

## **The Detox Resolution**

One of the greatest things about being human is the ability to change. If something is no longer working for us, we get to do something different! Here is a look at the Biotics Detoxification program and it will provide you with all the tools you need.

For those who want to lose weight, or just clean up their diet and improve the toxic burden we are all exposed to, this easy 3-Step program is backed by the research of renowned physician, Abbas Qutab, MD, which eliminates the guesswork and lays out the program in a comprehensive way.

**Step 1:** Focuses on decreasing inflammation and includes guidelines for an anti-inflammatory diet.

For acute inflammation use:

- [Intenzyme Forte](#)- Broad-spectrum proteolytic enzymes for digestive for systemic inflammation, tissue damage, free radical conditions, food sensitivities, and poor circulation due to inflammation and rehabilitation support. Take (5) tablets, three times a day away from food.
- [Bio-Allay](#)- For anti-inflammatory inhibition of 5-lipo-oxygenase, for inducing musculoskeletal comfort by alleviating pain, reducing swelling, and enhancing joint flexion, and for support of neurological function in the modulation of inflammation. Take (4) capsules, three times a day with food.

For chronic inflammation use:

- [Beta-TCP](#)- Organic, whole beet concentrate for proper gallbladder function: fat metabolism and detoxification through biliary support, including cholesterol-to-bile conversion, biliary stasis without constipation or light colored stools, reducing homocysteine, increasing S-adenosyl-L-methionine (SAME), need for methyl donors from betaine (trimethylglycine), bloating, and constipation. Take (5) tablets, three times a day with food.
- [Bromelain Plus CLA](#)- Lactose-free bromelain (100 mg) with papain (10 mg), inositol (10 mg), and cysteine (5 mg) for inflammation and digestive support. Take (4) tablets, three times a day away from food.

Our Total Toxic exposure, minus our ability to Detoxify & Excrete Toxins equals our Total Toxic Load. Detoxification is constantly active, ATP dependent, nutrient dependent, and takes place primarily in the liver in a two-step process known as Phase 1 and Phase 2. The liver weighs between 3.1-3.5 pounds and processes over ½ gallon of blood per minute. It performs over 500 functions, is the master organ of metabolism (blood sugar, fats, vitamins, steroid hormones); metabolizes alcohol, breaks down medications, and maintains thousands of internal enzyme systems. It produces 500-1000ml (1 quart) of bile per day. It is the only organ that can regenerate!

We come in contact with toxins in our daily environment, but what about our food? If we are eating things we are allergic to, the body responds with an inflammatory response and often this

contributes to leaky gut. The most efficient way to reduce our overall toxic burden is with a gentle, yet effective Detox.

**Detox Program: Step 2** - Metabolic Cleansing. This includes an easy-to-follow allergy elimination diet, providing you with enough nutrition to continue your normal lifestyle.

- [Bio-Detox Packs](#) - Comprehensive detoxification program comprised of seven separate products providing antimicrobial, proteolytic enzyme, hepatobiliary, antioxidant, essential fatty acid, and metabolic clearing support respectively: A.D.P.™ (2), Bromelain Plus CLA™ (2), Livotrit Plus™ (1), Beta-TCP™ (3), Bio-Protect™ (1), Optimal EFAs™ (2), MCS-2™ (1).
- [NutriClear](#)- A hypoallergenic clearing formula from pea protein concentrate in powder form to support hepatic detoxification and GI tract healing; use for digestive inflammation, leaky gut syndrome and food sensitivities. Designed to support Phase 2 Detoxification pathways.
- [Whey Protein Isolate](#) - Casein-free, whey protein powder isolate with biologically active immunoglobulins (IgG), lactoferrin (LF), and glycomacropeptides (GMP) at 200 mg/serving for muscle growth and lean muscle retention (sports), weight management, detoxification, compromised immunity, metabolic health, and fat loss enhancement.  
**Note:** Produced by natural, ultra-low temperature microfiltration for preservation (prevention of protein denaturing) of biologically active proteins and a potent amino acid profile with no added sugar or artificial flavors.

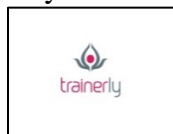
**Detox Program: Step 3** - Regeneration and Repair.

- [Optimal EFAs](#)- Blend of fish (anchovy and sardine), flax seed, and borage oils supplying ALA, EPA, DHA, GLA, and oleic acid in proper ratio for optimal health; for use in free radical pathology and inflammatory conditions.
- [ProMulti-Plus](#) - High-potency vitamin, mineral, with high dose vitamins D, K, folic acid and B12, and a strong antioxidant blend.
- [BioDoph-7 Plus](#) - Prebiotics and probiotics providing more than 20 billion viable organisms for immune and intestinal support.

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