

Detox Protocol

Created by Paul Thomas MD - Retired on Jul 16, 2024

Iâ€™m often asked what I do for my own detox. We all live in a very toxic world with exposures to heavy metals, pesticides and so much more.

It is impossible to completely avoid toxins so what can we do to optimize health and detox?

My key approach is to eat organic produce, free-range meats, wild fish and drink purified water. Eating mostly vegetables (lower on the food chain) will reduce your toxic burden if they are organic. Beyond that I take the following supplements:

For specific heavy metal detox, I use Touchstone Essentials â€™Pure body Extraâ€™ a nano zeolite product that is trusted by many healthcare professionals.

You can order Touchstone products here: <https://paulthomasmd.thegoodinside.com>

There is an additional 20% off for purchases made on July 16 and 17.

Please know that with supplements it is a bit of trial and error as not all supplements work the same for everyone. It is advisable to add one new thing at a time to see how your body tolerates it and stop if there are any side effects.

Products

Items**Nutrient 950Â® with NAC (240 capsules)**

Pure Encapsulations

In Stock

Instructions**Instructions from Paul Thomas MD - Retired:**
2 Capsules x 3 times per day / anytime.**Additional Instructions**
with meals.**Price****\$71.99****Algae Omega (60 Softgels)**

Nordic Naturals

In Stock

Instructions from Paul Thomas MD - Retired:
2 Softgels x once per day / anytime.**\$23.24****Trace Minerals (60 capsules)**

Pure Encapsulations

In Stock

Instructions from Paul Thomas MD - Retired:
1 Capsule x once per day / anytime.**Additional Instructions**
in divided doses, with meals**\$12.74****Vitamin D3 10,000 + K (60 Softgels)**

Metagenics

In Stock

Instructions from Paul Thomas MD - Retired:
1 Softgel x once per day / anytime.**Additional Instructions**
one every other day - can increase to one daily if your levels remain below 50 ng/dL**\$23.99****Sun Chlorella 200mg (300 tablets)**

Sun Chlorella USA

In Stock

Instructions from Paul Thomas MD - Retired:
15 Tablets x once per day / anytime.**\$39.74**