

The Pre-Tox Protocol

How to Prepare Your Body for Detoxification

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Cleanses and detox protocols have been popular for decades now.

And it makes sense. As chronic disease numbers rise and more people complain of fatigue, allergies, and brain fog, we're all looking for answers.

And not just answers, but effective protocols that work quickly.

But there's a problem with quick cleanses and detox diets — most of them will make you feel worse before you feel better.

That's because your body's detoxification pathways are clogged and not adequately prepared for a big flush of heavy metals, cellular waste, and other toxic chemicals.

After seeing hundreds of patients report the same symptoms and frustrations during and after complex “detox” regimens, we decided to create a system that addresses your entire biological terrain and clears your natural detox pathways to prepare your body for detox.



About Dr. Nafysa Parpia

Dr. Nafysa Parpia is a board-certified naturopathic doctor and the Director of Naturopathic Medicine at Gordon Medical.

Throughout her career in holistic medicine, she has focused on treating patients with complex chronic illnesses. She specializes in tick-borne illness/Lyme disease, environmentally acquired illness, mold/mycotoxin illness, autoimmunity, fibromyalgia, long haul COVID, ME/CFS (chronic fatigue syndrome) and MCAS (mast cell activation syndrome)

Dr. Parpia's extensive knowledge has helped people worldwide overcome difficult-to-treat medical conditions. She uses cutting-edge laboratory tests and deep intuition applied to the full range of scientific data to create comprehensive treatment plans that are highly personalized

Her targeted system of care includes a synergistic blend of allopathic and functional medicine diagnoses paired with treatment that includes regenerative medicine, micronutrient therapies, peptide therapies, bioidentical hormone therapy, botanical medicine, pharmaceuticals and psychoemotional support.

Dr. Parpia is on the ISEAI Board of Directors (International Society for Environmentally Acquired Illness).

A Toxin Epidemic

Toxins lurk just beneath the surface of our modern life at all times.

From the food you eat, the water you drink, and the air you breathe to the products you use daily — everyone experiences exposure in some form.

But that's not all. Your body has its own toxic waste system — a system that helps remove excess hormones, cellular waste, and more. When this waste removal system gets clogged, health issues can arise.

Of course, none of this is meant to scare you. Instead, it's meant to empower you to mitigate toxin exposure and detox in safe and effective ways for optimal energy and health. But before you can do that, it's important to learn exactly what products to avoid.

Here are just a few common places that toxic additives hide:



➡ Haircare



➡ Lotions and body oils



➡ Makeup



➡ Soap



➡ Toothpaste and oral care products



➡ All household products, including dish soap, laundry detergent, and cleaning supplies



➡ Clothing and bedding



➡ Furniture



➡ Dental amalgams



➡ Food and water



➡ Plastics



➡ Flu shots and vaccines



➡ Carpeting



➡ EMFs (electromagnetic fields)

**The word “toxin” gets thrown around a lot in the media these days.
Now that you know where toxins can hide,
it's time to define them.**

What Are Toxins?

Toxins come in two main categories:

Exotoxins

Exotoxins are usually referred to as “environmental toxins” and consist of endocrine-disrupting, cancer-causing chemicals that can harm your health by dramatically disrupting your biology. While these chemicals are both manufactured and naturally occurring, one thing is sure: our personal care products, furniture, clothing, and food systems are all affected.

Some commonly-known exotoxins include:

Heavy metals:

- ➡ Mercury
- ➡ Lead
- ➡ Arsenic
- ➡ Aluminum
- ➡ Thallium
- ➡ Cadmium

Chemicals:

- ➡ Pesticides
- ➡ Insecticides
- ➡ Fungicides
- ➡ Industrial solvents
- ➡ Plastics
- ➡ Automotive toxins
- ➡ EMFs
- ➡ Radon
- ➡ Formaldehyde
- ➡ BPA
- ➡ Phthalates

Biotoxins, created by various infections:

- ➡ Mold, which creates mycotoxins
- ➡ Viruses
- ➡ Bacteria
- ➡ Parasites

Endotoxins

Endotoxins include byproducts of normal metabolism that are either not completely metabolized or produced in excessive quantity. Common ones include chemicals absorbed because of leaky gut or abnormal bacterial flora. These are perfectly normal components of a healthy, functioning body. However, when these waste products get stuck in your system due to poor detoxification pathways, they accumulate and become toxic.

Endotoxins include:

- ➡ Oxalates
- ➡ Byproducts of your lymphatic (brain detox) system
- ➡ Hydrogen sulfide
- ➡ Carbon monoxide
- ➡ Nitric oxide
- ➡ Ammonia

Why Do We Need to Detox?

Your body is designed to be able to deal with your environment.

But modern life has changed our environment dramatically, with harmful toxins infiltrating our soil and food supply, our water, and the air we breathe. Not to mention side effects from over-the-counter and prescription medications that can affect your organs of elimination over time.

So while our detox organs were designed to eliminate toxins and cellular waste naturally, our bodies didn't evolve to take on the modern burden of chemicals that we're exposed to on a daily basis.

Constant exposure to toxins results in an increased "toxic load." A growing body of research is proving that this can lead to immune dysregulation that underlies chronic illnesses, including autoimmunity.

What is Toxic Load?

Your toxic load is the total amount of toxic stressors in your body at one time.

Imagine your body as a container of water. Add just one drop of toxins, and it disperses throughout the entire container, not causing much of an issue.

But over time, those drops add up, contaminating the whole vessel. And when your body has a compromised ability to release toxins via health detoxification pathways, your toxic load becomes even heavier. This may be related to possible issues in your genes of detoxification or it may be due to the level of exposures. We can test for both of these possibilities.

The more toxins you're exposed to, the higher your toxic load. And the more toxins your body has to contend with, the more likely you are to deal with conditions like:

- ➡ Rapid aging
- ➡ Cellulite
- ➡ Unwanted weight gain
- ➡ Weight loss resistance
- ➡ Hormonal imbalance
- ➡ Skin conditions
- ➡ Acne
- ➡ Gut dysbiosis
- ➡ Brain fog
- ➡ Sleep issues
- ➡ Autoimmune flares
- ➡ Chronic disease
- ➡ And SO much more

Luckily, certain foods, herbs, lifestyle changes, and medical protocols can help clear your natural detox pathways and encourage your body to eliminate toxins and waste.



The Problem With Most Detox Diets

Unfortunately, most detox diets don't work. In fact, there are a couple of outcomes for most patients during and after popular detox diets:

➡ **They feel better for a little while, then all of their symptoms come back**

➡ **They feel much worse before they start feeling any benefits, and quit before they can see the results**

In fact, most patients rarely experience long-term results after just a few weeks or months of detox. That's because they're not detoxing at a cellular level.

Chronic exposure to toxic chemicals, plus the stress of too much sitting, poor sleep habits, and ongoing stressors puts your body into a state of cellular inflammation.

Cellular inflammation leads to chronic symptoms and eventually disease. At this point, popular detox protocols that target your main organs of elimination simply won't work. That's because toxicity and inflammation have made their way past your organs and into the cells.

So, it makes sense that we start detoxing at the cellular level and work our way up. We call this approach a "Pre-Tox," and it comes before any heavy-handed detox.

In fact, attempting to detox before you Pre-Tox can lead to pain, fatigue, and other complications, especially if you already suffer from chronic disease or an autoimmune condition.



What is a Pre-Tox?

Most everyone has some experience with “detox” protocols, whether it’s a diet, supplement, or juice cleanse.

But a Pre-Tox is a series of steps that come before you even begin to target your organs of elimination, like the gut, liver, and kidneys.

A Pre-Tox is a natural, science-based approach that helps to remove waste and toxins at a cellular level before you embark on any detox protocol.

Toxins from your environment, plus other waste molecules can build up inside your cells and impair your ability to detox at the most fundamental level.

This is why most people try a detox diet or two, only to feel worse. Or, maybe they feel better for a few days or weeks, only for their symptoms to creep back in over time.

That’s because your diet is just one component of a system of detoxification that starts in your cells.

A Pre-Tox is designed to remove harmful toxins at the cellular level to get your organs of detoxification moving so you can truly begin to feel a difference in your health.

Signs You Need a Pre-Tox

- ➡ Constipation and other digestive issues
- ➡ Dark circles under the eyes
- ➡ Puffy skin
- ➡ Inability to lose weight (weight-loss resistance)
- ➡ Long term use of medications (liver stress)
- ➡ Stress
- ➡ Trouble sleeping
- ➡ Trouble with lymphatic drainage
- ➡ Skin issues like acne and psoriasis
- ➡ Autoimmune conditions
- ➡ Brain fog and trouble with memory or concentration
- ➡ Headaches
- ➡ Fatigue
- ➡ Dizziness
- ➡ Mood disorders (OCD, anxiety/depression)
- ➡ Muscle and joint pain
- ➡ High or low blood pressure
- ➡ Hormone imbalance



Why Pre-Tox?

Your digestive tract, liver, kidneys, skin, and lungs work hard to eliminate toxins and cellular waste.

These are called your organs of elimination. Decades ago and previous to that when the planet was less toxic, they were all that most people needed in order to eliminate exotoxins and endotoxins efficiently.

➡ **However, if there's dysregulation in any of these areas, typical detox protocols will backfire. And that can result in detox-related symptoms like:**

- ➡ Fatigue
- ➡ Headaches
- ➡ Constipation
- ➡ Diarrhea
- ➡ Aches and pains
- ➡ Flu-like symptoms
- ➡ Insomnia
- ➡ And more

➡ **Not only that, but when you don't Pre-Tox, toxins can accumulate in the body, making symptoms worse with side effects like:**

- ➡ Extreme constipation
- ➡ Mycotoxin illness
- ➡ Slower kidney filtration
- ➡ High liver enzymes

A high toxic load can shut down your natural detox pathways and even change DNA signaling to trigger symptoms and disease. At this point, it's impossible to detox effectively unless you begin at the cellular level.

A Pre-Tox prepares your system for your detox at a cellular level, helping to start the process gently and effectively. And once you're detoxing at a cellular level, inflammation lowers, and your organs of elimination will be ready to do their job again.

Why Some People Can “Handle” Toxins And Some Can’t

We all know those friends or family members who can eat and drink whatever they want without the repercussions of gut issues, headaches, or other painful symptoms.

Then, there’s those of us who do everything to avoid processed foods, sugar, and alcohol, all while exercising and going to bed at 8pm... And we still don’t feel good. There’s a reason for that.

Here are just a few things that affect how efficiently you detox:

Genes and gene expression:

- ➡ Single nucleotide polymorphisms, also known as SNPs (pronounced “snips”), are the most common type of genetic “mutation” or variation in genes. SNPs are completely normal, but they can impact how effectively you detox.
- ➡ Epigenetic expression refers to how your behaviors and your physical and emotional environments can turn your genes “off” and “on.” In other words, epigenetics control gene activity without changing your DNA. So, even if you weren’t born with “bad” genes that inhibit detox, you can turn “bad” genetic expression on like a light switch.

Your emotional state:

- ➡ Your emotional state is part of what affects your genetic expression. For example, chronic stress can negatively impact your genetic expression, causing detox issues and other symptoms.
- ➡ Nervous system dysregulation can slow down digestion, make it difficult to heal, negatively impact sleep, and so much more.
- ➡ A growing body of research suggests that unresolved trauma and emotional stress can affect physical health, triggering everything from chronic disease to autoimmunity, depression, and more.

Structural integrity:

- ➡ Connective tissue is a site of toxin storage when our exposure exceeds our detox abilities.
- ➡ Our skeletal structure depends on healthy ligaments, tendons, and muscles.
- ➡ Our tendons and ligaments stretch and can even begin to lose integrity in the setting of inflammation.
- ➡ As osteopaths and chiropractors have told us the flow of bodily fluids depends on a balanced structure which is even more of an issue in regards to lymph flow.
- ➡ In people who start off very flexible chronic inflammation can cause enough swelling and increased movement to inflame nerves and cause the release of persistent danger signals to the immune system. This can cause a cycle of chronic pain and inflammation which can sometimes result in autonomic nervous system problems. These can include POTS (postural orthostatic tachycardia syndrome), OHS (orthostatic hypotension syndrome), and exacerbating MCAS (Mast Cell Activation Syndrome).

How To Pre-Tox: Your Pre-Tox Checklist

A Pre-Tox doesn't have to be complicated, and there's plenty you can do to encourage healthy detox from the comfort of home.

Here's a doctor-designed list of actionable steps you can start employing today.

Clean Up Your Diet

You don't need a complex, restrictive detox diet or juice cleanse to improve your detox pathways quickly. With just a few changes, you'll be able to feel a real difference:

Avoid processed foods and sugar

- ➔ Include plenty of organic vegetables, fruits, grass-fed, organic meats, and wild-caught fish
- ➔ Take care of your microbiome with probiotic and prebiotic foods
- ➔ Drink plenty of pure, filtered water daily

Detox Your Home

It's a common misconception that product ingredients have to be proven safe before being allowed on the market. In reality, the FDA (Food and Drug Administration) has only prohibited the use of about 30 toxic chemicals in your favorite personal care products. For context, the Canadian government has banned or restricted around 600 ingredients, while the European Union has banned over 1,400.

Unfortunately, many additives are proven endocrine disruptors, carcinogens, and skin and lung irritants.

You can find these toxins in products like:

- | | | |
|-------------------------|---|------------------------|
| ➔ Haircare | ➔ Toothpaste and oral care products | ➔ Clothing and bedding |
| ➔ Lotions and body oils | ➔ All household products, including dish soap, laundry detergent, and cleaning supplies | ➔ Drycleaning |
| ➔ Makeup | | ➔ Furniture |
| ➔ Soap | | ➔ Paint |

To mitigate toxins in your home, start by running all of your personal care products through the [Environmental Working Group's ingredient database](#). They'll give every product a "grade" or green rating and highlight the most toxic ingredients.

Then, opt for green cleaning products, including all soaps and detergents. Avoid anything with "fragrance" on the ingredients list—these are known endocrine disruptors.

Finally, air out all new furniture, mattresses, and dry cleaning. It's also recommended that you pre-wash new clothing and bedding to avoid any toxic flame retardants, detergents, bleaches, biocides, brighteners, lubricants, and dyes.

Move Your Bowels

Constipation signifies that you're not eliminating waste, so besides the discomfort of gut issues, you might also be recirculating toxins through your system when you can't release them through the bowels.

Beyond constipation, you could also suffer from dysregulation and imbalances in your gut microbiome. For example, SIBO (small intestinal bacterial overgrowth) is a common condition that results in bacterial overgrowth in the small intestine, triggering inflammation and preventing optimal digestion and nutrient absorption.

Parasites and viruses can also run rampant in the gut, making even basic detoxification a painful and challenging process.

You can start healing your gut naturally by cleaning up your diet which includes eliminating processed foods, removing sugar, and for most of us will also include removing gluten. You can also drink plenty of water and mitigate stress. And for more advanced gut issues, consider working with an experienced physician..

Move Your Body

➡ **Daily movement is one of the best things you can do for healthy detoxification.**

Movement helps:

- ➡ Increase circulation
- ➡ Moves lymphatic fluid
- ➡ Promotes perspiration
- ➡ Increases breath rate
- ➡ Jumpstarts the kidneys
- ➡ Improves digestion and bowel movements
- ➡ And decreases stress and anxiety

If you're not used to daily movement, start slowly with walking or light stretching and work your way up.

➡ **Of course, the best exercises are the ones that you'll stick to, but if you're looking to optimize an existing routine, you can try:**

- ➡ Walking
- ➡ Rebounding/Vibration
- ➡ Yoga
- ➡ Qigong/Tai Chi
- ➡ If already exercising consider HIIT (high-intensity interval training)

Mental-Emotional Healing

The mind-body connection is more than just a theory. Researchers link emotional stagnation, unhealed trauma, and chronic stress with several symptoms and diseases — all of which are preventable.

Stress, lack of sleep, and overwork are chemical messengers increasing the likelihood of developing chronic illnesses over time.

Physical and emotional stress can increase gut permeability and promote the development of inflammatory bowel disease and harmful bacteria, specifically H.Pylori.

Explore your connection to yourself and nature through mindfulness, meditation, and more time spent exposed to the sun, trees, and water. You may want to find a therapist or spiritual counselor that works for you, or perhaps you can just pick up a self-help book that calls to you.

There are many ways to process and release emotion, so start with something that feels right for you.

Advanced Testing

The most effective way to fast-track your detox journey is with help from a trusted, experienced physician. There's a lot you can do on your own, but some people require advanced testing to figure out the root cause of detox dysfunction.

For instance, some people need to start with a gut-healing protocol, while others must address genetic mutations or hypothalamic-pituitary-adrenal dysfunction. An experienced Functional Medicine Practitioner or Naturopathic Doctor can help you by testing:

- ➡ The level of your toxic load
- ➡ Genes of detoxification
- ➡ Parasites and viruses
- ➡ Inflammatory markers
- ➡ Hormone levels
- ➡ Immune function
- ➡ And much more

Getting a snapshot of your biochemistry can save you time and thousands of dollars in supplements and do-it-yourself experimental diets. In fact, there's testing to determine which foods you may need to avoid and the specific nutrients you may need in order to “turn on” the correct gene expression for optimal detox.

You're Not Meant to Heal Alone

Thank you so much for reading through the entire Pre-Tox Manual. As you can see, there's a lot you can do today to help move toxins and begin the healing process. This is a fantastic place to start.

At Gordon Medical, we believe that everyone deserves a partner in health. And complex symptoms and chronic illness are challenging to navigate on your own.

We recognize that you may have already seen doctor after doctor without relief. Or that your concerns and opinions may have gone unheard in the past. We understand that the confusion and frustration that comes with not feeling your best is a difficult path for even the most advanced wellness enthusiast.

But to us, your health presents real, complex, interrelated symptoms that you can overcome. We're a team of thought leaders and internationally-known experts in the fields of chronic illness and health optimization.

Our approach includes functional medicine as the foundation, but our long-standing experience treating complex chronic illness and our exploration of new modalities and mind-body medicine sets us apart.

Your journey isn't meant to be traveled alone.



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*At Gordon Medical Associates,
our patients come not only from the Northern California Bay area
and the greater San Francisco area, but the entire country and around the globe
for individualized help with a wide range of problems, from Mold/Mycotoxin illness, Lyme and tick-borne diseases, auto-immunity, ME/CFS,
fibromyalgia, chronic GI diseases, Mast Cell Activation Syndrome, Environmentally Acquired Illnesses, and unfortunately we are now treating
many with long COVID and vaccine related syndromes.*

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