6 THINGS THAT NEARLY TOOK ME OUT

— AND HOW I'M STAYING HEALTHY NOW —

Checklist of **What I Learned the Hard Way**

- Keep Detox Pathways Open
- Protect Your Gut Daily
- Minimize Exposure Where You Can
- Rebuild Mineral Reserves
- Avoid New Gut Triggers

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1. Keep Detox Pathways Open
• Daily bowel movements (consider magnesium, fiber, or enzymes to support this)
• Dry brushing or sauna to keep lymph moving
• Stay hydrated with mineralized water (add trace minerals if needed)
• Use gentle binders periodically (e.g., activated charcoal, bentonite clay, Biotoxin Binder)

2. Protect Your Gut Daily
• Take digestive enzymes with meals
• Incorporate fermented foods or high-quality probiotics
• Eat a diverse, fiber-rich diet
• Support gut lining with gut resets or seasonal parasite protocols

3. Minimize Exposure Where You Can
• Wear PPE and ventilate job sites properly
• Avoid moldy spaces unless professionally remediated
• Use non-toxic or low-VOC paints and cleaners whenever possible

4. Rebuild Mineral Reserves
• Take mineral drops or fulvic/humic acid supplements
• Use Epsom salt baths or topical magnesium lotion
• Focus on key minerals like zinc, magnesium, selenium, and molybdenum

5. Avoid New Gut Triggers
• Limit alcohol and ultra-processed foods
• Monitor food sensitivities (especially gluten, dairy, eggs)
• Manage stress to support digestion and gut motility
• Eat regular meals to avoid feeding pathogens through long fasting windows

6. Do Light Cleansing or Testing Periodically
• Complete a light seasonal detox or parasite protocol 1–2 times/year
• Use lab tests (like HTMA or Organic Acids Test) to check what's building up
• Watch for early signs of imbalance like fatigue, bloat, or brain fog