



INTRO

- This is your body's drainage funnel
- Understanding this will help you get better faster with less symptoms

DETOX VS. DRAINAGE

- As far as terms, there is a big difference between
 - Detox vs. Drainage
 - Detox is grabbing onto harmful chemicals and pulling them out of the body

LIST OF DRAINAGE PATHWAYS

- For example:
 - The colon (bowel movements)
 - The liver and bile ducts
 - The lymphatic system
 - The brain drainage to the lymphatic system: glymphatics
 - Kidneys (urine excretion)
 - Skin (sweating)
- These are all drainage pathways

PATHWAY IMPORTANCE

- Before you can focus on pathogen-killing and/or detoxing harmful chemicals out of the body, these drainage pathways need to be open and stay open during protocols
 - If not, you are generally going to get symptoms and say –
 - “I can't handle detoxing”
 - “I'm herxing from killing these pathogens”

ORDER OF PRIORITY

- As you look at this diagram, you can see there is an order of priority
 - On the left is a healthy drainage funnel
 - On the right is an unhealthy drainage funnel
- The most important part of the funnel is the bottom, the colon. If the colon is backed up, then everything above gets backed up (see right image, colon area)
 - For those with health issues, going 2-3 times a day is the goal, but not to the point of watery stools
- The next area is the liver and bile ducts
 - This area is common to have issues with and very critical to keep open
 - We'll discuss this area in more detail in a moment
- Then the lymphatics
- Then the organs and tissues, like the brain
 - In order for the brain to drain, the lymphatic system has to be draining, the liver and bile ducts have to be draining, and the colon has to be draining
 - What happens otherwise? Brain fog, headaches, memory issues, and not thinking clearly can all be symptoms of poor brain drainage and drainage funnel issues.



EMERGENCY HATCH

- Coming back to the liver and bile ducts (pointing to right image)
 - When they are backed up, there is an emergency hatch that opens up for the toxins
 - Instead of the liver processing toxins that get dumped into the bile and then into the intestines where it should go, the toxins are instead dumped into the blood. These then go systemic and cause symptoms and other issues.
 - Research has shown that it affects the skin, including itching and rashes
 - It also damages the endothelial cells of the kidneys and lungs
- As you keep the drainage funnel open and moving, you will feel so much better and the protocols will be easier

MITOCHONDRIA

- And last but not least
 - Think of mitochondria as a power switch to this whole drainage funnel
 - Supporting the mitochondria will give organs the energy they need to properly drain

SUPPORT BEFORE AND DURING PROTOCOLS

- It's critical to support mitochondria and drainage at the beginning to prepare for the protocols
- It's also critical to support mitochondria and drainage along your journey
 - And we might need to vary the amount of support as we go too