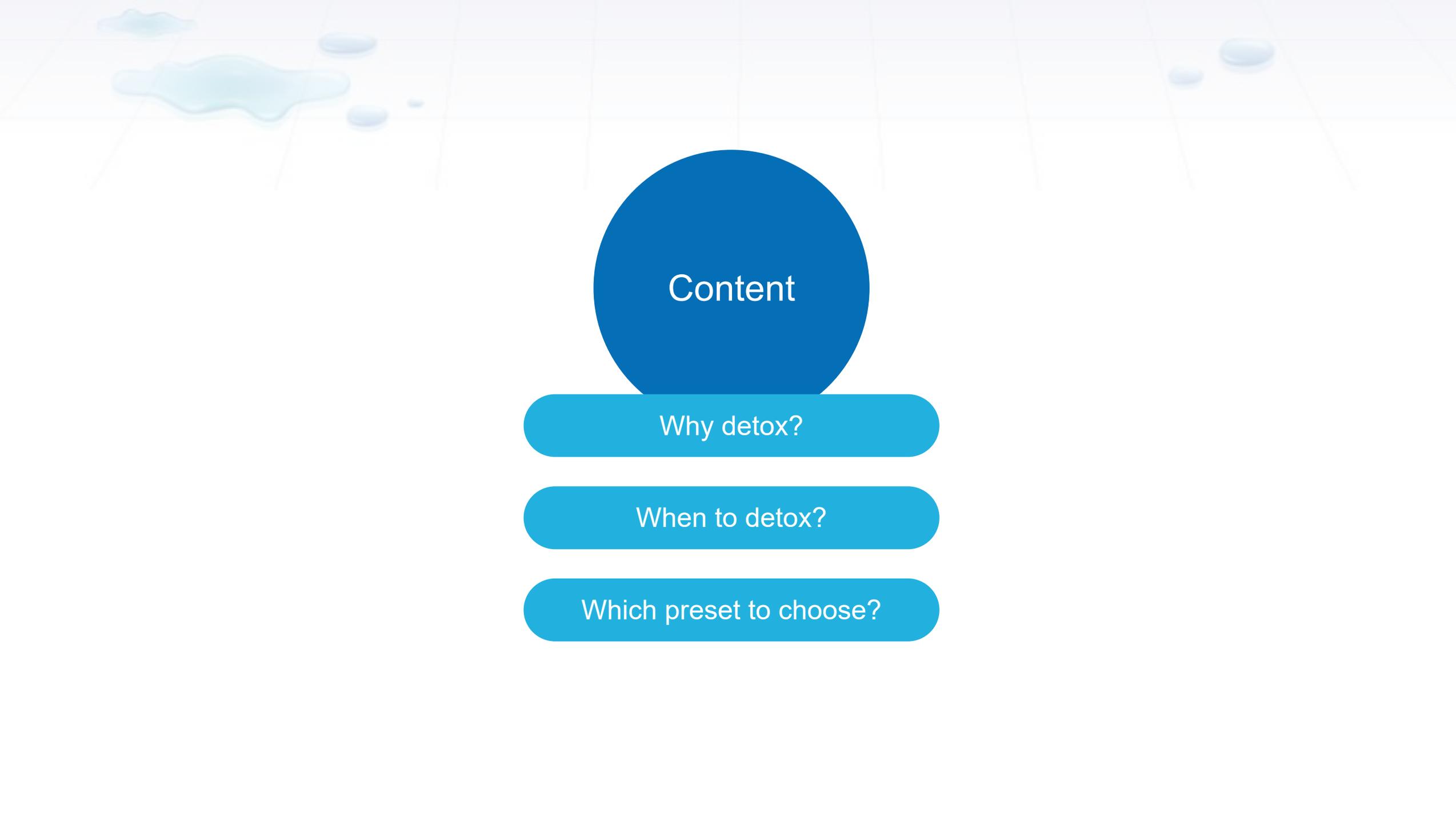


Detox Training

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Content

Why detox?

When to detox?

Which preset to choose?



Why detox?

What are toxins?

- ◆ Detoxing is the removal of poisons. These poisons can be from fillings in your teeth, pollution, pesticides, dying bacteria and viruses.

Why detox?

- ◇ When killing, large amounts of microbial or cancer cell waste and toxins are released in your body. Detox helps to eliminate dead cells.
- ◇ If the toxins is too much, it will hinder the body's ability to adequately eliminate it through the usual channels (breakdown by the kidney, through the colon or urinary tract).
- ◇ So instead, the toxic material is discharged through the lungs, sinuses and skin. Symptoms can include a flu-like condition, heavy perspiration and night sweats, fever, with or without chills, headaches, malaise, diarrhea, nausea and vomiting, pain in joints and bones, and itching, flushing, and reddening of skin.



**When to
detox?**

1. When to detox - Terrain Protocol

- ◆ When you're dealing with a serious condition, it's a very good idea to start by preparing your body for the war you're about to wage.
- ◆ Its use is recommended for anyone preparing to tackle cancers, Lyme, or any other non-trivial illness.
- ◆ Cancer Protocol and Lyme Protocol have detox included.

Terrain Protocol

- ◇ By completing this first, you will remove metals, toxins, pollutants, and some common parasites, all of which can impede your progress unless they're dealt with first.
- ◇ You will also ensure that your eliminatory system is prepared for the onslaught to come, and that your blood and lymph are cleansed and functional.

2. When to detox

- ◇ When killing pathogens (Spectrum Sweep, scan results), detox sets should also be run.
- ◇ When killing pathogens, bacteria and viruses, the result would be toxins from the destroyed microbes, pathogens, bacteria and viruses. Detoxify the lymph system, liver and kidneys to address the potential detoxification issue.
- ◇ **Suggested programs:**
 - ◇ Terrain Protocol
 - ◇ All Maintenance Preset

3. When to detox

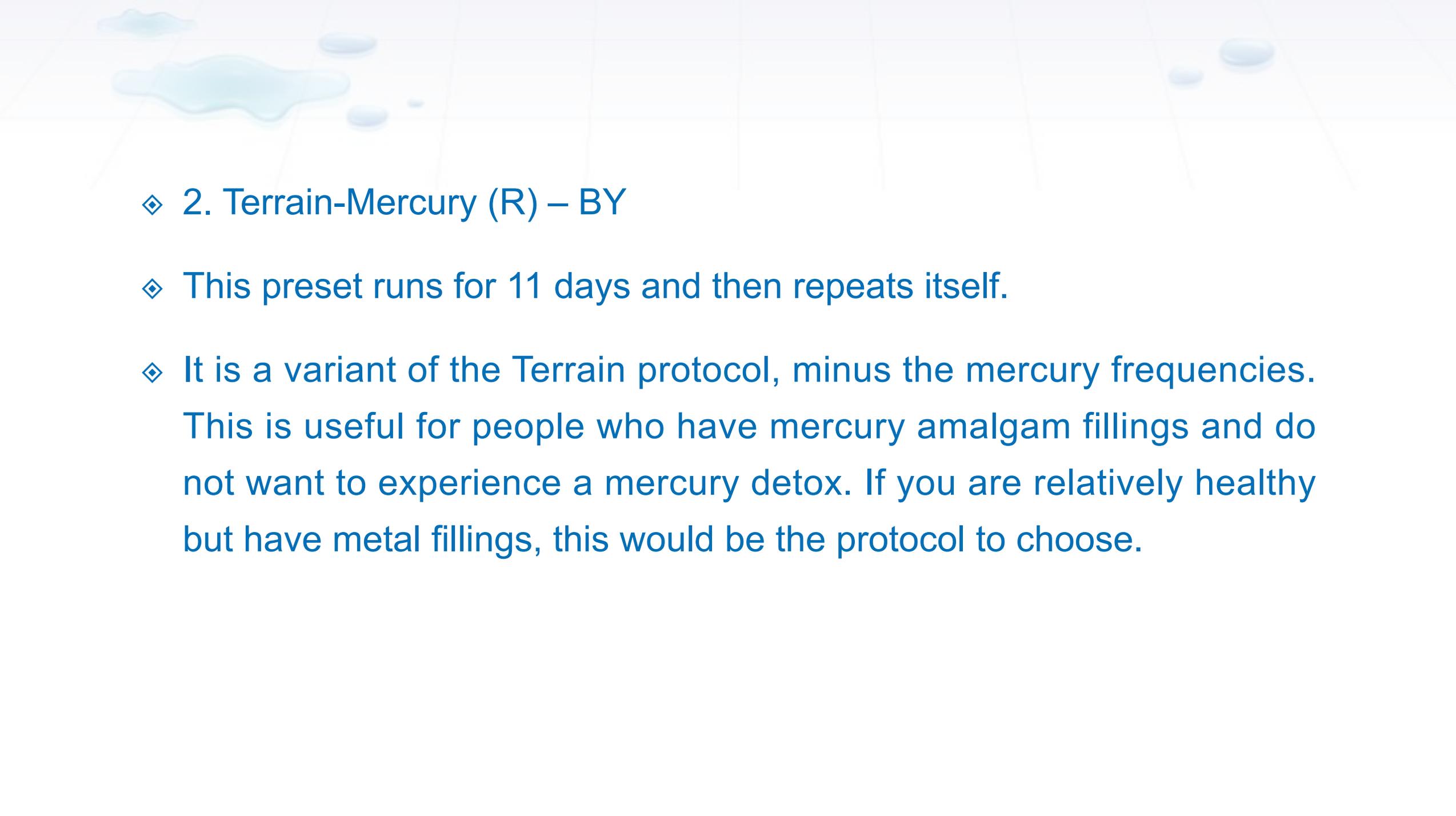
- ◇ If you suspect aerosol spraying or chemtrailing, use the following programs:
- ◇ Chemtrail Detox 2 XTRA,
- ◇ Lung General CAFL,
- ◇ Breathing Deep CAFL,
- ◇ Breathing Difficulty (Dyspnea) XTRA

**Which
Detox
Preset to
Choose**



Which Detox Preset to Choose

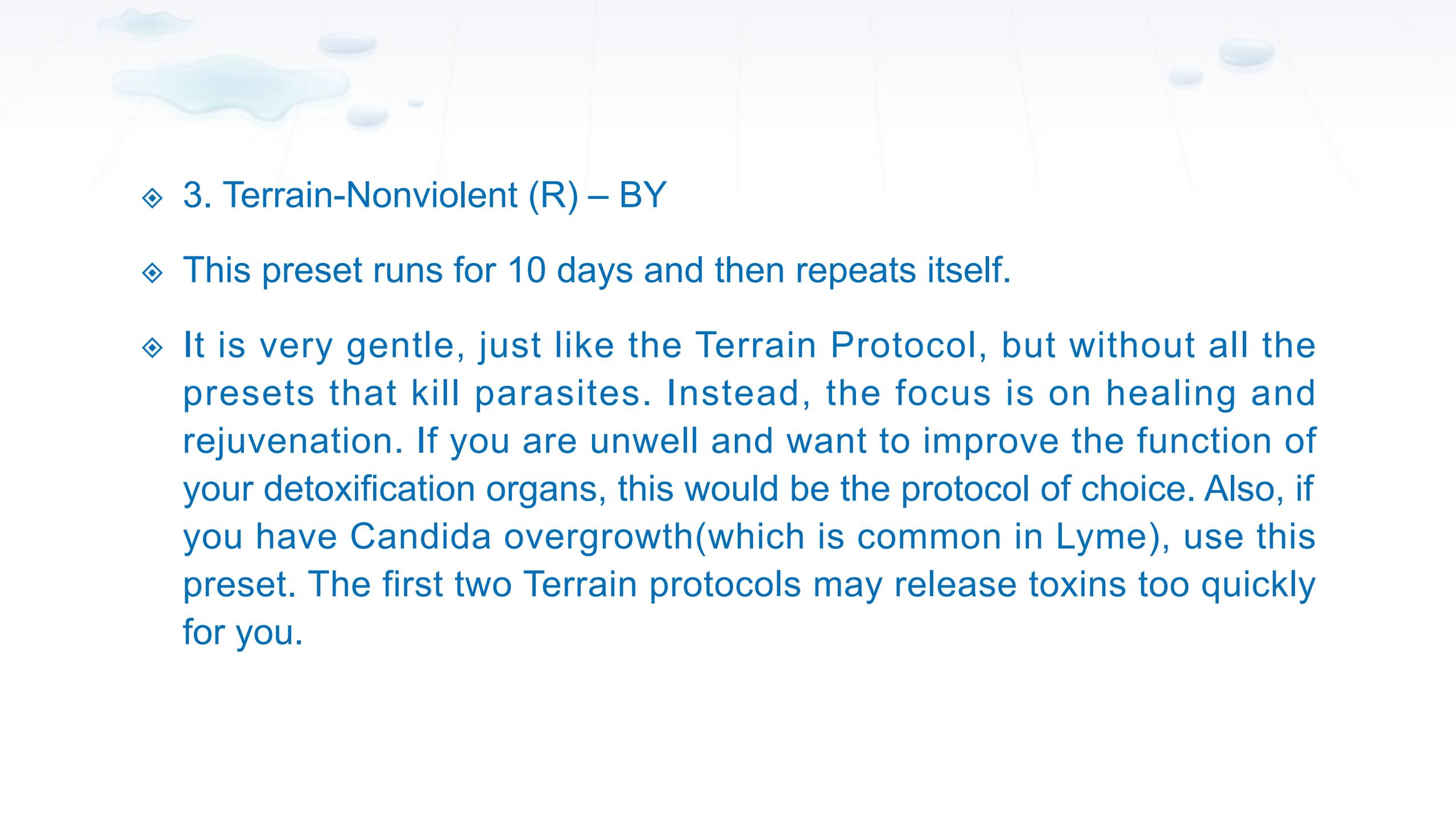
- ◆ 1. Terrain (R) – BY
- ◆ This preset runs for 11 days and then repeats itself.
- ◆ It is a hard-hitter, which covers pretty much everything. If you want to experience a full detox and don't have deficiency in detoxification organs, choose this one. Some people may experience a herx from this protocol, especially if they have a high viral load, or their health is compromised in some way.



- ◆ 2. Terrain-Mercury (R) – BY

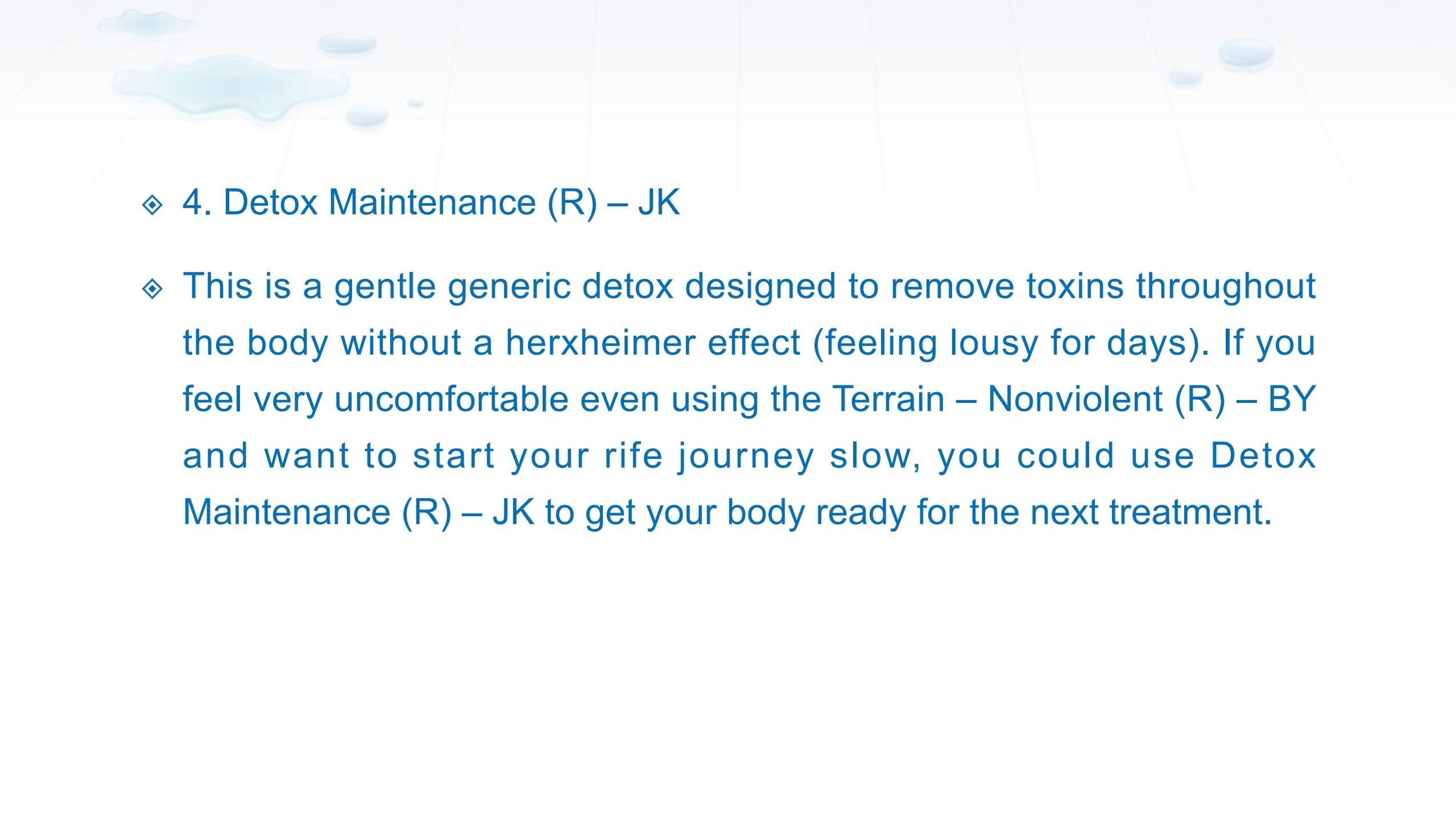
- ◆ This preset runs for 11 days and then repeats itself.

- ◆ It is a variant of the Terrain protocol, minus the mercury frequencies. This is useful for people who have mercury amalgam fillings and do not want to experience a mercury detox. If you are relatively healthy but have metal fillings, this would be the protocol to choose.



◇ 3. Terrain-Nonviolent (R) – BY

- ◇ This preset runs for 10 days and then repeats itself.
- ◇ It is very gentle, just like the Terrain Protocol, but without all the presets that kill parasites. Instead, the focus is on healing and rejuvenation. If you are unwell and want to improve the function of your detoxification organs, this would be the protocol of choice. Also, if you have Candida overgrowth(which is common in Lyme), use this preset. The first two Terrain protocols may release toxins too quickly for you.



◇ 4. Detox Maintenance (R) – JK

- ◇ This is a gentle generic detox designed to remove toxins throughout the body without a herxheimer effect (feeling lousy for days). If you feel very uncomfortable even using the Terrain – Nonviolent (R) – BY and want to start your rife journey slow, you could use Detox Maintenance (R) – JK to get your body ready for the next treatment.

Q&A

- ◇ Q: Does detoxing wipe you out? Is that normal that everytime I detox I get really tired and sleepy?

Q&A

- ◇ A: Detoxing will only make you tired if your body has a lot of toxins to expel or your organs are not functioning fully. Make sure you have a lot of pure water everyday.

Notes

- ◇ Drink plenty of pure water to help conductivity and toxin elimination.
- ◇ When you kill organisms, make sure you detox. Otherwise, a Herx reaction may ensue.

Herxheimer Reaction (Herx)

- ◇ A Rife machine will have no side effects, but may create a healing crisis, otherwise known as a Herxheimer reaction, a detoxification response. Excessively large amounts of microbial or cancer cell waste and toxins hinder the body's ability to adequately eliminate it through the usual channels (breakdown by the liver, through the colon or urinary tract).
- ◇ So instead, the toxic material is discharged through the lungs, sinuses and skin. Symptoms can include a flu-like condition, heavy perspiration and night sweats, fever, with or without chills, headaches, malaise, diarrhea, nausea and vomiting, pain in joints and bones, and itching, flushing, and reddening of skin.

How to Reduce Herx Reaction

- ◇ Drink plenty of water.
- ◇ Stop the running program and rest for a while.
- ◇ Run programs for symptoms and herx reaction.
- ◇ ...



Thanks

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