



*Professional Support for Environmental  
Toxin Exposure*

ElimaTox

PRACTITIONER GUIDE

# PRODUCTS

The following products are essential for the **ElimaTox Program**. They can be purchased separately or conveniently packaged in the **ElimaTox Kit**.

- 1 bottle of **EMF Protect and Balance**
- 1 bottle of **Addiclenz**
- 1 bottle of **Chemtox**
- 1 bottle of **Smilax**
- 1 bottle of **ToxAffix**
- 1 bottle of **Liposomal Bio-Quercetin**

**Purchased separately for the detox portion of the protocol**

## **OmniCleanse Detox Kit**

This 14-day cleansing program utilizes the **Comprehensive Homeopathic Detox Kit**, **OmniCleanse Capsules**, and the **OmniCleanse Powdered Beverage**. The capsules and powder combine nutritional and botanicals to support the body; and homeopathics temporarily relieve the symptoms associated with the detoxification process. The **Comprehensive Homeopathic Detox Kit** contains six homeopathic remedies — **Detox I**, **Detox II**, **Detox III**, **CerebroMax**, **SpinalMax**, and **Matrix Support** — to temporarily relieve symptoms associated with detoxification of the entire body, including the brain, spine, extracellular space, gastrointestinal tract, liver, lymph, kidneys, and bladder.



# ELIMATOX

## WELCOME



The *ElimaTox Program* is an intensive cleansing protocol designed to minimize the detrimental effects of environmental toxins. Industrialization, population growth, agricultural processes, and changes in earth temperature patterns have all contributed to significant changes in our daily chemical exposure. Your patients may be responding to this toxic overload by showing reduced resistance to illness, multiple sensitivities, neurological changes, and alterations in normal hormone patterns.

The *ElimaTox Program* combines targeted nutraceuticals to assist the body in the mobilization and elimination of environmental toxic build-up with specialized homeopathics to temporarily relieve symptoms and support patient comfort.

### PROGRAM GOALS

*ElimaTox* will address many of the symptoms associated with environmental toxin exposure:

- Headaches
- Fatigue
- Congestion
- Coughing and sneezing
- Brain fog
- Mood changes and irritability
- Allergies
- Skin irritations
- Memory issues
- Joint pain, stiffness
- Vertigo

# TOXIN SOURCES

What type of toxins does the [ElimaTox Program](#) target?

- Air and water pollution
- Pathogenic microbes and endotoxins
- Pesticides, herbicides, and food additives and allergens
- Metals
- Personal care products
- Metabolic waste and by-products
- Electromagnetic frequencies
- Radiation
- Chemicals associated with household cleaning agents



Environmental toxins are both natural or man-made agents that have the ability to disrupt the complex biological systems of the human body.

**Toxins exist in all varieties and the type or level of exposure can vary from patient to patient.**

This list below does not include all potential environmental toxins, but may represent some of the most common risks.

**Pesticides** — Used to protect crops from insects and other pests, **these chemical agents have been shown to disrupt the endocrine system and nervous system.** Most notably, glyphosate, has been heavily linked to learning and behavior disorders.

**Phthalates** — These plasticizers are found in Tupperware, bottles, and plastic wrap but also some pharmaceutical products. **They are potent endocrine disrupters.**

**Volatile Organic Compounds (VOC)** — Deodorants, cosmetics, paint, and cleaning agents all contain these inhalable toxins. **They have been linked to respiratory conditions, memory issues, and headaches.**

**Heavy Metals** — This broad list of compounds can be found in soil, hair dye, gasoline, paint, pipes, cigarette smoke, and dental fillings. **Metals alter body activity by changing the activity of certain enzymes.** They have been linked to severe neurological issues. For more info on heavy metals, see the [DesBio Metal and Mineral Balancing Program](#).

**Polychlorinated biphenyls (PCB)** — These are a group of man-made organic chemicals consisting of carbon, hydrogen and chlorine atoms. They have no known taste or smell, and range in



consistency from oily fluids to heavy, greasy or waxy textures. **PCBs are a potential occupational carcinogen.**

**BT Toxins** — These are protein toxins that are produced in nature by the bacterium *Bacillus thuringiensis*, a gut pathogen of many species. BT toxins become active and dissolve in a high pH of an insect gut. The toxins then attack the insect gut cells and BT spores spill out of the gut causing death. **Insecticidal BT toxins that are produced in genetically engineered plants can be detrimental to the human body.**

**Electromagnetic Frequencies (EMF)** — They are produced by the motion of electrically charged particles. They travel through empty space as well as through air and other substances. EMF's can have a direct effect on lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat.

**Radiation** — The emission or transmission of energy in the form of waves or particles through space or through a material medium. **Radiation can cause acute health effects such as headaches, vomiting and a fever.**

**Parabens** — Widely used preservatives found in beauty and pharmaceutical products such as deodorants, shampoos, scrubs, lotions, lipsticks, and more. **Parabens have been shown to mimic the activity of the hormone estrogen in the body.**

**Phenols** — Although they can be produced naturally, these chemicals are often created in a manufactured setting to make plastics and disinfectants for household cleaning products. **Phenol exposure is considered toxic and it is highly irritating to the skin, eyes, and mucous membranes.**

**Petroleum** — A naturally occurring liquid oil composed of rock minerals, and normally found in deposits beneath the surface of the earth. **Exposure to petroleum products have been linked to symptoms such as headache, nausea, dizziness, skin irritation, and respiratory irritation.**

## HIDING PLACES

**Where do toxins hide in the body?** Toxins have different chemical structures which can impact how they are stored in the body and how easily they are eliminated.

- **Water-based toxins such as BPA and certain pesticides and metals are often found within the blood.** Water-based toxins are typically the easiest for the body to eliminate. Therefore, their danger is often associated with constant re-exposure (think: your patient that drinks from a BPA water bottle all day).
- Fat-soluble toxins such as PCB's, mercury, dioxins, and solvents present a different set of risks. **These toxins are stored in fat cells and can remain within the body for years.** Their presence becomes especially dangerous if they are stored within visceral fat, which is close to internal organs; or if they become trapped within the brain and nervous system, both of which contain generous amounts of fat.
- **Other toxins, such as lead, can be stored in the bones.** Lack of movement or exercise can lead to toxic build-up within the joints and connective tissues.

# THE PROTOCOL

As always, the first step is to have your patient complete the **OmniCleanse Detox Program**.

The **OmniCleanse Detox Protocol** combines nutritional and botanicals to support the body; and includes homeopathics to temporarily relieve the symptoms associated with the detoxification process. After completing this 14-day protocol, your patient will continue to use the homeopathics in it throughout the **ElimaTox Program**. You can find more information on this protocol in the **OmniCleanse Practitioner Guide**.



## ELIMATOX PRODUCTS

The 30-day **ElimaTox Protocol** utilizes the following products:

**ToxAffix** and **Liposomal Bio-Quercetin** are targeted nutraceuticals that assist the body in the mobilization and elimination of environmental toxic build-up.

- **ToxAffix** is a specialized combination of natural substances to support the body in the effective release of toxins through the gastrointestinal tract. Activated charcoal from coconut shell is a porous, negatively- charged substance that attracts free radicals and unwanted elements and apple pectin is a complex carbohydrate that supports digestive regularity and motility.
- **Liposomal Bio-Quercetin** provides an effective dose of vitamin C and bioflavonoids in a natural and pure phosphatidylcholine liposomal delivery system. This highly absorbable combination of nutrients will help to support immune function and antioxidant activity.
- **Smilax** is an herbal tincture contains glycoside saponins, flavonoids, and phytosterols to support healthy inflammatory processes and detoxification.

The following homeopathics are integrated to address symptoms associated with the detoxification process.

- **EMF Protect and Balance** is a homeopathic for the temporary relief of symptoms related to jet lag, general body aches, nervousness, muscle cramps, and fatigue.
- **Addiclenz** is a homeopathic for the temporary relief of symptoms related to food additives, herbicides and insecticides including muscle weakness, skin irritation, poor muscle coordination, headache, cough, occasional diarrhea, dizziness, fatigue, fever, stomach pain and vomiting.
- **Chemtox** is a homeopathic for the temporary relief of symptoms related to chemical toxicity, such as sleep disturbances, head discomfort, irregular bowel habits, memory difficulties, pain and weakness, trembling, nausea.

**NOTE: Patients with the following health conditions will require close monitoring by a component practitioner: children, type 1 diabetics, type 2 diabetics on insulin, those with blood sugar imbalances, and cancer.**

# DOSING

**Suggested dosing below should followed for 30 days.** If mid-day dosing is challenging, your patient may split the total amount of homeopathic drops into twice-a-day dosing. For example, your patient would take 15 drops of **EMF Protect and Balance** twice a day, as opposed to 10 drops, 3 times per day.

## MORNING DOSING

- **EMF Protect and Balance:** 10 drops
- **Addiclenz:** 10 drops
- **Chemtox:** 10 drops
- **Smilax:** 1-10 drop mixed in water
- **Liposomal Bio-Quercetin:** 1 serving

## EVENING DOSING

- **EMF Protect and Balance:** 10 drops
- **Addiclenz:** 10 drops
- **Chemtox:** 10 drops
- **ToxAffix:** 2 capsules (at least 2 hours away from food, supplements, and medications)

## MID-DAY DOSING

- **EMF Protect and Balance:** 10 drops
- **Addiclenz:** 10 drops
- **Chemtox:** 10 drops



# ELIMATOX

## SAMPLE WEEK CALENDAR

<p>Continue using homeopathic drops from the <b>OmniCleanse Detox Kit</b>.*</p> <p>☀️</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 1-10 drops, <b>Smilax</b></li> <li>☐ 1 svg, <b>Liposomal Bio-Quercetin</b></li> </ul> <p>🌆</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> </ul> <p>☾</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 2 capsules, <b>ToxAffix</b></li> </ul>	<p>Continue using homeopathic drops from the <b>OmniCleanse Detox Kit</b>.*</p> <p>☀️</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 1-10 drops, <b>Smilax</b></li> <li>☐ 1 svg, <b>Liposomal Bio-Quercetin</b></li> </ul> <p>🌆</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> </ul> <p>☾</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 2 capsules, <b>ToxAffix</b></li> </ul>	<p>Continue using homeopathic drops from the <b>OmniCleanse Detox Kit</b>.*</p> <p>☀️</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 1-10 drops, <b>Smilax</b></li> <li>☐ 1 svg, <b>Liposomal Bio-Quercetin</b></li> </ul> <p>🌆</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> </ul> <p>☾</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 2 capsules, <b>ToxAffix</b></li> </ul>	<p>Continue using homeopathic drops from the <b>OmniCleanse Detox Kit</b>.*</p> <p>☀️</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 1-10 drops, <b>Smilax</b></li> <li>☐ 1 svg, <b>Liposomal Bio-Quercetin</b></li> </ul> <p>🌆</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> </ul> <p>☾</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 2 capsules, <b>ToxAffix</b></li> </ul>	<p>Continue using homeopathic drops from the <b>OmniCleanse Detox Kit</b>.*</p> <p>☀️</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 1-10 drops, <b>Smilax</b></li> <li>☐ 1 svg, <b>Liposomal Bio-Quercetin</b></li> </ul> <p>🌆</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> </ul> <p>☾</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 2 capsules, <b>ToxAffix</b></li> </ul>	<p>Continue using homeopathic drops from the <b>OmniCleanse Detox Kit</b>.*</p> <p>☀️</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 1-10 drops, <b>Smilax</b></li> <li>☐ 1 svg, <b>Liposomal Bio-Quercetin</b></li> </ul> <p>🌆</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> </ul> <p>☾</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 2 capsules, <b>ToxAffix</b></li> </ul>	<p>Continue using homeopathic drops from the <b>OmniCleanse Detox Kit</b>.*</p> <p>☀️</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 1-10 drops, <b>Smilax</b></li> <li>☐ 1 svg, <b>Liposomal Bio-Quercetin</b></li> </ul> <p>🌆</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> </ul> <p>☾</p> <ul style="list-style-type: none"> <li>☐ 10 drops, <b>EMF Protect and Balance, Addiclenz, Chemtox</b></li> <li>☐ 2 capsules, <b>ToxAffix</b></li> </ul>
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\*See the **OmniCleanse Practitioner Guide** for dosing and protocol. This guide is included in the **OmniCleanse Detox Kit** and at [desbio.com](http://desbio.com).

# LIFESTYLE CHANGES

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Incorporating the following diet and lifestyle recommendations may support your patient's detox abilities and improve their results:

## *Minimize the source of toxic exposure*

- Utilizing the checklist on page 8, work with your patient to determine where the sources of environmental toxins are in their lives and establish alternatives when appropriate
- Discuss healthy ways to manage stress

## *Watch food sources*

- To lower the intake of harmful toxins, suggest that your patient consider eliminating processed foods, those containing gluten, dairy products, farmed fish, processed soy products, and refined sweeteners

- Encourage your patient to adopt a diet that emphasizes whole foods and limits allergens, caffeine, and alcohol. See the [OmniCleanse Practitioner Guide](#) for a suggested dietary approach.
- Recommend prioritizing the following product items be organic: apples, strawberries, grapes, celery, peaches, spinach, sweet bell peppers, nectarines, cucumbers, tomatoes, snap peas, and potatoes. *For more information, visit [ewg.org](http://ewg.org) and review "The Dirty Dozen".*







***Get moving! Perspiration can facilitate the release of toxins***

- Push your patient to develop a regular exercise routine, even if it's something as simple as a brisk walk
- Encourage them to sweat daily, either through exercise or via a sauna
- Suggest dry brushing or other lymphatic drainage techniques

***Encourage the body to eliminate toxins (not just move them around)***

- Encourage your patient to increase their intake of antioxidant-rich fruits and vegetables (4-5 serving daily) such as berries

and dark leafy greens. Other foods that support detoxification include broccoli, garlic, beets, and those rich in curcumin, such as spinach and turmeric. If necessary, consider **OmniFiber** for increased fiber intake.

- Emphasize the importance of drinking clean, filtered water. The recommendation is to drink at least half of one's body weight in ounces of water daily.
- Consider a high-quality, multi-strain probiotic such as **BioPro 30**
- Ionic foots baths have been shown to be a gentle remover of heavy metals

## DETOX CLEARING SYMPTOMS

During the program, patients with a high degree of toxic burden may experience a sudden release of of harmful substance that can cause concern for the patient.

Symptoms may include:

- Brain fog
- Sudden mood changes
- Balance and coordination issues
- Irregular heart rate
- Headache
- Sleep problems
- Muscle contractions
- Nausea
- Breathing complications.

**Should any of these occur, use your professional judgment as to whether your patient may need to stop the protocol or require a slower approach to releasing toxins.**

# PATIENT CHECKLIST

Go over this checklist with your patient to determine the potential sources of environmental toxins in their lives.

- Do you live in an area with known radon exposure?
- Do you live in an area with a bad air quality index?
- Do you live in an area with known radon exposure?
- Do you use personal care products that are not organic?
- Do you use chemical household cleaners?
- Do you dry clean your clothes?
- Do you pesticides or herbicides in your yard or home? Outdoor shoes can carry chemicals into your home. Are you removing them at the door?
- Do you use plastic containers for hot foods or drinks? Do you heat this plastic in the microwave?
- Do you live in a home with lead paint?
- Do you eat a lot of fish that has high levels of mercury?
- Does your home get water from a private or well water source?

## *Other sources of exposure:*

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## *Suggestions for ways to minimize exposure*

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# ADDITIONAL SUPPORT

Depending on your patients needs, the following products may offer additional support.

## **Gastrointestinal Support**

**Gastrozyne** is a digestive support product designed with powerful enzymes and hydrochloric acid to aid in the breakdown of proteins, carbohydrates, and fats. **Gastrozyne** supports healthy digestive processes and immune system function in both the stomach and small intestine.

Other recommendations for gastrointestinal support include **Leaky Gut Formula**, **BioPro GI**, **Motil-Ease**, and **Intestinal Restore**. Please see DesBio's "**The 4R's of Intestinal Restoration**" guide for more information.

## **Mood Support**

**AnXious** is a homeopathic remedy designed for the temporary relief of the symptoms related to stress including mild anxiousness, worry, overwhelm, and mild fear.

Other recommendations for mood support include **Esteem**, **Vitalyze**, **PTS/Stress Remedy**, and **Liposomal Calm**.

## **Inflammation Support**

**Liposomal Omega** provides vegan-sourced omega-3 fatty acids in a superior bioavailable delivery system. As one of the major building blocks of the brain, the omega-3 fatty acid docosahexaenoic acid (DHA) is critical for optimal health of the brain, eyes, heart and as well as certain parts of the nervous system. **Liposomal Omega** is liquid soluble, vegan, and exceptionally low in heavy metals with a delicious creamy lemon flavor.

Other recommendations for inflammation support **Liposomal Resveratrol-Curcumin**, and **Chronagesic**.

## **Lymphatic Support**

**Lymphoplus** is for the temporary relief of symptoms related to impaired function of the lymphatic system including fever, earache, and cough.

## **Mitochondrial Support**

The **Replenish Kit** is part of DesBio's 30-day **Replenish Mitochondrial Health Program** that combines nutraceuticals and homeopathics to fortify cellular energy-producing pathways and temporarily relieve the symptoms of mitochondrial sluggishness. The kit contains **Liposomal Restore**, **Liposomal Catalyst**, **Liposomal Magnesium**, **Bio Cytotox Phase**, **Bio Co-Enzyme Phase** and a practitioner guide.

## **General Support**

**Liposomal Glutathione** provides the body's master antioxidant in a high-potency, liposomal delivery system. Glutathione is an essential component of body clearing processes and liposomal delivery may be the best form of supplementation.





Deseret Biologicals, Inc  
469 West Parkland Drive, Sandy, UT 84070  
ph 801•563•7448  
fax 801•563•7455  
[www.desbio.com](http://www.desbio.com)

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These statements are based upon traditional homeopathic practices. They have not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.