



# Makin' the Rounds with Dr. Jack Tips

## A Clinician's Systemic Formulas Protocol #10

### A NEW MODEL FOR DETOXIFICATION

Based on information from Dr. Jack Tips, N.D., Ph.D., C.Hom, C.C.N., author of *The Healing Triad: Your Liver, Your Lifeline*

**Here is the most safe and effective regimen for a 60-day detoxification program that works sequentially, deeper and deeper in the body while providing smooth removal of toxins, chemicals, and metabolic wastes through the body's innate processes. This program addresses the liver first, then the extra-cellular matrix, and finally the inner cells. It features:**

- **Liver Support** - When the liver's vitality is improved, it can better detoxify the body.
- **Neuroendocrine Support** - Helps protect the pituitary and hypothalamus during detoxification and helps avoid further hormone-receptor resistance and confusion.
- **Drainage Support** - Additional support for the organs that serve as detox pathways - the liver, gall bladder, and kidneys.
- **Cellular ATP Support** - Detoxification utilizes significant amounts of ATP - the chemical energy of life.
- **Extra-cellular Matrix Support** - Sequential focus on toxins that are stored in the adipose tissues and extra-cellular matrix. By first supporting the liver, then addressing the extra-cellular matrix, herx reactions are avoided.
- **Cell Membranes Support** - Antioxidants help protect the cell membranes from inflammatory toxins.
- **Inner Cell Methylation Support** - Nutrition for the cell's innate detoxification and repair mechanisms.
- **Inner Cell Free Radical Protection** - Nutrition to protect the mitochondrial and cellular DNA from damage including intermediate metabolites.
- **Inner Cell Intermediate Metabolite Support** - Nutritional protection from ammonia and sulfur metabolites.

### The Ultimate Detox For Cellular Health

Here are general recommendations. Your recommending doctor may modify this for your specific use. The Detoxification Package contains the exact amount of supplements to complete this program.

#### PHASE ONE. For 20 Days: Prepare The Liver

Breakfast	Lunch	Supper	Notes
1/3 scoop Metabo-Shake Vanilla 3 Ls (Liver-s) 1 C (Colon) 1 ACX (Vit Detox) 1 D (Digest)	3 Lb (Liver/Gall Bladder) 1 D (Digest) 1 C (Colon) 1 MoRS (Methyl Donor) 1 eNRG (Quantum ATP)	3 L (Liver) 1 D (Digest) 1 C (Colon) 1 ACX (Vitamin Detox)	The 3 capsule recommendation for the liver formulas allow a vigorous focus on liver support. Sensitive people may want to start with one or two capsules for the first couple of days. Should you experience detoxification reactions during this first phase (a rare occurrence), simply reduce the amount of the ACX, L and Ls formulas. See the enclosed booklet for the detox bath instructions. If feeling detoxification reactions by the end of the 20 days, your recommending health professional may suggest that you repeat Phase One to be thorough and obtain all the benefits possible.

#### PHASE TWO. For 20 Days: Cleanse the Extra-Cellular Matrix

Breakfast	Lunch	Supper	Notes
1/3 scoop Metabo-Shake Vanilla 2 L (Liver) 1 CLNZ (Chelator) 2 Ks (Kidney-s)	3 Gb (Pituitary) 1 eNRG (Quantum ATP) 1 MoRS (Methyl Donor) 2 Lb (Liver/Gall Bladder)	2 Ls (Liver-s) 1 CLNZ (Chelator) 1 ACX (Vitamin Detox) 2 REL (Chlorella)	Here the program delves deeper now that you're ready. Should you experience a detoxification reaction (a rare occurrence), reduce the amount of L, Ls, and CLNZ. See the enclosed booklet for the detox bath instructions.

#### PHASE THREE. For 20 Days: Cleanse Inside The Cells

Breakfast	Lunch	Supper	Notes
1/3 scoop Metabo-Shake Vanilla 2 EPIC (Metab no/onoo) 1 ROX (Super Anti-ox) 1 dpr Vit. D3 <sup>1Q</sup> 1 Lb (Liver/Gall Bladder) 2 dprs + 1 ea caps VISTA	1 L (Liver) 1 MoRS (Methyl Donor) 1 CLNZ (Chelator) 1 REL (Chlorella) 1 dpr Vit. D3 <sup>1Q</sup> 1 eNRG (Quantum ATP)	1 Ls (Liver-s) 1 EPIC (Metab no/onoo) 2 ROX (Super Anti-ox) 1 dpr Vit. D3 <sup>1Q</sup> 1 Ks (Kidney-s)	Here in Phase Three, you address the inner cellular processes and assist your cells to move toward their most optimal function. Note: some practitioners may recommend repeating Phase Three because continuing the program will extend the process and reap additional dividends.

**General Rules:** Increase water intake to ¾ gallon/day. If a person feels like she/he is detoxifying too fast, then simply slow down, take a day off, reduce the amounts of cleansing formulas taken and gradually build back up to the recommended regimen. The Pro-Vita! diet or a diet that focuses on raw fruit and vegetables supports more effective detoxification.