

12 WAYS TO SUPERCHARGE YOUR DETOXIFICATION

A Practitioner's Guide to the Full-Spectrum Detox Protocol

A Free Guide from Eileen Durfee, MCSFE, NASM-CPT | Inventor • Author • Wellness Specialist

EileenDurfee.com | CreatrixSolutions.com | WellnessShoppingOnline.com

Your body detoxifies continuously — through the liver, kidneys, lymphatic system, colon, lungs, and skin. But in the modern toxic environment, these pathways are operating far beyond their designed capacity. The result is a slow accumulation of heavy metals, environmental chemicals, and metabolic waste that drives fatigue, accelerated aging, hormonal disruption, and chronic disease.

The good news is that detoxification is not passive. There are specific, evidence-informed strategies that actively open elimination pathways, mobilize stored toxins, and support the organs that process and excrete them. This guide covers twelve of the most powerful — from ancient practices to cutting-edge protocols.

1

Infrared Sauna Therapy

The most effective whole-body detox tool available for home use

Sweating is one of the most efficient routes for eliminating toxins — particularly heavy metals, BPA, phthalates, and environmental chemicals. But not all sauna therapy is equal.

Standard saunas heat the air around you. Infrared saunas heat your body directly, penetrating tissue at depth and producing a significantly more detoxifying sweat at lower ambient temperatures — making sessions more comfortable and sustainable for people with adrenal fatigue or heat sensitivity.

The Sauna Fix near-infrared sauna delivers the full therapeutic spectrum: Red, Near, Mid, and Far infrared wavelengths combined with incandescent heat. This combination does more than induce sweating — it calms the nervous system, activates the vagus nerve, increases circulation to deep tissues, supports mitochondrial repair, and accelerates the cellular detox processes that occur during heat stress.

Near-infrared specifically penetrates to the subcutaneous fat layer where lipophilic (fat-soluble) toxins are stored — mobilizing compounds that standard sauna and exercise cannot easily reach.

Amplify Every Session with Breathe Safe®

Used inside the sauna, Breathe Safe® increases background oxygen concentration, generates therapeutic negative ions, and detoxifies the humidified sweat vapor itself. The negative ion environment further amplifies sweat volume — making each session dramatically more effective than standard sauna use alone. This is a critically important distinction: you are not just sweating more, you are detoxifying the sweat as it leaves the body.

Why Near-Infrared Outperforms Every Other Sauna Type

Not all infrared is equal — and the differences are clinically significant. Traditional saunas heat the air to 180–220°F, with heat penetrating tissue only a few millimeters. Far-infrared saunas penetrate approximately 1.5 inches and wrap the body in ambient heat from all directions simultaneously. Near-infrared lamp saunas, including the Sauna Fix® near-infrared sauna, penetrate 3–4 inches into soft tissue — with NASA research confirming photon penetration up to 9 inches in some tissues — and operate at a comfortable 110–140°F, making them accessible even for people with adrenal fatigue or heat sensitivity.

There is a second critical distinction. Far-infrared saunas surround the body with uniform ambient heat from all sides simultaneously, which means the body's temperature rises evenly. The Sauna Fix® near-infrared sauna heats one side of the body at a time — which is a feature, not a limitation. When you rotate to expose each side in sequence, the temperature differential between the heated side and the cooler side creates a powerful blood shunting effect: blood rushes to the surface of the heated side, then redirects as you rotate. This shunting effect doubles the circulation benefit of a standard sauna session, driving oxygen and nutrients into deep tissues and dramatically accelerating the clearance of toxins from the vascular and lymphatic systems.

Sauna vs. Exercise: Why Infrared Sweating Eliminates Far More Toxins

Exercise sweat does eliminate some toxins — this is not in dispute. However, exercise also activates the sympathetic nervous system (fight-or-flight state), which significantly reduces the body's capacity for toxin elimination compared to

a relaxed, parasympathetic state. Sauna sweating occurs in the parasympathetic state, and the resulting sweat contains substantially higher concentrations of toxic metals, industrial chemicals, and metabolic waste products than exercise sweat. Studies confirm that sauna sweat contains measurable quantities of lead, cadmium, arsenic, and mercury at far higher concentrations than in urine or exercise-induced sweat. The infrared sauna drives the body into a deep parasympathetic state while simultaneously heating tissues to therapeutic temperatures — mobilizing fat-stored toxins that exercise alone cannot effectively reach. Both exercise and sauna have important and distinct roles in a comprehensive detox protocol; they simply produce different biochemistry and deliver different results.

Mitochondrial Repair and Cellular Energy Production

Near-infrared wavelengths interact directly with mitochondria through a mechanism that far-infrared and traditional saunas cannot replicate. The mitochondria contain light-sensitive receptors — chromophores and cytochrome systems — that absorb near-infrared energy and use it to increase ATP production, the body's primary cellular energy currency. NIR activates these chromophore systems to tissue depths of up to 23 centimeters, stimulating energy processes at the cellular level throughout the body. The practical result: people using the Sauna Fix® near-infrared sauna consistently report improved energy, clearer thinking, and faster recovery — effects that reflect genuine mitochondrial up-regulation, not simply the relaxation response of heat exposure.

Weight Loss: The Toxin-Fat Connection

Resistant weight loss is frequently a toxin storage problem, not a caloric one. The body stores fat-soluble toxins — pesticides, phthalates, BPA, heavy metals — in adipose tissue. As long as those toxins remain, the body resists releasing the fat that is protecting vital organs from direct toxic exposure. Infrared sauna therapy mobilizes these lipophilic toxins by heating fat tissue directly, releasing them into circulation where they can be processed by the liver and eliminated through sweat.

Near-infrared specifically adds a fat-loss mechanism that far-infrared cannot replicate. A randomized controlled study published in GMS German Medical Science (Möckel et al., 2006) found that obese women who exercised on a bicycle ergometer with near-infrared irradiation across the waist, hips, and thighs lost significantly more local fat and body weight than those who exercised identically without NIR: combined waist, hip, and thigh circumferences decreased by a median of 8.0 cm in the NIR group vs. 1.8 cm in the control group ($p < 0.001$), and body weight decreased by a median of 1.9 kg vs. 0.0 kg — over just 4 weeks of 3 sessions per week. The mechanism is that near-infrared raises the temperature of bradytrophic (slow-metabolizing) fatty tissue — which normally has a very low rate of lipolysis — increasing local fat mobilization during exercise so freed fatty acids are burned in the working muscles simultaneously. NIR and exercise work together: the NIR warms and mobilizes fat that exercise alone cannot effectively access, while the exercise provides the lipolytic stimulus and burns the mobilized fuel. A single infrared sauna session can also burn 200–600 calories through the sustained cardiovascular demand of maintaining core temperature elevation. Additionally, sauna therapy stimulates heat shock proteins, which have been shown to increase muscle mass by up to 30% in research models — and greater muscle mass raises the resting metabolic rate.

Immune System Restoration Through Metal Elimination

Four heavy metals — mercury, arsenic, lead, and cadmium — are among the most prevalent in the modern toxic burden, and all four directly impair the three primary arms of immune defense. They suppress macrophage function (the immune cells that recognize and destroy pathogens and cellular debris), impair neutrophil activity (the first-responder immune cells that attack bacterial and viral invaders), and diminish natural killer cell effectiveness (the specialized cells that destroy virus-infected and cancerous cells). The cumulative result is an immune system that is present but functionally compromised — struggling against infections, unable to clear chronic pathogens, and slow to respond to new threats. Regular sauna therapy with the Sauna Fix® near-infrared sauna systematically eliminates these metals through sweat, progressively restoring immune function as the toxic burden decreases.

Skin Rejuvenation and Structured Water

The skin is the largest eliminative organ in the body, yet in most people it is chronically congested, inactive, and starved of circulation — a direct consequence of chronic sympathetic nervous system overactivation, synthetic clothing, and chemical exposure. Infrared sauna therapy drives blood to the skin's surface, restoring the circulation and oxygenation that allow skin cells to function normally. DNA synthesis of fibroblasts — the cells responsible for collagen and skin elasticity — increases five-fold with regular near-infrared exposure, producing measurable improvements in skin firmness, texture, and tone.

The Sauna Fix® near-infrared sauna emits light across the 550–3,400 nm spectrum. Within that range, wavelengths around 3,000 nm are particularly significant: research by Dr. Gerald Pollack at the University of Washington demonstrates that infrared light at these wavelengths is one of the primary stimuli that expands the exclusion zone (EZ) — the structured fourth phase of water (H_3O_2) surrounding cells. This expansion is further enhanced when the body's extracellular environment is alkaline. Arriving at a sauna session with an alkaline, mineral-rich cellular environment — created by drinking Healthy Salt water earlier in the day — prepares the body to respond optimally to this effect. See Way #8 for the full structured water, Healthy Salt, and Bio Disc 2 protocol.

Low EMF: A Critical Safety Distinction

Most far-infrared saunas emit electromagnetic fields (EMF) at levels that significantly exceed the recommended safe limit of 3 milliGauss — some reaching levels comparable to cell phone radiation in the 4–15 micron range. This is a genuine concern: a therapy designed to reduce toxic burden should not simultaneously introduce a new electromagnetic stressor. Near-infrared incandescent lamp saunas emit virtually no dangerous EMF. The Sauna Fix® near-infrared sauna wiring is confined to the lamp panel only, and the lamps themselves produce negligible EMF. Additionally, the radiant tent panels are constructed from space-blanket material that actively blocks wireless signals and electromagnetic frequencies from entering the enclosure — creating a true low-EMF healing environment.

Protocol: Getting the Most from Every Session

Dry-brush your skin before entering to remove the dead cell barrier and open the pores. Begin with 20–30 minute sessions; individuals with adrenal fatigue, chronic illness, or heat sensitivity should start at 5–10 minutes and increase gradually in 5-minute increments weekly. Rotate side-to-side every few minutes to activate the blood shunting effect. Wipe sweat from the skin immediately — you want toxins off the body as soon as they surface. Do not eat for at least an hour beforehand. Hydrate with 8–16 oz of filtered water before the session and replenish minerals afterward — sweat routes for eliminating not only toxins but also essential electrolytes. Aim for daily sessions during active detox, and a minimum of five sessions per week for long-term benefit. Research shows the most significant reductions in all-cause mortality from sauna use occur at five or more sessions per week. For most people, 1–3 years of regular use is required to substantially clear the accumulated heavy metal and chemical burden from deep tissue stores.

WHAT TO DO: The Sauna Fix® near-infrared sauna and Breathe Safe® are available at CreatrixSolutions.com. Begin with 20–30 minute sessions and build gradually. Always hydrate before and after, and replenish minerals lost in sweat. Use Breathe Safe® inside every session to amplify sweat volume, oxygenate the enclosure, and prevent re-absorption of toxin-laden vapor.

2

Coffee Enemas

The most powerful liver detox protocol in clinical history

Coffee enemas have been used therapeutically for over a century, including as a core protocol in the Gerson cancer therapy. Their mechanism is specific, well-documented, and distinct from a standard cleansing enema.

The History and the Science

Coffee enemas were listed in the Merck Manual of Conventional Medicine from 1890 through 1977. They were used extensively in World War I field hospitals for pain management and toxic shock. Dr. Max Gerson, a physician who pioneered a nutritional approach to cancer treatment in the 1930s and 1940s, made coffee enemas a central component of his detoxification protocol — using them to manage the toxic burden released as tumors broke down during treatment.

The mechanism is hepatic, not colonic. When coffee is retained in the colon for 12–15 minutes, the caffeine and palmitic acid compounds (kahweol and cafestol palmitate) are absorbed into the portal vein and transported directly to the liver. There they stimulate the production of glutathione S-transferase — the liver's master detoxification enzyme — by up to 700% above normal levels. Simultaneously, bile flow from the liver and gallbladder is increased, flushing toxin-laden bile out through the colon rather than allowing it to be reabsorbed.

The result is a rapid, powerful cycle of liver detoxification that is difficult to replicate through any oral supplement or dietary intervention. Many practitioners report that a single coffee enema can clear more hepatic toxic burden than several days of dietary cleansing.

What Coffee Enemas Address

- Heavy metal mobilization — the glutathione surge binds and neutralizes metals circulating through the liver
- Bile stagnation — sluggish bile flow is a primary driver of toxin recirculation and hormonal congestion
- Headaches and nausea during detox protocols — coffee enemas provide rapid relief when toxin mobilization outpaces elimination
- Chronic fatigue — liver congestion is a primary but underrecognized driver of low energy
- Constipation and dysbiosis — bile stimulation supports motility and microbial balance

The Protocol

Use 1 tablespoon of organic, light-to-medium roast coffee (not decaf) per quart of filtered, room-temperature water. Allow to cool completely before use — the solution should never be warm. Retain for 12–15 minutes. Begin with one session per week and increase based on tolerance and need. Some practitioners recommend up to 3–4 per week during active detox protocols.

Coffee quality matters significantly. Standard commercial coffee is heavily sprayed with pesticides that would directly enter the portal circulation. Use certified organic coffee specifically labeled for enema use.

The Enema Fix — Stand-Up, No-Mess Protocol

The single biggest barrier to coffee enemas is the awkward, messy setup of traditional equipment. The Enema Fix by Eileen Durfee solves this entirely. It is the only stand-up enema system — designed to be used in a normal standing position, eliminating the floor setup, the mess, and the discomfort that causes most people to abandon the practice after one or two attempts.

WHAT TO DO: The Enema Fix Complete Kit is available at CreatrixSolutions.com. Use only certified organic coffee and filtered water. Never use tap water for enemas — chlorine and fluoride absorbed directly into the portal circulation bypasses all digestive filtration. Visit: [creatrixsolutions.com/products/shop/enema-fix-complete-enema-kit](https://CreatrixSolutions.com/products/shop/enema-fix-complete-enema-kit)

3

Castor Oil Wrap Therapy

Lymphatic activation, liver support, and parasympathetic healing — applied directly to the abdomen

Castor oil has been used therapeutically for thousands of years — from ancient Egypt through the 20th century, when it appeared in the Merck Manual of conventional medicine. Its modern clinical application centers on a specific and well-documented mechanism: when ricinoleic acid — the active compound in castor oil, comprising up to 90% of its composition — penetrates the skin and reaches the lymphatic and blood vessels in the dermis, it triggers a cascade of detoxification, immune, and parasympathetic effects that are difficult to replicate through any oral supplement or dietary intervention.

How Ricinoleic Acid Works

Ricinoleic acid has a molecular weight of 298 Daltons — well below the 500 Dalton threshold at which compounds can permeate the lower epidermis and reach the dermis where blood and lymphatic vessels are located. This transdermal delivery is what gives castor oil packs their systemic reach without the nausea, cramping, and digestive distress that come with oral ingestion.

Once absorbed, ricinoleic acid stimulates the lymphatic system to increase production of lymphocytes — the body's primary disease-fighting white blood cells. Research demonstrates that castor oil application increases T-11 cell counts and lymphocyte production in the blood within seven hours of use, prompting the body to generate more antibodies and accelerate the destruction of viruses, bacteria, fungi, and abnormal cells. The chemical structure of ricinoleic acid closely mirrors the prostaglandins naturally present in the human body that regulate inflammation, which is why castor oil applied externally produces measurable anti-inflammatory effects in the abdominal organs it contacts.

Castor oil also increases glutathione production — the liver's master detoxification compound — which binds and pulls toxic substances from tissue, including heavy metals and excess estrogen, routing them for elimination through the liver and colon. For individuals with sluggish elimination, hormonal congestion, or high toxic burden, this glutathione-stimulating effect is clinically significant and complements the coffee enema protocol described in Way #2.

The Parasympathetic Switch — Why the Pack Matters

The physical pack is not merely a delivery vehicle for the oil. Applying a wrap snugly against the abdomen activates sensory receptors in the skin, which transmit signals via somatic-visceral reflexes to the organs directly beneath — the liver, pancreas, stomach, small and large intestine, kidneys, and adrenals. This neurological signaling shifts the nervous system from the sympathetic (fight-or-flight) state into the parasympathetic (rest-and-repair) state, simultaneously stimulating the production of oxytocin and dopamine. As described in Way #1, detoxification occurs most effectively in the parasympathetic state. The castor oil wrap is one of the simplest and most reliable tools for inducing that state while the body is at rest — particularly in people whose sympathetic nervous systems are chronically overactivated.

In this parasympathetic state, the digestive system resumes full function — secreting digestive enzymes, bile, hydrochloric acid, and immune factors that are suppressed under chronic stress. Leaky gut syndrome is, at its root, a stress response: the intestinal barrier degrades when the body is locked in sympathetic dominance. The castor oil wrap directly addresses this by creating the physiological conditions in which the gut can heal.

What Castor Oil Wrap Therapy Addresses

The range of conditions that respond to regular castor oil wrap therapy is broad, reflecting its simultaneous action on the lymphatic, immune, hepatic, digestive, and nervous systems. Documented benefits include: stimulation of thymus gland function and lymphatic drainage; reduction of substance P (the neurotransmitter that amplifies pain signals); improved bowel regularity and reduced abdominal bloating and gas; decreased joint and muscle inflammation;

balanced hormones and reduced moodiness; decreased liver enzymes, cholesterol, and uric acid; and relief from menstrual cramping when applied over the uterus.

Castor oil is one of the very few natural substances capable of breaking down the biofilm that protects pathogenic bacteria in the gut — the same biofilm that prevents probiotics from colonizing effectively. By disrupting this biofilm transdermally, castor oil wrap therapy creates conditions in which a probiotic and prebiotic protocol (see Way #9) can work substantially better than it otherwise would.

There is also considerable clinical evidence that regular castor oil use can help shrink uterine fibroids, ovarian cysts, and kidney stones — conditions associated with chronic inflammation, lymphatic congestion, and impaired elimination of excess estrogen. The combination of ricinoleic acid's prostaglandin-mimicking action and its effect on smooth muscle contraction (the same smooth muscle that lines the uterus, intestines, and gut wall) makes it uniquely suited to these reproductive and digestive applications.

The Castor Oil Wrap by Creatrix Solutions — A Better Design

The single biggest barrier to consistent castor oil pack use has always been the mess. Traditional packs require old towels, plastic sheeting, and significant cleanup — a setup that most people abandon within a few uses. The Castor Oil Wrap by Creatrix Solutions was designed specifically to eliminate this barrier entirely.

Unlike flat packs that slip, bunch, or require you to lie perfectly still, the Creatrix Castor Oil Wrap is engineered like a corset — with a thick organic bamboo and cotton fleece liner, crossed shoulder straps, adjustable side ties, and a front pocket for optional heat application. The corset-style fit holds the oil-saturated fleece firmly against the abdomen without leaking, allowing you to move freely, sit upright, or sleep through the night wearing it. The organic bamboo and cotton fleece absorbs and holds castor oil evenly across the treatment area, maximizing tissue contact and therapeutic penetration.

The liner is reusable and can be stored in the refrigerator between sessions — simply cover the fleece side with plastic wrap and roll it up without removing the liner. Add 1–2 tablespoons of castor oil as needed before each session and allow it to warm to room temperature before use. Castor oil is highly resistant to spoilage and will remain viable for 3–4 months. Replace the liner only when it develops an off odor or visible discoloration from toxin release. To clean, soak in ½ cup baking soda per two quarts of water for 20 minutes, hand-wash with mild soap, and air dry.

Protocol

Remove the liner from the wrap and apply castor oil to the fluffy side of the fleece, saturating the center without dripping — leave approximately one inch around the edge dry. Snap the liner back into place. Hold the wrap against your abdomen, loop the straps around your waist, cross them across your back, and bring them up over your shoulders. Lace the long ties through the side and bottom loops, pull snug, and tie. The crossed back straps are the key to a secure, comfortable fit. Add a heating pad or warm water bottle in the front pocket to further enhance oil penetration and deepen the parasympathetic response. Wear for a minimum of one hour daily — before bed is ideal, as the relaxation effect supports deeper sleep. The wrap can also be worn overnight for extended benefit during active detox protocols.

WHAT TO DO: The Castor Oil Wrap by Creatrix Solutions is available at CreatrixSolutions.com. Use certified organic, cold-pressed castor oil only — conventional castor oil may contain pesticide residues that absorb directly through the skin. Wear a minimum of one hour daily; overnight use during active detox is encouraged. Use in combination with sauna therapy (Way #1) and coffee enemas (Way #2) for a complete hepatic detox cycle.

4

Replace Toxic Body Care with Transdermal Nutrition

Stop absorbing toxins through your skin daily — and start feeding your body through it instead

Every detox protocol in this guide works against a continuous counter-current if your body care products are loading you with toxins 24 hours a day. The skin is the body's largest organ — and it absorbs what you put on it. Replacing conventional products with formulations built on real nutrition is not a cosmetic upgrade. It is a detox intervention.

AVOID: What Conventional Body Care Is Actually Doing

The average person applies 9–12 personal care products daily before leaving the house, collectively delivering over 100 chemical exposures directly to the skin. Unlike food, which passes through digestive filtration before entering circulation, compounds absorbed transdermally bypass the liver entirely and go straight into the bloodstream — which is precisely why pharmaceutical patches work. This same mechanism applies to every lotion, deodorant, toner, and sunscreen you use.

The most problematic conventional ingredients include aluminum compounds in antiperspirants — absorbed directly into lymphatic tissue under the arms and associated with disruption of estrogen receptor signaling; parabens and synthetic fragrances (phthalates), which are estrogenic endocrine disruptors that further deplete the liver's detox

capacity; petroleum-derived emollients (mineral oil, petrolatum) that create an occlusive film preventing the skin from breathing and eliminating; synthetic preservatives such as formaldehyde-releasing agents; and chemical UV filters in conventional sunscreens including oxybenzone and octinoxate, which are absorbed systemically and measurable in blood within hours of application. Many of these are the same obesogens and hormonal disruptors discussed in Way #1 — entering the body not through food but through daily skin contact, compounding continuously.

REPLACE: Transdermal Nutrition Through Beef Tallow and Dead Sea Minerals

If transdermal absorption is a liability with toxic ingredients, it becomes a therapeutic asset with the right ones. The Creatrix Solutions skincare line is formulated around two foundational ingredients: grass-fed beef tallow and Dead Sea minerals — both chosen because their molecular structure and mineral composition allow them to penetrate the skin and deliver genuine nutrition to underlying tissue, not merely coat the surface.

Grass-fed beef tallow has a fatty acid profile nearly identical to human sebum — the skin's own natural oil — which is why it absorbs completely without clogging pores or leaving residue. It is rich in fat-soluble vitamins A, D, E, and K, conjugated linoleic acid (CLA), and palmitoleic acid, all of which are required for cell membrane integrity, collagen synthesis, and barrier repair. Tallow also contains stearic and oleic acids in ratios that closely mirror those the skin uses to regulate its own microbiome and inflammatory response. For skin that has been chronically stripped by synthetic cleansers and dehydrated by petrochemical “moisturizers,” tallow is genuinely restorative — rebuilding the lipid matrix that petrochemicals merely simulate.

Dead Sea mineral toners deliver magnesium, potassium, calcium, zinc, and bromide directly through the skin in ionic form — the same form in which minerals are most bioavailable. The Dead Sea has one of the highest mineral concentrations of any body of water on earth, with a mineral profile documented to reduce inflammation, support skin barrier function, inhibit pathogenic microorganisms, and improve cellular hydration at a structural level. Applied as a toner, these minerals absorb rapidly into the dermis, where they support the same enzymatic and energy-production processes that HTMA addresses from the inside out.

What Changes When You Switch

Capillary bleeds under the skin — the kind that appear as red or purple blotches on the forearms and hands and persist for years — are a visible sign of fragile capillary walls, vitamin K2 and C deficiency at the tissue level, and chronic skin barrier failure. These are not cosmetic problems; they reflect underlying nutrient depletion in the dermis and subcutaneous tissue. Customers using the Creatrix Solutions Revive Toner with Dead Sea minerals paired with the Anti-Aging Tallow Lotion have reported complete resolution of long-standing capillary bleeds and skin eruptions that did not respond to years of conventional treatment — outcomes consistent with genuine transdermal delivery of the fat-soluble vitamins, minerals, and structural lipids the tissue needed to repair itself.

The complete Creatrix Solutions natural skincare line includes aluminum-free deodorant, healing lotion, anti-aging tallow lotion, mineral sunscreen lotion, healing balms, and body, face, and anti-aging toners — all formulated without parabens, synthetic fragrance, petrochemicals, or endocrine-disrupting preservatives. Every product is built around ingredients chosen because of what they deliver to the skin, not merely what they feel like on it.

WHAT TO DO: Replace conventional body care products with the Creatrix Solutions natural skincare line at CreatrixSolutions.com/products/natural-skincare. Start with the Dead Sea mineral toner and tallow lotion combination for daily skin nutrition. Switch to the aluminum-free deodorant immediately — the lymphatic tissue under the arms is directly upstream of breast tissue, and eliminating aluminum absorption from this site is a non-negotiable step in any serious detox protocol.

5

Dry Brushing

Activating the skin — your largest detox organ

The skin eliminates approximately one pound of waste per day through perspiration. Dry brushing removes the dead cell barrier that impairs this process and activates the lymphatic network that runs just beneath the skin's surface.

The lymphatic system is the body's waste transport network — collecting cellular debris, metabolic waste, immune complexes, and environmental toxins from the tissues and routing them for eliminating through the liver and kidneys. Unlike the cardiovascular system, the lymphatic system has no pump. It depends entirely on muscle movement, breathing, and external stimulation to move lymph fluid.

Dry brushing with firm, natural-bristle strokes toward the heart stimulates lymphatic flow directly, accelerates the removal of metabolic waste from subcutaneous tissues, and exfoliates the dead skin layer that otherwise traps sweat toxins against the body. The combination of lymphatic activation and skin renewal makes dry brushing one of the most efficient daily detox practices available.

Additional Benefits of Regular Dry Brushing

- Improved circulation to peripheral tissues and extremities
- Reduction in the appearance of cellulite through lymphatic drainage
- Enhanced skin tone, texture, and radiance
- Nervous system stimulation — dry brushing activates sensory nerve endings and produces an energizing effect
- Improved absorption of topical products applied after brushing

WHAT TO DO: The Body Detox Brush and Beauty Set is available at CreatrixSolutions.com — a complete dry brushing system with natural bristles matched to different areas of the body. Brush before showering, using long strokes toward the heart. Visit: [creatrixsolutions.com/products/body-detox-brush-and-beauty-set](https://CreatrixSolutions.com/products/body-detox-brush-and-beauty-set)

6

Rebounding

The lymphatic pump that gravity-dependent exercise cannot replicate

Rebounding on a mini-trampoline is one of the few exercises that works every cell in the body simultaneously — and the only common exercise that directly pumps the lymphatic system through gravitational change.

At the bottom of each bounce, gravitational force briefly doubles. At the top, the body experiences near-weightlessness. This rapid, repetitive change in gravitational load creates a pumping action through every lymphatic vessel in the body simultaneously — an effect that walking, running, or conventional exercise cannot replicate because they operate in a single gravitational plane.

NASA research on rebounding found it to be 68% more efficient than jogging for cardiovascular conditioning at equivalent oxygen consumption. The lymphatic benefits extend well beyond circulation — the rhythmic compression and decompression of every joint and soft tissue structure accelerates the clearance of interstitial fluid, metabolic waste, and inflammatory compounds from tissues throughout the body.

For individuals with adrenal fatigue, joint pain, or limited exercise tolerance, rebounding provides significant lymphatic and cardiovascular benefit at low impact — making it accessible where conventional exercise is not.

WHAT TO DO: Begin with 5–10 minutes daily, simply bouncing gently without leaving the mat. Gradually increase duration and intensity as tolerance improves. Even gentle, low-impact rebounding produces significant lymphatic movement.

7

Vibration Plate Therapy

Whole-body stimulation for lymphatic flow and cellular detox

Whole-body vibration platforms stimulate the lymphatic system, improve circulation, support bone density, and accelerate the movement of metabolic waste out of tissues — in sessions as short as 10 minutes.

Vibration plate therapy works through rapid, oscillating mechanical stimulation transmitted through the entire skeletal and soft tissue system. At frequencies of 25–50 Hz, the vibration creates thousands of micro-contractions per minute in muscle and connective tissue — generating a pumping action through the lymphatic and venous systems that is comparable to extended conventional exercise in a fraction of the time.

Research has demonstrated benefits for lymphedema reduction, improved circulation in peripheral tissues, increased bone mineral density, enhanced neuromuscular coordination, and reduction in inflammatory markers. For individuals who cannot exercise vigorously due to fatigue, joint pain, or adrenal exhaustion, vibration therapy provides a passive but highly effective means of activating the body's waste-removal systems.

Used in combination with rebounding, dry brushing, and infrared sauna, vibration plate therapy creates a comprehensive lymphatic activation protocol that addresses toxin clearance at every level of the tissue system.

WHAT TO DO: Use a whole-body vibration plate for 10–15 minutes daily. Frequency settings of 25–35 Hz are appropriate for lymphatic and circulation benefits. Higher frequencies (40–50 Hz) provide more intense neuromuscular stimulation. Consult your practitioner for specific settings based on your health status.

Ozone (O_3) is a highly reactive form of oxygen that, when dissolved in water, creates a powerful oxidizing environment that neutralizes pathogens, supports cellular oxygenation, and enhances the liver's detoxification capacity.

Drinking ozonated water introduces a controlled oxidative stimulus that the body's antioxidant systems respond to by upregulating protective enzymes — including glutathione, superoxide dismutase, and catalase. This hormetic response (a beneficial adaptation to a mild oxidative stress) enhances the body's overall antioxidant and detoxification capacity over time.

Ozonated water also directly destroys pathogenic bacteria, viruses, and fungi in the digestive tract — supporting gut microbial balance without the disruption caused by antibiotic treatment. For individuals with dysbiosis, SIBO, or chronic gut infections, ozonated water can be a powerful adjunct to a comprehensive gut healing protocol.

Additionally, the elevated dissolved oxygen in ozonated water supports cellular energy production in tissues that are chronically oxygen-depleted due to poor circulation, anemia, or mitochondrial dysfunction — conditions common in individuals with high toxic burdens.

Structured Water and the EZ Water Connection

Not all water hydrates equally. Dr. Gerald Pollack's research at the University of Washington identifies a fourth phase of water — beyond solid, liquid, and gas — called EZ (exclusion zone) water, with the molecular formula H_3O_2 . EZ water is more viscous, more alkaline, and more negatively charged than ordinary H_2O . It forms in layers around hydrophilic surfaces including cell membranes, proteins, and DNA — where it functions as a biological battery, storing and delivering the electrical charge that powers cellular processes. When EZ water layers are depleted — by dehydration, toxic load, acidic pH, or EMF exposure — cellular energy production and toxin transport both suffer.

The primary stimuli that build and expand EZ water are infrared light — particularly wavelengths around 3,000 nm — and extracellular alkalinity. The Sauna Fix® near-infrared sauna emits across the 550–3,400 nm range, encompassing precisely the wavelengths that expand EZ layers inside tissues during a session. However, the body's ability to respond to this stimulus is significantly enhanced when you arrive already well-hydrated with mineral-rich, alkaline water. This is not incidental — it is the mechanism behind the recommendation to drink Healthy Salt water before every sauna session.

Structured water can also be created at home using the Bio Disc 2 — a scalar bio-energy disc with natural minerals fused into its surface that reorganizes water molecules into a more coherent, lower-surface-tension structure. Place the Bio Disc 2 under a glass or water container. Eight hours is adequate for a 2.5-gallon container; a single glass structures more quickly. Customers using the Bio Disc 2 for well water with high iron and iron bacteria content report the rotten egg smell and off-taste completely eliminated, with the water tasting and feeling energetically distinct from untreated tap water. Structured water prepared this way can be used for all drinking water and is especially beneficial before sauna sessions.

Healthy Salt: Mineral Replenishment and Alkaline Hydration

Conventional sea salt contains 1–2% mineral content; the rest is sodium chloride. Healthy Salt contains 25% mineral content — a 12-to-25-fold difference — delivering a full spectrum of trace minerals that alkalizes the body's internal environment while hydrating at the cellular level. It is produced through a 3-year processing method that makes it more bioavailable, more alkaline, and more therapeutically potent than any standard salt form.

The connection to EZ water is direct: EZ water formation requires an alkaline extracellular environment. When tissues are acidic — as they commonly are under toxic load, chronic stress, and mineral depletion — EZ layer formation is suppressed and the sauna's 3,000 nm stimulus produces a diminished response. Adding a pinch of Healthy Salt to filtered or structured water raises the alkalinity of the fluid entering the body, creates the mineral-rich environment that supports EZ expansion, and replenishes electrolytes. It also supports hydroelectric energy generation at the cell membrane level — the same electrical mechanism that powers detox transport proteins. Important note: Healthy Salt water is separate from ozonated water and should never be combined with it. Ozonated water must always be taken alone, on a completely empty stomach. Drink your Healthy Salt water at a different time — add a pinch to 8–16 oz of structured water before a sauna session or throughout the day for ongoing cellular support.

WHAT TO DO: The Tri-Oxy® Water Ozonator is available at CreatrixSolutions.com for home ozonated water preparation. Drink ozonated water on an empty stomach for maximum absorption. Structure your drinking water using the Bio Disc 2 (available at CreatrixSolutions.com/products/bio-disc-2-scalar-bio-energy) — place it under your water container for 8 hours. Add a pinch of Healthy Salt (CreatrixSolutions.com/products/healthy-high-ph-mineral-salt) to 8–16 oz of structured water before every sauna session to create the alkaline, mineral-rich environment that maximizes EZ water expansion during NIR exposure. Visit: [creatrixsolutions.com/products/tri-oxy-water-ozonators](https://CreatrixSolutions.com/products/tri-oxy-water-ozonators)

Dietary fiber is not just for regularity. Specific fibers bind bile acids, heavy metals, and environmental toxins in the gut — preventing their reabsorption and ensuring they are eliminated through the colon. Without adequate fiber, toxins mobilized by the liver re-enter circulation.

The liver packages fat-soluble toxins into bile and releases them into the small intestine for excretion. This process — called enterohepatic circulation — is the liver's primary route for eliminating processed toxins. However, if the gut is slow, dysbiotic, or fiber-depleted, a significant proportion of that bile (and its toxic payload) is reabsorbed through the intestinal wall and recycled back to the liver. The result is a toxin merry-go-round that overburdens the liver and allows toxins to accumulate systemically.

Soluble fiber — particularly psyllium, pectin, and inulin-type fructooligosaccharides — binds bile acids and toxins in the gut lumen, preventing reabsorption and dramatically improving the efficiency of hepatic detoxification. Insoluble fiber provides the bulk and motility that moves waste through the colon before toxins can be reabsorbed.

The Fiber and Prebiotic Stack

PureLean Fiber 3-4-5 — A comprehensive multi-fiber formula providing soluble and insoluble fiber to support toxin binding, bile acid sequestration, and healthy bowel motility.

Ther-Biotic Biotagen Powder (Klaire Labs / SFI Health) — A prebiotic powder formulated to selectively feed beneficial bacteria. A well-nourished microbiome produces short-chain fatty acids that strengthen the intestinal barrier, reduce systemic inflammation, and support Phase II liver detoxification.

GLP-1 Daily Support Fiber Powder (Vital Nutrients) — Supports GLP-1 hormone secretion from the gut, which regulates appetite, blood sugar, and gut motility — all critical factors in maintaining the elimination efficiency that detoxification depends on.

HyperBiotics Prebiotic Powder (Vital Nutrients) — A targeted prebiotic blend to feed the specific bacterial strains responsible for gut barrier integrity, immune regulation, and the production of detoxification-supportive metabolites.

WHAT TO DO: All four products are available at WellnessShoppingOnline.com. Create a free account to view and purchase. Use a variety of fibers rather than a single source — different fibers feed different bacterial populations and bind different classes of toxins.

As toxins are mobilized and moved through the gut during detoxification, the intestinal lining comes under significant stress. IgGI Shield® provides targeted immune and structural support to the gut barrier — preventing inflammation, permeability, and immune dysregulation that can derail a detox protocol.

IgGI Shield® by Designs for Health contains serum-derived bovine immunoglobulins (IgG) the same class of immune proteins the body produces to neutralize pathogens, toxins, and irritating compounds in the gut lumen. Supplemental IgG works by binding to these compounds directly in the intestinal space, neutralizing them before they can trigger immune activation or cross the gut barrier into systemic circulation.

The formula also contains N-Acetyl-D-Glucosamine (NAG) — a building block used by the body to synthesize and repair the protective mucosal layer that lines the intestinal tract. This creates a complementary approach: the IgG neutralizes irritating compounds while NAG supports the structural tissue that prevents them from penetrating the gut wall.

Who Needs This During Detoxification

- Individuals with food sensitivities or known intestinal permeability (“leaky gut”)
- Anyone undergoing active heavy metal detoxification, where mobilized metals pass through the gut
- Those with dysbiosis, SIBO, or chronic gut inflammation
- Individuals using coffee enemas, as the increased bile flow carries a significant toxic load through the colon
- Anyone experiencing immune dysregulation, chronic infections, or environmental sensitivities

Research on serum-derived bovine immunoglobulins has demonstrated benefits for gastrointestinal health including support for normal bowel function, healthy immune activity within the gut, and maintenance of intestinal barrier integrity — making IgGI Shield® a critical protective layer in any comprehensive detox protocol.

WHAT TO DO: IgGI Shield® (120 capsules, Designs for Health) is available at WellnessShoppingOnline.com. A free account is required to view and purchase — registration takes less than a minute. Use during active detox protocols whenever gut stress symptoms are present.

11

Hair Tissue Mineral Analysis

Know what you're detoxifying before you start

Every detox protocol in this guide operates more safely, more effectively, and with more precision when it is guided by a Hair Tissue Mineral Analysis (HTMA). Without knowing your specific biochemical terrain — which metals you are carrying, which minerals are depleted, and what your body's metabolic rate is — detoxification is a generic guess. HTMA makes it a targeted science.

What HTMA Measures and Why It Matters

HTMA measures the mineral content of the hair shaft — a tissue that reflects the mineral and toxic metal concentrations deposited from the blood over the preceding 2–3 months. Unlike blood tests, which capture only what is circulating at a single moment, HTMA provides a time-averaged picture of what is actually stored in the body's tissues. Blood values for most toxic metals normalize between exposures; hair values reveal what the body has been accumulating continuously.

Many health conditions originate when deficiencies of vital minerals cause the body to substitute toxic metals in critical enzyme binding sites as an adaptive mechanism. Lead displaces calcium. Cadmium displaces zinc. Mercury and arsenic displace selenium and sulfur. The body does this to keep enzymes functioning under nutritional stress — but the substitution degrades enzyme efficiency, disrupts energy production, and accumulates as a growing toxic burden. HTMA reveals this substitution process directly, identifying not only which toxic metals are present but which vital minerals have been displaced and need restoration.

How HTMA Drives a Detox Protocol

Nutritional balancing programs based on HTMA cause toxic metals to be eliminated through four simultaneous mechanisms: first, by increasing biochemical energy production — which is the primary driver of elimination capacity; second, through chelating agents such as vitamin C and sulfur-bearing amino acids; third, by supplying antagonistic minerals that compete with and displace the toxic metals from their binding sites; and fourth, by enhancing the efficiency of the eliminative organs — liver, kidneys, skin, lungs, and colon. Without HTMA data, none of these four mechanisms can be properly targeted.

HTMA also reveals the oxidation rate — the speed at which the body burns fuel for energy. Fast oxidizers and slow oxidizers require different diets, different supplement protocols, and tolerate different detox intensities. Aggressive detoxification in a person with a very slow oxidation rate, depleted adrenals, or a four-low-electrolyte pattern can trigger severe healing reactions and systemic decompensation. HTMA enables a trained practitioner to design a detox protocol tailored to your specific biochemistry — safe, targeted, and progressing at the rate your body can actually handle.

Understanding Healing Reactions: What HTMA Helps You Anticipate

One of the most valuable functions of HTMA in a detox protocol is predicting and contextualizing healing reactions. As a nutritional program begins to work — raising energy, correcting mineral ratios, and mobilizing stored toxins — a person may temporarily feel worse. Old symptoms may return. Fatigue, skin rashes, mood changes, headaches, joint pain, or unusual emotional states may arise. These are called healing reactions or retracing reactions: the body's house-cleaning process is made symptomatic by the speed at which toxins are mobilized from storage into circulation.

Healing reactions are not side effects — they are evidence of progress. They occur because energy levels are finally high enough to initiate deep tissue repair that was previously impossible. Each toxic metal produces a characteristic pattern of symptoms when it mobilizes: copper elimination commonly produces fatigue, mood swings, anxiety, insomnia, skin rashes, and occasionally old fears resurfacing — copper is biochemically associated with emotional detachment and anxiety, and as it clears, those states temporarily intensify before resolving. Cadmium elimination typically causes low back pain, bone aching, fatigue, and changes in urine, and can temporarily slow the oxidation rate as cadmium's aldosterone-like effect dissipates — causing a rollercoaster of energy that resolves as the metal is fully cleared. Mercury elimination produces emotional changes, metallic taste, kidney-area discomfort, and is closely linked to copper elimination. Lead causes bone and joint pain and general malaise as it mobilizes from its primary storage sites in bone and the nervous system. Iron and aluminum — often eliminated simultaneously — can produce heightened awareness of anger (iron is stored in the amygdala) and temporary joint symptoms.

Knowing which metals are present on your HTMA allows a practitioner to predict which healing reactions are likely, prepare you for them in advance, and adjust the protocol to manage their intensity. People who are forewarned tolerate healing reactions far better and are far less likely to abandon a detox program that is actually working. Many people have stopped a protocol precisely when their body was making its deepest biochemical corrections — simply because they did not understand what was occurring.

GB-3: The Liver and Gallbladder Detoxification Supplement

As toxic metals mobilize during a detox protocol, they route for eliminating primarily through the liver, gallbladder, and colon. If any of these organs are sluggish — which is especially common in slow oxidizers — mobilized toxins back up, recirculate, and produce headaches, nausea, and fatigue that make healing reactions feel unbearable. Enhancing the liver's throughput is one of the most important and underutilized strategies in detoxification.

GB-3 by Endo-met Laboratories is a three-ingredient formula with over 65 years of clinical use, originally designed by Dr. Henry Harrower — considered the father of American Endocrinology. The formula stands for “gall bladder-hepatic” and combines three agents that work together as the most powerful liver and gallbladder detoxification combination in clinical nutrition: Ox Bile Extract, Black Radish, and Pancreatin.

Ox Bile Extract contains dehydrocholic acid — a powerful bile acid that can begin pulling toxic metals and heavy metals out of the liver and gallbladder within days of use. Black radish is a potent liver cleanser from the plant kingdom; together with ox bile extract it creates what has been called the greatest “one-two punch” in liver detoxification history. Pancreatin enhances pancreatic function, balancing the formula across both the liver and the pancreas. GB-3 also assists in balancing copper — a metal that is imbalanced in over 50% of HTMA analyses — and kills or weakens hundreds of pathogenic bacteria, viruses, fungi, and parasites in the intestinal tract, normalizes intestinal pH and digestive enzyme levels, and digests debris accumulating in the intestines.

GB-3 is particularly valuable during active healing reactions: it directly assists the liver in processing the surge of mobilized toxins that occurs when a detox protocol is working effectively — the same surge that produces the liver headaches, constipation, and toxic recirculation that cause people to feel worse before they feel better. Begin with one tablet daily to assess tolerance — GB-3 is potent and too much initially can produce cramping or loose stools as it digests accumulated intestinal debris. Build gradually to 1–3 tablets per meal. GB-3 is also recommended specifically for chronic constipation, gas and bloating after meals, slow oxidizers with sluggish liver function, and for anyone whose gallbladder has been removed.

Renamide: Kidney Support During Metal Elimination

While GB-3 supports the liver-gallbladder-colon elimination route, a second primary route for toxic metal excretion runs through the kidneys. Cadmium, mercury, and nickel in particular accumulate in kidney tissue and are eliminated via the urinary pathway — placing significant stress on renal function during active detoxification. Low back pain, changes in urine, and kidney-area discomfort during a detox protocol are often signs that the kidneys are processing a heavy metal load and need direct support.

Renamide by Endo-met Laboratories is a kidney glandular concentrate formulated specifically to support renal function during detoxification. Glandular concentrates provide the raw materials — enzymes, peptides, and organ-specific cofactors — that the corresponding organ uses to repair and up-regulate its own function. Used together, GB-3 and Renamide address both primary elimination routes simultaneously: GB-3 clears the liver-to-colon pathway, Renamide supports the kidney-to-urinary pathway. This two-route approach reduces the bottleneck that causes mobilized metals to recirculate rather than excrete and eases the intensity of healing reactions by ensuring both exits are functioning at capacity. Renamide is particularly indicated during cadmium, mercury, and nickel elimination, and whenever kidney-area discomfort arises during an active detox protocol.

The Pattern Report: Tracking Progress Across Retests

Detoxification is not a one-time event — it is a multi-year process. Many people are under the false impression that a few months of effort will clear their accumulated toxic burden. In practice, the body can only eliminate a certain quantity of toxic metals at any given time, and metals are stored in layers, in different tissues, released at different rates as the body gains the energy to address progressively deeper storage sites. Repeat HTMA every 3–6 months confirms that metals are actually being eliminated rather than simply redistributed, tracks the restoration of essential minerals, and allows the protocol to be adjusted as the biochemical terrain shifts.

Eileen's proprietary Pattern Report software tracks your mineral progression across every retest — generating a longitudinal view of what is changing, what metals are actively eliminating, and what mineral patterns are emerging or resolving. This is the practitioner's map for navigating a multi-year detox program: not just a snapshot, but a trajectory. It is what transforms a series of individual test results into a coherent picture of where your body has been, where it is now, and where the protocol needs to take it next.

WHAT TO DO: Order your Hair Mineral Analysis at WellnessShoppingOnline.com. Eileen's proprietary Pattern Report software tracks your mineral progression across retests — giving you a clear longitudinal picture of what is eliminating

and what still needs support. GB-3 and Renamide by Endo-met are available at WellnessShoppingOnline.com — use GB-3 for liver-gallbladder-colon support and Renamide for kidney support throughout any active detox protocol. Remote consultations to interpret your results and build a personalized protocol are available at WellnessShoppingOnline.com.

12

3x4 Genetics Panel

Your genetic blueprint for detoxification — identifying the bottlenecks that no amount of protocol can fix without knowing they exist

HTMA reveals what is accumulating in your tissues right now. The 3x4 Genetics panel reveals why — the permanent, inherited architecture of your detoxification system determines how efficiently you process toxins, clear heavy metals, manage oxidative stress, and respond to inflammation. Together, these two tests form the most complete foundation available for a personalized detox protocol.

What the 137-Gene Micro cluster Panel Identifies

The 3x4 Genetics panel analyzes 137 genes organized into functional clusters — each cluster mapping a specific physiological system. For detoxification, the most critical clusters include Phase I and Phase II liver detoxification pathways (the enzymes that transform fat-soluble toxins into water-soluble compounds for excretion), methylation (the biochemical process that controls the final packaging and elimination of toxins, heavy metals, and excess hormones), oxidative stress response (the body's capacity to neutralize free radicals generated during detox), and inflammation regulation (which determines how aggressively and sustainably the body can run a detox protocol).

Genetic variants in these pathways are not rare exceptions — they are common, they are consequential, and most people carrying them have no idea they exist. A person with reduced Phase II conjugation capacity, for example, may transform toxins in the liver but struggle to package them for excretion, causing them to recirculate and re-deposit in tissues. A MTHFR variant affecting methylation means that even an optimally designed supplement protocol will underperform without specific methyl-support nutrients. Variants in SOD2 or GPX1 reduce antioxidant enzyme activity, making the oxidative burden of detoxification harder to sustain. These are structural limitations — permanent features of your biochemistry that no amount of general detox effort will compensate for without being directly addressed.

Why Genetics Explains What HTMA Cannot

Two people can have identical HTMA results — the same toxic metal burden, the same mineral depletions — and respond completely differently to the same detox protocol. One person clears metals efficiently with standard support; the other stalls, accumulate healing reactions, or sees metals redistributing rather than eliminating. The difference is often genetic. Their detoxification enzyme capacity, methylation efficiency, and antioxidant reserve are different at the DNA level — and no amount of optimizing the protocol around HTMA data alone will resolve a bottleneck that is structural rather than nutritional.

The 3x4 panel answers the questions that HTMA cannot: Why does this person accumulate copper so readily? Why do their mercury levels not respond to standard selenium and vitamin C support? Why do they have such intense healing reactions at doses that other people tolerate easily? Why does their oxidative stress remain elevated despite antioxidant supplementation? Genetics identifies the answer — and more importantly, points directly to the specific nutritional interventions that bypass or compensate for each bottleneck. The result is a protocol that works with your biology rather than against it.

A One-Time Test with Lifelong Relevance

Unlike HTMA, which changes with each retest as your mineral status evolves, your genetics do not change. The 3x4 panel is a one-time test whose insights remain relevant and actionable for the rest of your life. Every detox protocol you undertake — every supplement you add, every sauna session, every castor oil wrap, every nutritional adjustment — can be calibrated against your genetic blueprint from that point forward. It is the highest-resolution foundation you can build your long-term health strategy on.

WHAT TO DO: Order the 3x4 Genetics panel with consultation at WellnessShoppingOnline.com/products/genetic-lab-testing-with-consultation. Use coupon code **GENETIC** for \$200 off your purchase. Pair with HTMA for the most complete picture of both your current toxic burden and the genetic architecture driving it.

BUILD YOUR COMPLETE DETOX PROTOCOL

Start with an HTMA to know exactly what your body is carrying — then layer in the protocols your specific biochemistry needs.

- ✓ Hair Tissue Mineral Analysis — WellnessShoppingOnline.com
- ✓ 3x4 Genetics Panel (use code GENETIC for \$200 off) — WellnessShoppingOnline.com
- ✓ Enema Fix, Castor Oil Wrap, Body Detox Brush, Tri-Oxy® Ozonator, Sauna Fix® & Breathe Safe® — CreatrixSolutions.com
- ✓ Natural Skincare Line (tallow lotion, Dead Sea mineral toners, aluminum-free deodorant, sunscreen & balms) — CreatrixSolutions.com/products/natural-skincare
- ✓ Fiber, Prebiotic, GB-3, Renamide & IgGI Shield® Stack — WellnessShoppingOnline.com
- ✓ Remote Wellness Consultations — WellnessShoppingOnline.com

EileenDurfee.com | CreatrixSolutions.com | WellnessShoppingOnline.com

About Eileen Durfee

Eileen Durfee is a Master-Level Certified Spinal Fitness Expert, NASM Certified Personal Trainer, holder of 5 patents on posture-restoring equipment, inventor of Sauna Fix® and Breathe Safe®, and author of *Spinal Fitness: The 5-Step System to Prevent Back Injuries, Protect Workers, and Reduce the Hidden Cost of Low Back Pain*. She built over 12 custom homes per year and brings deep expertise across spinal biomechanics, home health, and nutritional biochemistry.

Eileen specializes in Hair Tissue Mineral Analysis (HTMA) using the research of Drs. Paul C. Eck, Larry Wilson, and David Watts (Trace Elements Inc.) to identify the mineral imbalances and toxic metal accumulations that drive chronic fatigue and accelerated aging. Order your analysis at WellnessShoppingOnline.com.

DISCLAIMER: This guide is for educational purposes only. The information presented has not been evaluated by the Food and Drug Administration and is not intended to diagnose, treat, cure, or prevent any disease. Consult a qualified healthcare professional before beginning any detoxification or health program. © 2026 Eileen Durfee / Nuco Enterprise Solutions LLC. All rights reserved. EileenDurfee.com | CreatrixSolutions.com | WellnessShoppingOnline.com