestinal tract.

When taken with meals, CT-Zyme acts as a digestive enzyme. When taken 1-2 hours away from food, it acts as a proteolytic enzyme.



HM-ET Binder

HM-ET Binder aids the elimination of toxic heavy metals and environmental toxins.* Mercury, aluminum, lead, glyphosate, and BPAs are just a few examples that are encountered in day-to-day, modern life. These toxins accumulate over time, damaging the terrain of our bodies and hindering mitochondrial function. HM-ET Binder is primarily designed for clients who are in the intermediate stages of promoting detoxification.



IS-BAB

This team of 15 botanicals and adaptogenic herbs — including black walnut hulls, devil's claw root, milk thistle seed, Japanese knotweed, white willow bark, and wormwood — is designed to nurture the immune system, promote energy production, and support the body's natural detoxification processes.*

This blend can also help support the integrity of red blood cells in the body, which makes it ideal for maintaining everyday wellness.*

The liquid tincture format promotes faster absorption and maximum potency, as well as allows for customized dosing. As a concentrated tincture, IS-BAB has higher potency than capsules.



IS-BART

Maintain your existing immune defenses with this tincture of seven adaptogenic herbs and botanicals, including black walnut hulls, cilantro leaf, milk thistle seed, suma root (Brazilian ginseng), and sweet Annie plant (sweet wormwood).* Together, these ingredients support the body's natural immune defenses and detoxification processes, while aiding energy production.*

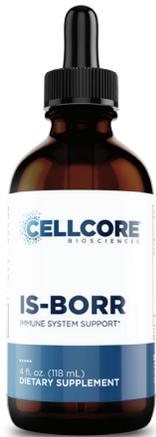
As a concentrated tincture, IS-BART has higher potency than capsules.



IS-BOOST

IS-BOOST combines a blend of 14 herbs, including cilantro leaf, dandelion root, licorice root, oregano leaf, pau d'arco bark, and thyme leaf. Together, these herbs support healthy bile flow, immunity, optimal digestive function, and the body's natural detoxification processes.*

As a concentrated tincture, IS-BOOST has higher potency than capsules.



IS-BORR

This team of 24 botanicals — including black walnut hulls, cat's claw bark, eleuthero root, nettle leaf, turmeric root, white willow bark, wormwood, and several adaptogenic herbs — is designed to encourage a healthy immune response, nurture the immune system, promote energy production, and support the body's natural detoxification processes.*

The liquid tincture format promotes faster absorption and maximum potency, as well as allows for customized dosing. As a concentrated tincture, IS-BORR has higher potency than capsules.

For those who are sensitive, it's recommended to start with a low dose, gradually working up to the recommended daily dose.



KL Support

As an integral part of the body's cleaning and filtering system, healthy kidney and liver function is essential to good health — especially while promoting periods of cleansing.

KL-Support combines herbs and nutrients traditionally used to support kidney and liver health, including beetroot, gynostemma extract, marshmallow root, milk thistle seed, N-Acetyl Cysteine, and parsley leaf.* Together, these support fat metabolism, hepatic blood flow, and healthy urinary tract and bladder function, while helping the body carry out its natural detoxification processes.*



LymphActiv

LymphActiv offers a powerful blend of herbs to support the body's natural detoxification processes and lymphatic motion needed to support drainage — including astragalus root, red clover extract, burdock root, bitter melon extract and cleavers.*

Together, these botanicals also support healthy adrenal and liver function, immunity, and mental clarity.*



Metabolic Activator

This one-of-a-kind liquid formula supports hormonal function, including sex hormones, glucose metabolism and the conversion of thyroid hormones (T4 to T3).* Metabolic Activator can assist in upregulating production of cyclic AMP (cAMP), aid healthy antioxidant balance, and support healthy weight management.*

Metabolic Activator combines iodine with Coleus forskohlii extract, selenium, potassium iodide, riboflavin, and molybdenum, which work synergistically to support thyroid and metabolic activity.*



Para 1

Para 1 is our flagship immune and digestive support supplement, made from 100% pure mimosa pudica seed.* Naturally gelatinous, Para 1 becomes jelly-like and sticky as it makes its way through the GI tract. This encourages the removal of occasional intestinal buildup, supports the gut microbiome, and promotes the body's natural ability to detoxify.*



Para 2

Para 2 is formulated with a variety of herbs to support immunity and the gut microbiome, as well as assist the body's natural ability to detoxify.* Amla fruit, clove bud, holarrhena bark, neem leaf, and vidanga fruit team up to aid digestion, support bowel regularity, and help maintain a healthy gut bacterial balance.* Para 2 is gentle on the system and safe to take at any time for digestive support.*



Para 3

A blend of seven herbs — including clove, black walnut hull, and holy basil — works together to support the body's natural detoxification processes and gut microbiome.*

As one of our most potent detoxification support supplements, Para 3's liquid tincture format allows the ingredients to be absorbed more rapidly and gives patients complete control over dosing to match their comfort levels.

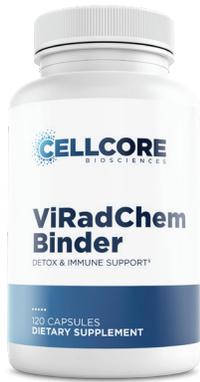


Para 4

Para 4 is a blend of 11 potent herbs known for supporting digestion, detoxification, and immunity - including extracts of celery seed, cordyceps sporocarp, holy basil stem and leaf, horse tail, noni root and stem, and sarsaparilla root*

Together, these herbs help promote a balanced gut microbiome and red blood cell production, which supports energy production and balances oxygen levels in the body.*

With sensitive individuals in mind, Para 4 is formulated without black walnut hulls, which is a common ingredient found in many immune-boosting supplements.*



ViRadChem Binder

ViRadChem Binder promotes the body's natural ability to detoxify while supporting cellular repair.* Acai, artichoke leaf, broccoli leaf, and wheatgrass are added to lend increased support to the body's free radical scavenging systems.

ViRadChem Binder is an ideal second-step detox support supplement.* We recommend taking it after BioToxin Binder, and before Carboxy and HM-ET Binder.

Add-On Products



Bowel Mover

Bowel Mover is a natural digestive aid that gently promotes bowel movements, supports intestinal health, peristalsis, and proper digestive function.*

Twelve herbs and botanicals in this proprietary blend — including clove bud, fennel seed, garlic bulb, senna leaf, and wormwood — are formulated in specific ratios for maximum efficacy. They work together to increase water absorption in the stool and support normal digestive, intestinal, and stomach function.**

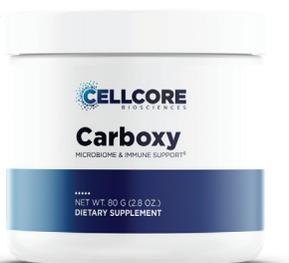
Carboxy

Carboxy is a binder that promotes the body's natural detoxification processes and supports a balanced gut microbiome.*

It contains short- and long-chain carbons, which can travel to different parts of the body, beyond the gut. This makes Carboxy an ideal detox support supplement for whole body wellness.*

The addition of BioActive Carbon Technology promotes increased cellular energy production and repair.*

Carboxy is our most potent binder. It's primarily designed for patients who are in the intermediate stages of promoting detoxification.* Because of this, Carboxy is typically recommended after a patient has already introduced BioToxin Binder, ViRadChem Binder, or HM-ET Binder to their routine.



Drainage Activator



Drainage Activator is a breakthrough drainage support supplement that focuses on a key area of the body that's never been addressed: The extracellular matrix (ECM).

The ECM is comprised of fluids that live between your cells. This area is not only vital to cellular health and energy production but plays a key role in lymphatic drainage and movement, as well as gut and liver health.

This formulation includes six adaptogenic mushrooms and numerous herbs proven to assist the body's natural drainage and detoxification processes*, including manjistha, olive leaf, Nigella sativa, gotu kola, and St. John's Wort.



GCO

GCO is formulated with nutrients and herbs — including astaxanthin, berberine HCL, cassia bark, and Masson pine bark — to support existing healthy blood sugar levels, metabolism, cardiovascular health, and digestive function.*

The addition of Carbon Technology supports cellular renewal, repair, and energy production, as well as healthy mitochondrial function.*



IFC

IFC supports the body's natural defenses and helps protect against everyday stressors. Eleven herbs and botanicals — including astaxanthin, blueberry, bromelain, mulberry, and wheatgrass — team up to support the body's natural detoxification processes and promote system balance.*



S-TRO

S-TRO contains a proprietary blend of adaptogenic herbs — including ashwagandha root, astragalus root extract, maca root, Masson pine pollen, and turmeric root — to support healthy estrogen and testosterone levels in both men and women.*

Hormone imbalances are common amongst men and women today. Adaptogenic herbs help the body “adapt” and adjust to changes or fluctuations to maintain optimal balance.* The nutrients found in these herbs, combined with extracts of fulvic acid, support the body’s natural ability to detoxify.*



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
*Check with your healthcare practitioner if you are nursing, pregnant, are under 18, or following a doctor-prescribed protocol