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# 10 STEPS

## TO A HEALTHY BRAIN

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*IMPROVE  
YOUR BRAIN'S  
ABILITY TO  
DETOXIFY*



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## Sleep

Sleep is one of the most critical things you can do to improve your brain's ability to detoxify. The glymphatic system is the waste clearance system that our brain uses to clear toxins.

During sleep, the glymphatic system becomes 10 times more active than during wakefulness. Simultaneously, your brain cells shrink by about 60 percent, allowing for greater efficiency of waste removal.

Create a safe sleeping location that improves restorative sleep and optimizes your glymphatic system.

- **Improve your pineal gland's production of melatonin by sleeping in a completely dark room. Use black out shades in your bedroom.**
- **Sleep at 5 degree incline:** [Inclined Bed Therapy](#)
- **Reduce EMF exposure**

Do not bring your iPhone, iPads, or other electronics into your bedroom. While not having Wifi in your home is preferred, turning off your Wifi at nighttime reduces your cumulative exposure.

## Liposomal Melatonin

Melatonin not only improves sleep, but it is a potent neuroprotective that clears the brain of heavy metals and pathogens

- **Liposomal delivery enhances absorption**

Choose a high quality liposomal melatonin to ensure that it can be readily absorbed and utilized by your brain

Order Now: [Biopure liposomal Melatonin](#)

- **Reduce blue light exposure before bedtime to improve melatonin production**
- **Flux Screen Saver:** [Download Now](#)
- **Blue blocking glasses:** [Order Now](#)



## Avoid Heavy Metals

Heavy metals are linked to neurological disease

- **Mercury can poison glial cells in the brain and lead to neurodegeneration**

Remove amalgam fillings safely

Work with a Biological Dentist and Naturopathic/Functional Medicine Physician to safely remove amalgam fillings and reduce your mercury burden.

- **Aluminum has been linked to Alzheimer's**

Drink silica rich water (Volvic or Fiji) to increase your urinary excretion of aluminum

- **Lead can interfere with the production of BDNF (Brain Derived Neurotrophic Factor) and GABA. BDNF facilitates the growth of new neurons. GABA signals astrocytes to decrease inflammation in the brain and also supports the glymphatic system**

**Reduce lead**

Biopure Chlorella: [Order Now](#)

Econugenics Pectasol C: [Order Now](#)

- **Boost BDNF naturally with exercise, sleep, and stress reduction**
- **Support GABA production**

Quicksilver Liposomal GABA: [Order Now](#)

## Avoid Living in a Moldy Home

Are you experiencing brain fog, inflammation, cognitive impairment? If you live in a home that has water damage, it is likely that harmful molds can be contributing to your symptoms.

- **Test your home**

ERMI: [Get Your Home Tested](#)

- **Unburden your liver from mycotoxins with binders**

Coffee enemas: [Order Now](#)

Chlorella, Charcoal, Clay: [Order Now](#)

- **Find a doctor who understands mold illness**

Sophia Health Institute: [Visit Now](#)

Surviving Mold: [Visit Now](#)



## Reduce your Exposure to Glyphosate

Avoid GMO foods and do not use Round Up.

- **Genetically modified foods are**

Alfalfa, canola, corn, cotton, sorghum, soybeans, sugarbeets, and wheat.

Wheat is sprayed with glyphosate before it is harvested

Glyphosate has a number of known harmful effects in our body. Glyphosate has several mechanisms that increase the permeability of our gut lining which allows for aluminum to be more readily absorbed. Glyphosate and Aluminum can affect the pineal gland's production of melatonin and affect our sleep leading to decreased neuroprotection.

## Essential Fats

Our brains are made up of fat. Support your brain health, nerves, and cell membranes by incorporating healthy fats into your diet.

### Supplements to support healthy fats:

Salmon Oil: [Order Now](#)

Astaxanthin: [Order Now](#)

BioPure LipoSorb: [Order Now](#)

BioPure LipoWell: [Order Now](#)

## Improve your Dental Health

Your teeth develop from the same embryological tissues as your nervous system. Each tooth sits on an acupuncture meridian and has a connection to your body's organ systems. The health of the mouth affects the functioning of the vagus nerve. The vagus nerve is the tenth cranial nerve and has an important role in regulating your autonomic nervous system.

Work with a biological dentist to learn more about how to safely remove toxic materials and infections from your mouth.



The International Academy of Oral Medicine and Toxicology: [Find Out More](#)

Swiss- BioHealth: [Find Out More](#)

## Know your dental history. Do you have?

Amalgams-silver fillings that contain mercury

Root canals-dead teeth that can become a source of infection and toxicity over time

Cavitations-necrotic bone that develops from poorly extracted teeth and/or compromised immune system

## Improve Lymph Drainage in your Neck

Improving the lymphatic drainage in your neck will allow the lymph from your brain to flow more readily downstream.

Self Lymphatic Drainage Video: [Find Out More](#)

Cranial Compressions: [Find Out More](#)

Biokind Deo-apply to neck, collar bones, underarms, groin, and bottom of feet at bedtime  
[Order Now](#)

- **Sophia Flow Cream** : [Order Now](#)



## Support your Organs of Elimination

This a foundational approach to any naturopathic detoxification protocol. By improving the exit routes of your body, you are able to more safely detoxify.

### Some examples of supporting your organs of elimination include:

- **Skin** - sweat
- **Kidneys** - drink water, ionic foot baths, electrolytes
- **Liver** - castor oil packs, coffee enemas
- **Colon** - avoid food allergies, balance the microbiome, and having daily bowel movements
- **Lungs** - clean air, deep breathing
- **Lymphatic system** - dry skin brushing, rebounding, walking

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## Binders

Binders bind to toxins that are eliminated from the liver through bile. Binders can bind specifically to heavy metals, mycotoxins, endotoxins, biotoxins, and other environmental toxins. Binders help eliminate these toxins through the stool so they are not re-circulated through the enterohepatic circulation.

[Learn More About Binders Here](#)



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