

Demystifying Detox Q&A Transcript

- Dr. Christine S: Welcome to the Spectrum of Health Podcast. I'm Dr. Christine Schaffner, and I wanted to share a unique episode today. I'm going to be answering your questions about detoxification. I'm actually in the midst of recording our summit, the Body Electric Summit, where we're going to be talking about energy, frequency, and vibrational healing. This is going to be airing October 7th, and we're definitely going to keep you posted. But, I've had so much fun interviewing some top researchers, physicians all about topics from photodynamic therapy to water to you name it. I'm busy behind the scenes producing that, and my podcast has taken a little bit of a pause while I've been getting through 35 interviews in the last few weeks.
- Dr. Christine S: I thought this would be a great opportunity to answer some questions. I'm answering some questions that are part of our Facebook group. And if you are on our email list, you are probably well aware that we are launching a three-month demystifying detoxification program. I'm really excited about this class that we're going to be doing. I'm going to be hosting three modules where we really walk through assessment and how to really identify where you could be blocked in detoxification. We're also going to be talking about topics like the extracellular matrix and the lymphatic system, and then we're going to really dive into protocols. I really want to share with you what we know now about protocols that work to help our organs of elimination, our lymphatic system, our extracellular matrix, and then how do we deal with a continuous exposure of heavy metal toxicity, and herbicides, and pesticides. If you want to join us, please look on our website, sophiaeducate.com.
- Dr. Christine S: We have three guest speakers as part of that demystifying detoxification new module as well. We have Ann Louise Gittleman who's going to be talking about bile and how important that is to detoxification. We're also going to be talking to Donna Gates. She's going to be going through the use of enemas and implants to really help heal the gut and to really cleanse the liver. Then, Dr. Tom O'Bryan is going to be talking about how to really create a healthy home and to avoid exposures. I hope you join us for that conversation. Again, sophiaeducate.com is where you can find more info about this.
- Dr. Christine S: We'll dive into questions. Please, if you want to interact more with everything what we're doing, I'm on Instagram. I'm on Facebook at Dr. Schaffner. We really, really appreciate the feedback. I feel in a way that we've just gotten started on how we can all work together to get this information. That's so important that we see every day at Sophia Health Institute and how we can really, really shorten the time where people get properly diagnosed to getting on a proper treatment. So, thank you for joining me, and let's dive into the questions.
- Dr. Christine S: Our first question is about binders, especially binders that help when you tend towards constipation and have intestinal adhesions. Many of you have who have been listening to the work of myself and Dr. Klinghardt know the importance of binders. Binders are foundational to all of our treatment protocols. Binders are things that actually bind different biotoxins, neurotoxins,

and environmental toxicants in the intestines. Our liver produces bile. That bile gets excreted in the gallbladder, and the gallbladder has the bile exit into the intestines. Bile helps us to emulsify fat and it's really important to our digestion, but it's also part of how we get rid of toxicity, and we get rid of that through our stool. So if we're not having healthy bowel movements, that bile can be recirculated bringing back into the body those environmental toxins that we're trying to get rid of and that the liver worked really hard to get into the bile.

Dr. Christine S: So, we use binders. Binders are commonly things like ... Chlorella is a very effective binder that we use. We also use things like modified citrus pectin, charcoal at times. We can use something called Enterosgel, that's a silica-based binder. These binders are really important to take 30 minutes before a meal or an hour after a meal. We can also use them when you're having what we would call a Herxheimer reaction or a detox reaction when you're doing different therapeutics or strategies where you're going to be pushing the liver a lot and you need to have that extra support.

Dr. Christine S: So when you have constipation or if you take binders and become constipated, some common sense things that many people know about is sometimes we use binders in addition with magnesium. Magnesium's going to help to draw water into the colon. We use magnesium citrate or magnesium oxide. I like a product called Oxy-Mag. That is going to help. Usually people take that at bedtime, and then they have a bowel movement in the morning. Titrating your magnesium to help with elimination can be one strategy.

Dr. Christine S: I also like castor oil, castor oil over the liver and over the intestines, making a castor oil pack at night. I think castor oil, we can make that very complicated or we can make it very simple and just use it. I use a roll-on castor oil stick and putting that over the liver and the abdomen, covering it with a wash towel and letting that soak in there overnight, and that can be enough.

Dr. Christine S: Again, if you have constipation and adhesions, I would think about a lot of abdominal work to help to break down the scar tissue and the adhesions, as well as neuro therapy, which is an injection technique we do at Sophia that can also with the scar tissue. I've also started to use and see results with frequency specific microcurrent. There are programs to help with dissolving scar tissue.

Dr. Christine S: The more gentle binders tend to be ... BioPure has a brown algae called PC-Ecklonia Cava that I feel can work very well and is less constipating. Another one is we're using more fulvic and humic acid supplementation. BioPure uses a product called matrix minerals. That is a liquid. It has the minerals, but it does have a fulvic and humic acid component, so that is technically a binder. We also are starting to use more of Dr. Jay Davidson and Dr. Todd Swatt line, Todd Watts', rather, line, a products called CellCore. They have some specific fulvic and humic acid products that I feel tend to be less constipating, especially because you can have them with or without food.

Dr. Christine S: That's just an overview. Again, speak with your doctor and really figure out what's going to be best for you. Also, if you have amalgam fillings, please be very careful in using chlorella as a binder.

Dr. Christine S: All right. I had another question for Maureen. She's asking you about dental detox. She recently had six cavitation surgeries. She's also addressing viruses and mycotoxins and wondering the best way to treat. In what order do I address? I do not appear to have any symptoms despite high antibodies, and I'm grateful for no symptoms. There's a lot to unpack in this question. I just want to first talk about dental health. Again, many of us who are out there already know that we talk a lot about this at Sophia Health Institute. I feel the dental component is one of the most under addressed and undertreated when we look at someone with chronic illness. Remember that the mouth is connected to the body in a lot of different ways. The American Heart Association knows that our oral health is critical to our heart health. And if we have bacteria in our mouth, that can lead to heart disease. So this is not a unscientific theory, it's very grounded in science.

Dr. Christine S: What we're concerned about is, number one, amalgam fillings. Amalgams are an amalgam of metal. They contain mercury as one of the metals in an amalgam filling, and that is highly neurotoxic and can create a lot of problems over time. I recommend if you have amalgam fillings to work with what's called a biological dentist to really remove these safely. I also think you need to not only work with the biological dentist, but also a dentist, or rather a functional medicine or naturopathic doctor, who works with chelation and heavy metal toxicity because there's a huge art to removing heavy metals, and this needs to be done in a safe way. Treating your dental toxicities is one of the most impactful things that you can do for your health, and I have seen people get worse if they don't use proper precautions.

Dr. Christine S: The other aspect to dental health is root canal fillings. Root canal fillings are dead teeth, and they can become focal infections over time. There is a lab called DNA Connexions where you can actually floss around a root canal and send the dental floss in for PCR testing. They can show a whole host of different bacteria, viruses, and even amoebas that can be in those root canals. So again, if you're struggling with a chronic illness and have not seen results, look at that.

Dr. Christine S: Then, cavitations, what Maurine is talking about, cavitations are typically where the wisdom teeth had been removed. And when the wisdom teeth are extracted, sometimes the bone doesn't heal properly for lots of different reasons. What can develop as a cavitation, which is an area of dead necrotic bone that can harbor and be a reservoir for bacteria, viruses, and even different amoebas. So what a biological dentist would do would be cleaning out that dead bone and usually ozonating it to make sure that there's no bacteria or any microbes left in that area, and then using something called PRF, or platelet-rich fibrinogen, to fill that hole and for that to regrow healthy bone. So while all of this can be very impactful for your health, it's also really critical to work with a

doctor who understands how to cover you well and cover your immune system and also your body's ability to detoxify during this time.

Dr. Christine S: What Maureen is asking is, how do you really detox from this? One of the most critical things I think that's underappreciated in medicine is the lymphatic system. We have a huge lymphatic network in our neck, and we really look at the whole lymphatic system. But when we're thinking about dental health and healing after cavitation surgery, we really want to open the lymphatics in the neck, and then also working with someone who does really great lymphatic drainage. Because there's a whole lymphatic system in our gut and our abdomen. And if our abdomen is not draining well, that can block the flow of lymph out of our head.

Dr. Christine S: We have something called the Sophia Flow Cream that our friend Dr. Ruggiero created. We had people apply the cream on their neck with a self lymphatic drainage massage. That's also on our website, sophiahi.com/videos. Dr. Klinghardt walks you through how to do the lymphatic drainage massage. Opening up the lymphatics is really important. Binders are very important because absolutely biotoxins and heavy metals can be mobilized post cavitation surgery. So working with your doctor to figure out what binders are appropriate and work for you.

Dr. Christine S: I use also colon hydrotherapy and enemas because going through this we want to make sure that the organs of elimination are really supported. So we think about the liver, the gallbladder, and the bile, the intestines. We also think about the kidneys. Binders protect the kidneys, but we also want to think of great, really healthy water. Filtered water is really important. On our upcoming summit, we have a whole interview day on types of water from deuterium-depleted water, which Dr. Petra Dorfsman on my podcast already walked us through what that means, hydrogen water, which Kelly Halderman actually on my podcast has talked about. That can be a great tool. And this whole idea of structured water, which Jerry Pollock and Dr. Cowan are going to be talking about on the summit. So, healthy water's really important for the kidneys and staying hydrated.

Dr. Christine S: Then, I think, really, recovering from any dental work, working with a good craniosacral therapists can be very helpful for getting the cranium realigned after hours of dental surgery, typically. That's just really, I'm going to say, a very basic intro to this really complex idea. My goal for you who are listening is that if you're suffering from a chronic illness and you're not getting better, take an inventory of your mouth, and then really seek out skilled providers who do this all day long and who can help you through this.

Dr. Christine S: Maureen also asked about mycotoxins and viruses. Again, these could be a lot of ... There can be a lot of information to unpack here. To touch on the mycotoxins, mycotoxins are all about getting the liver and gallbladder to really get that bile excretion out of the body, so I like coffee enemas and I like binders.

I also like things that help with our phase one and two detoxification, like glutathione. Chris Shade with Quicksilver makes a lot of great liver products. We like his glutathione and his vitamin C and R-Lipoic acid. The combination can really help get mycotoxins out of the body. We also like his Liver Sauce and his milk thistle. He has some really great liver detoxification tools.

Dr. Christine S: With mycotoxins, you want to, step one, always get out of your home if it is in fact moldy. Then, don't forget the sinuses. The sinuses can become colonized with mycotoxins or mold, rather, than produce mycotoxins. And if you don't get rid of that, you can have ongoing mycotoxin exposure even if you get out of your moldy home. That's again, very, very short answer to a very complex question. We have a lot of heroes in the mold world from Dr. Jill Carnahan, and Dr. Neil Nathan, and Dr. Raj Patel, and Dr. Shoemaker, of course, so please seek out those experts as well.

Dr. Christine S: Viruses are, definitely we have the herpes family of viruses. That can be everything from the Epstein-Barr virus. Then, we're really tracking with the help of Dr. Nikowitz this whole idea of retroviruses and how this is all interconnected. We use a lot of different herbs to treat not only Epstein-Barr, but also to look at the retroviruses. We use a lot of BioPure products. BioPure ENV is a lyposomal preparation of different herbs to help with retroviruses. We also like skullcap, the tincture and the powder. This is Chinese skullcap, so the extract is baicalin. That is actually going to have the most healing properties.

Dr. Christine S: Then, methylation is really important to silence the viral DNA that is in our cells. This is a big topic, again. Methylation has a lot to do with our immune system and our detoxification system. So just understanding if you have any genetic susceptibilities to not convert your folate into the active form of folate. Again, I hope these are just some ideas that you can explore. Seeking out a doctor who is a functional medicine doctor, a naturopathic doctor, or even a doctor who's worked at with Dr. Klinghardt will really help you resolve any of the things we're just talking about.

Dr. Christine S: All right. We're going to wrap up with this last question. Jenny's asking that she would like a lot more information to support women who have explanted. She works with women with breast implant illness and who have explanted and would love thoughts on detox. Many of our chronic illness patients do have breasts implants, and they do choose to get them removed, whether they are saline or silicone. Remember, our breasts are lymphatic tissue, and our lymphatic system is highly interconnected with our ability to detoxify.

Dr. Christine S: One of the things that's really important is addressing the scars. Scars can create a blockage in lymphatic drainage in the connected tissue wherever his scar is. It can also affect the energy meridians that run through the scar, as well as it can store emotional trauma. We use a technique called neural therapy, which is an injection technique using something called procaine that helps to dissolve that scar tissue and open up lymph drainage in that area.

Dr. Christine S: If you are not able to get neural therapy, I would recommend at least using topical ointments. We like Sophia Flow Cream. We also like [Picana Kelon 00:17:27] cream or even shea butter to massage the scars on a regular basis. There are manual therapists that do breast lymphatic drainage massage as well as manual scar therapy that can really soften and help to open up those scars and break down that scar tissue. So again, the opening up the lymphatics.

Dr. Christine S: Then, with many our patients, too, we have them at bedtime use different topical therapies to really support the lymphatics around the breast. I really like BioPure DEO, which is a deodorant stick. I have people put that on their neck, on their clavicle, under their arms, on their sternum, and under the breast, and that can help with the breast drainage. There's also another cream that BioPure has. I'm blanking on the name, but it's another breast cream that you can actually put on the breast tissue and that can actually help the breast to detoxify.

Dr. Christine S: Again, when we're thinking about explants, we want to think about the breasts and context to the rest of the body, and, again, supporting the lymph system. Supporting the liver is critical, so the liver and the gallbladder, and really getting the bile to move out of the body through strategies that we've already talked about from binders to coffee enemas to things that support phase one and two detoxification. One thing I'd like to just share while we're here, when we think about liver toxification, we not only think about supporting those phase one and two components and getting the bile moving. But also, when the bile has been congested for a long time, there can be fungal infections or parasitic infections in the gallbladder, so not to underestimate that being a roadblock to detoxification as well.

Dr. Christine S: So again, sweating can also be another great tool if your patient is strong enough to sweat, using the far infrared sauna to help support healing from the explant surgery. This is, again, a big topic and a very individualized topic, but I think one of the pros that I can share with you is really working on the lymphatic system and the scars to break down the scar tissue and to really improve the flow of lymph drainage from the surgical procedure.

Dr. Christine S: Thank you for listening to the Spectrum of Health Podcast. I hope you enjoyed this episode. And if you want more of these style of podcast where I answer questions, I'm really happy to do this. This is quite fun for me, and happy to share information. So please let us know. You can reach us at info@drchristineschaffner.com. And please check out the demystifying detox class that we're putting on this summer. You can find more information at sophiaeducate.com. I will be sharing more and more as the summit approaches, but we're going to be having the Body Electric Summit this October. So, thank you again for all your support. It really means a lot to us that you're tuning in and listening. I'm really here to support you. Please share with me what else you would like to hear from us. Thank you.