

Evergreen Wellness LLC

Detox Protocol Guide

Basic Strategies for Detoxifying the Body:



**Annual Cleanses, Mycotoxins, Toxic Metals, Environmental
Toxins, Unknown Illnesses, and Gut Repair**

Outlined Steps Include a Basic Start-to-Finish Approach

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DISCLAIMER:

I, Joseph Smith, am not a medical provider. The information contained herein is not to be construed as medical advice, of any kind. The information contained herein is not to be construed as recommendations made by Joseph Smith or Evergreen Wellness LLC. This document does is not to be considered as a private, paid service. This a free, public outline and does not establish a client-practitioner relationship. All information provided herein must be approved for safety and effectiveness by your preferred medical provider. All information contained herein shall be reviewed and confirmed by your medical provider as an acceptable treatment that is to be undertaken by you. Only you and your medical provider know your current health condition(s) and medical condition(s) – you and your doctor are the responsible parties involved in your own health needs – you and your medical doctor shall make all of your own medical and health decisions. Nothing herein is intended to be, or to be considered as, or misconstrued as medical advice or client advice or advice in exchange for a payment.

**Please exercise fully-autonomous precaution over all of your own health needs, regardless of what others may claim.*

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Win-win Situations

I love the idea of a win-win scenario, and I don't think everyone should be expected to pay extraordinary amounts to get their health back. I also don't believe the information that could help you get your health back should be withheld from you. We all deserve the occasional hand-out or freebie, specially those who really need it. One of the things that drives Evergreen Wellness LLC to provide so many free services is because I, as the owner of Evergreen Wellness LLC, was also once too sick to even begin to explain... bed-ridden, riddled with disease, I felt like I was actually about to die at any moment, in fact I prayed God would bring his final judgment, whatever it may be. Now that's a dark place to be, helpless it felt, it was an incredibly dark time of my life. I prayed someone would just have the kindness in their heart to help me, without expecting to extort me for hundreds of dollars for every 30-minute phone visit while I receive very little in return.

Compassion

Unfortunately, I have found very little compassion since my health struggles began in 2018. It took a long time, and a lot of “tough love” (aka lack of compassion) for me to realize nobody is coming to save me – I needed to save myself. But this is not fair, but the world isn't fair – the world should probably work on being more of a fair and just place to exist. One foot after the other I climbed out of my bed ridden state, began to empower myself and make the best use of the tools I had. This is when I began to read, learn, research, write, and begin to build my understanding of my disease process and build and test protocols to get myself out of it. Lo and behold, a few years later it has worked – not 100%, but holy cow, I am doing so much better than before. Hundreds of doctors visits, hundreds of times I have given others the chance to help me, I even paid them massive sums of money to do so, and very few ever helped in the slightest. I finally learned how to heal myself, and I got much better.

My Goal

My goal is to provide others the kind of compassion I expected from all the health professionals I was paying large sums of money to, but I want to do it free of any kind of direct charge. I want to provide a win-win situation – a situation where both you and I win. You get your health back, I get to make enough money to do this full time and continue to help others. That's my goal. I want to help provide others the wealth of knowledge and understanding that I wished someone would have provided to me when I needed it most, the same wealth of knowledge and understand that has inevitably underpinned my health recovery. Truth is, there are a lot of people needlessly suffering from serious disease, and I do mean it is needless. I aim to empower you with free information and tools to help you help yourself. I have developed ways to provide help, as freely of charges as I can, while also still acquiring enough compensation for my reach to grow, increasing my ability to do this full time. See this pamphlet for free material and a guide, for the proof of my intention.

Donations

I personally value my time, pain, struggle, resources, and learned wisdom at around \$100/hour, but I provide my time freely to anyone interested in learning or bettering their health situation. If you have learned anything from me, or appreciate what I am doing, and you want to help me to continue helping others free of charge, consider a donation! I believe humans will do the right things when presented with the opportunity and ability to do so. No pressure here! Donations:

<https://buymeacoffee.com/evergreenwellness>

Fullscript

Other ways you can help me are by using my supplement store to purchase items. I have offered everything at 20% off, store wide, because I want to help everyone to afford some of the best products on the market. Please feel free to cross-check pricing and availability for some of your favorite supplements on my supplement store – see if I can save you any money! I make a small percentage from sales on this site. Your orders are felt deeply, and I appreciate every single order I receive. Find my online store here: <https://us.fullscript.com/welcome/evergreenwellness/store-start>

Community

I recommend all of my clients to join my Facebook group and use the page to help themselves navigate some of their questions and complaints. I am helping many other clients (freely) and don't always have time to get back to you immediately. If you find this to be the case, definitely ask the group members found here: <https://www.facebook.com/groups/evergreenwellness/> Many of them are very intelligent, experienced, and just as eager and to learn as you and I are. A great community is really a requirement for healing – this is why my slogan is “*Replacing the “I” in Illness with “We”*”. When we come together, we are unstoppable. Consider joining our community of helpers and healers!

Thank you for allowing me to provide you this information, regardless of your contribution to Evergreen Wellness LLC, I am just happy to have been able to contribute to you. Together we will continue growing and improving!

Joe

This document may have several pages, but you'll likely only need to reference or read 1/3 of the entire document to get the information you came for; however I do recommend reading the entire document for the best level of context.

Introduction to Detoxification

This document on detoxification has been put together for many kinds of people. Honestly this document is for everyone, from the healthiest of people, to the sickest. No matter your health status, these basic protocols can be a great option for overall detoxification, or a great starting place for specific detoxification. While we don't need to know everything about toxins and the biology of detoxification to undergo a radically successful detox protocol, I am going touch on some of the main points just so we are all granted to opportunity to dig deeper, based on our individual needs. Outlined herein is an overview of some general detox strategy steps, supplementation strategies, ideas for testing, and expectations for a successful protocol. First, we start with some lesser understood facts about the reality of the world we are living in.

Our bodies constantly undergo a daily onslaught of potentially harmful chemical exposures and constant detoxification of these exposures, and it doesn't matter where you live, what you do for work, or your daily lifestyle choices and approaches to mitigation. All of nature is made of compounds and chemical structures, of which as our body interfaces with them, and then we must process them through and out of our body. We do this by metabolizing these compounds, or breaking them down, denaturing them and then binding and excreting them from our body. This is done through our bodies highly efficient detoxification pathways. This isn't new, we have been doing this for as long as humans have walked the Earth. In today's world, in the last 50 years, the number of different chemicals we come into daily contact with has increased at scary rates, from an estimate of 75,000 different daily chemicals and compounds in the 1950's, to over 750,000 in today's day to day world. Of these, 350,000 manufactured chemicals are currently on the market for various applications, and 120,000 of these compounds are not well enough understood for their safety profile, either due to business confidentiality or outright lack of safety studies. The amount of our daily exposure to chemicals is astronomically insane, perhaps it's a bit crazy. The amount of stress these daily interactions can place upon our body's ability to detoxify itself is immense, requiring an immense capacity for our bodies to detoxify.

How Does Our Body Actually Detoxify Itself?

It appears while most of us are keeping up with the ever-increasing daily requirements for our bodies to detoxify themselves from the onslaught of our daily exposures, some of us were born with bodies that were prepared in other ways, genetically, for these detoxification processes. The genetic phenomena I am speaking about is not new. This has been a part of what makes humans unique for hundreds and thousands of years. Single-nucleotide Polymorphism's, or SnP's as so many may know them, like MTHFR, MTR, MTRR, COMT, and others, are genetic differences which dictate slightly different lifestyle requirements, including slightly different nutrient requirements or environmental factors for our bodies to be able to detox and thrive properly. The interesting point about Snp's is that quite literally everyone on the planet has Snp's, and a vast majority of the planet has one or more of them in what we have come to understand as our detoxification genes. This includes everything from how our body processes and builds certain amino acids, to how it handles and distributes certain vitamins, its preferences for mineral storage, and beyond.

If we discover we are a carrier of any detox SnP's, we aren't lesser equipped, we are just equipped in different ways, and understanding our equipment can help us to more effectively heal. For

example, someone with one or more SnP's in their MTHFR enzyme may want to avoid the B9 vitamin format known as folic acid, because the MTHFR SnP's often result in a bottleneck in the persons ability to metabolize folic acid into the active format 5-MTHF, which is required by the body for very important aspects of detoxification. Overloading the MTHFR enzyme pathway will cause a depletion of this enzymes capacity, further limiting the persons ability to create 5-MTHF via dietary sources. If you have an MTHFR SnP, supplement with active folate, formatted as 5-MTHF. Similar work around's exist for all known detox SnP's. Lets say you didn't know you had an MTHFR mutation, you would never think about folic acid being a potential driver in your condition and inability to detoxify properly, yet where can folic acid be found? Virtually everywhere... By law, to prevent B9 deficiency in the U.S., it is added to various foods such as cold cereals, flours, breads, pastas, bakery items, cookies, and crackers. It is also added to dietary supplements like multivitamins and complexes. These environmental factors exist for all SnP's. The more we understand ourselves, our mechanics and machinery, and how it may be working with the outside world, the more we can help oil our machinery to be more efficient, helping us to overcome a disease state instead of worsening it. These SnP's are fairly common and may be playing a role in your bodies ability to detoxify itself. It is important we are helping our bodies to function fully and naturally!

It seems pretty common those who are very sick with toxic burdens often have one or more of these SnP's playing a role in their ability, or lack thereof, to properly detoxify themselves. This is not a new phenomena, it's only new to science and our human understanding. However, as if it's not bad enough to have to deal with a highly toxified present-day environment, as well as the discovery that humans commonly have genetic differences among their detoxification pathways leaving them more susceptible to serious disease from these toxins, we face the third, much more serious problem in this trifecta of chronic disease, a lack of nutrients in our food sources.

Nutrient Status

Saved for the last part of this intro, the most important part of all disease processes is our nutrient status. Our body might be able to keep up with the day-to-day demand that our hyper-toxic environment is putting on it, even if we are an SnP carrier and are doing all the right things for our genetics, but this all hinges on whether or not our bodies have enough nutritional resources to do the job of detoxification in the first place. Unfortunately, our nutrition is suffering immensely, and I would argue this is the number one problem in diseases which stem from toxin overload or exposure, not SnP's, not even the toxic environment – though we do need to stop poisoning ourselves. It's a bad look for us, and it looks even worse when modern medicine can't figure out how so many are becoming so sick. What the hell are those humans doing down there? Good question.

I probably don't have to recite the countless facts about how our soil is dying, and is set to be almost devoid of the minerals required to sustain life within the next 10 years, or about how due to this lack of minerals it is reflecting a lack of vitamins in the fruits and vegetables which grow in it, and a lack of other nutrition found in the animals which eat the fruits and vegetables grown in the lacking soil, all culminating and resulting in a lack of nutrients in humans. This isn't a new fear, it's been a problem for a long time. It's not just global organizations and philanthropists screaming about global warming, on no it's much worse than that. Our soil is almost dead, and on average it is getting worse and worse, due to chemicals used and lack of proper care, and over-use, this bleeds the Earth dry of the nutrition it is able to give to us – it's pretty bad right now.

SIDE NOTE: Learn. Change. Grow your own food, tend your own soil, and give to your community. This is the answer.

Plants are eaten by cows, chickens, and humans, and humans eat the chickens and cows, but no matter your diet, we all eat the same nutrient-lacking food which stems from the same place, the soil. Then we humans expect to have the nutrients we need for health and longevity by eating the nutrient deficient meat or plants. The truth is, without this nutrition, we consume empty calories which provide us less and less of the nutritional value our bodies require. When I say “our bodies require”, what do I actually mean? Look, we need certain vitamins and minerals for certain metabolic pathways in our body to work properly. Ever heard of vanadium deficiency causing insulin resistance and Diabetes? If you've got Diabetes, better take a very close look at vanadium, and chromium for that matter. Copper plays an immense role in the human body, without it we don't make enough thyroid hormones, immune cells, blood cells, our connective tissues degrade which can result in weaker and thinner skin and weaker connective tissue leading to skeletal alignment problems and nervous system issues. Vitamin B6, B9, B12 and others are needed for the homocysteine cycle to function, a biochemical process in our body that helps to recycle methylated vitamins and discard excesses of homocysteine. Homocysteine is a compound which directly correlates with cardiovascular diseases when elevated. Got cardiovascular diseases? Check into your homocysteine cycle and the nutrients it needs to function properly. Your problem may be that you lack in a nutrient which is causing excess homocysteine to build up, resulting in cardiovascular damage and a cardiovascular disease process. I can go on forever with these examples, but I feel I have made my point.

Without ample nutrients in the food we consume, it is a guarantee, and only a matter of time before disease sets in. These biochemical processes, including all of our detoxification capacities, require nutrients; molybdenum, cysteine, all the B vitamins, and even nutrients that are considered as non-essential. Take inositol for example, it used to be considered as Vitamin B8. A “vitamin”, of course meaning “vital to our health”, or “cannot live without”. Inositol was removed from being listed as a vitamin when it was found the liver can actually synthesize or convert an excess of the body's daily requirement of inositol. What are the inositol requirements for someone with liver disease? Liver disease is something frequently seen when someone is suffering from toxin overload. That's right, their stressed and inflamed liver may not be making the vital amount of inositol required for their body to function optimally. This is a problem. Better start supplementing inositol then, too, right? Well, I'll have you know, there are many nutrients like this – inositol, choline, to name a couple. What a nightmare, right? If only there was some way we could get the nutrients in ample quantities? There is. Eat good food grown in nutrient dense soil, don't use pesticide or the mineral chelator known as Glyphosate, etc. Return to nature. Long story short, if you aren't routinely eating good food or supporting your body in the ways your genetics require, then you also aren't going to be able to detoxify your body the way you need to.

Real World Application

Daily detoxification is said to be the ultimate detox protocol, avoiding everything in our world, becoming a recluse from modern times, consuming the best fiber sources grown only by you or your neighbors, and spending 40 hours a week working for your family income and another 40 tending your garden, this is undoubtedly the best way, right? Yeah, it's a bit much for most of us. Some people really enjoy the labor of self-sufficiency, but that's exactly what it is – it's a lot of work. Most of us don't have the time for self-sufficiency to any extreme degree, and so the best we can do is literally just the best we can do. Trim the fat, so to say, and try to avoid some of the largest exposures you may have to toxins, like avoiding fast foods and processed foods in general. Following JERF, which means Just Eat Real Food, and buying this real food from reputable places. Lastly, maybe also add in to start cooking or learn how to cook, and cook with family and friends – share your meals with each other a few times a week – this is the best most of us can do. Do this, but also focus on getting large amounts of toxins out a couple times a year with annual or bi-annual detox strategies. We cover these in this document,

for those who are otherwise healthy but need to “trim some fat” in their life.

We really should be detoxifying our body down to the cellular level, once or twice a year. If you aren't doing this, then you're setting yourself up for a future of serious, debilitating, chronic disease. For those who have already found this disease, no matter your root cause nor level of self-discovery, you are here because you have found yourself to be horribly toxic and need help getting all this trash out. You're in the right place.

How To Use This Document

These steps have been crafted by me as a starting place which embodies a solid foundation to build from, by selecting products which balance safety and effectiveness – my intent is to provide the best starting point for almost anyone to build from, while still being effective if someone were to choose not to add or remove anything at all. Without adjusting any of the supplementation in the steps found in this guide, it is likely you will still benefit, but if you tailor your approach to be specific to your exact health needs, this protocol can become a supercharged detox strategy. It is important to recognize this document is not to be considered as an individual health recommendation.

Work to create your own individualized plan based on the framework provided herein, and based on your specific health care needs. For example:

- If you have Ochratoxin A toxicity only, you could add in the Advanced Nutrients and not the Ultra Binder Capsules if money is pretty tight.
- If you have known genetic detox mutations, like MTHFR, you may want to avoid certain forms of vitamin B9, like folic acid.
- If you are currently undergoing a medical treatment like chemotherapy, while certain detox strategies may help you immensely, it may be best to undertake them after you have finished being exposed to the toxins associated with these kinds of treatments, although starting sooner may also be beneficial. However, you will certainly want to discuss all of your health decisions with your cancer doctor and other doctors prior to doing anything.
- If you have allergies, be sure to check for and avoid the allergens in your supplements, etc.

Some supplements or strategies will need to be catered to your exact needs, this will require you to understand what will work best for your current health situation. If you aren't experienced enough to do this, or if you want any help at all, you can reach out to me for a consultation.

More information on how to reach me is provided toward the end of this document, or go to my website and apply for a consult, at evergreenwellnessohio.com.

I have referenced the use of supplement products found on Fullscript, in fact they are found on my Fullscript store, and the steps, as they are listed and labeled in this document, can be found by their exact names on my Fullscript supplement site store. Please go to <https://us.fullscript.com/welcome/evergreenwellness>, sign up or sign-in, then navigate to “Community Plans” in the tab at the top of the page, then scroll to view all of the steps and the supplements referenced here for each step. Please see the end of this document for more information about Evergreen Wellness and Fullscript.

****While these protocols have been designed with the intent to balance safety and effectiveness, this does not mean these supplements are safe for everyone, this does not mean these supplements are safe for you, nor does this mean this outline should be considered as treatment advice, nor should this protocol be substituted for the qualified advice of a licensed, practicing medical professional. I recommend requesting multiple opinions from qualified healthcare providers for all of your healthcare plans and endeavors, prior to undertaking treatments of any kind. All information found herein is based on my own personal experience and understanding. I am not a medical professional. Please consult your preferred healthcare provider.****

A quick note about testing: while I don't offer lab testing options to the public as of right now, I

may find an avenue to do so in the future. That being said, it is utterly important to test, not guess. If you think you are deficient in something, you need to test and see if its true. For someone who is considerably ill, the last thing you want to do is chase your tail because you don't know or understand something. Healing is of the upmost priority – you deserve to have your full life back – don't waste your time by not testing. In each protocol Step I will outline some generalized testing you can do to help you to confirm or deny your needs, and detox and healing progression.

List of Protocols

- Annual/Biannual Detox Protocol
 - Read and follow Steps: 1, 2, 3C, 4A, and 5A, 5B, 5C
- Mold and Mycotoxin Illness Detox Protocol
 - Read and follow Steps: 0, 1, 2, 3A, 4A, 4B, and 5A, 5B, 5C
- Heavy Metals Detox Protocol
 - Read and follow Steps: 0, 1, 2, 3B, 4B, and 5
- Broad stroke mystery illness and toxins Protocol
 - Read and follow Steps: 0, 1, 2, 3C, 4B, and 5
- Addressing and fixing Dysbiosis Protocol
 - Read and follow Steps: 1, 2, 4A, 3C, 5, 5A, 5B, 5C

Step #0 – Mast Cell Stabilizers (Biotoxins, Toxic Metals, and Enviro-Chemical Exposures)

Step #0 is for those who are incredibly ill, but certainly it is not limited only to them, continue reading to find out if this step is right for you.

What are Mast Cells? Mast cells are a part of your immune system that act as an alert system, protecting your body from foreign invaders and toxins. Upon recognition of what they suspect may be threat, a toxin or invader or other stimulus, they release immune system mediators, or compounds like histamine or any of the other hundreds of mediators. This release is called “activation”, or “degranulation”. When Mast cells activate they cause the immune system to rush into action against said substance. This can become imbalanced where mast cells become so sensitive they react to smaller amounts of, or react to substances which are not even harmful to us.

MCAS, or Mast Cell Activation syndrome is a monster of a topic, but in an effort to simplify the discussion, those with MCAS will find it near impossible (or totally impossible) to begin any treatments, including all supplementation protocols found here, or any treatments provided to by a medical doctor. Please seek a medical professional who knows about MCAS. Those with MCAS are hyper-sensitive to things which they otherwise probably would not naturally be sensitive to. This can range from anything that can stimulate our senses. Hot, cold, spicy, sour, salty, smells of chemicals or perfumes and cleaning products, exhaust fumes, including contact with solvents, paints, certain foods, drugs and other compounds like vitamins and other nutritious substances, and in some extreme cases water, sunlight, and even the medications used to treat this condition.

[Head over to my website to find and download the “Mast Cell Mediator Release Syndrome Questionnaire”, to help better determine if you might have MCAS. This questionnaire was invented by the doctor who discovered Mast Cell Activation Syndrome in 2007, and it has been peer reviewed as the most accurate pre-screening questionnaire for MCAS.](#)

Mast cell disease states are common in the broader public, generally seen in others to a much lesser degree than the extreme illness-potential I just laid out – nearly 1 in 6 people deal with MCAS or mast cell disease conditions. The appearance is usually made in the format of an allergy, and while these can be typical food allergies or even pollen allergies, the true extent is such that people are walking around with symptoms which they claim are normal, and thus remain unaware of the things which are triggering them to have a scratchy throat, for instance, or their nose to become stuffy for a short period of time, or in more extreme cases for them to have strange anxiety attacks arising seemingly randomly.

Mast cell diseases are common, but in those with severe toxicities undermining their current chronic health conditions, MCAS is almost a rule of thumb. This means a vast majority of those suffering from serious diseases caused by biotoxins, toxic metals, and environmental chemical exposures are dealing with some degree of mast cell activation syndrome. The problem with this is, depending upon the degree which your mast cells are hyper sensitive and reacting to things, you may or may not be able to make progress, or much progress. Further, you may find that you have become nearly asymptomatic, yet still some symptoms just won't go away. This is often due to an axis being imbalanced, like the HPA axis, or gut-brain axis, when one of the sides are out of whack, the other side struggles and cant fully regulate itself. This leads to a continuation of symptoms, even if the underlying causal agent has been fully addressed – one of the disease processes it has stimulated in your body may not have been. Similarly, for MCAS there is a 3-way axis, the nervous/immune/limbic axis, or more specifically the mast cells of the nervous system, the vagus nerve of the nervous system, and the emotional center in the brain known as the limbic system, which operates from several location in the brain, mainly the

amygdala. When one of these destabilizes, the others tend to follow suit. The goal is to regulate this axis to resolve the symptoms it can produce when not working properly. This section, addressing mast cells, can be, and is often a very important part of treatment for those with these kinds of toxin illnesses.

For help addressing the other two aspects of this axis, look for Frequency Specific Microcurrent practitioner to help with vagal nerve regulation, and look into a practice similar to, or purchasing Dynamic Neural Retraining System to help the limbic system to rebalance. The biggest piece of information you need to know here is, all three must be addressed at the same time. What does this look like?

Limbic system

Find a daily 15-minute relaxation protocol involving gratitude, positive words of affirmation, deep and slow breathwork like a Wim Hof breathing practice, but slower and without the breath holds. This is for limbic activation.

Nervous system

At bed or any time the nervous system seems like it needs help to relax, consume ashwaganda and/or eleuthero tea, as well as perform a 5 minute meditation doing square box breathing, 4 seconds inhale, pause 4 seconds, 6 seconds complete exhale, pause 4 seconds, 4 second inhale, pause, and repeat for 2-5 minutes or until the nerves are calm. Sip tea, sit still. This is reclaiming power over your nervous system, and the body remembers how to do this again and will do this without your direct intervention. A deep, slow yoga and breathwork practice 2-3 times a week can also help with this process immensely.

Immune system/Mast Cells

Lastly, the mast cell stabilizers – there are pharmaceutical stabilizers that work really well, but if you want more of a natural approach, there are herbs and vitamin substances which can help with this. See them attached to this Step #0.

Give Step #0 1-3 months to work, and as you begin to feel more and more calm and in control of your body and its systems again, begin to start supplementing begin with Step #1.

The most important rule for those who need to complete step #0, FOLLOW THE SELF HEALERS GOLDEN RULE, WITHOUT EXCEPTION!

Low and Slow.

For all interventions you undertake, including step #0, all aspect must be taken low and slow, or else risk hyper-reactivity of your mast cells again, often resulting in a several-week setback. Remember, activation of mast cells is normal – it is only when they become hyper sensitive that their hyper-activity turns into a syndrome – try not to accidentally overstimulate them. Please abide by this. When trying new supplements or pharmaceuticals, or any other therapies, start with a tiny fraction of the full dose (follow doctor recommendations otherwise). Start with very small doses and slowly build up to the target dose over the course of days or weeks. For capsules, open them and empty a majority of the powder out, close the capsule up and take it with water. For tablets, break them into much smaller doses to try it first. For red light therapy, or sauna, or any other therapies, start with a short duration first and build into it slowly, as tolerable.

Step #1 – Supplement Deficiencies & Digestive Support

The majority of disease is rooted in deficiencies. That's not to say disease caused by toxins is actually a disease of deficiency, but certainly the burden that toxins put on your body to detoxify them, these require co-factors and enzymes like vitamins and minerals, which if in high demand for detox can generate a deficiency. Nutrient deficiencies are almost always present in all states of disease. The best chance a body has at healing is providing it with ample resources to carry out all of its necessary biological functions, in the form of nutrients. It is recommended to test yourself for deficiencies, and supplement to restore your optimal nutrition levels. Nutrient testing helps to craft a more personalized protocol here in Step #1.

In lieu of nutrient testing, simply starting with a broad spectrum multivitamin and using some great digestive aids is a great place to start. The digestive aids are to increase the absorption rate of nutrients from the food we are consuming – to help our bodies to have the nutrients it needs so badly when it is sick. This is a generalized plan which does NOT account for your individual needs. Step 1 is a great place to start for mos. Bring your body's nutritional status back to par, and support your natural digestive power, before starting Step #2.

*Replenishing deficiencies can anywhere from 1-3 months, depending on the nutrient, depending on hi demand the body requires it, and depending on how well we are able to supplement or absorb it, among other reasons. Assume 3-6 months for balancing nutrients, maybe longer if you know exactly what is missing and if you are very depleted.

Step #2 – Liver & Bile Support

The liver plays many important roles in our health, of which two are the most important in a natural detoxification scenario. Firstly, we need to support our liver's ability to create bile, so we can digest and absorb our fats. Secondly, in this bile is also many of our toxins, which without the bile, the toxins cannot be excreted. The liver is a powerhouse for detoxification. When the body is overloaded with toxins, one of the best things we can do is to support our liver in as many ways as possible. We need to support our liver's capacity to function naturally and normally, and provide it ample amounts of what it needs to carry out these major roles in digestion and detoxification.

The supplements provided in this Step #2 are a baseline and are generalized. They are the safest for most, but there are many supplements that can carry out great stimulation to the liver and its bile creation. Others may be things like TUDCA, Glutathione, calcium-D-glucuronate, and more. Consider starting with the base supplements in Step #2 on Fullscript and seeing if these work for you. If they do not, consider adding in others to see if they work better.

<https://us.fullscript.com/plans/evergreenwellness-step-2-liver-bile-support>

*This step may last only as long as it takes to ensure your liver is doing better. This can appear in many different ways, ways in which this pdf is not a qualified source to comment on in great detail. Indications of good or improved bile secretion or liver function may include deeply brown colored stools instead of light brown or tan, bowel movement regularity (2-4 times per day) with urges to poop immediately following meals high in fat, well formed stools ranking as a #3 or #4 on the Bristol stool chart, lowered liver enzyme markers or improved liver function test markers in blood testing, better digestion in general, improved steatocrit marker on a stool test, and others. Consult with a qualified healthcare practitioner to learn about your liver and how to better help your bile to flow better. Also, learn more on your own here by reading text books and other information found online.

Step #3A – Binders & Excretors (Mycotoxins)

Focus on Steps #0, #1, and #2 before starting this step, it is very important not to begin to detox until these steps have been established. The goal of prior steps is to ensure you are digesting food properly, which leads to good assimilation of nutrients and reduction of deficiencies. The prior steps are also to ensure your liver is working optimally, creating plenty of bile and excreting it as necessary with fatty meals. This bile excretion is the first mechanical step of our detoxification. The second step is to catch that toxin-laden bile with binders. This step, #3A focuses on binders and detox agents to help bind and remove toxins both from the liver/bile and from the blood/kidneys.

At this point you should be pooping regularly and having well formed stools. Stools should be brown, not tan or pale. Stools should be normal, like a Bristol Stool Scale Type 3 or Type 4. You should be pooping 2-4 times per day, or one large stool every day. Have all of these before beginning this step, if possible. Please note, if you start this Step #3 before ensuring you're ready, you may become sicker. It is wise to start this step low and slow, whether you're ready as I have just described, or not, specially if you are have followed step #0 and are dealing with Mast Cell Activation Syndrome.

The primary focus here is NOT on the binders -- the primary focus here is on pooping -- the primary focus is on removing the toxins which are bound in your bile/stool. Adding the binders helps to ensure higher efficacy of removal, but if you are not physically removing the stool in large enough amounts, all the toxins will reabsorb into your body. The name of this game is regularity. Focus on regularity and add binders as you're able. To help with regularity we have focused on Step #1 and #2 to bring the body back to regular function again, but we are adding binders which will slow down and congest the whole process even further, so even more motility help is required here.

Prokine is an excellent motility helper -- of all motility helpers on the market today, Prokine seems most effective for most people -- start here. For more help, consider various magnesium formats, like oxide or citrate. Consider enemas, either water enemas with around 200mL of water 30 minutes (delivered via syringe) before you want to have a bowel movement, or consider likely the best option for regularity, coffee enema's daily. Please learn more about coffee enema's on your own.

One of the most important things about this step is, drink a lot of water, and don't be shy to eat fatty meals. The fat increases bile excretion, with this bile is more toxins which are bound to it from the liver. Increasing the amount of fat intake increases the excretion of bile, increased toxin excretion, and then using binders helps to catch and pull more of these toxins out. If your toxins are more water soluble, they will come out more easily via kidneys if you have more water.

Add or remove supplements from this plan as you see fit, per your actual exposure. This is a great protocol to begin with and will likely help to detox all mycotoxins.

*A mycotoxin detox protocol typically lasts between 6-60 months, depending on level of exposure, if continually being exposed, and depending on your genetics, your nutrient status, and your adherence to a good detox plan and diet. Mycotoxins are nature's most toxic natural substances, are very "sticky" and hard to remove from the body and environment, and extremely evasive in a body which is unable to detox or function properly. Stick with it – be patient – test your urine mycotoxins to track improvements.

Step #3B – Binders & Excretors (Heavy Metals)

Focus on Steps #0, #1, and #2 before starting this step, it is very important not to begin to detox until these steps have been established. The goal of prior steps is to ensure you are digesting food properly, which leads to good assimilation of nutrients and reduction of deficiencies. The prior steps are also to ensure your liver is working optimally, creating plenty of bile and excreting it as necessary with fatty meals. This bile excretion is the first mechanical step of our detoxification. The second step is to catch that toxin-laden bile with binders. This step, #3B focuses on binders and detox agents to help bind and remove heavy metals from the liver/bile and from the blood/kidneys.

Natural supplementation and detox agents for metals is somewhat limited, comparably to what modern medicine can offer, however what modern medicine routinely offers for metal toxicity is an outright ignorance of the issue, thus natural treatment methods must suffice. For many, natural treatment methods get the job done. However, if you can find a medical office, often found in functional medicine, which takes your toxic metal burden seriously, they have powerful therapies involving intravenous chelation. I mention using a functional medicine practitioner because its more likely they will more fully understand the risks involved in metal detox.

Where natural metal detox strategies are generally slower, this also make them less harsh, generally. This means some of their negatives, or down-sides are less frequently or harshly seen. The downside to chelation of metals is that these chelating agents don;t necessarily differentiate between toxic metals and non toxic metals, or minerals. Chelating processes, specially for the duration which they usually need to be (to be effective), will create mineral deficiencies. Flat out, bottom line, chelation will create deficiencies. Due to this, it is important that you, or maybe better yet, a professional trained and experienced with helping people to detoxify from toxic metals be allowed to guide your process or answer your questions. Otherwise, you must find access to testing and do a lot of learning, really quick. Minerals are complex – as complex or moreso than vitamins, yet there's seemingly far less literature available on the role of minerals in our body, and mineral-metal interactions, displacement, toxicity, how to measure them in our body, etc. If you think a Hair-Tissue Mineral Analysis (HTMA) is the only test you'll ever need, im sorry to burst that bubble but that is absolutely false. Lead, for example, is stored in the bones, so it wouldnt necessarily trigger as being high in an HTMA. This is not a place where I am aiming to instruct others how to accurately gather data about their mineral and metal status, but it should serve as a forewarning – if you have serious metal concerns, learn all you can and try to find someone to help you. If nobody is available you, go slow and do your best, use online resources, chat groups, and read as much as you can.

Metal chelation can take some time, depending on which toxic metals you have, which other imbalances you have, how severe the illness has become due to the toxicity, what supplementation routes you are taking, and if you're working with someone who can help you to expedite the process without causing more harm. In general, the average time it takes is between 12-18 intravenous sessions, one session per week, assume for about 6 months while working with a professional. Otherwise, the down and dirty home route, expect 6-18 months. It is important to test and retest periodically through this process to ensure progress is being made.

Please note, some supplements, especially binding agents, can and will toxify your body with metals. Naturally these agents bind to, or are magnetically drawn to metal, and while on an assembly line made of metals, or anywhere else along the products journey, its not uncommon for these products to become contaminated themselves. Please be sure you are ingesting high quality binding agents. In questionable cases it would be very wise to call manufacturers and ask for their certifications, and ask

if their product has been third-party tested for metals or other toxins – request to see the certificate. If it is not public, this is an indication to look for another company instead.

Step #3C – Binders & Excretors (Heavy Duty) (Broad Spectrum)

Focus on Steps #1, and #2 before starting this step, it is very important not to begin to detox until these steps have been established. The goal of prior steps is to ensure you are digesting food properly, which leads to good assimilation of nutrients and reduction of deficiencies. The prior steps are also to ensure your liver is working optimally, creating plenty of bile and excreting it as necessary with fatty meals. This bile excretion is the first mechanical step of our detoxification. The second step is to catch that toxin-laden bile with binders. This step, #3c focuses on binders and detox agents to help bind and remove a wide array of toxins from the liver/bile and from the blood/kidneys.

This step is not typically recommended for those who have MCAS, or need to follow step #0. Step #3C is typically for either the very well experienced self-healer, or for those looking for a general annual or biannual detox strategy. You may think to yourself, why in the world would a very experienced self-healer and a once a year detox'er be considered on the same playing field here? Its the reactivity of their body. A good self-healer has taken the time to bring their body back up to speed, to quell their mast cells, relax their hyper activity, fix their deficiencies, and naturally stimulate all of their digestive processes, and is doing this very well before ever considering this step. Likewise, the annual or biannual detox'er doesnt usually need to focus on these so much, they are otherwise pretty healthy and dont have such extreme sensitivities, thus these product recommendations will work for them just fine, however...

THIS IS NOT YOUR AVERAGE DETOX PROTOCOL. Do you know someone who spends hundreds on these “weekend detox protocols”, and in the mail they receive a fancy box with supplements capsules full of herbs and an instruction manual on when to take them, promising to deliver maximum results and all sorts of crap that never really seems to pan out as promised? Yeah, this isn't that – this is real. We are interfacing with the biochemistry of the body here, and we are pushing the body to purge itself of its toxins. This means one thing...

1. It is very likely you will experience an actual detox flu. Please do not think this detox is your grandmas detox tea. **This will pack a punch.**

The supplement recommendations have been made in such a way that taking the recommended dose may not induce much dumping or detox flu. This is nice, because you won't have to take time off while you do this. However, if you want to push your body to dump more, you can take more of the active ingredient. The Calcium D-Glucurate does not have a recommended daily allowance set by the FDA, however many will start with a low dose and build up to 1,000-1,200mg doses. For most people they will feel a 600mg dose, but I recommend starting low and slow, and building up.

If you feel a detox flu coming on, either stay at your current dose or back down a dose. You may choose to skip a dose entirely, and this is your call. Typically just backing down a dose or keeping the same frequency will keep the sickness from getting exponentially worse. Be nice to yourself. This is not a weekend cleanse box from Amazon.

*The duration of this detox should not be followed for too long. It may be wise to pulse it, 2 days on per week, and 5 days off. Or build into it slowly for a few weeks to really push and pull a lot of toxins out. Long term use of this protocol is not recommended. As always, please consult your preferred healthcare physician prior to starting any treatments.

Step #4A – Kill Phase – Fungus/Parasites (Gut Health)

This is for colonization or infection of the gut by Mold, Candida, Parasites, or even H. Pylori

There are many killing agents that work very well. I am providing just one here which hits broadly on colonized mold, candida, parasites of all kinds, and even the stomach bacteria called H. Pylori. For each of these exists other products which also work very well in tandem use, but if you are unsure of where or how to start a kill phase, perhaps starting here will reap the most promising changes. Follow the guidelines on the packaging. Consider adding other agents to help aid your body in naturally balancing your nuisance or unfriendly microbes.

Mold/Candida Colonization

For mold/candida consider adding other killing agents, like coconut acid concentrates, in moderate doses. Other more common herbs used to combat Candida infections of the gut can also help against mold colonization, but be careful not to add too many killing agents at once. More power doesn't necessarily mean you'll reap better health in the long run.

Parasites

For parasites, consider beginning your protocol at least 5 days before full moon, and finishing 5 days after full moon -- also consider treating for at least 3 full moon cycles in a row for best results against parasites.

Helicobacter Pylori (HP)

For H Pylori (HP) consider ramifications of having an empty stomach versus full stomach, or an acidic stomach environment versus non acidic, and consider the ramifications for your digestion downstream from a stomach which is not properly acidified. If you don't understand the natural process and function of how digestion is supposed to work, please read my book for a better understanding (coming soon).

Often, those with an HP infection of the stomach cannot tolerate more acid in their stomach. HP neutralizes your stomach acid, creating a highly alkaline environment so that they can survive, by producing ammonia which is a pH of 11.0. In a highly alkaline environment HP will feel safer, making it more exposed to treatments against it, however a more alkaline environment also devastates your ability to have good digestion, starting from the stomach all the way down. Sometimes adding acid gives the person actual pain, because the stomach lining is too damaged. Ulcers can form as a result of HP, and HP has been established as a cause of stomach cancer. If you have HP, it is important to work with a professional to help you better understand your risks prior to treatment.

If you decide to undertake a natural treatment protocol, and if you can add acid with meals without added pain or discomforts, add acid with your meals. Consider treating HP, or attempting to kill it, while your stomach is empty and likely alkaline due to its excretions of ammonia. This is when the HP is most vulnerable. They will dig and hide deep in stomach wall tissue when acid is secreted. Consider treatment of H Pylori during times when there is less acid in the stomach. Consider consuming other substances which aid in the killing of H Pylori, like real Mastic (Mastiha) Chewing Sap/gum, and others. Consider the risks of any treatment or strategy involving the further reduction of your stomach acid. On one hand, reduction of acid at certain times works well to keep HP exposed to the treatment agents, but on the other hand reduction of your stomach acid will lead to serious digestive complications below the stomach, which run more risks with more time without acid. Be aware of your scenario, consult a healthcare professional, and treat accordingly.

*This phase typically lasts anywhere between 2-12 weeks. It is important to confirm eradication with testing if treating for an infectious microbe. It is important to follow up this step with ALL of Step #5, to repopulate and heal the gut. In lieu of proper repopulating and healing of the gut and your natural digestive processes, the infections can and will often return, frequently with a vengeance. Once they are killed, fill the voids back in with friendly microbes. These microbes often also wage a war to protect their turf, your gut, but killing off unfriendly microbes. “You cannot simply kill your way to health”, you can't just kill life and expect better life, you must add life too. This Step #4A is the first part of a rebalancing act called the 5R Gut Protocol, which is continued through Step #5, to remove (this step), replace, reinoculate, repair, rebalance. See all stages of Step #5 for more information.

*****DO NOT KILL IF YOU DO NOT INTEND TO REPLACE, REINOCULATE, REPAIR, AND REBALANCE. (See Step #5A)**

Step #4B – Kill Phase – Fungus (Sinus Health)

Please follow instructions listed on each of the individual products packaging. Do not try to create your own concoctions or mixtures for sinus treatment, unless you're absolutely knowledgeable and qualified to do so.

Sinus treatment is necessary for many who have mold/mycotoxin illness. Mold often colonizes the sinus cavity, and from here will produce mycotoxins which then get absorbed systemically, officially bringing the mycotoxin exposure, or water damaged building, with you anywhere you try to run from it. This can be a real problem, clearly. The best thing to do is test for MARCoNS, and if found, treat it and a presumed fungal sinus infection.

MARCoNS stands for “Multiple-Antibiotic Resistant Coagulase-Negative Staphylococci”. Essentially, if you test positive for MARCoNS in the sinus cavity, it means you have an infection of at least one strain of an antibacteria resistant staph bacteria. However, this definition is frequently argued over amongst medical circles as well, because these kinds of staph growths are commonly found on the skin, and by virtue, also in the sinus cavity, and they have been found to be normal and party of a healthy biome both of the skin and the sinuses, so what's the big deal? It has been discovered, just like a healthy gut bacteria can overgrow and create conditions harmful to us and other microbes in the environment, MARCoNS is an example of exactly that, but with antibiotic resistant staph in the sinus cavity. The disease process often seen with MARCoNS is not as well defined as the laymen medical community likes to think. Among the community of environmental medicine, MARCoNS is well understood and established to be a large indicator for colonized mold growth in the sinuses, which as a separate diagnosis, both fungal sinus infections and MARCoNS present with similar disease patterns, symptoms, treatment strategies, and treatment flaws or obstacle to overcome. Similarly, it seems most MARCoNS may actually be so difficult to treat because while the common approach is to simply use antibiotics, there also appears to be a fungal aspect that must also be addressed. Similarly, in gut dysbiosis, this is also the case, so this finding comes as no surprise to some. The treatment strategy by environmental medical doctors specializing in mold and mycotoxins is to treat the MARCoNS with both antibacterial and antifungal pills and sprays to bring the overgrowth of harmful microbes down and to eliminate the fungus they often use to hide in.

There are many ways to treat this, many of them being pharmacologically, so I certainly recommend a knowledgeable medical provider to help you with this, however these supplements and sinus treatments are great adjunct therapies. These are often recommended by the very doctors who will treat your sinuses with pharmaceutical drugs, because they are generally pretty safe and quite effective at helping you to keep a better balance of microbes in the sinus cavity.

MARCoNS can almost be seen as dysbiosis of the sinuses, rather than of the gut, harboring antibiotic resistant staph and frequently fungal colonies which can produce the very mycotoxins you may be trying to detoxify your body from. The pharmaceuticals are the real, hardcore killing agents often needed to re-establish a better balance, but these nasal sprays and irrigation bottle can be seen as agents which help keep bad growth down and foster new growth by balancing the pH, thus holding the balance until proper microbial growth in the sinus and re-establish more permanently. Even without the pharmacological agents, however, these neutraceutical nasal sprays and treatments can definitely help to kill and balance a sinus cavity. However, some people require more power than these can provide. Please work with a knowledgeable and wise medical professional and use these supplements as adjunct therapies, and as first line defenses when necessary. Consider trying new supplemental strategies to compliment your efforts here, like other sprays, and learning how to concoct your own kinds of sprays

with essential oils (this is dangerous please understand what you're doing, it is not a haphazard thing to try because you're curious), and also consider look at Step #4C for natural systemic killing agents. These may reach into the sinus cavity after being absorbed by the GI tract.

Step #4C – Kill Phase – Systemic Health

Do you have a potential infectious problem that is not related to gut health, instead resides somewhere outside the gut, maybe in the blood, joints, eyes, organs, etc? Have a flu or cold, or a wound or cut that may be beginning to fester? I always recommend you to see a medical professional to ensure you are not at risk for serious and life threatening conditions, but if you are looking for prophylactic ideas, or have tried everything the doctors can offer yet still find yourself needing more options, then ingredients which act systemically may be exactly what you're looking for. Recurrent viruses, long-form viruses, microbial infections, chronic infections like candida, Lyme disease, and Lyme co-infections, these may all require your body to have more support against them.

Adding things which absorb systemically can help aid the body and immune system with various functions of killing and healing from the disease. Fat soluble compounds work pretty well here, as well as herbal concoctions for breaking down biofilms, which are like the houses microbial communities construct for each other to hide in, hiding from and shielding from your antimicrobial agents. We can also attack the biofilm defenses with powerful proteolytic enzymes which quite literally biologically break down the materials which make the biofilms, causing holes in them and allowing some of these agents inside to work more effectively. Similarly, our immune system requires the amino acid Lysine to aid in its ability to fight off viruses, and in those with chronic or reoccurring viral activations, often times adding Lysine to their supplemental regimen can be just enough power the immune system needs to suppress or deactivate the virus once more.

There are many natural agents that can work incredible wonders here, but for my systemic approach here, we are using ingredients that are generally quite safe and actually can be very effective for most infectious situations. Be aware, when killing anything, there is always a risk of feeling much worse before feeling better. This is a tricky obstacle to navigate, because it could be a negative reaction that you certainly do not want to push through, and for others maybe it is just a factor of die-off, or a release of toxins from the microbes you are finding and killing. The secret is, if you start feeling sick, be safe and just stop and see if you get better within 3-5 days. If you dont, speak to a doctor and investigate further. You may be dealing with Mast Cell Activation Syndrome, or you may be harming yourself with a negative reaction to a condition you may not know you have. If your sickness goes away before, or within 3-5 days, try again but go slower – lower doses, or less frequency, or both. Build up to recommended dosages slowly.

I highly recommend consulting with a medical doctor, maybe a pharmacist, and certainly a professional familiar with some of the supplements recommended here, and listen to each of their options on each substance, and on the idea of using them together in a protocol.

Monolauren is a metabolite made by our liver when we consume coconut oil. The oil breaks down into multiple helpful lipids, one of which is lauric acid, which our liver will process and turn into a small amount into monolauren. Monolauren is a very powerful antimicrobial, totally natural, and consuming in its concentrate form has been shown to be quite safe, effective against all sorts of systemic conditions, and for some has been a miracle. Please read more about this substance on your own.

Lactoferrin, made popular as of recently as an agent to help combat effects from covid19 or covid19 genetic-therapy injection, is a human glycoprotein, naturally found in various places of the body. Lactoferrin is antimicrobial by virtue of its mechanism to interact with and bind free iron in the body, which inevitably keeps it from other microbes. Various pathogens, like parasites, bacteria, and even viruses, use or sequester iron for their own survival. Lactoferrin also presents as a powerful antioxidant

and cancer preventative in the colon, pancreas, liver, and stomach. For recent needs, lactoferrin has also been shown to be helpful at reducing the clotting of blood.

Biocidin is a combination of 18 herbs and oils proven to help balance microbial growth in the GI tract, with systemic immuno-modulatory effects, together brings the immune system-microbe balance back into proper working order. Biocidin is famously used as potent herbal biofilm busting agent, and is one of the few herbal concoctions with scientific proof of its effectiveness. When first created, the results of this mixture created quite a stir among the scientific and medical communities alike, and since has become a supplement used almost traditionally among functional medicine practitioners for stubborn microbial imbalances.

Cellulase, among other proteolytic enzymes, works by breaking down the cell walls of plants containing cellulose. In nature, cellulase is created by fungi, bacteria, and protozoan parasites. They use this enzyme to help them to proliferate, feed, and create biofilms. The latter use of cellulase by these microbes is why this enzyme can be a wonderful addition to a systemic kill phase. Cellulase helps to break down biofilms of some of the hardest to detect and kill pathogens in the GI tract, as well as systemically. Cellulase is commonly found in many digestive enzyme formulas, because it helps us to break down and absorb nutrients from fibrous materials containing cellulose, but in higher concentrations can have greater impact against some microbial growths. Cellulase is one of many proteolytic enzymes which can target aspects of troublesome microbes. Proteolytic enzymes are a newer frontier, or approach, to breaking down all sorts of harmful microbes and substances. Learn more about these, and keep your eye on them – they may hold incredibly promising natural curative solutions to very tough problems facing humanity.

Lysine is a simple amino acid, in fact is 1 of the 9 essential amino acids, meaning we cannot synthesize it within our body like we do the other 12 amino acids, which also means we must get it from dietary sources. Sometimes our digestive system can be impacted in such a negative way that we may not be able to absorb as much of this amino acid as we may need, and so supplementation may be a good idea. Because this is an essential amino acid, supplementation is also quite safe. Lysine is well known to be antiviral, both in the scientific literature and among those in the “self-healer” crowds. The effectiveness Lysine has against various viruses is not extremely well established – comparatively little research has been done on Lysine as an antiviral agent, but among the plenty ample research, there are multiple mechanisms of action against various viruses discussed. From covid19 to herpes, Epstein Barre virus, shingles, common cold and flu virus, Lysine as proven effective from small to even very large degrees against most viruses and viral infections in the body.

This is a starting base for a well-balanced, safe, and widely effective protocol. Consider adding or removing supplements to customize your approach, tailoring it to your specific needs, or try this approach as-is and see if you find some benefit.

Step #5 Outline – (5R Gut Protocol)

Gut health is pretty simple, actually. Remove the stressor(s), then let the gut heal itself. But, for those looking to expedite the healing phase, here we offer some supplements to help you do this.

Below is a slightly modified 5R Protocol, as made famous by The Institute for Functional Medicine (IFM). This gut health protocol works, but it's too basic to work for everyone. By now, you have likely followed other prior steps in my General Detox Strategy outline. These steps have likely already covered a few of the steps put forth in the IFM 5R protocol discussed below.

Often times we have stressors which are not easily found, understood, or recognized, like imbalances, infections, or toxins of various kinds. These toxins aren't necessarily addressed head on by the IFM 5R protocol, instead, as you'll read below, they focus mostly on microbial causes residing only within the gut. In Step #4 we have already combed through and sorted out the potential for systemic triggers and GI triggers, like toxins or other microbes, to be the true root cause of our gut dysbiosis. If you have properly removed all of the toxins and microbes (shown with testing AND reduction or shift of symptoms), and if you still have gut dysbiosis, this may just be the last avenue you need to treat and heal. Start here.

This 5R Protocol involves five steps, all starting with an “R”. This is supposed to be catchy, I suppose, but the steps are pretty simple to comprehend: remove, replace, reinoculate, repair, and rebalance. Below I give an explanation of each step, based of IFM's protocol, but I add to it to be more inclusive of treatments, remedies, and approaches.

Modified 5R Protocol

1. **Remove:** Remove stressors. Get rid of things that negatively affect the environment of the GI tract including allergenic foods, parasites or other bad bugs such as bacteria or yeast. This might involve using an allergy “elimination diet” to find out what foods are causing GI symptoms or it may involve taking drugs or herbs to eradicate a particular bug. Stressors may also be emotional, related to environment, trauma, or interpersonal stress and that is why a collaborative approach is encouraged.
 - We have already done this with detoxification of toxins. A stool test at this point in time is recommended to ensure there no other problematic microbes in your gut, and to ensure progress is made as you continue forward from here. Retesting in the future is necessary to confirm progress.
 - Pathogens are frequently found in the gut of those who are unwell, and they can be unwell for any reason which may seem to be unrelated to gut health. Surprisingly, gut health is almost always involved in all sickness and disease. If you're unwell, there is a very high likelihood you'll have some gut issues that should be measured by a stool test, and corrected.
2. **Replace:** Replace digestive secretions by adding back things like digestive enzymes, hydrochloric acid and bile acids that are required for proper digestion. These may be compromised by diet, drugs, diseases, aging, or other factors. This is also where we make sure vitamins and minerals are balanced within the body and functioning as they should.
 - In Step #1 we have been focusing on this. By now, we should have far less problems with deficiencies, and our digestive system should already be working well, from the top down.

- For support here, re-order from Step #1, modify your order for your specific needs.

Step #5A – Reinoculate – (5R Gut Protocol)

3. **Reinoculate:** Help beneficial bacteria flourish by taking in probiotic foods or supplements and by consuming the high soluble fiber foods that good bugs like to eat, called “prebiotics.” Foods rich in prebiotics can be helpful or harmful to the gut, depending on your stage of gut healing.
 - It is time to pay attention to our diet, attempting to re-establish a healthy balanced diet, moving away from the frequently common very restrictive diets.
 - Getting a commercially available stool test through me, called a Biomesight, is the best move here, to ensure proper supplementation to grow your individual and specific gut microbiome in the right ways, back toward health.
 - I am a Biomesight practitioner. Use my COUPON CODE: EVERGREEN for \$50 off your order.
 - After your purchase and sign-up on Biomesight, head to your dashboard and add me as your practitioner so I can read your results and help you to make good supplement choices for improving your gut health.
 - Reinoculation focuses on probiotic microbes and the prebiotic fiber they consume, like concentrates, to push the growth of a healthy and abundant microbiome. With a Biomesight stool test we can do this based on your specific needs, which works to address this step in the fullest, most efficient way.

Step #5B – Repair – (5R Gut Protocol)

4. **Repair:** Help the lining of the GI tract repair itself by supplying key nutrients often in short supply in a disease state, such as zinc, antioxidants, fat-soluble nutrients like vitamins A, C, E, and omega fatty acids, B vitamins, and the amino acid glutamine.
 - We will provide herbs and other nutrients the body needs to protect and repair a damaged gut lining.

Step #5C – Rebalance – (5R Gut Protocol)

5. **Rebalance:** Pay attention to lifestyle choices. Sleep, the way you approach and eat food, your emotions, exercise and stress can all affect the GI tract. Also, activating your vagus nerve for digestive health and overall health is key! With practices like yoga, meditation, deep breathing, good sleep and other mindfulness-based practices, you can help restore a protective balance to your gut and subsequently, your entire body.
 - The key to all healing journeys is to ensure you remain healed, and the best way to do that is to continue to follow a better diet than we had before, protect ourselves from potentially dangerous substances, improve lifestyle choices, and find a way to relax yourself, either with meditation itself or hobbies which put your mind at ease.

Concluding Remarks

Overcoming disease is not easy.

There are healing strategies which have been developed, tried, tested, and proven to be highly successful, which I have had to learn all about, experiment with on my self, and personally discover the effectiveness of. While many of these basic strategies are outlined here, there are many other strategies I have learned and deployed on my healing journey. They have helped me and have a track record for helping others. These strategies involve more complexities which are unable to be listed here, for the sake of time, space, and readability. If you want to know more, or are curious about if I may be able to help you on your health journey, please go to my website, browse the materials, and maybe apply for a consultation with me, at <https://evergreenwellnessohio.com> .

This document is to be considered as an informational adjunct brochure to help you to make good decisions, with your medical provider, about your health and wellness journey.

Disclosure Statement & Resources

This entire catalog of resources is made available to you, for free. That being said, we all value our time and experience, and we need to use money as a tool to help aid in our goals. I would greatly appreciate any kind of monetary help you could provide me. Because I, Joe, owner of Evergreen Wellness LLC, chooses to operate based on a win-win outlook, I do not ask for payments for some of my products, and at this time nor for some of my services. Instead, I make money from donations, and from sales made under my Fullscript store. The money made from Full script is a small amount. I have catered the pricing so that it can be much cheaper for you, likely cheaper than you'll find anywhere else online. Please search Fullscript for the product you already use and see if I offer then cheaper for you.

If this information, or the protocols have helped you, here are some ways you can help Evergreen Wellness, so that we can continue helping you, and others.

Resources

Health Consulting (Certified Health and Wellness Coach)

I'm an open book and willing to provide my resources as I'm able. I offer consultations and lots of resources. I am a Certified Health and Wellness Coach and offer health consulting on any chronic disease process and digestive problems. For more information or to apply for a consultation, please go to my website at <https://evergreenwellnessohio.com>.

Microbiome Consulting (Biomesight Practitioner)

I am also Biomesight Practitioner. Biomesight is a cool platform that offers state of the art microbiome testing to tell you the about the good and bad bacterial species within your gut, how many you have of each species, and uses a data-driven algorithm to provide recommendations to improve the state of your gut health. I used this platform to fix my gut, and you can too. With my coupon code EVERGREEN, you can save \$50 on your order, and if you want me to be your Biomesight Practitioner, reach out to me on my website at evergreenwellnessohio.com or through Facebook messenger to discuss further.

Supplement Store (20% Off Store Wide + Another 5% Off Autoship)

Consider checking out my Fullscript supplement store for 20% off practitioner grade nutraceuticals, found at us.fullscript.com/welcome/evergreenwellness. The direct link to my Fullscript store can also be found on my website, again the name of my website is evergreenwellnessohio.com.

Facebook Group Community Help

Consider joining my Facebook group to join the journey of self-healing. Use the website link facebook.com/groups/evergreenwellness, or search Facebook for “Evergreen Wellness Group Discussion” and apply, or visit my website at evergreenwellnessohio.com for the direct link.

Donations Welcome!

If you would like to leave a simple donation for my efforts, you are more than welcome to do so here: <https://buymeacoffee.com/evergreenwellness>.

If you want to learn more about my story, head on over to my website and navigate to the 'About Me' section for a detailed, but brief explanation of my personal experience with chronic disease.

<https://evergreenwellnessohio.com/about/>

***Link to my new book coming soon! Coming in 2025.