

**DOCOFDETOX**

**ADVANCED  
WATER  
FAST**

**TURN BACK THE  
HANDS OF TIME**



# BraveHeartNation Oath

**“I am Love. I am Healed. I am BraveHeart. Today and everyday, from the moment I rise until I gently close my eyes, I will trust, honor, respect, protect, forgive and totally love myself, first and foremost, before anyone else or anything else, so help me God. Because I am, I can. I am Love. I am Healed. I am BraveHeart.”**



*“The Perfect Day Every Day”*

————— *Dr. Darrell Wolfe* —————

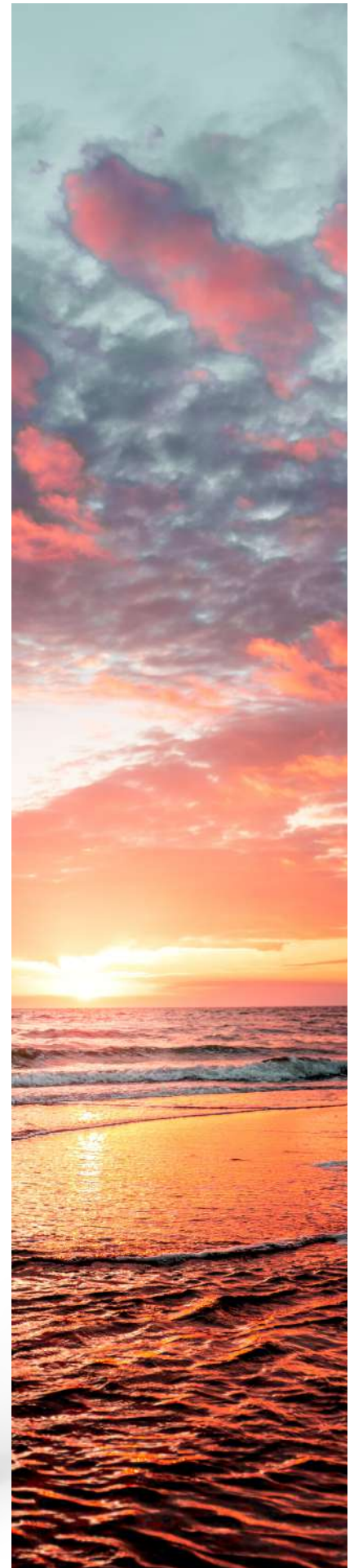
# THE PERFECT DAY

## ULTIMATE HEALING GUIDE

Register at [PDGfree.com](http://PDGfree.com) and take your first step toward transforming your life. We're excited to share the extraordinary gift that awaits you – **The Perfect Day Ultimate Healing Guide**, a 535-page Graphic Masterpiece crafted from Dr. Darrell Wolfe's 40 years of reversing chronic conditions, designed to guide you on your journey to exceptional health.

The Perfect Day Lifestyle Guide is not just another health book; it is the accumulation of the greatest physical, psychological and nutritional strategies to feed and support the essence of all human beings, which is their vibrational frequency known as the field. The Perfect Day embraces the world of Unconditional Love for ourselves and everyone else, which begins with total Self Love and total Self Care. From Victim to Hero. From Patient to Healer. The world needs training, not treatment. We are enslaved by our own ignorance of the beauty that lies hidden within all of us. Become the answer you seek. Let me be your guide to unlimited potential. Together, we are BraveHeartNation.

May your season be filled with health, and the exceptional insights waiting for you within The Perfect Day Ultimate Healing Guide.



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**WATER IS THE  
REASON FOR OUR  
BIRTH. WHEN IN  
ITS STRUCTURED  
FORM IT IS THE  
ULTIMATE HEALER.  
IT WASHES AWAY  
PAIN, SUFFERING  
& DISEASE.  
IT RENEWS US.**



# WHEN YOU FAIL TO PLAN YOU PLAN TO FAIL

**EVERYONE NEEDS A STRATEGY.  
EVERYONE NEEDS A COACH - A GUIDE.**

**BOOK YOUR PERFECT DAY CONSULT TODAY  
FOR LIFETIME SUPPORT, BECAUSE YOU'RE WORTH IT.**

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**SELF CARE IS THE  
ONLY HEALTH CARE**



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**WATER FASTING CONSULTATION**

**PERFECT DAY CONSULTATION  
NUTRITIONAL CONSULTATION**

**PELVIC RESTORATION  
EMOTIONAL CONSULTATION**

After Reviewing the Doc of Detox Advanced Water Fasting Guide, just know that you can have your very own Master Consultant to be your guide and coach through your Advanced Water Fast for only \$150 with unlimited support.

You will also receive the most powerful manual called - The Perfect Day Lifestyle Guide - (480 page PDF) in assessing, diagnosing and taking Massive Personal action to become the healer you seek.

Everybody needs a coach if they wish to master their health. Health is a language, let us teach you the art of Body Talk.

# DOCOFDETOX **BIO-HACKING**

DOD Advanced Water Fasting “hacks” into your body’s biology unleashing your full potential to heal. You know the saying, “You are what you eat”? That actually applies to humans in a broader sense: everything we put into our bodies — our foods, our thoughts, our physical movement — all affect how we behave and what we become. By bio-hacking yourself, you can actually transform your body so that you feel more energized, more productive overall, and be the best possible version of yourself.

It doesn’t have to involve being a mad scientist and running crazy experiments with your body. Now, some people will tell you that all sorts of gadgets and measurements are necessary to bio-hack yourself, but I prefer the good oldfashioned way, nature’s way: making small loving steps but big lifestyle changes with The Perfect Day Guide, The Brave Heart Way Guide and The Fasting 4 Perfect Health Guide. This, my friend, is the essence of bio-hacking. You stick with the things that work for you and ditch the ones that don’t. After all, when it comes to how your body feels, you’re the expert and so you’re the only one that can make yourself sick or make yourself vibrantly healthy! You were created to create a masterpiece. 3-2-1 you got this BraveHeart!

## **IMPORTANT**

We will be doing a 6-Day Advanced Water Fast every 4 months, so we encourage you to join us because repetition is the key to mastery!

When doing an Advanced Water Fast, the essential products are as follows: Black Diamond, Ionic Calcium Therapy, IGF 25,000 or IGF 300,00, c60 when held under your tongue for 2 minutes and swallowed, Infinite Iodine, Beyond Ormus Minerals, and Son Formula when you crush it before you take it. You will also want to be doing the Ultimate Coffee Enema daily to support your liver and its detoxification process.

Understand, people can even do a 6-Day Water Fast with only water, it is more difficult and is not as effective, however we will support you no matter what. If possible, use Structured Water because it has 1000% more hydration & detoxification than any other water on the cellular level.

Other suggested products will have increased benefits and give you a smoother ride.

# WHO SHOULD AVOID **ADVANCED WATER FASTING**



- ♥ Pregnant Women
- ♥ Newborns
- ♥ Young Children
- ♥ High-level Athletes
- ♥ Type 1 Diabetics
- ♥ Those with eating disorders (healing must first take place on an emotional level)
- ♥ Those with Pathological Cachexia (advanced cancer where the body is wasting away)

No one should ever jump into water fasting without proper supervision and guidance. But when it comes to DOD Advanced Water Fasting, this takes health and healing to the highest level without the risk. We live in a different environment now, we have more toxins, we have more people on prescription medications, food is more toxic now, the air is more polluted and people are sicker today than they have ever been. There are so many more factors to take into consideration now, make sure you consult with a Doc of Detox Certified Health Coach (1-855-900-4544 ext. 5) for a healing that will last a lifetime. DOD Advanced Water Fasting does not turn on the digestive tract or the KREB cycle. But what it does do, is supplies more nutritional factors and energy to the human body than any other full body restoration and immune building protocol.



## **DOCOFDETOX ADVANCED WATER FASTING FOR SEVERE IMMUNE DYSFUNCTION**

If you are dealing with severe inflammatory conditions or terminal diagnosis, many people will do an extended fast, this could be anywhere from 9 days or more. An extended fast can be repeated every 6 weeks to 3 months to eliminate abnormal cells through autophagy, stimulate stem cell production, HGH production to reprogram and balance the entire hormonal and immune system.

## **DOCOFDETOX ADVANCED WATER FASTING FOR MODERATE IMMUNE DYSFUNCTION**

If you are dealing with an autoimmune disease, a chronic inflammatory condition, overweight issues, or an eating disorder then this is the approach for you. You will want to follow the Perfect Day Guide with intermittent fasting on a daily basis each and every day and then do an extended fast quarterly to regenerate the immune system and reset your whole body down to the cellular mitochondria level. Within a year of following this protocol and taking Massive Personal Action, you can completely reprogram your entire immune system and reclaim the health that you deserve.



## **DOCOFDETOX ADVANCED WATER FASTING FOR HEALTHY PEOPLE**

If you consider yourself to be healthy and are looking to optimize your healing potential and improve your biological processes, the best thing for you to do is follow the Perfect Day Guide with intermittent fasting on a daily basis each and every day and then do an extended advanced water fast every 6 weeks to 3 months for 6 to 9 days to reset and fortify your immune system. By repeating the DOD Advanced Water Fast, you will be creating not just the greatest health, but abundant energy that will stand up against this new environment.



## STUDIES & STORIES

### WATER FASTING IS MIRACULOUS.

### BELOW YOU WILL FIND STORIES & RESEARCH ON THE POWER OF WATER FASTING:

Gandhi would fast for 1 day every week and would do a 10 day fast once a year. When he was assassinated, they did an autopsy on him and found his organs, skin and entire physiology was that of a 40-year-old. Gandhi was 78 when they performed the autopsy.

Arnold Ehret was a natural health educator, researcher, and author of many books on diet, detoxification, fasting, vitality, health, and longevity. He performed a study in the early 1900s on water fasting where he sealed himself in a glass cell in the presence of a notary public and two physicians for 49 days and nights. He consumed nothing but water and when his fast was over, he stated that humans eat 10 times the amount of food that their body can handle and that humans are dying because we are expending too much energy on digesting food. This is why the majority of the world is spoiled rotten.



Find videos & guides in the **Art of #1, Spoiled Rotten, The Highway of Life and Holy Crap** at [BHNlibrary.com](http://BHNlibrary.com)

Arnold Ehret said that humans have violated the laws of food more than any other animal on the earth and that we do not need as much food as we are consuming, and this was in the early 1900s before eating became a 24/7 buffet.

70 to 80% of your total daily energy expenditure is spent breaking down food, trying to metabolize the food and trying to utilize the nutrients from food. The energy it takes to digest one meal a day uses up the vital energy we need to think, exercise and to perform our daily activities. The majority of the population is wasting most of their energy on digesting one meal a day because they are not eating the right foods and they're not chewing their food until it is a liquid.

To add to this, most of the population consumes alcohol, soda drinks, artificial sweeteners, refined carbohydrates, and sugars. This is why everyone is sick, tired and unhealthy - because the majority of the population are eating the wrong foods at the wrong time, eating too much food, and they no longer have the energy to break down this fake food so they are becoming Spoiled Rotten.

There was a study done at the University of Chicago by Doctors Carlson and Kunde, they wanted to see what would happen if you put a 40-year-old man who was unhealthy on a 14-day water fast. At the end of the 14-day water fast, the tissues of this unhealthy 40-year-old man were in the same physiological condition as those of a 17-year-old boy.

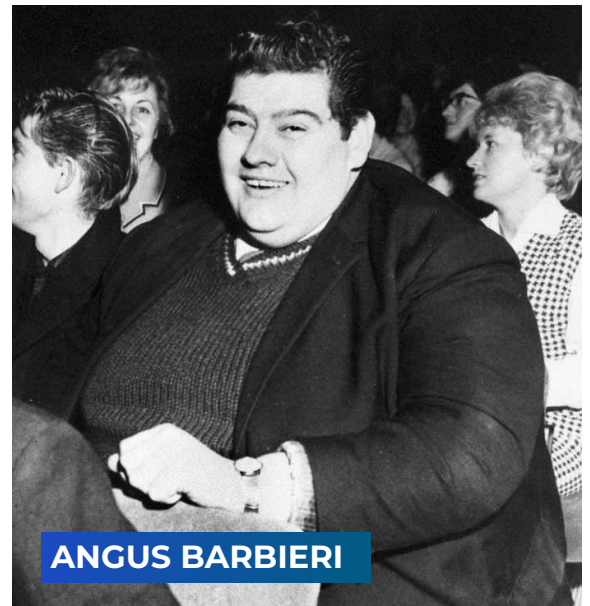
A professor at the University of Chicago took old flatworms that were about to die and he fasted these worms for about two and a half months. The worms started off as long flatworms and by the time the fast was done, they were just tiny little worms. Then he started feeding them again and as they grew back to their normal size, he noticed that from the physiological standpoint, they were just as young as they were when they were born. In his report, he concluded that partial starvation reverses the aging process and that the worms were actually brought from an advanced age back to the beginning of their lives.

For the majority, the definition of starving is missing one meal. For many, missing just one meal will create symptoms such as headaches, nausea, achy muscles and joints; this is a sign of total body toxemia.

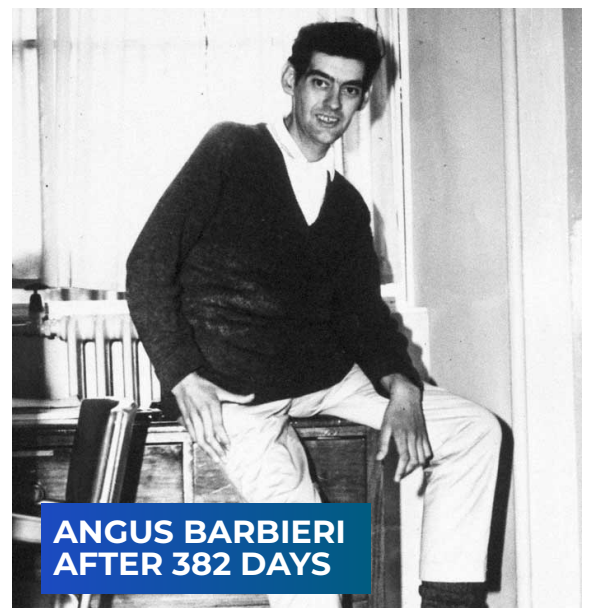
A study at USC was completed by scientists where they proved that water fasting for as little as 72 hours flips the regenerative switch and prompts stem cells and brand new white blood cells to be created. Their conclusion was that 72 hours of water fasting regenerates the entire immune system, even in the elderly. You're never too old to become young with the 6 Day DOD Advanced Water Fast.



In 1965, a 27-year-old man named Angus Barbieri fasted for 382 days under medical supervision. He was tired of being obese, he weighed 456 pounds and after his fast was complete, he lost 276 pounds with no adverse effects.



**ANGUS BARBIERI**



**ANGUS BARBIERI  
AFTER 382 DAYS**

With the 6 Day DOD Advanced Water Fast, people quickly restore their faith and belief in self-healing. We forget how amazing the human body is and that the body will always take care of itself and heal itself when self-love and self-care become the driving force.

The biggest gift of fasting is that it gives people back the power to actually cure the incurable. We must go inward first and foremost because all healing comes from within. The 'Doc of Detox Advanced Water Fasting Guide' along with 'The Perfect Day' guide can and will uncover your true healing potential deep within while transforming your health down to the cellular level.

In today's environment fasting is no longer a passing fad, it needs to become a lifestyle for all those who truly seek vibrant health. We must embrace Doc of Detox Advanced Water Fasting if we wish to keep our physical, mental and spiritual health. Remember the number one rule, if we want to learn something new it takes practice, just know, your perfect day can be achieved but it takes constant repetition until it becomes second nature.

Are you prepared to take massive action to achieve the life most only dream of? Achieving true success in life demands a dress rehearsal each and every day. Over time we will develop muscle memory in every cell of our body, with everything we are willing to repeat; this is how we master life. Your ability, heck your whole life, is run by your prominent beliefs, thoughts, and programs. Either you do your own programming or others will do it for you, only to serve their programs, and understand that fasting will become easier the more you practice it.



Understand, sane eating is corporate America's arch enemy because it puts you back in the driver seat of emotional, physical and financial freedom of their false promises of a better life. The 'Brave Heart Way' guide will show you how to unleash your universal right to heal and stay healed.

To grow emotionally and physically, and to advance our health, we need to lovingly push ourselves, but we do not want to become abusive either - more is not always better. Remember we are going to repeat this Doc of Detox Advanced Water Fasting Support System every 3 months. Listen to your gut and know that we are here to support you, we are just 1 phone call away.

# TOP 16 BENEFITS OF DOCOFDETOX ADVANCED WATER FASTING



- ♥ Reduces Pain & Inflammation
- ♥ Reduces Scar Tissue, Crystallization And Calcification
- ♥ Increases Energy
- ♥ Takes Stress Off Of The Digestive System
- ♥ Improves Genetic Repair Mechanisms
- ♥ Improves Spiritual Health And Intuition
- ♥ Expands Consciousness
- ♥ Stem Cell & HGH Production
- ♥ Stimulates Cellular Renewal
- ♥ Reinforces Intelligent Eating
- ♥ Improves Insulin Sensitivity
- ♥ Restores Immune System
- ♥ Improves Mental Health
- ♥ Stimulates Autophagy
- ♥ Advanced Structured Water Fasting Is A True Anti-Aging Formula

Advanced Water Fasting is a lifestyle that we must embrace in these low integrity, toxic times.

If you wish to advance you and your family's health on a physical, mental and spiritual level then you must embrace total love on a personal level because total healing can only be accomplished with self-care, not health care.

To learn something new it takes patience and repetition. We develop muscle memory for everything that we repeat enough. Water fasting will become easier each time you repeat it.

With every repetition, you will uncover more life-changing, lifesaving benefits as it becomes the way.

# KETONES & WATER FASTING

## WHAT HAPPENS WHEN YOU DO A DOCOFDETOX ADVANCED WATER FAST

Intermittent fasting will produce ketones but advanced water fasting is where the gold is. When you abstain from food in a healthy way for an extended period of time, your body will produce ketones as its main source of energy.

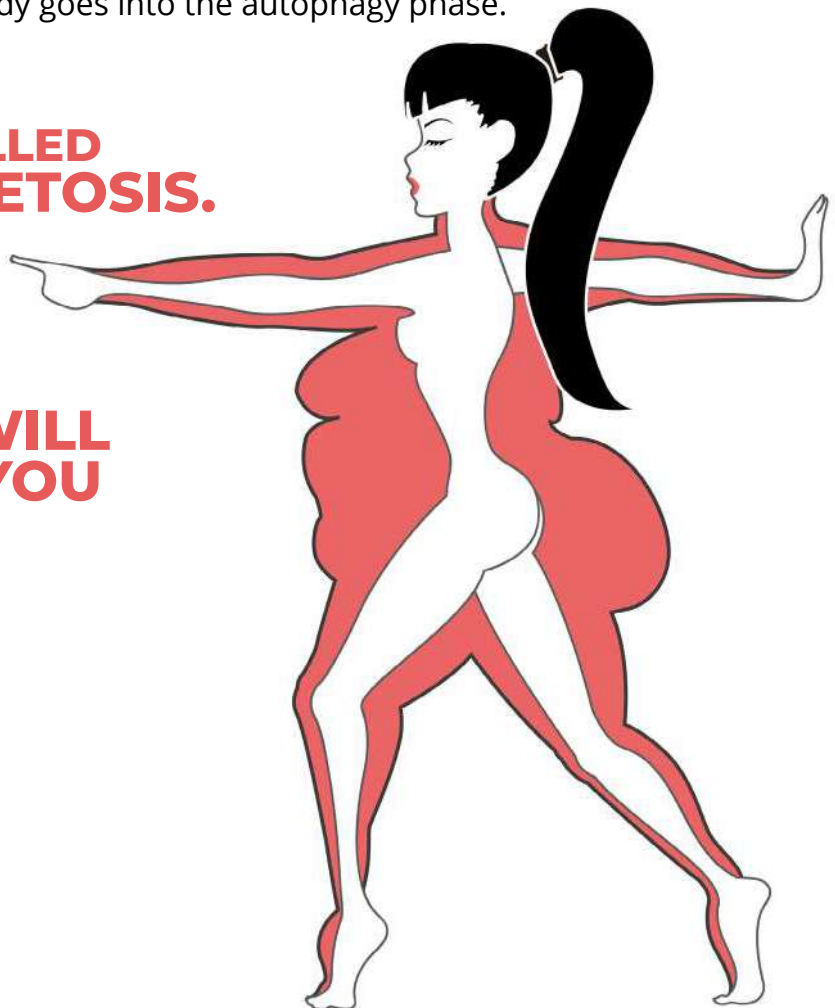
Ketones are water-soluble compounds formed from fatty acids that easily cross into the cellular mitochondria where they are metabolized for energy. Ketones create 14 times more cellular energy than glucose. In addition, the metabolism of ketones produces close to 50% less metabolic waste and oxidative stress.

Around 72 hours is when you start depleting the stored glycogen in your body and you may feel a little shaky. This is when people start to freak out and think they're going to starve to death. Don't freak out, ride it out, because the best is yet to come. You are now shifting into ketosis, otherwise, your body starts shifting into producing ketones to use for fuel.

Nutritional ketosis is where you go from a sugar or glucose metabolism to burning fatty acids as a primary fuel. In this state, the body runs on ketones produced by the liver from both dietary fat and your own body fat when blood sugar levels drop below a certain point. Starting on day 4, your glucose levels go down, you start to feel better, you start to produce more ketones for fuel, and your body goes into the autophagy phase.

**THIS IS WHAT'S CALLED  
NUTRITIONAL KETOSIS.**

**EAT UP WHAT WILL  
REALLY SERVE YOU**



# HGH PRODUCTION WITH DOCOFDETOX WATER FASTING

HGH stands for Human Growth Hormone and is an important hormone produced by your pituitary gland. It is responsible for stimulating tissue repair, cellular regeneration, brain function, enzyme production, growth, strength, performance, metabolism and helps with recovery from injury and disease. Optimal levels of HGH are especially important during weight loss, healing, recovery and athletic training.

The human growth hormone is made up of 191 amino acids and its production within our body peaks when we are young and begins to deplete when we are about 35 years old. It affects almost all cells and tissues in the body and is considered to be a master hormone because it controls so many organs and bodily functions.

Around the beginning of the 4th day of the 6 Day Doc of Detox Advanced Water Fast your hormones start to balance out, your body starts producing HGH and testosterone, which helps to build and maintain muscle mass in the lean tissue. People think that they're just going to waste away and they're going to lose all their muscle but it's just the opposite. With advanced water fasting, by day 4 or 5, your growth hormone shoots up like when you were a kid.

With the DOD Advanced Water Fasting, you will not lose muscle mass because you are using high energy nutritional formulas that never activate your digestive system. If your digestive system is active during a fast, like during a juice fast, then you can lose muscle mass or have some atrophy. With the 6 Day Doc of Detox Advanced Water Fast, you will become a lean, keen muscle machine.

## WITH DOD ADVANCED WATER FASTING, WE CAN STIMULATE OUR HGH PRODUCTION TO:

- ♥ Decrease Body Fat Content
- ♥ Advance Lean Body Mass
- ♥ Improve Cholesterol Levels
- ♥ Provide Efficient Cardiac Output
- ♥ Increase Skin Elasticity
- ♥ Improve Memory
- ♥ Increase Libido
- ♥ Increase Energy And Sense Of Well-Being

## PRODUCTS USED FOR MUSCLE TONE DURING DOD ADVANCED WATER FAST:

- ♥ IGF-1 25,000 & IGF-1 300,000
- ♥ SON Formula

CLEANSE AND BULID AT THE SAME TIME WITH DOD ADVANCED WATER FASTING



# DOC OF DETOX ADVANCED WATER FASTING

The most powerful way to maximize ketone production, HGH production, autophagy and the stimulation of stem cells is by doing a DOD advanced water fast every 3 months, let's just do what we can, and see if we can make it 6 days or more, and if you can't, understand that you are still amazing because to show up is everything.

The first 3 days of a water fast are the hardest because your body hasn't gone into ketosis yet. Around day 3 is when you start depleting your stored glycogen in your body and you might feel a little shaky. This is why the DOD Advanced Water Fast is so revolutionary when it comes to health and healing. IGF-1 is produced by the body in large amounts until the age of 30, when we introduce IGF-1 25,000 or 300,000 to the DOD Advanced Water Fast, we harness and turn on pure energy without turning on the digestive tract or KREB Cycle which takes stem cell making, autophagy and energy to the highest level.

Creating stability and strength does not end there. We utilize one more nutraceutical called SON Formula. SON Formula is 99% percent absorbable which means it does not turn on your digestive tract, which means it turns on the power to heal and build muscle.

If you decide not to utilize these powerful nutraceuticals, don't freak out, ride it out, because the best is yet to come. You are now shifting into ketosis otherwise, your body makes the shift to produce ketones for your fuel.

When you start producing ketones, your ketones will go to where your fat tissue is because your fat is a good source of fuel and energy so instead of using glycogen you start to use ketones, which is a better source of energy.

On day 4 your glucose levels go down, you start to feel better as your body enters into ketosis and your fast will get easier. Your hunger and cravings will no longer be present, and if they are, it is an emotional craving triggering the desire to eat.

We all have at one time used food to suppress emotions that we are unable to process and the majority of the population still continues to do this. Discover the authentic you. Go to The BraveHeartNation Library and read the 'Brave Heart Way' and watch the '12 self-loving steps' video. Never forget that your thoughts create things, master your emotions or your emotions will master you.

On day 4 or 5, your body starts to gain maximum benefits from the advanced water fast, supercharging the ketones, HGH, stem cell production and autophagy.

This is extremely beneficial for people with autoimmune disease, inflammation, chronic illness, overweight issues, eating disorders or anyone who truly wishes to become the master of their health.

You can expect to have bad breath during your Advanced Water Fast. Your tongue will become white and you may have the taste of acetone in your mouth, because acetone is a byproduct of fatty acid metabolism, so as we start to burn fat, our breath worsens and our tongue becomes coated. When the tongue returns back to its natural pink color, it is time to break the fast. It is recommended to use a copper tongue scraper to remove the film from your tongue.

Another symptom that comes with extended advanced water fasting is that your urine may actually be darker in color than you would expect with all the water you're drinking. Your urine may be darker and cloudy because of the elimination of excess toxins and because ketones are increasing in the urine, reaching its maximum on day 7 to day 9. After this, your urine should become lighter and more clear. Understand this, if this is your first time fasting, lovingly get out of your comfort zone.



We have had many people go through the DOD Advanced Water Fast for 40 days and longer who have done muscle mass and muscle density tests before fasting and after their fast. They lost less than a quarter of their muscle mass in that amount of time. People think they're going to waste away and lose all their muscle but it's just the opposite.

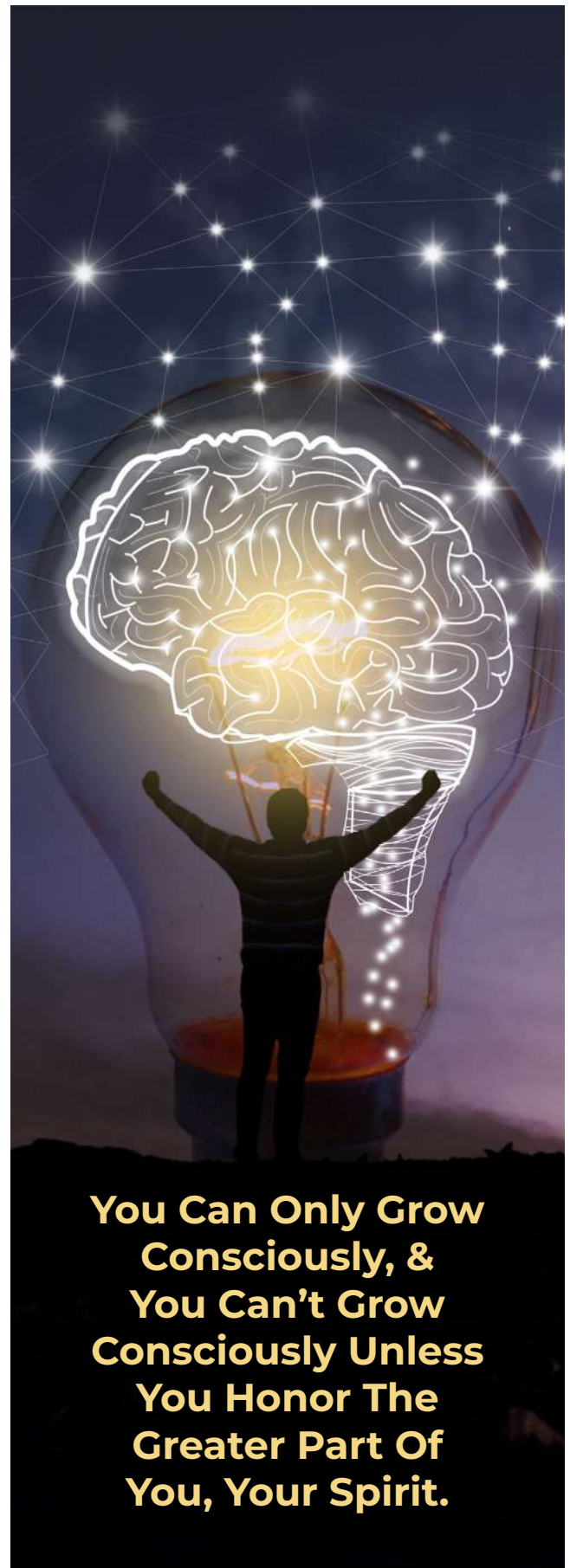
With water fasting, your hormones are the first thing after 4 days that start balancing and your growth hormone shoots up like when you were a kid by day 4 or 5. Your body starts this rebuilding phase by restoring new lean muscle, this is called biological recycling.

With water fasting, you will not lose muscle mass because you are not activating your digestive system. If your digestive system is active during a fast, like during a juice fast, then you can lose muscle mass or have some atrophy.

These changes are extremely beneficial for people with autoimmune disease, cancer, inflammation, chronic illness, overweight issues, eating disorders or anyone who truly wishes to master their health.

Fasting is not only for your physical body or to induce stem cell production or to induce autophagy. Fasting should always be done in a quiet, restful place with a peaceful state of mind so you can go within to learn about yourself, so you can become one with yourself. This is a time to empty your schedule, not fill it. This is a time to respect, honor and love yourself because yes, love is the answer but self-love is the cure for the incurable.

Understand that if you take the load off the physical body, you will finally feed the spiritual body, or energy body, or energy grid, call it whatever you want but until you really feed that part of you, you can't heal the physical.



**You Can Only Grow  
Consciously, &  
You Can't Grow  
Consciously Unless  
You Honor The  
Greater Part Of  
You, Your Spirit.**

# AUTOPHAGY THROUGH DOC OF DETOX ADVANCED WATER FASTING

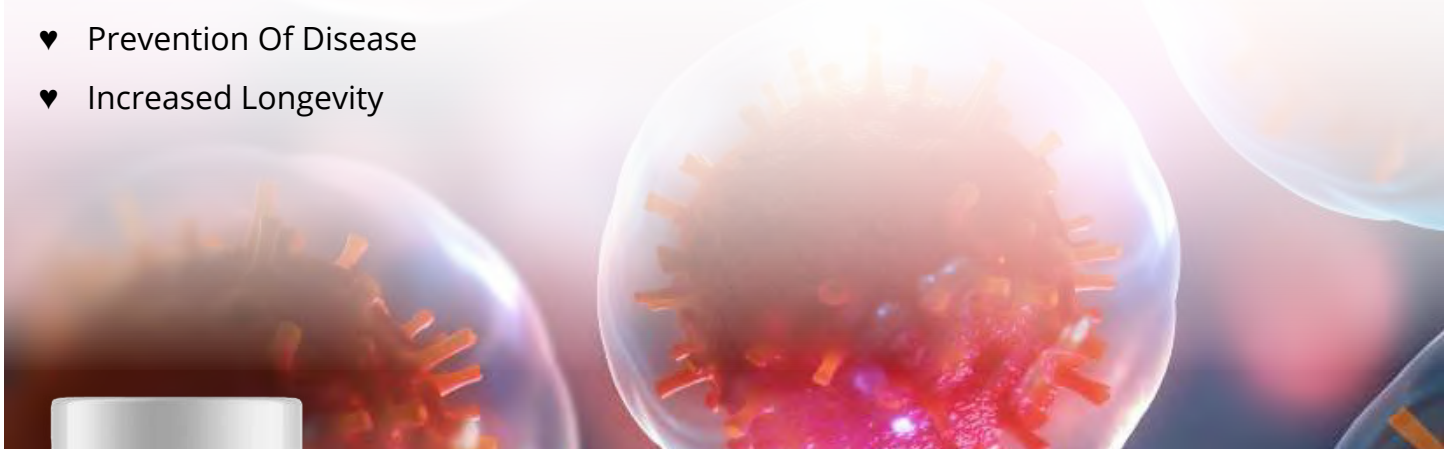
Autophagy also called, 'self-eating', is a detox process your body experiences in order to clean and clear out diseased and damaged cells while regenerating new healthy cells. During your Doc of Detox Advanced Water Fast, the protein p62 is activated to induce autophagy, this is key to living a vibrantly healthy life.

Autophagy is when the body goes into a state of healthy decomposition, this is where it begins to digest and eliminate any tissues or cells that are diseased, damaged, inflamed, aging or already dead. Our body was designed to naturally eliminate these tissues and cells but due to today's toxic burden, there has been a communication breakdown at the cellular level.

Just imagine, if you didn't eat anything for days your body wouldn't have to focus on digestion. All that energy can now be transformed into millions of microscopic Pac Men inside your body eliminating all of the abnormal, damaged, dead cells. This new found energy will eliminate anything that is impure, any type of inferior material, toxic accumulations, tumors, abscesses, and those abnormal unwanted fat deposits. Your body now has the ability to actually start rejuvenating, regenerating and producing healthy stem cells for whole body healing.

## THE BENEFITS OF AUTOPHAGY INCLUDE:

- ♥ Reduced Inflammation
- ♥ Improvement In All Bodily Functions
- ♥ Prevention Of Disease
- ♥ Increased Longevity



in situations of abnormal growths and severe circulatory situations, fibroclear systemic enzymes can be added to the DOD Advanced Water Fast protocol to help support and increase autophagy.

# STEM CELL PRODUCTION THROUGH DOCOFDETOX ADVANCED WATER FASTING

Stem cells are unique as they can develop into many different types of cells depending on what part of the body they become. Stem cells serve as a vital repair system for your body. There are two main types of stem cells: embryonic stem cells and adult stem cells. Our Advanced Water Fast causes your stem cells to wake up from their naturally dormant state to their full regenerating potential. Advanced Water Fasting quickly eliminates old damaged cells allowing new cells to be born, this process rebuilds and restores your immune system to its full potential.



One of the main purposes of fasting is to teach you how to return to a peaceful, restful state. Fasting allows you access to go within to learn about yourself; how to become one with yourself.

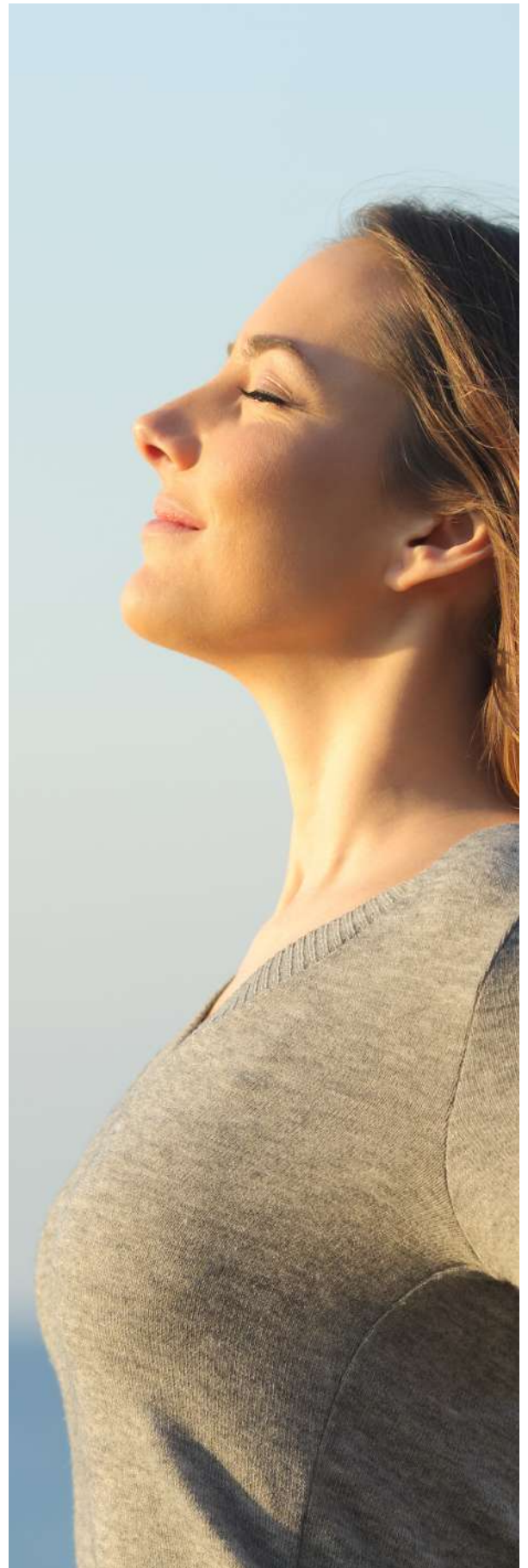
Understand that when you take the focus off the physical body, you will finally feed the spiritual body, or energy body, or etheric body, call it whatever you want but I assure you of one thing, it exists and until you really feed that part of you, you will never truly heal the physical.

You can only grow consciously and you can't grow consciously unless you're willing to grow spiritually, end of story. This is why people can spend 30, 40 or even 50 thousand dollars going to a cancer clinic and only buy time. It's not time you need, it's a new reality and you cannot have a new reality without changing parts of your personality. Your thoughts make and shape you.

It's time to unleash the authentic you with the 6 Day Doc of Detox Advanced Water Fasting Protocol.

With Advanced Water Fasting it's extremely important to be in a calm state of mind, to incorporate meditation, prayer and the Lion Heart Breathing into your program. You should be resting, sungazing in the morning, going outside and grounding yourself and being in nature as much as possible. Everybody that I've talked to that has done short or long term fasting have all come up with the same conclusion: That meditation, prayer and staying connected to your breath helps to conserve and create energy for autophagy, stem cell production, immune building, along with the cleaning and repairing of body tissues, joints, and organs.

No one should ever jump into water fasting without proper supervision and guidance. We live in a different environment now, we have more toxins, we have more people on prescription drugs, fear is a major part of our diet, food is more toxic now, the air is more polluted, there are so many more factors to take into consideration now. Before you start on this life-changing journey make sure you consult with a Doc of Detox Master Consultant at 1-855-900-4544 ext. 3 to guarantee your success; you're worth it.



# HOW TO DO A DOCOFDETOX ADVANCED WATER FAST

Structured water is the rocket fuel for an DOD Advanced fast if you wish to unleash your greatest healing potential. The amount of structured water to drink on a daily basis is as follows, for males, it is 4 to 5 quarts and females it is 3 to 4 quarts. The amount of structured water will depend on the age, weight and condition a person is in physically and emotionally. The more you weigh and the more chronic your condition, the more structured water you will need to reduce the inflammation and the accumulation of toxic waste.

Upon arising drink 16 oz of warm to hot structured water or 16 oz of structured water with SAC Ionic Calcium to eliminate morning hunger and restore proper pH. SAC Ionic Calcium structured water must be consumed on its own, on an empty stomach 30 minutes after and 30 minutes before anything else. SAC Ionic Calcium can be taken to enhance the water fast because it is not a supplement, it is a high-frequency therapy that will only enhance your water fasting process and supercharge your healing without turning on digestion. SAC ionic Calcium can be consumed every four hours. For maximum benefit, it can be taken up to 5 times a day.

Himalayan salt should be taken for the first 5 days and longer if needed. 1 teaspoon mixed with 10 to 16 oz of structured water to move the bowels and help keep electrolytes balanced. If more assistance with eliminating is required take the Doc of De-tox Daily Cleansing Tea or do the Ultimate Coffee Enema to help with the relief you seek.

Bowel movements during water fasting are essential and should be easy and soft, but not watery. Your stool should be formed but may fall apart when they enter into the toilet water. Understand, the frequency and the quality of your urination and bowel movements are a computer printout of your health. Did you ever notice that the sicker one gets, the more trouble they have with eliminating. Understand, the greatest relationship you will have is with your body, how's that going, or are you even going?



# LIFE-SAVING BENEFITS OF DOCOFDETOX ADVANCED WATER FASTING



JOIN US EVERY 2 MONTHS  
FOR THE LIVE **6 DAY  
ADVANCED WATER  
FASTING CHALLENGES**

Find videos & guides in **6  
Day Advanced Water Fast**  
at [BHNlibrary.com](http://BHNlibrary.com)

## **4 TO 8 HOURS**

Blood sugars fall  
All food has left the stomach  
Insulin is no longer produced

## **12 HOURS**

Food consumed has been burned  
Digestive system goes to sleep  
Body begins healing process  
Human Growth Hormone begins to increase  
Glucagon is relaxed to balance blood sugars

## **14 HOURS**

Body has converted to using stored fat as energy  
Human Growth Hormone levels start to increase

## **16 HOURS**

Body starts to ramp up the fat burning

## **18 HOURS**

Human Growth Hormone starts to skyrocket

## **24 HOURS**

Autophagy begins  
Stem Cell making begins

## **36 HOURS**

Autophagy 300% increase

## **48 HOURS**

Autophagy increases 30% more  
Immune system reset & regeneration  
Increased reduction in inflammation response

## **72 HOURS**

Maximum Autophagy  
Maximum of Stem Cell input

# 12 STEPS

TO SUPPORT YOUR DOCOFDETOX

## ADVANCED WATER FASTING JOURNEY



### 1. CREATE A BRAVEHEART DAY

High levels of stress is the biggest downfall in fasting. Go to The Library at [BHNlibrary.com](http://BHNlibrary.com) and read The Brave Heart Way and watch the 12 Loving Steps videos. If your goal is to totally master your mind to master your life, then join the world's most powerful online emotional training at [braveheartfree.com](http://braveheartfree.com).

### 2. AVOID NEGATIVITY

Don't look for confirmation from people who have never fasted or people who don't understand it because you will not like their answer. Go to YouTube and do your homework, listen to people's testimonials on their fasting journey, watch educational videos on fasting, and read life-enhancing books. If you need confirmation always add investigation. If you haven't yet received your copy of Healthy to 100, it is free with a purchase on the Doc of Detox store.

### 3. DRINK PLENTY OF STRUCTURED WATER

You want to have easy access to structured water, it is best to have your own structured water unit in your home. Remember to always drink out of glass, never plastic, even if it says it's PBA-free because there are still harmful toxins in BPA-free plastic.

### 4. ELECTROLYTES

You may need electrolyte support along the way, using a pinch of pink Himalayan salt is beneficial but our Beyond Ormus Minerals are a complete electrolyte supplement. If you feel tired or dizzy during the fast, take a pinch of pink Himalayan salt and put it on your tongue and drink 4 to 8 oz of structured water. Beyond Ormus Minerals are an essential part of the advanced water fasting protocol when it comes to electrolytes.

### 5. ADVANCED WATER FAST THERAPIES

Do your Clapping, Belly Button Therapy, Dry Skin Brushing, Coco Salt Glow, Epsom Salt Scrub, Bioptron Light, Avacen, Tesla Lightwear for protection against bluelight poisoning and practicing your Lion Heart Breathing Techniques found in the Perfect Day Guide. Make sure you don't over-exert yourself with any of the support therapies, love yourself with gentle baby steps daily.

### 6. CLEAN HOUSE PHYSICALLY & EMOTIONALLY

The first step to remember is to wipe your mind off at the door and only bring love home. The second step is to remove all junk foods and addictive foods from your house if possible. The third step is to remove all chemical cleaning products from your home. The fourth step is to make your home blue light/5G friendly. See the 5G/Blue Light Guide and video in The Library for more information. If you live with others have a meeting with everyone in your home because team work makes the dream work.

# 12 STEPS

TO SUPPORT YOUR DOCOFDETOX

## ADVANCED WATER FASTING JOURNEY



### 7. DRINK STRATEGICALLY

While fasting, it is normal to feel hungry during your body's normal feeding times. The hunger hormone ghrelin is secreted when the stomach is empty and when we are used to eating. Drink 10 to 16 oz of structured water with Fulvic Acid Concentrate and a drop or two of Super Cinnamon, Lemon Lift or Orange Burst essential oil if needed. This will help to suppress and reset ghrelin levels, increase energy and eliminate hunger.

### 8. SUPER BOOST YOUR ENERGY

If you are feeling low energy, depressed, or deprived on your water fast bring yourself back in an instant with IGF-1 25,000 or IGF-1 300,000. Turn on your energy (mitochondria) without turning on your digestive tract. IGF-1 bypasses the Krebs cycle, which means it only turns on your energy without turning on digestion. Consider adding Lemon Lift, Super Cinnamon or Orange Burst Essential Oil to your structured water for an additional boost.

### 9. SUN GAZE EVERY DAY

Remember to sun gaze every morning for 20 minutes to an hour with as little clothing on as possible, you want to saturate your entire body with the morning sunlight to charge up your body with full spectrum light and to get your Vitamin D. It is important that you do not burn your skin. Getting your daily dose of sunlight will help International Training Institute of Health | 61 stimulate Vitamin D production and enhance your fat burning physiology to get into ketosis faster. Sunlight has powerful biophotons that help to reduce stress hormones and stimulate the production of serotonin to help improve your fasting experience. If you live somewhere where you don't get enough sunlight, it is beneficial to get a Vitamin-D light and stand in front of it 4 minutes a day.

### 10. GO FOR A NATURE WALK

Align yourself with nature by going outside and taking a stroll to help realign and balance your energy. If weather permits, get your bare feet in the sand, grass or dirt and recharge your body with the earth's magnetism; get connected, get grounded.

### 11. REDUCE BLUELIGHT & EMFS

Take a look at CellGuard for your phone and Tesla LightWear to protect your eyes from blue light. Be sure to watch the Blue Light 5G Toxicity show on docofdetoxshow.com or YouTube. Go to The Library to read the Blue Light 5G Toxicity Guide and What The Cell Is Going On guide.

### 12. PUT A SLIGHT SMILE ON

Wherever you go, leave happiness and joy in case we try to find you.



# WHEN YOU FAIL TO PLAN YOU PLAN TO FAIL

**EVERYONE NEEDS A STRATEGY.  
EVERYONE NEEDS A COACH - A GUIDE.**

**BOOK YOUR PERFECT DAY CONSULT TODAY  
FOR LIFETIME SUPPORT, BECAUSE YOU'RE WORTH IT.**

**GO TO: PERFECTDAYCONSULTATION.COM**

**SELF CARE IS THE  
ONLY HEALTH CARE**



After Reviewing the Doc of Detox Advanced Water Fasting Guide, just know that you can have your very own Master Consultant to be your guide and coach through your Advanced Water Fast for only \$150 with unlimited support.

You will also receive the most powerful manual called - The Perfect Day Lifestyle Guide - (480 page PDF) in assessing, diagnosing and taking Massive Personal action to become the healer you seek.

Everybody needs a coach if they wish to master their health. Health is a language, let us teach you the art of Body Talk.

**PERFECTDAYCONSULT.COM**

**WATER FASTING CONSULTATION**  
**PERFECT DAY CONSULTATION**      **PELVIC RESTORATION**  
**NUTRITIONAL CONSULTATION**      **EMOTIONAL CONSULTATION**

# BLOOD TESTS & FALSE READINGS

When it comes to blood tests during your fast and a few weeks after your fast, unless you are feeling unwell you may want to wait because there is a very good chance you will have false readings. When your body is in the autophagy phase it is breaking down and chewing up all your body's diseased and damaged cells, so during this time, your blood work will be all over the place.

Just like a mud puddle, the water looks clear until you stir it up. So don't be surprised when you go to the doctor and he thinks you're a 911 crisis so he rushes you to emergency because he was not trained on how the body cleanses or heals. A Medical doctor has not been trained to understand diet, nutrition or detoxification, just as I have not been trained in surgery or the dispensing of drugs, how could he ever wrap his head around water fasting?



# PERFECT DAY PILLAR #1 (IN DETAIL): WHOLE FOOD PLANT BASED DIET

Gift yourself a loving push each and every day, with the freedom to grow naturally into the **Perfect Day Lifestyle**.

## SCHEDULE:

Structured Power Water is an essential part of a whole food plant-based lifestyle. Turn Structured Water into Structured Power Water by adding in Energy Medicine supplements to water throughout the day including: Daily Cleansing Tea, DOCOFDETOX Calcium Ion Therapy, Black Diamond Crystals, Tummy Love, Humic Acid, Fulvic Acid, and Essential Oils such as Super Cinnamon, Orange Burst or Lemon Lift.

See **Structured Water Guide** at **BHNlibrary.com** for an in-depth look

### 7:00AM

Warm/Hot Structured Water 16-32oz/500ml-1L  
It is advisable to drink Warm/Hot Structured Water all day long - this is Covid's worst enemy.

### 8:00AM

Structured Power Water 16oz/500ml

### 9:00AM

Structured Power Water 16oz/500ml

### 10:00AM

Structured Power Water 16oz/500ml

### 11:00AM

Berry Blender Drink with Organic Plant-Based Protein Powder. *Organic Free Range eggs optional*. Or the Ultimate Amino Boost Shake.

2 Blender Drinks per day – see recipes in the “Reference Material” section.

### 12:00PM

Structured Power Water 16oz/500ml

### 1:00PM

Rainbow Whole Food Plant-Based Salad with 1 Vegetable Protein such as Avocado, Chickpeas or Beans. Eat only 1 concentrated protein per meal. Eat as many sprouts as possible. See the Food Combining Chart.

2 Rainbow Salads per day – see recipes in the “Reference Material” section.

### 2:00PM

Structured Power Water 16oz/500ml.

### 3:00PM

Berry Blender Drink with Organic Plant-Based Protein Powder. *Organic Free Range eggs optional*.

### 4:00PM

Structured Power Water 16oz/500ml

### 5:00PM

Structured Power Water 16oz/500ml

### 6:00PM

Rainbow Whole Food Plant-Based Salad with 1 Vegetable Protein such as Avocado, Chickpeas or Beans. Eat only 1 concentrated protein per meal. Eat as many sprouts as possible. See the Food Combining Chart.

### 7:00PM

Warm/Hot Structured Water 16oz/500ml

Just remember, your questions matter.  
You matter. Call Now.

# PRODUCTS NEEDED FOR YOUR DOCOFDETOX ADVANCED WATER FAST

[store.docofdetox.com](http://store.docofdetox.com)

**Page 35 ····· Structured Water Unit**

Everything you drink becomes 1000% more digestible all the way down to the cellular level.

**Page 37 ····· Essential Oils: *Lemon Lift, Orange Burst, Supper Cinnamon, Frankincense***

Pure, organic & concentrated Essential Oils to turn off the hunger trigger. Eliminates infection, increases energy and makes your Structured Water taste great.

**Page 39 ····· Daily Cleansing Tea**

Gently cleanses all detox organs without turning on digestion.

**Page 40 ····· Black Diamond Crystals**

Enhances Structured Water with 70+ micronutrients and the power to absorb while eliminating 300% of its weight in heavy metals, parasites and viruses.

**Page 42 ····· Fulvic Acid Concentrate**

Add it to drinking water, for those who have heavy metals and are highly acidic.

**Page 44 ····· Calcium Ion Therapy (CIT): *Maragen, Megagen, Dentigen, Cartigen, or Alzigen.***

The worlds only true calcium product. Restores bones and 90% of cellular communication.

**Page 51 ····· Infinite Iodine & Infinite Iodide**

The pure non toxic forms of iodine that neutralize viruses in 15 seconds while balancing the thyroid.

**Page 54 ····· IGF-1 25,000 & IGF-1 300,000**

Restores the bone matrix, muscle, youthful energy, tone, hormonal balance.



# PRODUCTS NEEDED FOR YOUR DOCOFDETOX ADVANCED WATER FAST

[store.docofdetox.com](https://store.docofdetox.com)

**Page 56** ..... **Beyond Ormus Minerals**

Stabilizes electrical and mineral balance on an emotional and physical level.

**Page 58** ..... **C60 Hemp & C60 MCT**

270x stronger than Vitamin C, the worlds strongest anti oxidant.  
Disables the 'V' and restores the brain.

**Page 60** ..... **SON Formula**

The worlds most efficient amino acid delivery system for lean muscle tone and an active healthy brain.

**Page 62** ..... **Maginfusion Magnesium**

This formula has the highest absorption into the blood for maximum healing and a sense of peace and calm.

**Page 63** ..... **Silver Bullet Solution & Silver Bullet Gel**

Natures most powerful antibiotic. Organic and natural.

**Page 66** ..... **Bright Eyes Nano Fulvic**

The worlds only pure nano fulvic for eyes, ears, nose, throat and vagina.

**Page 69** ..... **Essential Oils: *Muscle Restores, Pain Away, Peppermint***

Pure, organic and concentrated topical essential oils for pain, inflammation and stiffness.

**Page 70** ..... **DMSO Gel & DMSO Rose Cream**

Natures non-toxic and pure salve for increasing healing of joints, muscles tissues, relief of aches and pains

**Page 72** ..... **CBD Bullet Suppository**

250mg CBD rectal suppository - taking healing to the highest level.

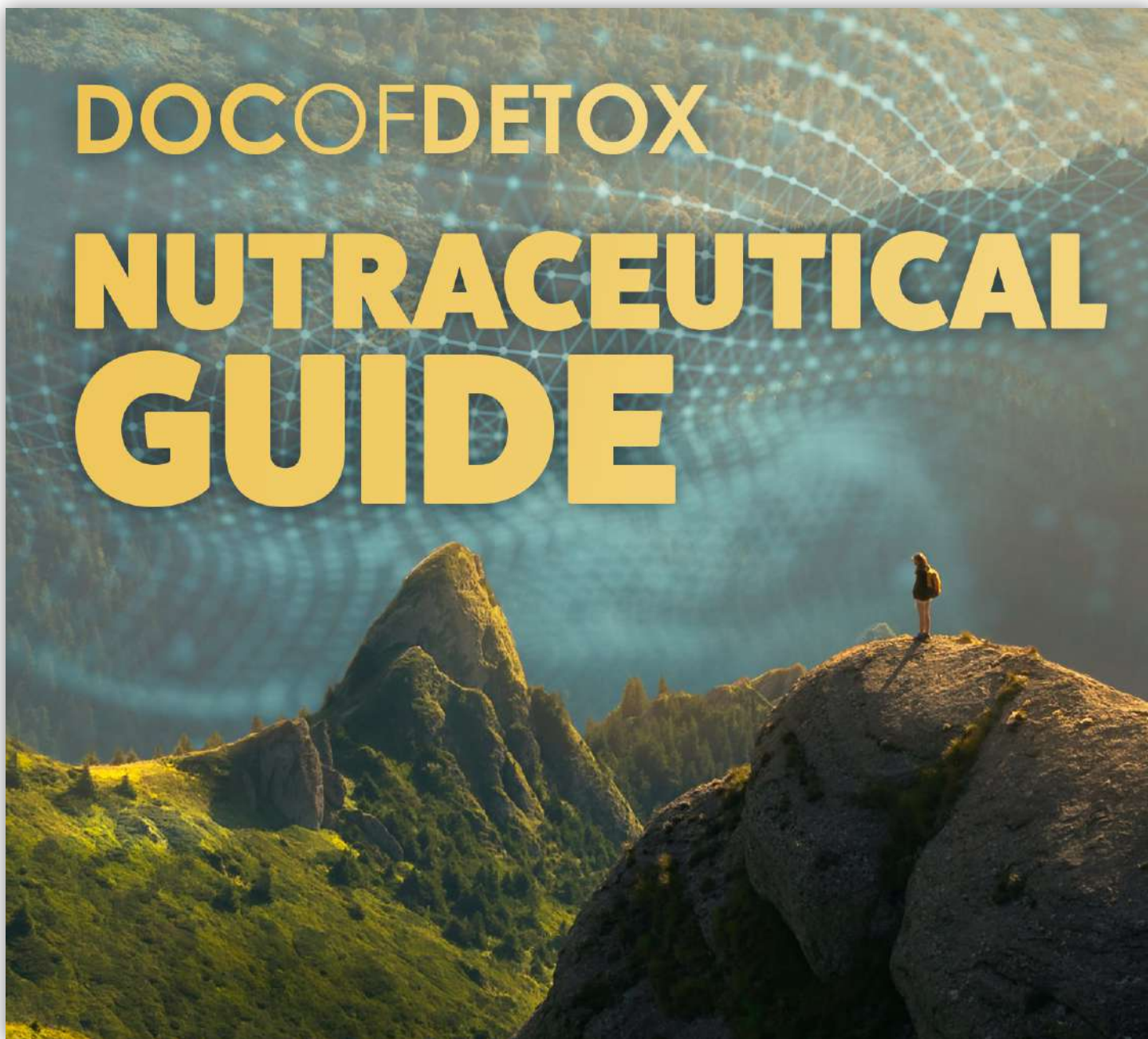
**Page 74** ..... **The Ultimate Coffee Enema: *DocOfDetox Coffee, Black Gold, Tummy Love***

The most efficient way to cleanse and restore your liver.



**STORE.DOCOFDETOX.COM**

GO TO THE  
**NUTRACEUTICAL GUIDE**  
IN THE DOCOFDETOX WORLD HEALING & TRAINING LIBRARY  
AT [BHNlibrary.com](http://BHNlibrary.com)  
FOR MORE INFORMATION, RESEARCH AND VIDEOS



GO TO  
**[store.docofdetox.com](http://store.docofdetox.com)**  
FOR MORE VIDEOS ON ALL DOCOFDETOX NUTRACEUTICALS

# DOCOFDETOX ADVANCED WATER FAST PRODUCT DESCRIPTIONS & HOW TO USE THEM

## **\*IMPORTANT**

Dosages are designed for those who are 150lbs. Those who are 50lbs take only a third of the recommended dose. Those who are 300lbs should double the recommended dose. Got questions? We got answers! Call 1-855-900-4544 ext. 0

## **STRUCTURED WATER UNIT**

3/4oz per pound minimum. Women 3 to 4 liters/quarts per day. Men 4 to 5 liters/quarts per day. Consume Structured Water throughout the day. It may be hard to wrap your head around this but you can structure any type of water - even tap water. Also, use your structure unit to structure all other liquids for increased uptake of nutrients and detoxification all the way to the cellular levels.

## **INTERNAL ESSENTIAL OILS:**

### **LEMON LIFT, ORANGE BURST, SUPER CINNAMON**

Add 1 to 2 drops in every liter/quart of structured water. these 3 essential oils will turn off the hunger trigger, along with disinfecting and increasing energy levels. Super cinnamon is amazing for diabetics, balancing blood sugar levels and eliminating sugar cravings during and after the DOD Advanced Water Fast.

## **ESSENTIAL OILS: FRANKINCENSE, FRANKINZEN**

Can be used on any part of the body externally, or 1 drop under the tongue once a day or once every hour if you have a life-threatening condition. After you perform Belly Button Therapy add 1 to 2 drops of Frankinzen or Frankincense as well as 1 to 2 drops of Hemp C60 or MCT C60 for ultimate circulation restoration.

## **DAILY CLEANSING TEA**

Thoroughly read brewing instructions before using the Daily Cleansing Tea. Drink 4oz in the morning and 4oz in the evening for the first 3 days before increasing the dose to 8oz twice per day or the amount needed to have 2-3 bowel movements slightly mushy for the first 10 days to show that we are cleaning the inside lining of the large intestine. Read the instructions thoroughly. If your bowels are moving easily without the Daily Cleansing Tea during the DOD Advanced Water Fast, then do not use the Daily Cleansing Tea, but if they are not moving properly then use the amount needed. If you create a backup you will want to come off the DOD Advanced Water Fast.

## **BLACK DIAMOND CRYSTALS**

Mix 1 packet or 1/8th of a tsp of Black Diamond Crystals in every quart of structured water and drink, minimum once a day. Do not mix this with Calcium Ion Therapy. If you are suffering hormonal imbalance, black Diamond Crystals will resolve these symptoms, due to the Nano-Humuc inside these Crystals. Those that are dealing with symptoms of the 'V' - use up to 12 servings per day to help these symptoms go away.

## **FULVIC ACID CONCENTRATE**

Fulvic Acid Liquid Concentrate is a great support for those who are high in heavy metals, worms, parasites, fungus and acidic pH. Shake gently and take 1 teaspoon in 16oz/500ml of water, minimum 3 times per day. It can be taken in water throughout the day. Take as much as desired - just listen to your body. For best absorption, take on an empty stomach. It may be taken with the Daily Cleansing Tea.

# DOCOFDETOX ADVANCED WATER FAST PRODUCT DESCRIPTIONS & HOW TO USE THEM

## **STEALTH GLUCOSE**

This breakthrough nutraceutical technology is for serious to critical conditions only, it acts as a trojan horse by entering sick and infectious cells using its glucose - then heals those cells from the inside. You can only get this therapy if you call Dr. Darrell Wolfe directly at 1-855-900-4544 ext. 5.

## **CALCIUM ION THERAPY (CIT):**

### **MARAGEN, ALZIGEN, DENTIGEN, CARTIGEN, MEGAGEN OR OSSO JR.**

This is the only scientifically proven calcium product that actually works, all other calcium products on the market today cause the problems they say they can resolve. Shake CIT well before use. Mix 1 teaspoon/5ml of DOCOFDETOX Calcium Ion Therapy liquid in 16oz/500ml of plain cool or room temperature water and drink immediately (within 10 minutes of mixing). Take only plain water 30 minutes before and after taking Calcium Ion Therapy. Take 2 to 5 doses per day.

DOCOFDETOX Calcium Ion Therapy can be nebulized. Do not shake prior to nebulizing. Only place as much calcium in the nebulizer as you will be able to nebulize in that sitting.

## **INFINITE IODINE**

Shake gently and spray 5 to 20 times into the mouth. 5 being maintenance, 20 being chronic infection and inflammation support. Spray on any and all skin conditions as needed. For thyroid conditions, 5 sprays of Infinite Iodine can provide the nutrients to balance the thyroid.

Nebulize 1 part infinite iodine with 3 parts distilled Structured Water as often as you desire. There is no toxicity to Infinite Iodine, but there is to all other iodine products. Infinite Iodine can also be used for ears, eyes, nose, throat and vaginal infusions.

## **INFINITE IODIDE**

Shake gently and spray 5 to 20 times the back of the throat daily. 5 being maintenance, 20 being chronic infection and inflammation support.

## **IGF-1 25,000 & IGF-1 300,000**

25,000 - Take 6 sprays under the tongue 1 to 3 times a day, hold for 20 seconds before swallowing to activate the patented delivery system for best results.

300,000 - Take 14 drops under the tongue 3 to 5 times per day, hold for 20 seconds before swallowing to activate the patented delivery system for best results.

## **BEYOND ORMUS MINERAL ELECTROLYTE DROPS**

Add up to 20 drops in water or other beverage, diluted to taste, 2 to 3 times daily. Alternatively, add drops to your beverages throughout the day, consuming up to 40 drops daily.

## **BEYOND ORMUS MAGNESIUM MINERAL SPRAY**

Shake well before use. use 2 to 3 times daily. Spray on your face, hair and skin. Rub in. Should you feel you are out of balance, or in need of realignment on a physical and emotional level, spray again. This product is great for the elimination of pain. Those people who have digestive issue can use this spray anywhere on the skin and will be absorbed in the digestive tract.



# DOCOFDETOX ADVANCED WATER FAST PRODUCT DESCRIPTIONS & HOW TO USE THEM

## **C60 HEMP & C60 MCT**

Take 1 teaspoon 2 to 6 times per day, hold under your tongue for 1 minute or longer to allow C60 to be prepared to cross the blood-brain barrier. You will know it's ready to swallow when it has the surface tension of water. The more chronic the condition, the deeper the hole. Go deep and repeat, often.

## **SON FORMULA**

For optimal muscle building and retention - 2 to 3 SON caplets crushed into a powder and added to Structured Water and drank every 2 hours is the most effective way to utilize this amazing product during your DOD Advanced Water Fast.

## **MAGINFUSION MAGNESIUM**

Take 1 to 3 scoops (150 to 450 mg) 1 to 3 times daily. Take with structured water or directly under the tongue until it becomes watery from your saliva. The Maginfusion will feel warm and taste metallic and is completely absorbed with this process, this is unlike every other magnesium because it does act like a laxative due to its high absorption rate - it never reaches the intestines. To enhance relaxation and healing also consider using Beyond Ormus Magnesium Spray. May be mixed with food when NOT on the DOD Advanced Water Fast.

## **SILVER BULLET SPRAY & SOLUTION**

Take 1 teaspoon to 1oz of Silver Bullet Solution under the tongue 3 to 6 times per day. Use a plastic spoon. Continue reading for ears, eyes, nose (nebulizing), throat and vagina protocols.

## **SILVER BULLET GEL**

Apply generously to skin on areas of concern as often as needed to promote natural healing. For a vaginal or rectal infusion, consult the External & Internal Therapies section of this manual to find the benefits and instructions for these techniques. This product is used internally from the mouth, to the ears, to the vagina and to the rectum. This is a totally pure organic product which can be taken orally, especially in cases of infection and upset stomach.

## **BRIGHT EYES NANO FULVIC**

The only fulvic product created to go in and heal the eyes, ears, nose, vagina & rectum. Continue reading in this manual for specific protocols and instructions.

## **TOPICAL ESSENTIAL OILS: MUSCLE RESTORE, PAIN AWAY, PEPPERMINT**

Rub 6 to 8 drops of peppermint on the bottom of each foot every morning to activate and energize your day. Do this before you go to bed to get rid of achy feet and help you sleep. Use Pain Away to relieve pain from headaches, sore muscles, joints, sprains and strains. Use Muscle Restore to detox the muscles and speed up recovery from exercise.

## **DMSO GEL & DMSO ROSE CREAM**

Rub a small (pea size amount will cover a 2 to 3 inch area on your skin) amount to the area of concern. A slight tingle or stinging feeling is normal. If irritation occurs, wash the DMSO off. Mix with coconut oil or MCT C60 to avoid irritation in future applications. Use DMSO Gel on joints, surgery scars and scar tissue. Use DMSO Cream on more sensitive areas. Use 3 to 6 times a day depending on severity of condition, call your master consultant if you have any questions.

*Note: Do NOT use DMSO Gel or DMSO Cream around the eyes. Wash hands after every use so you do not accidentally touch eye area.*

# DOCOFDETOX ADVANCED WATER FAST PRODUCT DESCRIPTIONS & HOW TO USE THEM

## **TUMMY LOVE**

While Fasting, Tummy Love is only used in the Ultimate Coffee Enema. But when you are in the 2 week Perfect Day Diet prior to your fast you can utilize Tummy Love orally.

Add 1 to 3 teaspoons of Tummy Love to the Ultimate Coffee Enema. See Ultimate Coffee Enema instructions for details. It is better to use 3 teaspoons for maximum absorption of toxic heavy metals and parasites.

Tummy Love Oral Instructions: Shake gently and take 1 teaspoon in 16oz/500ml of water, minimum 3 times per day. It can be taken in water throughout the day. Take as much as desired – just listen to your body. For best absorption, take on an empty stomach. It may be taken with the Daily Cleansing Tea.

## **BLACK GOLD**

While Fasting, Black Gold is only used in the Ultimate Coffee Enema. But when you are in the 2 week Perfect Day Diet prior to your fast you can utilize the Black Gold orally.

Add 1 teaspoon to 1 tablespoon of Black Gold for the Ultimate Coffee Enema. See Ultimate Coffee Enema instructions for details. It is better to use 1 tablespoon for maximum absorption of toxic heavy metals and parasites. Black Gold reestablishes the good bacteria in your large intestine better than any other product in health today.

Black Gold Oral Instructions: Add 1 teaspoon to 1 tablespoon to blender drinks, soups or stews to add flavor. Black Gold is full of micronutrients and therefore works as a flavor enhancer; the best tasting food is the most nutritious! It is safe for all ages. Use as much as needed, as long as bowels are moving for proper elimination. Black Gold can be taken with Daily Cleansing Tea. It is better to use 1 tablespoon for maximum absorption of toxic heavy metals and parasites. Black Gold reestablishes the good bacteria in your large intestine better than any other product in health today.

## **DOCOFDETOX ULTIMATE ENEMA COFFEE**

Use 1 teaspoon to 3 tablespoons of Doc of Detox Enema Coffee grounds to your Ultimate Coffee Enema. If you are sensitive to caffeine, start with only 1 teaspoon. However, caffeine intake is completely different when taken rectally. Gentle baby steps are best.

Brew along with 1 teaspoon to 1 tablespoon of Black Gold to your Ultimate Coffee Enema. After brewing add 1 to 3 teaspoons of Tummy Love or 1/8 of a teaspoon of black diamond.

See Ultimate Coffee Enema instructions for details.

## **VAGINAL/RECTAL INFUSION**

Mix Silver Bullet Gel, Bright Eyes Nano Fulvic drops, C60: MCT Coconut or Hemp, Essential Oils: Lavender, Immunity, Frankincense or Frankinzen, Black Diamond, CBD or the Blended CBD/THC. Restoring the pelvic region is the holy grail of healing. See Vaginal/Rectal Infusion later in this manual for more instructions

## **DOD 250MG CBD BULLET SUPPOSITORY**

Apply Moringa oil to CBD Bullet and then proceed to insert the suppository just past the rectum by 1 to 2 inches to treat whole-body conditions. Place the suppository higher at full finger height to treat liver conditions. Finger cots come with CBD Bullet Suppositories.

# BENEFITS OF STRUCTURED WATER

- Releases More Hydrogen for Increased Energy
- Holds More Light Energy
- Heightens Mental Clarity
- Supports Immune Function
- Lowest Water Surface Tension (<46 per cm<sup>3</sup>)
- Increases Hydration
- Reduces Toxins and Free-Radicals
- Enhances Nutrient Absorption (Food, Nutraceuticals, Medications)
- Increases Circulation
- Reduces Swelling
- Hydrates the Skin (helpful for dry itchy skin)
- Relieves Sunburns
- Softer Skin and Hair
- Requires Less Soap for Effective Washing
- Fresh and Invigorating Taste
- No Chlorine Smell or Taste
- Requires Less Chlorine in Spas and Swimming Pools
- Longer Life-Span of Home Systems that Utilize Water
- Less Pipe Corrosion
- Eliminates Calcium and Aragonite Deposits from Systems
- Enhances Activities of Aerobic Bacteria in Sewage and Septic Systems
- Reduces Odors Around Water Facilities
- Lower Freezing Point which Supports Healthy Plant Growth and Greener Lawns
- Healthier Gardens and Household Plants
- Healthier Farm Livestock, Domestic Pets and Fish
- Boosts Biomass (30% to 40%) as well as Improves Growth of Crops



**90 DAY MONEY BACK GUARANTEE**

## WATER INTAKE

Consume Structured Water throughout the day. Do not allow thirst to build up – always avoid dehydration. Rather than a large amount at one time, it is better to take in a smaller but continual flow of water throughout the day for proper assimilation and detoxification. Most people do not drink enough water each day. When drinking Structured Water, it is easier to drink more water.

Particularly at the beginning, it is very helpful to prepare and lay out the total daily amount of water so it's easily visible and a reminder to drink throughout the day. In time, you will reprogram your brain to drink enough water without thinking.

The average woman should drink 3-4 quarts/litres of Structured Water per day. The average man should drink 4-5 quarts/litres of Structured Water per day. Consume half of your water intake by 11AM and the remaining amount by 4PM.



90 DAY MONEY BACK GUARANTEE



### DRINKING WATER:

The Portable Unit is the best and easiest way to get Structured Water anywhere in the world! Simply, hold the portable unit under any faucet with a glass underneath the spout, turn on the tap and fill the glass with Structured Water.

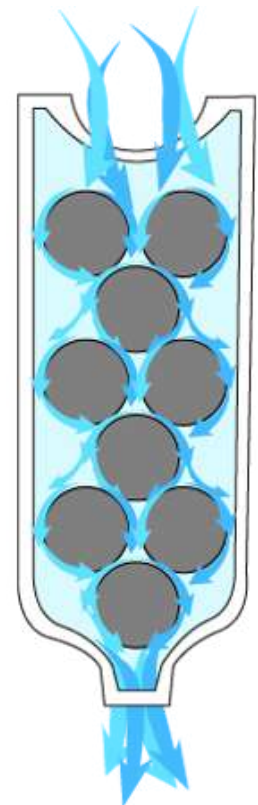
### SHOWER WATER:

A person showering in regular tap water will absorb more chlorine and fluoride toxins into their body in one shower than drinking 20 glasses of chlorinated and fluoridated water! 72% of the chemicals in the water are absorbed through the skin and through the lungs by [unknowingly] inhaling chlorine gas. This is why it is so crucial to shower in Structured Water.

If you wish to have beautiful skin and excellent health, use a structured shower unit; when showering in Structured Water, your body will absorb 4 cups of high frequency and super-hydrating water at the cellular level.

### STRUCTURED BREATHING:

Optimal health requires us to also raise the healing frequency of the air we breathe. Using a portable Structured Water unit for breathing will regulate the autonomic nervous system within just a few breaths! Simply breathe through the small end, and focus on your Lion Heart breaths.



*"Everything Is Frequency, Protect Yours."*

— Dr. Darrell Wolfe —

# **HEALTH BENEFITS OF DRINKING HOT STRUCTURED WATER**

Drinking hot Structured water hydrates the body all the way down to the cellular level more effectively than any other water. It improves digestion, assimilation, elimination, relieves congestion, and puts the body into a more restful healing state.

It is important to drink Hot Structured Water first thing in the morning or right before bed but for optimal health benefits drink it throughout the whole day.

Warm Structured water to a temperature between 120°F and 140°F. Hot Structured water should not be hot enough to scald your taste buds.

Add Super Cinnamon, Lemon Lift, Orange Burst to turn off cravings and false hunger.

Here are 10 reasons why drinking Hot Structured Water is better than cold or room temperature water



- 1. RELIEVES NASAL CONJESTION**
- 2. HELPS WITH DIGESTION, ASSIMILATION & ELIMINATION**
- 3. CALMS NERVOUS SYSTEM**
- 4. RELIEVES CHRONIC CONSTIPATION**
- 5. KEEPS YOU MORE HYDRATED**
- 6. HELPS WITH WEIGHT LOSS**
- 7. IMPROVES CIRCULATION**
- 8. DECREASES IN STRESS LEVELS**
- 9. REDUCES TOXINS MORE EFFECTIVELY**
- 10. RELIEVES THAT CHOKING FEELING FOR THOSE WHO HAVE TROUBLE SWALLOWING**

# PURE | ORGANIC | CONCENTRATED DOCOFDETOX ESSENTIAL OILS



## LEMON LIFT

Lemon (*Citrus Limonun*), Lime (*Citrus Aurantiifolia*)

Strengthens the immune system, aids in weight loss, reduces stress and fatigue while increasing alertness. Brightens complexion, rejuvenates skin and reduces breakouts. Diffuse, add to structured drinking water, rub on bottoms of feet or mix with Moringa Oil or Beyond Beauty to apply to skin. Test patch before use.

**Plant Part:** *Peel*  
**Process:** *Cold Pressed*  
**Usage:** *Internal*



## ORANGE BURST

*Citrus Sinensus*

Defends against oxidative stress and cellular mutations. Add to structured drinking water to increase detoxification and eliminate waste from the body. Diffuse and inhale to boost mood and calms nerves. Mix with Moringa Oil or Beyond Beauty to boost collagen and repair damage. Test patch before use.

**Plant Part:** *Peel*  
**Process:** *Cold Pressed*  
**Usage:** *Internal*



# PURE | ORGANIC | CONCENTRATED DOCOFDETOX ESSENTIAL OILS



## **SUPER CINNAMON**

*Cinnamomum Cassia, Cinnamomum Berum*

Amazing for weight loss, preventing sugar cravings, balancing moods and fighting fatigue! Known to balance blood sugar levels and blood pressure and reduces plaque buildup. It is also known to fight parasites, viruses and free radicals! Add a few drops to your structured drinking water!

**Plant Part:** *Bark*

**Process:** *Steam Distilled*

**Usage:** *Internal*



## **FRANKINCENSE & FRANKINZEN**

*Boswellia Sacra*

Can be diffused to create a relaxing environment, has been known for its stress-relieving and anti-anxiety properties. Frankincense Oil is distilled from the resin of the Boswellia Sacra tree.

**Plant Part:** *Resin from Boswellia Sacra*

**Process:** *Hydrodistillation*

**Usage:** *Topical, Internal & Diffuse*



# DOCOFDETOX DAILY CLEANSING TEA THE TONED TUMMY TONIC

Gently detoxify the entire body everyday to become pain free, lose weight and restore the immune system. Master health with gentle baby steps each day!

DOCOFDETOX **Daily Cleansing Tea** gently and deeply cleanses body tissues and organs to regain full function and vitality and then maintains a pristine internal environment for ongoing health.

Over the last 15 years, thousands of clients from around the world have integrated DOCOFDETOX **Daily Cleansing Tea** into their daily routine to gently detoxify the whole body, increase energy and sexual drive, lose weight and keep it off, relieve pain and feel great!

## Directions:

Drink 4oz in the morning and 4oz in the evening for the first 3 days before increasing the dose to 8oz twice per day. The goal is to have 2-3 bowel movements slightly on the loose side daily.

When taking **Daily Cleansing Tea**, adjust the dose according to bowel movements; aim for bowel movements to be slightly on the loose side (the consistency of a cow plop or soft serve ice cream).

If experiencing watery stool (diarrhea), reduce the dosage by half for one day and gradually work back up to the full dose – gentle baby steps are key. If experiencing diarrhea for more than two days, stop taking the tea for a day and gradually work back up to the full dose starting at half the dosage – gentle baby steps are key.

## Ingredients:

Milk Thistle (Silybum marianum)  
Blessed Thistle (Cnicus benedictus)  
Malva Leaves (Chinese mallow)  
Persimmon Leaves (Diospyros kaki)  
Marshmallow Leaves (Althaea officinalis)



*“Gently Cleanse  
Everyday & Thrive”*

— Dr. Darrell Wolfe —



Find videos & info in the  
**Daily Cleansing Tea  
Guide** at  
[BHNlibrary.com](http://BHNlibrary.com)



Find videos & guides in  
**Become #1 at the Art  
of #2** at  
[BHNlibrary.com](http://BHNlibrary.com)



# BLACK DIAMOND CRYSTALS

250mg - HUMIC  
100mg - FULVIC

DOCOFDETOX

## BLACK DIAMOND CRYSTALS

**THE WORLDS MOST POWERFUL NANO SIZED FUNGAL, PARASITE AND HEAVY METAL DAILY DETOXIFICATION.**

**The Only Nano Humic/Fulvic Product That Is Not Processed With Chemicals. Our Non-Toxic Patented Process Gives You The Finest, Most Powerful Daily Detoxification And Supplementation That True Health To Offer.**

**Black Diamond Crystals** is the most effective healing and detoxifying Humic/Fulvic formulas in the world today. Combining the power of Humic Acid and Fulvic Acid in a nano form allows it to cross the blood-brain barrier and enter into all your cells for maximum healing.

**Humic Acid** is a natural ionic molecule extracted from ancient organic soil deposits. It is a key element for our nutrient starved world, containing 70+ bioavailable nutrients. *Black Diamond Crystals contains highly concentrated minerals and healing substances* composed of long chain molecules which are high in molecular weight, dark brown to black in color and soluble in an alkaline solution. Binding to both positive and negative charged ions, Black Diamond Crystals is a powerful free radical scavenger and natural antioxidant. Humic acid places a prophylactic coating, a thin protective film, on microbe receptor sites inhibiting attachment to host cells, preventing viral, bacterial, and fungal infection. The function of humic acid is to balance and energize all cell life and biological properties. Humic acid is the key for balancing hormones, including regulating women's menstrual cycles.

**Fulvic Acid** is the most powerful natural electrolyte. It restores electrical balance to damaged cells, neutralizes toxins and can eliminate food poisoning within minutes. When it encounters free radicals with unpaired positive or negative electrons, fulvic acid supplies an equal and opposite charge to neutralize the free radical, acting as a broad spectrum anti-microbial and fungicide. Fulvic acid carries up to 60 minerals and elements directly into the cells and chelates monovalent and divalent elements which it comes in contact with. Fulvic acid has the power to form stable water soluble complex structures with monovalent, divalent, trivalent, and polyvalent metal ions. It can aid in the movement of metal ions that are normally difficult to mobilize or transport. Fulvic acid is an excellent natural chelator and positive ion exchanger and is vitally important for the nutrition of cells.

**Black Diamond Crystals support optimal microbial balance within the gut to help heal gut issues such as irritable bowel syndrome, leaky gut, Crohn's disease, ulcerative colitis, diverticulitis and gallbladder issues.**

### Ingredients:

Each packet of Black Diamond Crystals contains 250mg Humic Acid Powder and 100mg Fulvic Acid Powder.

*All DOCOFDETOX Humic and Fulvic products are derived from an exclusive humic deposit which is remarkably high in humic and fulvic acids while low in undesirable ash and heavy metals common to other feedstocks, located in Drumheller, Canada. Along with patented isolation technology, this pure premium material produces products of superior quality.*

**DOCOFDETOX**

## **BLACK DIAMOND CRYSTALS**

**THE WORLDS MOST POWERFUL NANO SIZED FUNGAL, PARASITE AND HEAVY METAL DAILY DETOXIFICATION.**

70+ Bioavailable Nutrients – Essential Minerals, Amino Acids, Electrolytes, and Antioxidants  
Improves Nutrient Uptake and Assimilation  
Natural Chelator and Detoxifier  
Enhances Cellular Function Through Participation in Oxidation-Reduction (Redox) Reactions  
Improves Oxygen Levels  
Protects Brain Function  
Restores Gut Flora  
Weight Loss  
Potent Antimicrobial Properties  
Immune Booster  
Clinically Shown to Stop All Viruses, Including HIV and Herpes Viruses  
Balances Hormones  
Stimulates Energy Production  
Clinically Proven Anti-Inflammatory  
Powerful Free Radical Scavenger and Antioxidant  
Anti-Carcinogenic Properties  
Protects from Harmful Chemicals  
Builds Muscle and Burns Fat  
Alkalizes and Detoxifies Blood  
Regenerates and Hydrates Cells

### **Directions:**

Mix 1 packet of **Black Diamond Crystals** in ½ quart/litre (16oz/500ml) of structured water and drink, *minimum once a day or as directed by your Perfect Day Consultant.*

**ANCIENT NUTRITION**



**ADD WATER, NO NEED TO STIR**

**SET YOURSELF FREE FROM SYMPTOMS OF THE V**

**2-3 TSP OF BLACK GOLD, 3-6 TSP C60, 3-5 GRAMS OF BLACK DIAMOND PER DAY**



DOCOFDETOX

# FULVIC ACID CONCENTRATE

THE WORLDS MOST POWERFUL NUTRITIONAL HEAVY METAL DETOXIFIER

The Doc of Detox Humic/Fulvic line is the only product line that does not use chemicals in their processing. Our Non-Toxic Patented Process Gives You The Finest, Most Powerful Daily Detoxification And Supplementation That True Health To Offer.

**Fulvic Acid** is the most powerful natural electrolyte. It restores electrical balance to damaged cells, neutralizes toxins and can eliminate food poisoning within minutes. When it encounters free radicals with unpaired positive or negative electrons, it supplies an equal and opposite charge to neutralize the free radical, acting as a broad spectrum anti-microbial and fungicide. It treats rashes, skin irritations, insect and spider bites and neutralizes poison ivy and poison oak.

**Fulvic Acid** carries up to 60 minerals and elements directly into the cells and chelates monovalent and divalent elements which it comes in contact with. **Fulvic Acid** has the power to form stable water soluble complex structures with monovalent, divalent, trivalent, and polyvalent metal ions. It can aid in the movement of metal ions that are normally difficult to mobilize or transport. **Fulvic Acid** is an excellent natural chelator and positive ion exchanger and is vitally important for the nutrition of cells.

**Fulvic Acid** – the miracle molecule – is made up of all that has gone before us. **Fulvic Acid** contains ancient parts of our DNA; it instantly revitalizes cells and replenishes and nourishes our bodies.

## Ingredients

### Concentrated Certified Organic Fulvic Acid

Mechanically extracted **Fulvic Acid** from certified organic humate to provide the highest and purest concentration of **Fulvic Acid Concentrate** in health today.

*All DOCOFDETOX Humic and Fulvic products are derived from an exclusive humic deposit which is remarkably high in humic and fulvic acids while low in undesirable ash and heavy metals common to other feedstocks, located in Drumheller, Canada. Along with patented isolation technology, this pure premium material produces products of superior quality.*



DOCOFDETOX

# FULVIC ACID CONCENTRATE

THE WORLDS MOST POWERFUL NUTRITIONAL HEAVY METAL DETOXIFIER

## Directions

Shake gently and take 1 teaspoon in 16oz/500ml to 32oz/1L of water, minimum 3 times per day. It can be taken in water throughout the day. Take as much as desired – just listen to your body. For best absorption, take on an empty stomach. It may be taken with the Daily Cleansing Tea.

## NATURES MIRACLE



- 70+ Bioavailable Nutrients – Essential Minerals, Amino Acids, Electrolytes, and Antioxidants
- Improves Nutrient Uptake and Assimilation
- Natural Heavy Metal Chelator and Detoxifier
- Alkalizes and Detoxifies Blood
- Enhances Cellular Function Through Participation in Oxidation-Reduction (Redox) Reactions
- Improves Oxygen Levels
- Protects Brain Function
- Restores Gut Flora
- Weight Loss
- Potent Antimicrobial Properties
- Immune Booster
- Clinically Shown to Stop All Viruses, Including HIV and Herpes Viruses
- Balances Hormones
- Stimulates Energy Production
- Clinically Proven Anti-Inflammatory
- Powerful Free Radical Scavenger and Antioxidant
- Anti-Carcinogenic Properties
- Protects from Harmful Chemicals
- Builds Muscle and Burns Fat
- Regenerates and Hydrates Cells
- Treats Rashes, Insect and Spider Bites and Other Skin Irritations
- Neutralizes Poison Ivy and Poison Oak

# DOCOFDETOX CALCIUM ION THERAPY



**DOCOFDETOX Calcium Ion Therapy** is developed from an innovative new biomaterial based on calcium carbonate derived from small oyster shells. A highly advanced process, Sigma Anti-Bonding, formulates the calcium to maintain positive charges (2+) by altering the bonding structure. Highly water soluble, with the positive charges of the calcium ion molecule attracting water molecules to cluster around it, it allows for direct and passive absorption into the body.

**DOCOFDETOX Calcium Ion Therapy** is not a targeted therapy focusing on relief from disease symptoms. Rather, **Calcium Ion Therapy** is a systemic therapy focused on treating the root causes of disease. Therefore, it generally takes longer to clinically experience the positive effects of **DOCOFDETOX Calcium Ion Therapy** treatment compared to symptom-targeted treatments. However, once disease momentum is reversed, recovery often accelerates with results that are far superior.

## Stronger Bones Lead to a Healthier Life

A long term follow up study done in Denmark on 35,000 people revealed that people with strong bones in their 50s lived 11.6 years longer.

In Canada, 49% of infants are born with calcium deficiency. Only 70% recover after breastfeeding. Calcium deficiency during pregnancy and infancy leads to serious health issues.

Bone health is directly related to overall health. Emptier bone, characterized by osteoporosis or osteopenia, indicates not only a higher risk of fracture but also a greater chance of developing degenerative diseases. Why? Calcium emptying from bones causes **calcification** on both cellular and systemic levels, causing cellular communication mayhem by disrupting calcium signaling.

**DOCOFDETOX Calcium Ion Therapy** is an integral part of Advanced Water Fasting, along with Beyond Ormus Minerals, Fulvic Acid Concentrate, Infinite Iodine, **DOCOFDETOX** Enema Coffee and Enema Kit, Tummy Love, Black Gold and **DOCOFDETOX** Essential Oils: Super Cinnamon, Orange Burst, Lemon Lift and Frankincense.

# DOCOFDETOX CALCIUM ION THERAPY

**Go to [BHNlibrary.com](http://BHNlibrary.com):**

12 videos on the scientific research of **DOCOFDETOX Calcium Ion Therapy** and the specific conditions it helps

Call 1-855-900-4544 ext. 0 to order **DOCOFDETOX Calcium Ion Therapy**.



**Due to the healing powers of Calcium Ion Therapy (CIT), the powers to be have created 2 obstacles.**

**The first being - you need to go the library at [BHNlibrary.com](http://BHNlibrary.com) for research.**

**The second - you have to call 1-855-900-4544 ext. 0 to order Calcium Ion Therapy (CIT).**

**CANCER & INCURABLE DISEASE**

**BRAIN HEALTH**

**DENTAL HEALTH**

**ARTHRITIS & JOINT HEALTH**

**OPTIMIZING GROWTH POTENTIAL**

**OSTEOPOROSIS & BONE HEALTH**

## CALCIUM ION THERAPY

Videos at [BHNlibrary.com](http://BHNlibrary.com)

- ♥ The Healing Power of the Invisible Calcium Ion
- ♥ Fasting With Calcium Ion Therapy
- ♥ Fasting With Ion Therapy With Jae Lee
- ♥ Cancer & Calcium Ion Therapy Part 1 With Jae Lee
- ♥ Cancer & Calcium Ion Therapy Part 2 With Jae Lee
- ♥ Heart Disease & The Calcium Ion Connection With Jae Lee
- ♥ Dental Issues & The Calcium Ion Connection With Jae Lee
- ♥ Arthritis & Calcium Ion Therapy With Jae Lee
- ♥ Calcium Ion Nutrition - Osteoporosis With Jae Lee
- ♥ Calcium Ion Nutrition - Diabetes With Jae Lee
- ♥ Calcium Ion Nutrition - Neurodegenerative Disease With Jae Lee

## Conditions Commonly Treated with DOCOFDETOX Calcium Ion Therapy:

Autoimmune disease (Lupus, Vitiligo, Hashimoto's, Crohn's, Celiac Disease, Eczema, MS, Rheumatic Diseases, etc.)  
Lyme, HIV, Shingles and other Viral Infections  
Parkinson's, ALS, Alzheimer's and other Neurodegenerative Diseases  
Arthritis, Gout, CPPD, Inflammatory Conditions  
Mitochondrial Disease  
Cancer (Carcinoma, Sarcoma, Lymphoma, Leukemia, Multiple Myeloma)  
Arrhythmia, Heart Palpitations, Mitral Valve Prolapse  
Diabetes, Metabolic Syndrome  
Thrombosis, Hemolytic Anemia  
Autism Spectrum Disorder  
ADHD, Epilepsy

Asthma, COPD  
Glaucoma, Cataract, Intermittent Exotropia, Retinal Vein Occlusion  
Meniere's Disease, Aurora Migraine Disease, Tinnitus, Vertigo  
Osteoporosis, Bone Necrosis  
Chromosome 8 Syndrome  
Chronic Kidney Disease  
Gum Disease, Loose Teeth  
Calcification (Joints and Tissues)  
Calcific Tendonitis, Fibrosis, Kidney and Gallbladder Stones  
Dysmenorrhea, Infertility  
And many more... There are over 150 calcium related diseases that cause secondary autoimmune and inflammation responses.

## Storage

**DOCOFDETOX Calcium Ion Therapy** is packaged in colored glass bottles for a longer preservation period. Product should not be stored in direct sunlight or below 55 Celsius. If stored correctly, unopened bottles will last more than 10 years without losing potency. Once opened, consume within 6 months to maintain potency. The bottle cap should be tightly closed immediately after each dosing to minimize exposure to air.

## Directions

Shake well before use. Mix 1 teaspoon/5ml of **DOCOFDETOX Calcium Ion Therapy** liquid in 16oz/500ml of plain cool or room temperature water and drink immediately (within 10 minutes of mixing). Take only plain water 30 minutes before and after taking **Calcium Ion Therapy**. Take 2 to 5 doses per day, depending on condition and financial situation. If weighing under 150 pounds, the dosage can be adjusted down accordingly. For example, a person weighing 100 pounds can adjust the dosage to take  $\frac{2}{3}$  of a teaspoon/3.3ml in 10oz/333ml of water. Do not increase the dosage for people who weigh over 150 pounds. **Calcium Ion Therapy** can be taken by children; product and dosage will depend on the condition.

**DOCOFDETOX Calcium Ion Therapy** can be nebulized. Only place as much calcium in the nebulizer as you will be able to nebulize in that sitting.



**Calcium Ion Therapy** has to be taken on an empty stomach, at least 30 minutes before and after any food or drink. More than 95% of **DOCOFDETOX Calcium Ion Therapy** will be absorbed within 30 minutes through diffusion and osmotic pressure. Any additives, such as other supplements or foods that trigger digestion, should be avoided because **DOCOFDETOX Calcium Ion Therapy** will interact and lose potency.

DOCOFDETOX  
**STEALTH GLUCOSE**  
CRITICAL CARE PROTOCOL

# AIC-SG

For questions or to create the Stealth Glucose Critical Care Protocol call 1-855-900-4544 ext. 5 or 1-469-861-8884. This is a life changing protocol.

All consultations or protocol strategies are in direct collaboration with Dr. Darrell Wolfe.

Manufactured with Antiorbital Formulation Technology, AIC-SG imbeds antiorbital calcium within calcium gluconate. Hidden AIC calcium is invisible to our body and AICSG is perceived as glucose, not calcium gluconate.

When absorbed and metabolized by tumor cells with oxygen deficiency, AIC-SG releases free radicals and destroys tumor cells with strong oxidative power.

## STEALTH GLUCOSE CANCER PROTOCOL

AIC (Maragen) + AIC-SG therapy is more powerful than MaraGen alone and can lead to tumor lysis. Please monitor for TLS and reduce dosage if there are any signs of electrolyte disturbance.

AIC (Maragen) + AIC-SG are taken together in the same 16oz/500ml water bottle with 5ml each.

Take it on an empty stomach. It is best to take one dose first thing in the morning when you are thirsty. The next one is 30 minutes before lunchtime, followed by the last dose 30 minutes before dinnertime. On an empty stomach each time, mixed with nothing else except maragen.

We want to get AIC-SG on an empty stomach so that this stealth glucose does not have to compete with any other glucose.



AIC-SG

Videos at [DODlibrary.com](https://www.DODlibrary.com)





# STEALTH GLUCOSE



## 3-MONTH RECOVERY PROGRAM

All stealth glucose recovery programs are built to support the patient's personal needs. This is a suggested protocol; alterations are done on a person-to-person basis.

Everyone wishing the stealth glucose recovery program will directly and continually be supported by Dr. Darrell Wolfe. Call 1-855-900-4544 ext. 5, USA Direct call 1-469-861-8884.

### PRODUCTS NEEDED FOR THE 3-MONTH SG RECOVERY PROGRAM:

**1. Stealth Glucose** | 6 Bottles. 1 tsp, 3x per day.

**2. Maragen** | 6 Bottles. 1 tsp, 3x per day.

*Always taken together & on an empty stomach.*

### STEALTH GLUCOSE SUPPORT PRODUCTS:

**3. Critical Care Thundershroomz** | 60 per bottle. 6 to 20 caps per day.

**4. Perfect Day Multi** | 400 per bottle. 2 caps, 2 to 3 times per day.

**5. Black Diamond** | 2 jars. 1/16th to 1/8th tsp in every 16oz of Structured Water or nutritional drink.

**6. Black Gold** | 3lb. 2 to 3 tablespoons per day. Add in blender drinks and soups. (Ultimate Coffee Enema)

**7. Beyond Ormus Minerals** | 2 bottles. 20 drops 4 times per day.

**8. Curcumin Cayenne 5000** | 400 per bottle. 1 every other hour.

**9. Daily Cleansing Tea** | Take as needed depending on the frequency of bowel movements.

*The products can be taken together or alone on an empty stomach or with food. More detailed instructions will come from Dr. Darrell Wolfe.*

### TAKE UNDER YOUR TONGUE:

**10. C60 MCT** | 32oz bottle. 1tsp, 3 to 4x before 2pm hold under the tongue until C60 becomes water-like.

**11. C60 Hemp** | 32 oz bottle. 1tsp, 3 to 4x after 2pm, hold under your tongue until C60 becomes water-like.

**12. IGF-1 (300,000)** | 14 drops, 4x per day. Hold under your tongue for 20 seconds or more.

### TAKEN ALONE:

**13. Infinite Iodine (1oz Spray)** | 5 to 20 sprays per day, to the back of your throat.

**14. Infinite Iodine (500ml) For Nebulizing** | Purchase a high-quality nebulizer.

**15. Bright Eyes Fulvic Drops/Silver Bullet Liquid For Nebulizing** | Purchase a high-quality nebulizer.

**16. Digest Complete** | Take 4 to 8 capsules with any cooked food meals.

### EXTERNAL/INTERNAL THERAPY & ENERGY MEDICINE:

Clapping, Belly Button Therapy, Ultimate Coffee Enema, Vaginal Infusion, Therapeutic Vomiting, Cellsonic

# DOCOFDETOX CALCIUM ION THERAPY

## MARAGEN CANCER & INCURABLE DISEASE

**MaraGen** is the strongest **DOCOFDETOX Calcium Ion Therapy** product. MaraGen works to improve 147 degenerative diseases that are thought to be **calcification** related. Many pieces of research link cellular **calcification** to mitochondrial disease, metabolic syndrome, neurodegenerative diseases and even cancer.

By actively maintaining a slightly acidic micro-environment (pH 6.0-6.5) via lactic acid production, tumor cells effectively turn off immune response and establish malignancy. Calcium ions serve as a natural acid buffer and suppress tumor growth by neutralizing lactic acid and switching on the immune response around the tumor.

Most cancers have either mutation within the p53 gene or defects in the ability to induce p53 which is responsible for apoptosis (self-destruction). Many studies have shown that calcium ions can reactivate the p53 gene and induce apoptosis in many tumor cells.

Used as an alternative medicine for incurable diseases, **MaraGen** is formulated for clients with cancer and incurable diseases.

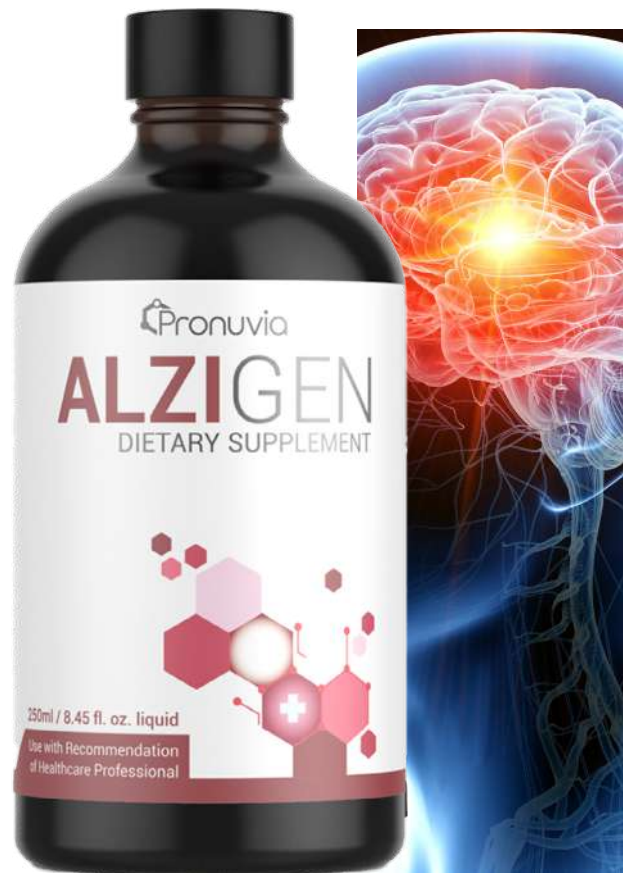


# ALZIGEN

## BRAIN HEALTH

The global cost of Alzheimer disease and dementia is estimated to be \$605 billion. However, there are no drug treatments available that can provide a cure for Alzheimer disease yet. Further, many health professionals suggest age, genetics and mineral imbalances may cause Alzheimer disease.

Many scientists suggest that Alzheimer disease may be related to calcium. Both Osteoporosis and Alzheimer diseases are aging-associated, multi-factorial, progressive, degenerative diseases and both occur usually in seniors. According to recent scientific research, senior women who have low bone density are more than twice as likely to develop Alzheimer disease. This indicates that Alzheimer disease is closely linked to osteoporosis, however, the mechanisms underlying this are unknown.



# DENTIGEN

## DENTAL HEALTH

**Dentigen** stimulates the release of TH and PTH that balances calcium homeostasis and increases the bone turnover rate by boosting osteoblast (bone building). **DOCOFDETOX Calcium Ion Therapy** rebuilds the alveolar bones of the maxillary and mandible thereby increasing the rate of successful implants or periodontal treatments. As a stand-alone treatment, 6-9 months of **Dentigen** treatment is recommended to build a strong dental bone structure including filling up an extraction socket with natural bone.

Working in conjunction with bone grafts, **Dentigen** significantly accelerates the rebuilding of extraction sockets, integration of grafted bones, and osseointegration of implant material. Complementing bone grafts with **Dentigen** speeds up the procedure and increases the success rate, making difficult cases possible.

# DOCOFDETOX CALCIUM ION THERAPY

## CARTIGEN ■ ARTHRITIS & JOINT HEALTH

Life can take a toll on bones and joints – wear and tear on cartilage can result in significant pain. Unfortunately, modern medical science only provides solutions that may ease pain and **inflammation** – along with many side effects; it cannot repair joints and cartilage. There are over 100 different forms of arthritis with the most common form being osteoarthritis (degenerative joint disease). Arthritis and back pain are usually treated simply with painkillers.

Calcium ions move freely in and out of blood vessels to reach joints and initiate cartilage repair by stimulating stem cells in the cartilage (namely chondrocytes). The anti-inflammatory and immune-normalizing effects of calcium ions offer a scientifically superior solution for easing joint disorder pains. Formulated for cartilage repair, **CartiGen** supports more calcium ions to permeate deeper into joints to help rebuild damaged cartilage (stem cell action). **DOCOFDETOX Calcium Ion Therapy** is the scientifically superior solution for treating cartilage disorders.

The effectiveness of **CartiGen** has been proven clinically; this selenium based ‘cell restorer’ helps calcium ions permeate deep into the cartilage to restore and eliminate the source of pain.



# DOCOFDETOX CALCIUM ION THERAPY

## OSSO JR OPTIMIZING GROWTH POTENTIAL

**OssO Jr** helps kids to grow to their full potential height and build strong bones by supercharging osteoblast – the bone building process. **DOCOFDETOX Calcium Ion Therapy** helps to maintain a strong immune system by maintaining the body's pH in the optimal range, providing maximum oxygen to every part of the body. **DOCOFDETOX Calcium Ion Therapy** escorts phosphorus to bones and keeps it from pathogens to avoid pathogens multiplying. **OssO Jr** supports kids to be more energetic naturally – to simply be kids.



## MEGAGEN OSTEOPOROSIS & BONE HEALTH

Osteoporosis and hormonal imbalances start affecting people in their middle ages. **DOCOFDETOX Calcium Ion Therapy** delivers calcium ions directly into the bloodstream, to balance hormones and initiate a cascade of repairing processes within the body resulting in numerous health benefits.

The most noticeable result is a strengthening of bones through stabilizing calcium homeostasis. **MegaGen** initiates the bone formation process (osteoblast) and builds strong bones, once believed to be impossible after age 35. **MegaGen** also helps to maintain an optimum blood pH of 7.35-7.45, optimizing oxygen flow and eliminating disease-causing pathogens.

Even as an antioxidant, **MegaGen** is unmatched in its potency and effectiveness. As calcium is involved in over 140 diseases, the health benefits which **MegaGen** brings is truly amazing.

# DOCOFDETOX INFINITE IODINE

Infinite Iodine, 'Nature's Weapon', is the ultimate daily immune support. With natural antiviral properties and all the nourishing qualities of iodide, Infinite Iodine is the only iodine in the world that delivers iodine in pico-sized and dalton-sized molecules – 10,000 times smaller than nano-sized molecules – in a safe liquid solution that the body can easily digest and absorb. The body can only absorb molecules that are pico-sized and smaller. To visualize these molecular sizes, picture a 1000 story building for a nano-sized molecule, a VW Bug beside the 1000 story apartment building for a pico-sized molecule, and an ant on the ground beside the VW Bug for a dalton-sized molecule. Now, those are small molecules!

The spray delivery method delivers the pico-sized (water based) and dalton-sized (gaseous) molecules most effectively.

Iodine is recognized as a world-class disinfectant. Like the immune system, Iodine kills viruses and bacteria (including variants) and our body uses iodine to kill viruses in the bloodstream which may facilitate the production of antibodies. Iodine has been shown to kill cancer cells in the body.

When iodine interacts with bacteria and viruses, it converts to its micronutrient form Iodide. Iodide is an essential micronutrient that supports the maintenance of thyroid function, immune system function, metabolism and T3 and T4 hormone production. For optimum health, the thyroid requires iodide daily.

Infinite Iodine can be taken internally or used topically as a skin disinfectant. Many people keep iodine in their emergency kit for use in home remedies and survival situations. Iodine can be applied to minor cuts and scrapes or on hands when away from soap and water.



**This 16oz Infinite Iodine is part of a protocol built by Dr. Darrell Wolfe for those suffering from life-threatening conditions, including cancer. Please call 1-855-900-4544 for more information.**

*Infinite Iodine is an integral part of Advanced Water Fasting, along with DOCOFDETOX Calcium Ion Therapy, Fulvic Acid Concentrate, Beyond Ormus Minerals, DOCOFDETOX Enema Coffee and Enema Kit, Tummy Love, Black Gold and DOCOFDETOX Essential Oils: Super Cinnamon, Orange Burst, and Lemon Lift.*

# DOCOFDETOX INFINITE IODINE

- ♥ Ultimate Daily Immune Support – Kills Viruses, Bacteria Fungus, Cancer, Cellular Mutations
- ♥ Disinfects and Protects Skin
- ♥ Essential for Healing
- ♥ Cellular Generation
- ♥ Cellular Regeneration
- ♥ Builds Skeletal System
- ♥ Builds Nervous System
- ♥ Cerebral Development
- ♥ Supports Organ and Gland Health
- ♥ Supports Healthy Cellular Apoptosis (Cell Death)
- ♥ Connective Tissue Generation and Regeneration
- ♥ Creates Healthy and Strong Skin, Hair and Nails



## Directions

Shake gently and spray 5 times into the mouth.

For extra immune support, spray 5 times into the mouth 2 to 3 times per day.

Spray on any and all skin conditions as needed.

For thyroid conditions, 5 sprays of Infinite Iodine can provide the nutrients to balance the thyroid.

Nebulize 1 part infinite iodine to 3 parts distilled **Structured Water**. This dilution is for those who are sensitive due to inflammation. Once inflammation starts to subside, try diluting less and less until you are nebulizing only Infinite Iodine, with no distilled Structured Water.

For chronic conditions, autoimmune disease, stage 4 inflammation (cancer) use 1 tsp to 1.5 oz 3 times per day in a glass of distilled & **Structured Water** if possible.

For breast cancer, mix 1-2 mls of infinite iodine in a glass bowl with just enough distilled **Structured Water** if possible to soak a cotton pad, place on tumour affected area before saran wrapping the chest to keep the compress moist for 15 minutes or longer.

Iodine internal infusion, 1 ml infinite iodine in 5 mls of distilled **Structured Water**. Infused in vaginal or rectal canal. Invert for 15 minutes. Use a 5 ml medical syringe for infusion. Ideally in the morning.

**For eye conditions:** use 1 drop in each eye 1 to 3 times per day

**For ear conditions:** use 6 to 10 drops, let soak for 3 to 5 minutes, must travel on its own, do not mix with other products for 3 to 5 minutes.

Continue reading for further information on how to heal tinnitus and other hearing or ear conditions.

**INFINITE IODINE IS THE ONLY PURE IODINE & IS THE ONLY IODINE WITH NO NEGATIVE SIDE EFFECTS OR SYMPTOMS.**

**NEUTRALIZES VIRUSES IN 15 SECONDS, CONTINUES ON BY SUPPORTING YOUR THYROID.**

For pets, soak a cotton gauze with a mixture of 1-2 mls of infinite iodine with distilled structured. Apply to any wound for 15 minutes or longer.

# DOCOFDETOX INFINITE IODIDE

- ♥ Maintains Thyroid Health
- ♥ Supports T3 & T4 Hormone Production
- ♥ Balances Hormones
- ♥ Increases Immune System Function
- ♥ Optimizes Metabolic Function
- ♥ Supports Cognitive Development and Function
- ♥ Creates Healthy and Strong Skin, Hair and Nails
- ♥ Creates Healthy Skin and a Lustrous Coat in Dogs and Cats

## Directions

Shake gently and spray 5 times into the mouth daily. For pets, add 1 spray for every 30lb. to drinking water.

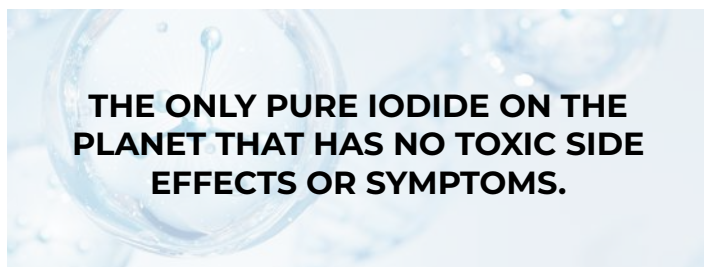
## Ingredients

USP Grade Iodine, Vitamin C

*The raw source material for Infinite Iodide is pure aqueous iodine converted to iodide through a break point ascorbic acid process.*

Unlike Iodine, Iodide has no disinfectant properties. An essential micronutrient, it was added to table salt in the 1920s to reduce the incidence of goitre related illness and to increase the population's IQ.

The thyroid requires Iodide to produce T3 and T4 (Iodine) hormones which maintain the endocrine system, metabolism, and immune system function. It is a lack of Iodide in the diet that has created the epidemic of prescriptions for synthetic T3 and T4 (Iodine) hormones, with over 110 million prescriptions per year in the United States.



Insufficient iodide intake is directly related to fibrocystic disease in women.

Iodide is a fundamental ingredient in prenatal vitamins to ensure the health and brain development of infants.

The World Health Organization indicates that 2 billion people world-wide are Iodine (Iodide) deficient.

**GO TO [STORE.DOCOFDETOX.COM](https://store.docofdetox.com)  
FOR VIDEOS**



# IGF-1



## LONGJACK ENHANCED

IGF-1 will restore the same vital force and energy that you had when you were in your 20s. Unleash the natural fountain of youth for energy and tone.

GO TO [STORE.DOCOFDETOX.COM](http://STORE.DOCOFDETOX.COM)  
FOR VIDEOS

### PATENTED LIPOSOME DELIVERY SYSTEM WITH 98% ABSORPTION

The Difference is in the delivery! Our patented delivery system allows faster delivery and longer duration of nutrient action, making it superior over pill, and powder products. The lipo gastric delivery system uses nanoparticles that are delivered into the bloodstream more rapidly, where they can be better absorbed and utilized without breaking down in the liver. This allows for an unrivaled absorption rate of 98% ensuring you receive the maximum potency of the product.

### HIGHEST QUALITY AVAILABLE. SAFE, CLEAN, AND POTENT. NO CHEAP FILLERS

**Longjack With IGF1** is certified as the world's purest with no cheap and potentially dangerous filler ingredients in our state-of-the-art supplement. This is the only certified 25,000 & 300,000 nanogram w/ longjack product available, **Longjack W/IGF1** helps individuals of all backgrounds train harder, build lean muscle and speed up recovery time.

### 25,000ng IGF w/ Longjack

#### Active Life Formula Directions:

Take 6 sprays under the tongue per day, hold for 20 seconds before swallowing to activate the patented delivery system for best results.

### 300,000ng IGF w/ Longjack

Unlock the power of the strongest IGF on the market. If performance matters, peak performance starts with this enhanced formula. Whether it's your workout, health, or energy levels, use **300,000ng IGF w/ Longjack** to help maximize those results. All-natural ingredients will elevate your body and mind.

#### ENHANCED FORMULA DIRECTIONS:

Take 14 drops under the tongue 3 times per day, hold for 20 seconds before swallowing to activate the patented delivery system for best results.



# IGF-1

## LONGJACK ENHANCED



### BOOST ENERGY LEVELS

Your body naturally produces IGF1 when you are a child and a young adult. However, after around the age of 25, your body's natural production of **IGF-1** sharply drops off. As you can see, it's no surprise that this is the same time in many people's lives when they begin to lose youthful energy.



### INCREASE PASSION & STAMINA

We took an incredible **IGF-1** product and reformulated it to include the ingredient Long Jack (*Eurycoma Longifolia*) which is known to help the body naturally increase passion, testosterone levels, boost cardiovascular endurance, and help improve overall health and wellness. This energy nutraceutical is a powerful health product perfect for anyone looking to lead a more active lifestyle.



### BUILD LEAN MUSCLE

Hypertrophy - when you work out, you are essentially tearing muscle fibers. As the muscle fibers rebuild themselves, muscle mass increases. This whole process is biologically known as hypertrophy, which is essentially an increase in the size of your cells. **IGF1** makes this process easier for your body.

Hyperplasia - this refers to the division and increased number of cells. **IGF1** is a key factor in kickstarting hyperplasia in the muscles. While your workouts increase muscle size, **IGF** goes to work and actually increases the number of muscle cells in the areas of your body targeted by your workouts.

### REDUCE RECOVERY TIME

We can all become more susceptible to harmful injuries as we age, or through doing more intensive physical training. It's frustrating to lose days of activity because of injuries or sore muscles that need to recover.

The Growth Factor (**IGF1**) found in deer antler velvet extract has been shown to have links to injury recovery, which is why high-quality IGF products are so popular with athletes and anyone looking to lead a more active lifestyle.



# DOCOFDETOX BEYOND ORMUS HIGH VOLTAGE ELECTROLYTE MINERALS

Ocean water is widely recognized as the absolute best source of minerals and trace elements found anywhere on this planet.

**Beyond Ormus** High-Voltage Electrolyte Minerals concentrates this amazing source of nutrients to create a nutraceutical that is highly effective. It is clean and as naturally balanced as one could hope for.

Our finished product is a liquid mineral solution containing over 70 minerals and electrolytes in their IONIC and ORGANIC forms. This allows our **Beyond Ormus** Minerals to be easily utilized by the human body providing simple and lasting results.

## Directions for Beyond Ormus Minerals Drops:

Add up to 20 drops in water or other beverage, diluted to taste, 1 to 3 times daily. Alternatively, add drops to your beverages throughout the day, consuming up to 40 drops daily.

## Directions for Beyond Ormus Magnesium Spray:

Shake well before use. Spray on your face, hair and skin. Rub in. Should you feel you are out of balance, or in need of realignment on a physical and emotional level, spray again. This product is great for elimination of pain.

GO TO [STORE.DOCOFDETOX.COM](https://store.docofdetox.com)  
FOR VIDEOS



## SOURCED FROM THE ANTARCTIC



THE BIGGEST SELLER OF TRACE MINERALS ON THE PLANET ALSO HAS THE HIGHEST MERCURY CONTENT IN THEIR PRODUCT - BUYER BEWARE.

BEYOND ORMUS MINERALS IS NOT JUST THE PUREST BUT ALSO HAS THE HIGHEST ELECTRICAL VOLTAGE FOR CELLULAR REACTIVATION.

# DOC OF DETOX

# BEYOND ORMUS

## HIGH VOLTAGE ELECTROLYTE MINERALS



### IT'S ALL ABOUT BALANCE

Taking high amounts of any mineral in isolation has the potential to throw off the elemental balance within our systems and create havoc in many ways. In order to utilize these very important minerals in our bodies properly, we need to provide them in balanced proportions so that they absorb well and benefit us the most.

The minerals in **Beyond Ormus** Minerals do just that. They work as a team, plain and simple.

For example, Magnesium needs Phosphorous (and many other minerals) to function properly in our bodies, yet that same Phosphorous also has a list of elements it requires to perform its functions. This pattern of co-dependency continues right across the periodic table. So while there is a very impressive amount of Ionic Magnesium in each serving, equally important is the presence of the other 70+ minerals and electrolytes.

Together this provides the proper balance that is crucial for a successful and effective formula.

### PLEASE CONSIDER YOUR SOURCE THIS CAN'T BE OVERSTATED ENOUGH

Let's face it, humans are devastating this planet. Many things we do on a daily basis contribute to the ever-growing pollution problems we see and hear about. In today's world, in order to nourish our body properly, we need to be extra cautious when sourcing clean food and nutrients. It must come from a highly clean and pure source.

**Beyond Ormus** High-Voltage Electrolyte Minerals is an ocean-based trace mineral supplement. It is not pulled from an inland sea (lake) where there are endless concerns over water quality and contamination due to human intervention. Sourced from the Southern Hemisphere (Southern Australia towards Antarctica) where only 12% of the world's population lives also means almost zero industry and contamination.

In addition to getting our minerals from a pristine environment, we are actually sourcing them from a living, breathing, dynamic ecosystem where there are literally millions of life forms in every square inch of its water (ocean water, not lake). All these living beings break down the minerals from their inorganic rock form into a predigested, organic form that is perfect for us to absorb and utilize within our bodies.

Since our goal is to be more balanced and healthful, we should be looking for nutrients that exhibit these very same traits. ***Beyond Ormus Minerals does just that.***



DOCOFDETOX  
**C60**

## MCT & Hemp Oil

CARBON 60 – The ‘Miracle Molecule’

C60, or Carbon 60, is a recently discovered fullerene made up of 60 carbon atoms that form a structure that looks like a hollow soccer ball. Due to the unique bonding within this structure, C60 interacts with free radicals in the environment creating a surprisingly powerful and non-toxic superconductive antioxidant. The health molecule that Buckminster Fuller predicted had to exist was discovered two years after his death. The three scientists who found it won the Nobel Prize in Chemistry. C60 is reported to reduce the effects of aging, increase lifespan, **reduce pain and inflammation** to power up the immune system. Carbon 60 can be found in nature; it preceded life on Earth. In fact, C60 may be the foundational building block which supported the formation of the DNA double helix molecule. C60 is produced in the atmospheres of stars, meteor impacts and during lightning strikes. Knowing human bodies are Carbon based and over 23% Carbon, the importance of C60 is readily evident.

### How does C60 work?

C60 works within a cell to decrease the oxidative burden by neutralizing oxidative radicals. C60 is known as a free radical ‘sponge’ with an antioxidant power far superior to other antioxidants. In one study, C60 was shown to be 300 times more potent than vitamin C in antioxidant power! C60 helps to maximize the metabolic efficiency of cells in the production of energy, hormones and in cellular metabolism.

98% OF ALL C60 COMES OUT OF CHINA. BUYER BEWARE.

OUR PATENTED PROCESS GIVES US NOT JUST THE PUREST BUT THE MOST CONCENTRATED C60 ON THE MARKET TODAY

GO TO [STORE.DOCOFDETOX.COM](http://STORE.DOCOFDETOX.COM) FOR VIDEOS



**Did You Know That, By Weight, C60 Is 7 Times More Expensive Than Gold?**

## What Studies Are There On C60?

The most profound and attention-grabbing C60 study was released in 2012. The study showed that C60 increased the lifespan of rats by 90%. Rats normally live two and a half years, however, the rats taking C60 lived five years nearly doubling their typical lifespan. In fact, it is reported that the researchers ended the lives of the C60 rats in order to conclude the study and publish their findings. Other studies on mice have shown similar results in increasing lifespan and healthspan due to an increased production of the 'energy molecule' ATP. Studies demonstrated C60 **reduced inflammation** by 223%, when measuring the two inflammatory markers IL6 and IL8. 'Leaky mitochondria', that contribute to aging, **inflammation and poor immune system functioning**, can be repaired with C60.

## What Makes Carbon 60 The 'Miracle Molecule'?

DOCOFDETOX C60 is produced using an advanced undisclosed government grade technology. This process and facility is primarily used to supply government contracts because of the extreme quality and integrity of the product produced. It is speculated that every NASA astronaut must take C60 prior to space-based missions.

C60 is superior to vitamin C for supporting immune health. Take it to help prevent the common cold and to enjoy the many other benefits. C60 is one of the three pillars for a strong immune system, along with Vitamin D3 and Infinite Iodine.

Super Antioxidant  
Increases Energy  
Improves Stamina  
Shortens Recovery Time  
Reduces Inflammation  
Decreases Joint Pain  
Boosts Sleep Quality  
Heightens Mental Clarity and Concentration  
Improves Vision  
Neuroprotective Properties  
Prevents Apoptosis in Neurons; Potential to Reverse Alzheimer's.

### Directions

Take 1 teaspoon 2 to 6 times per day, hold under tongue for 1 minute or longer to allow C60 to be prepared to cross the blood-brain barrier. You will know its ready swallow when it has the surface tension of water. The more chronic the condition, the deeper the hole. Go deep and repeat, often.

C60 Hemp can be used in the vaginal infusion & rectal infusion.

C60 MCT can be used for the healing of ear conditions and infections.

Go to the DIY guide and Doc Demo LIVE at [BHNlibrary.com](http://BHNlibrary.com) for tinnitus videos and other videos on how to heal various conditions.

DOCOFDETOX

# SON FORMULA

## BUILD MUSCLE | BUILD STRENGTH

SON Formula is a patented dietary protein substitute, which provides a unique pattern of 8 essential amino acids, in a highly purified free-crystalline form. After oral ingestion, SON Formula is rapidly utilized. SON Formula does not require the aid of peptidases and is therefore absorbed within 23 minutes through the first 100 cm of functional small intestine.

The use of SON Formula may prevent some adverse reactions commonly associated with weight loss diets such as muscle loss, flabby tissue, weakened immune system, hunger, weakness, decreased libido and regaining of lost weight after yo-yo dieting. SON Formula optimizes muscle mass, strength and endurance. Strengthen, firm and improve the quality of body proteins such as muscles, skin, nails, hair, etc.

SON Formula has a 99% absorption, whereas other amino acid products average around 7% and to add more fuel to the fire, almost all other amino acid products come out of China. due to SON formula's high absorption rate, it bypasses the KREB cycle and does not turn on the digestive tract which means you can power through your DOD Advanced Water Fast. This makes SON Formula a must for those that are underweight or are concerned with losing weight because the SON Formula will provide all the Amino Acids that the metabolism needs to function during this time. depending on your condition, you can take 2 to 3 SON every 2 hours for maximum support. Remember, there is no waste or trapped protein molecules created with this product, this is as good as it gets for muscle building and retaining the muscle that you have. People do not lose weight as they get older, they lose muscle.

SON Formula can be taken even before bed, it will never keep you awake. It only creates balanced energy within the body.

SON Formula is used in leading cancer clinics around the world because it puts muscle wastage on hold while the body can be healed of the cancer.



## Directions

During the DOD Advanced Water Fast: For optimal muscle building and retention - 2 to 3 SON caplets crushed into a powder and added to Structured Water and drank every 2 hours is the most effective way to utilize this amazing product during your DOD Advanced Water Fast.

As a dietary supplement: take 2 capsules 2 times daily or 3 to 4 capsules 20 minutes prior to a workout. For severe **autoimmune diseases** and cancer where weight loss is a problem take 2 every 2 hours - 5 times per day.

*Note: This product is not intended as a substitute for a varied diet.*

DOCOFDETOX

## SON FORMULA

**Optimize Protein Synthesis**

**Maximize Muscle Strength and Volume**

**Replace Body Fat with Muscle, When Taken in  
Conjunction with Physical Exercise**

**Support Recovery After Physical Exercise**

**Strengthen and Tone Body Tissues**

**Unique Amino Acid Profile that Provides 99%  
Net Nitrogen Utilization – Nearly All Aminos  
Used for Body Protein Synthesis**

**Almost Calorie-Free (only 0.4 kcal per 10  
tablets) and Provides the Same Amount of  
Amino Acids as about 350g of Meat, Fish or  
Poultry**

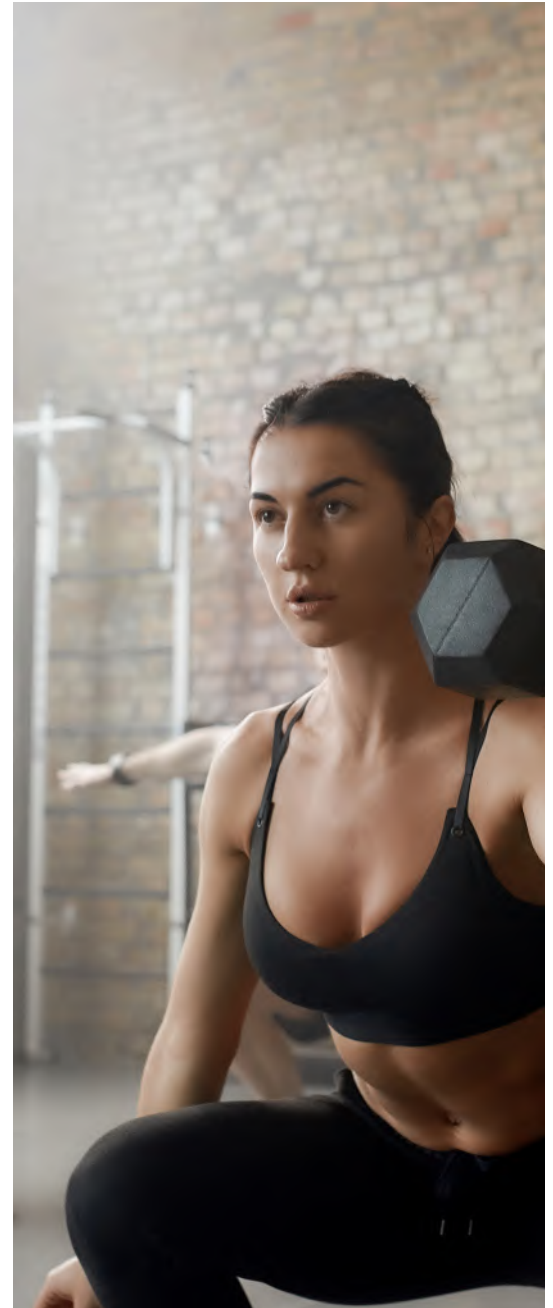
**Absorbed within 25 Minutes – Rapidly Utilized  
without the Aid of Catabolic Enzymes**

**Master Amino Pattern MAP® is 100% Essential  
Amino Acids Extracted from Dietary Proteins**

**Prevents overloading cardiovascular functions,  
gastrointestinal functions, renal function and  
the hepatic function.**

### **Ingredients:**

**1 tablet (1000mg) contains the following amino acids:** L-Leucine 0.20g, L-Valine 0.16 g, L-Isoleucine 0.15 g, L-Lysine 0.14 g, L-Phenylalanine 0.13 g, L-Methionine 0.07 g, L-Tryptophan 0.04 g. Free from fat, yeast, gluten, sugar, corn, wheat, and soya protein or dairy products





DOCOFDETOX

# MAGINFUSION

## THE MOST ABSORBABLE MAGNESIUM NUTRACEUTICAL

MagInfusion helps to repair muscles, improve bone strength, calm the nervous system, enhance sleep, relieve headaches and regulate the heartbeat. Magnesium is an essential mineral required for more than 300 biochemical reactions in the body.

MagInfusion is a powder form of 100% dimagnesium malate. This has been proven to be the most absorbable magnesium on the market because the ionic bonds of dimagnesium malate are easily broken down. Magnesium malate also chelates aluminium from tissues in the body. It is a wonderful choice for anyone struggling with fatigue; MagInfusion improves energy production through ATP synthesis.

Alleviates Anxiety & Stress

Improves Memory

Calms Nerves

Relaxes Muscles

Improves Sense of Well-Being

Balances Blood Pressure

Strengthens the Heart and Promotes Cardiovascular Health

Improves Blood Flow

Supports Adrenal Function

Supports Muscle Recovery

Helps to Relieve Headaches

Relieves Constipation

Alkalizes the Body

### Ingredients



### Directions

Take 1 to 3 scoops 1-3 times daily. May be mixed with food or drink or taken directly under the tongue. Take 1 scoop 20 minutes before bedtime and 1 additional scoop immediately prior to bedtime to aid with sleep.

1 Level Scoop = 150mg of Magnesium

\* 1/8 teaspoon scoop is inside the bottle and may be buried in the powder.

# DOCOFDETOX NANO SILVER BULLET SOLUTION & NANO SILVER BULLET SPRAY

EYES, EARS, NOSE, THROAT, VAGINA

DOCOFDETOX SILVER BULLET SOLUTION GEL IS INFUSED WITH THE FREQUENCY OF AN 1000 VOLT LIGHTNING BOLT.

**DOCOFDETOX Silver Bullet Solution and Spray are 10ppm and the highest quality #1 Selling Colloidal Silver Product in North America.**

Each ounce of Silver Bullet Solution and Silver Bullet Spray has over 9 billion electrically charged, micron-sized, anti-microbial particles.

**Nature's Antibiotic – A Powerful Infection Fighter and Immune Builder**

**Antiviral, Antifungal, Antibacterial, Antiparasitic**

**Promotes Faster Wound Healing**

**Rebuilds Tissue Through the Formation of Stem Cells**

**Relieves Skin Irritations and Infections**

**Sunburn Relief**

**Relieves Red Eyes, Dry Eyes, Watery Eyes and Floaters**

## Ingredients

Structured, purified, deionized, micro-filtered water and 10ppm of Silver mineral (99.999% pure).

*\* One ounce of Silver Bullet Solution contains over nine billion electrically charged particles of Pure Silver mineral.*



DOCOFDETOX

# NANO SILVER BULLET SOLUTION & NANO SILVER BULLET SPRAY

**Oral:** Take 1 teaspoon to 1oz of Silver Bullet Solution under the tongue 3 to 6 times per day. Use a plastic spoon.

**Eyes:** Place 1 drop in the corner of each eye 3 to 6 times per day. The drops may be used with contact lenses. Can also be nebulized 3 to 6 times per day.

**Eye Wash:** For any degenerative eye condition, fill an eye cup with 1 teaspoon of Silver Bullet Solution. Put the eye over the eye cup and tilt your head back to soak the eye. Repeat with Bright Eyes Nano Fulvic Drops. An eye wash can also be done by mixing Silver Bullet Solution and Bright Eyes Nano Fulvic Drops.

**Ears:** Place 3 drops in each ear 3 to 6 times per day.

**Ear Restoration:** Clap the jaw and around the ear to increase circulation. After **clapping**, lay on your side and spray Silver Bullet Solution into the ear until there is a pool in the ear ( $\frac{1}{8}$  to  $\frac{1}{4}$  inch deep). Grab the ear, give it a pull and rotate 6 times counterclockwise and 6 times clockwise. Place a small hot towel (wet with hot water and wrung out) over the ear for 5 minutes before draining the Silver Bullet Solution out of the ear by turning to the other side and let it run out onto a towel. If you own a BIOPTRON, shine the light into the ear for 5 minutes. Repeat the steps above with Bright Eyes Nano Fulvic Drops in the same ear and drain. Finally, place a drop (may work up to 3 to 5 drops) of Ear Restore Essential Oil in the ear. Repeat the entire protocol on the other ear.

**Nose (Sinuses):** Place 2 drops or sprays in each nostril 3 to 6 times per day. Can also be nebulized\* 3 to 6 times per day.

You Can Also Nebulize Maragen, Infinite Iodine & Bright Eyes Nano Fulvic.  
**Call 855 900 4544 For More Information.**



*\*Nebulizer*



DOCOFDETOX

# SILVER BULLET GEL

**External & Internal Use**

**DOCOFDETOX SILVER BULLET SOLUTION GEL IS INFUSED WITH THE FREQUENCY OF AN 1000 VOLT LIGHTNING BOLT.**

## Accelerates New Tissue Growth

Silver Bullet Gel is 30ppm and accelerates new tissue growth in burns, cuts and wounds and prevents infection and scarring – great for acne, psoriasis, eczema and other skin conditions.

Vaginal Infusion

Cuts & Scrapes

Sunburn & Burns

Rashes, Diaper Rashes, Chafing & Dry Skin

Skin Irritations and Infections

Bruises, Warts & Ulcers

Poison Oak and Poison Ivy

Bug Bites and Stings

Aftershave Gel

Gum Disease & Tooth Decay

Acne, Eczema and Psoriasis

Under Arms for Odor

Yeast problems and more!

## Directions

Apply generously to skin on areas of concern as often as needed to promote natural healing.

For a vaginal or rectal infusion, consult the External & Internal Therapies section of The **Perfect Day** to find the benefits and instructions for these techniques.

## Ingredients

Colloidal Silver 30ppm, Glycerin-PH-adjusted Carbomer [vegetable]. Pure microscopic silver in distilled water.

*\* No fillers & no additives.*



DOCOFDETOX

# BRIGHT EYES

## NANO FULVIC DROPS

The Only Nano Fulvic Product That Is Not Processed With Chemicals. Our Non-Toxic Patented Process Gives You The Finest, Most Powerful Daily Detoxification And Supplementation That True Health To Offer.

The particles in **Bright Eyes Nano Fulvic Drops** are five times smaller than **Fulvic Acid Concentrate**. This rare and lightweight molecular fraction of fulvic acid is optimal for use in the eyes because the nano sized molecules will assist in the transportation of nutrients across the blood-brain barrier and in purging heavy metals from the eyes and the body. The rods and cones in the eyes regrow themselves every forty eight hours, if given the correct micronutrients. Bright Eyes **Nano Fulvic Drops** provides up to 60 minerals and elements and chelates toxins, assisting in regrowing the rods and cones in the eyes and improving eyesight.

Extensive hospital eye clinic studies using humic extracts of **fulvic acid** showed 100% success in curing eye diseases caused by viruses, bacteria, or fungus, healing ulcerous wounds, **relieving inflammation**, and stopping hemorrhaging without side effects.

Hospital eye clinic patients with ulcerous cornea infection had 94.2% success rate when treated with **Fulvic Nano Drops** and injections.

A study performed at an eye clinic in a hospital in Shaoxing, Zhejiang Province, China studied 47 cases of patients experiencing bloodshot eyes. Treating with **Fulvic Acid Eye Drops** and intramuscular injection, the success rate for healing was 93.6%.

Relieves Red, Dry, Watery and Irritated Eyes

Removes Floaters

Fights Fungus, Viruses and Bacteria

Provides Bioavailable Nutrition to the Rods and Cones of the Eye to Support the Natural Repair and Regeneration that Occurs Every 48 Hours

**THE WORLDS LEADER IN EYES, EARS, NOSE, MOUTH, SINUS, LUNGS, VAGINA & RECTUM DETOXIFICATION, TISSUE RESTORATION. BALANCES PH & REDUCES HEAVY METALS & ACIDITY.**



### Ingredients

Medical and pharmaceutical grade organic nanosize Fulvic Acid

*All DOCOFDETOX Humic and Fulvic products are derived from an exclusive humic deposit which is remarkably high in humic and fulvic acids while low in undesirable ash and heavy metals common to other feedstocks, located in Drumheller, Canada. Along with patented isolation technology, this pure premium material produces products of superior quality.*

# BRIGHT EYES

## NANO FULVIC DROPS



### Eyes:

Place 1 drop in the corner of each eye 3 to 6 times per day, along with 1 drop/spray of **Silver Bullet Solution**. A slight stinging sensation is indicating the **fulvic acid** is cleansing toxins from the eyes. With continued use, the stinging sensation will lessen indicating an improvement in the toxicity levels in the eyes. The drops may be used with contact lenses. **Bright Eyes Nano Fulvic Drops** can also be nebulized 3 to 6 times per day.

### Eye Wash:

For any degenerative eye condition, fill an eye cup with 1 teaspoon of **Silver Bullet Solution**. Put the eye over the eye cup and tilt your head back to soak the eye. Repeat with **Bright Eyes Nano Fulvic Drops**. An eye wash can also be done by mixing **Silver Bullet Solution** and **Bright Eyes Nano Fulvic Drops**.

### Ears:

Place 3 drops in each ear 3 to 6 times per day.

### Ear Restoration:

Clap the jaw and around the ear to increase circulation. After clapping, lay on your side and spray **Silver Bullet Solution** into the ear until there is a pool in the ear ( $\frac{1}{8}$  to  $\frac{1}{4}$  inch deep). Grab the ear, give it a pull and rotate 6 times counterclockwise and 6 times clockwise. Place a small hot towel (wet with hot water and wrung out) over the ear for 5 minutes before draining the **Silver Bullet Solution** out of the ear by turning to the other side and let it run out onto a towel. If you own a **BIOPTON**, shine the light into the ear for 5 minutes. Repeat the steps above with **Bright Eyes Nano Fulvic Drops** in the same ear and drain. Finally, place a drop (may work up to 3 to 5 drops) of **Ear Restore Essential Oil** in the ear. Repeat the entire protocol on the other ear.

# BRIGHT EYES

## NANO FULVIC DROPS



### Vaginal or Rectal Usage:

Restoring the pelvic region is the holy grail of healing. For a vaginal or rectal infusion, consult the External & Internal Therapies (Pillar #3) section of **The Perfect Day** to find the benefits and instructions for these techniques.

### Nose (Sinuses):

Place 2 drops or sprays in each nostril 3 to 6 times per day. Can also be \*nebulized 3 to 6 times per day.

***Also see instructions for nebulizing Infinite Iodine, Calcium Ion Therapy, and Silver Bullet Spray.***



**\*Nebulizer**

# PURE | ORGANIC | CONCENTRATED DOCOFDETOX ESSENTIAL OILS

## PAIN RELIEF & TISSUE HEALING

### PAIN AWAY

Camphor (Cinnamomum Camphora), Canadian White Cedar (Hypericum Perforatum), Balsam Fir (Abies Balsamea), Wintergreen (Gaultheria Procumbens)

Relieves pain from headaches, sore muscles, joints, sprains and strains! An effective local anesthesia, reduces pain, **inflammation** and relaxes aching muscles, stimulates circulation and reduces spasms in all body systems. Massage onto area of concern straight or mix with a carrier oil. Test patch before use.

Plant Part: *Wood, Needles, Leaves*  
Process: *Steam Distilled*  
Usage: *Topical*



### PEPPERMINT

Mentha Piperita

Amazing natural painkiller and muscle relaxant, relieves achy joints when applied topically on the area. Put 1 to 2 drops on tongue to reduce nausea and to reduce bloating and indigestion. Diffuse and inhale to relieve sinusitis, coughs, colds, allergies, asthma and bronchitis, also improves energy and focus.

Plant Part: *Flowers/Leaves*  
Process: *Cold Pressed*  
Usage: *Topical, Internal & Diffuse*

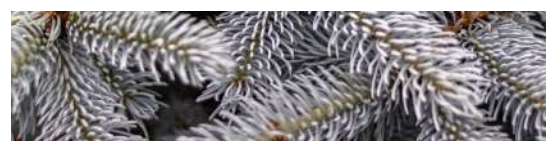


### MUSCLE RESTORE

Wintergreen (Gaultheria Procumbens), Black Spruce (Picea Mariana), Balsam Fir (Abies Balsamea), Helichrysum (Helichrysum Italicum), Peppermint (Mentha Piperita), Camphor (Cinnamomum Camphora)

Detoxes the muscles, eliminates lactic acid and speeds up recovery from exercise. Provides relief from spasms and cramps and improves circulation, supporting blood flow to tired muscles while soothing pain and reducing **inflammation**. Massage onto area straight or use with a carrier oil. Test patch before use.

Plant Part: *Leaves, Needles*  
Process: *Steam Distilled*  
Usage: *Topical*





DOCOFDETOX

# DMSO GEL, DMSO ROSE CREAM

## NATURES MOST POWERFUL ALL NATURAL HEALING SOLVENT

Relieve Your Pain & Stiffness, Heal Your Tissues & Joints

**DMSO (Dimethyl Sulfoxide)** is a natural healing compound found in plants and food. It is a clear colorless non-toxic solvent known for its ability to penetrate living tissue, stimulating cellular processes and encouraging the body's healing mechanisms. It is a by-product of the pulp and paper industry and has been proven to **relieve pain, inflammation, reduce the hardening of connective tissue** (scleroderma) and interstitial cystitis (bladder pain syndrome). DMSO is an excellent carrier, allowing other substances to penetrate into the body deeper and more effectively.

**Reduces Inflammation and Swelling**  
**Speeds Tissue Repair**  
**Improves Blood Supply to Injured Areas by Dilating Blood Vessels**  
**Increases Delivery of Oxygen to Cells**  
**Vasodilation for Headache Relief**  
**Effective Pain Killer, Blocking Nerves Conducting Pain Signals**  
**Muscle Relaxant**  
**Antimicrobial**  
**Inhibits the Growth of Bacteria**  
**Increases Production of White Cells and Macrophages for Immune Function**  
**Excellent Heavy Metal Detoxifier**  
**Increases Cell Membrane Permeability Allowing for Removal of Toxins**  
**Potent Free Radical Scavenger**  
**Transdermal, Penetrates Skin and Blood-Brain Barrier, Enters the Bloodstream**  
**Supports Hair Growth**  
**Calming Effect on the Central Nervous System**  
**Acts as a Carrier for all Other Drugs and Supplements and Increases Their Effects**  
**Non-toxic**

### DMSO GEL

70% DMSO and 30% Aloe Vera



**FOR JOINTS, AREAS OF POOR CIRCULATION & CHRONIC CONDITIONS**

### DMSO CREAM

70% DMSO in a Rose Cream Base



**FOR SENSITIVE AREAS & ACUTE CONDITIONS**

DOC OF DETOX

# DMSO GEL, DMSO ROSE CREAM

## NATURE'S MOST POWERFUL ALL NATURAL HEALING SOLVENT

Relieve Your Pain & Stiffness, Heal Your Tissues & Joints

### Directions

**General:** Rub a small (pea size) amount to the area of concern. A slight tingle or stinging feeling is normal. If irritation occurs, wash the DMSO off. Mix with coconut oil to avoid irritation in future applications. Use DMSO Gel on joints and scar tissue. Use DMSO Cream on more sensitive areas.

**DMSO and Essential Oils:** Essential oils may be applied with both DMSO Gel and DMSO Cream – it will help the essential oils penetrate deeper into the body. Test before applying to large areas. If pain is severe, do not apply DMSO Gel or Cream at the same time as Essential Oils.

**DMSO and Castor Oil:** This combination softens masses, detoxifies organ systems and dissolves crystallized calcium deposits. Apply a thin layer of castor oil to clean dry skin then pat on either DMSO Gel or DMSO Rose Cream and let the combination absorb for 10 minutes. Leave on or wash off after 20-30 minutes. Alternatively, apply a Castor Oil Pack and follow with DMSO application after Castor Oil Pack treatment.

**DMSO and Silver Bullet Solution:** Apply a mixture at a 1:1 ratio to topical wounds to enhanced healing.

**DMSO and CBD Oil:** Apply DMSO Gel or DMSO Rose Cream with CBD Oil to enhance healing of pain and **inflammation** and to promote relaxation, sleep and support the nervous system. Rub over the temples, forehead, back of the neck, spine, and bottom of clean feet.

**Headache:** Apply DMSO at first sign of pain to the temples, back of the neck, throat, and over the liver area. Apply every hour for 3 hours. Applying DMSO to the liver treats the entire body – the liver is the master organ of the endocrine system.

**Hair Growth:** Apply DMSO along with Hair Restore, following dry skin brushing and clapping.



**Note:** Do NOT use DMSO Gel or DMSO Cream around the eyes.

**Caution:** May cause skin irritation. Thinner skin will be more sensitive. Avoid contact with eyes, skin, and clothing. Wash hands thoroughly after handling. In case of eye contact, immediately flush eyes with water.

# DOCOFDETOX SUPPOSITORIES

## THC/CBD Suppositories or CBD Suppositories



Excellent for treating inflammatory pelvic conditions, general inflammatory conditions, pain and chronic illness such as cancer. Suppositories offer greater absorption than oral administration.

### Directions:

For rectal protocols, use a waterproof cordless rechargeable prostate massager. Choose a massager made from medical grade materials and that is fully waterproof so it is easy to clean before and after use.

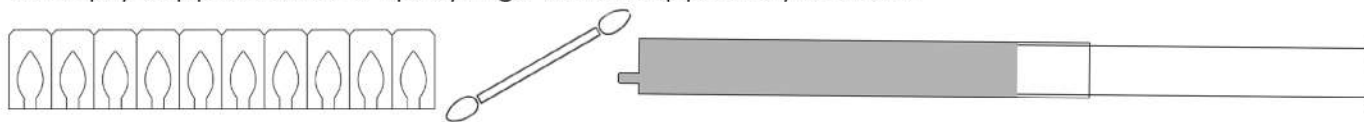
Lubricate the massager with structured Moringa Oil along with a drop or two of Frankincense Essential Oil or Immunity Essential Oil before inserting into the rectum. Slowly increase the amount of Essential Oil until a tingle is felt. Vibe for 1-5 minutes to engorge the area with blood. Next, place a finger cot on a finger and insert the suppository just into the rectum to treat whole-body condition. Place the suppository higher at full finger height to treat liver conditions.



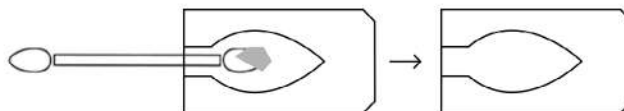
# DOCOFDETOX SUPPOSITORIES

## Included in package:

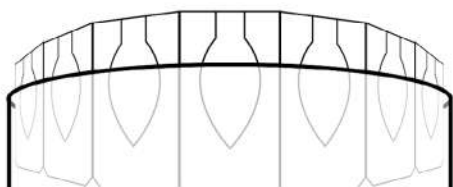
10 Empty Suppositories, Q-tip, Syringe Full of Suppository Material



**Step 1:** Make sure empty suppository capsules have no dents, use the provided Q-tip inside the capsule until the outside is smooth.

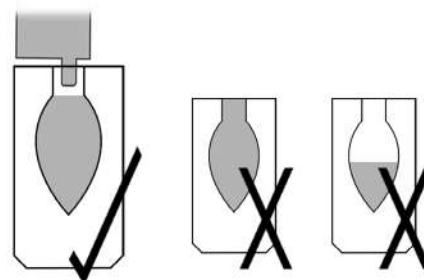


**Step 2:** Liquify the material by placing the syringe in a pot of hot water (95°F/35°C). Do not fill empty suppositories until ALL material is liquid.



**Step 3:** Place the row of empty suppositories in a cup or saucer so they stand upright.

**Step 4:** Fill each cap with the liquid material to the bottom of each stem.



**Step 5:** Once each cap is full, store in the fridge so they are standing upright.

For vaginal/rectal protocols, use a waterproof cordless rechargeable vibrator. Choose a massager made from medical grade materials and that is fully waterproof so it is easy to clean before and after use.

Lubricate the massager with structured Moringa Oil along with a drop or two of Frankincense Essential Oil or Immunity Essential Oil before inserting into the vagina or rectum. Slowly increase the amount of Essential Oil until a tingle is felt. Vibe for 1-5 minutes to engorge the area with blood. Next, insert the suppository just into the vagina or rectum. It is recommended to use CBD Suppositories for vaginal protocols, as occasionally a person may feel psychoactive effects after vaginal insertion of a Suppository containing THC.

Go To Amazon And Type In: 'Rectal Vibrator', Look For One Similar To The Image on the right.

Call 1-855-900-4544 to find out about the most powerful suppository for healing the pelvic area and the whole body.



DOCOFDETOX DO IT YOURSELF

# ULTIMATE COFFEE ENEMA

YOUR LIVERS MOST POWERFUL RESTORATIVE THERAPY



Did you know that enemas are one of the oldest medical treatments known to man? The oldest known medical text, the Egyptian Ebers Papyrus dating back to 1500 BC, records the use of enemas. Enemas were used throughout the ancient world in Samaria, Babylonia, India, Greece, Africa, and China. Greek literature is filled with references to the therapeutic use of enemas. American Indians, as well as pre-Columbian South Americans, crafted enema bags from animal bladders, latex, and bones.

Coffee enemas appeared in modern medical literature as early as 1917. German scientists discovered that coffee was able to open the bile ducts and increase the production of bile by the liver. The purpose of the coffee enema is to support the liver in eliminating toxins and to cleanse the blood.

The substances found in coffee, kahweol and cafestol palmitate (palmitic acid), stimulate the activity of a key enzyme system, glutathione S-transferase, better than other therapies. This system detoxifies a vast array of pathogens from the bloodstream, this is a very important mechanism for detoxing carcinogens. This enzyme group is responsible for neutralizing free radicals. It is known that kahweol and cafestol palmitate can increase the liver's production of glutathione by as much as 700%. Glutathione is an antioxidant that helps make proteins in the body.

In addition, two other chemicals found in coffee (theophylline and theobromine) dilate blood vessels and **reduce inflammation** of the gut. As mentioned before, the palmitates enhance the enzyme system that is responsible for the removal of toxic free radicals.

**DO IT  
YOURSELF  
HEALING**

**EXERCISES  
TECHNIQUES**

**INTERNAL &  
EXTERNAL THERAPIES**

*See Do It Yourself  
Healing at  
[BHNlibrary.com](http://BHNlibrary.com) for an  
in-depth look*

The fluid of the enema stimulates the visceral nervous system to promote peristalsis of the colon and the transit of diluted toxic bile from the duodenum, which is the first part of the small intestine and out the rectum.

Coffee travels through the left hemorrhoidal vein to the portal vein, which delivers the coffee to the liver. The coffee enema is typically held for 15 minutes. All blood cells in the body move through the liver every three minutes, this means that during a coffee enema, all blood cells of the body experience detoxification.

Max Gerson, M.D. began using coffee enemas first with his patients suffering from tuberculosis and then later with his cancer patients. Dr. Gerson found that the physical root cause of his patients' cancer was toxicity and nutritional deficiencies. Gerson started using coffee enemas to support the liver in its ability to effectively eliminate the toxins that were being forced out of the tissues through his other detox therapies. To this day, coffee enemas remain one of the key elements in Gerson Therapy.

Dr. Gerson understood that the liver becomes overburdened by the continuous release of toxins and that it is necessary to find proper support for detoxification.

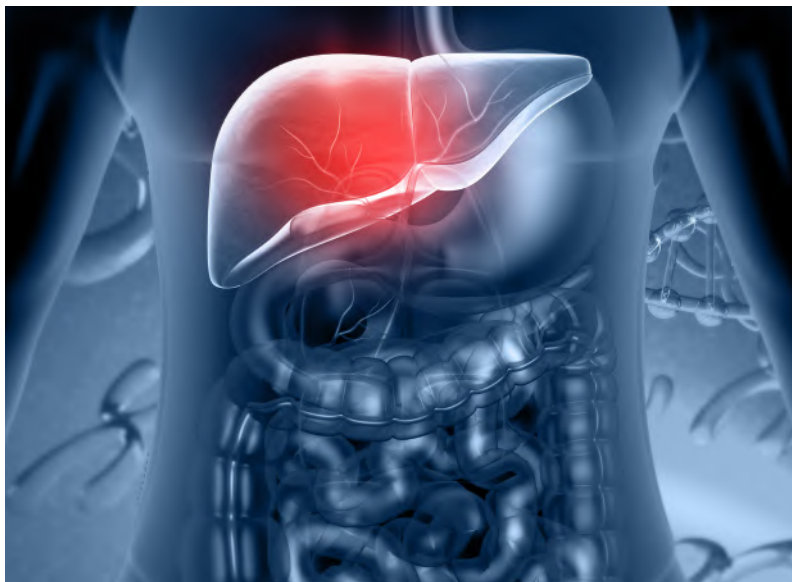
He found that detoxification could best be facilitated through the caffeine in coffee, absorbed in the descending colon through the hemorrhoidal vein, which carries the caffeine to the portal vein and the liver. The caffeine stimulates the liver and biliary ducts to open for the release of waste products and toxins into the intestinal tract to be eliminated.

In 1969, Dr. William Kelley, learning from Dr. Gerson, administered coffee enemas on himself during his two year battle with pancreatic cancer.

He continued utilizing coffee enemas with his cancer patients until his passing in 2006. Both doctors noted remarkable healing in those patients who employed coffee enemas.

Understand that the Gerson Coffee Enema was great in its time. but today, 85-95% of the population is suffering from leaky gut. There is no such thing as 'leaky gut' - it's actually a leaky large intestine. This is why we must do the **Ultimate Coffee Enema**, once you purge the liver of all these heavy metals, man-made chemicals, GMOs and negative microbes, then the Black Gold and Tummy Love ensure the lockdown and removal of all of this toxic waste material instead of that waste being reabsorbed back into your system to create havoc elsewhere in your body.

Keep in mind that coffee enemas are for detoxification of the liver and blood – not to eliminate the bowels. Coffee enemas do help to remove waste from the bowels but this is not the intention. Coffee enemas have been used for over one hundred years as a generalized detoxification procedure. Coffee enemas are perfectly safe when taken as directed. Perform **Belly Button Therapy** 5 minutes prior to administering a Coffee Enema to fully relax the pelvis and abdomen.



*Coffee Enemas are an integral part of Advanced Water Fasting, along with **DOCOFDETOX Calcium Ion Therapy**, Fulvic Acid Concentrate, Beyond Ormus Minerals, Infinite Iodine, Tummy Love, Black Gold and DOCOFDETOX Essential Oils: Super Cinnamon, Orange Burst, and Lemon Lift.*

DOCOFDETOX DO IT YOURSELF

# ULTIMATE COFFEE ENEMA

## What You Need:

- DOCOFDETOX Organic Enema Coffee
- Stainless Steel Enema Bucket
- Structured Water
- Black Gold
- Black Diamond Crystals
- Tummy Love
- Olive Oil or Organic Coconut Oil (*available at natural food grocers*)

## Cleaning Supplies Needed:

- Hydrogen Peroxide (*available at a pharmacy*)
- Dr. Bronner's Liquid Soap (*available at natural food grocers*)



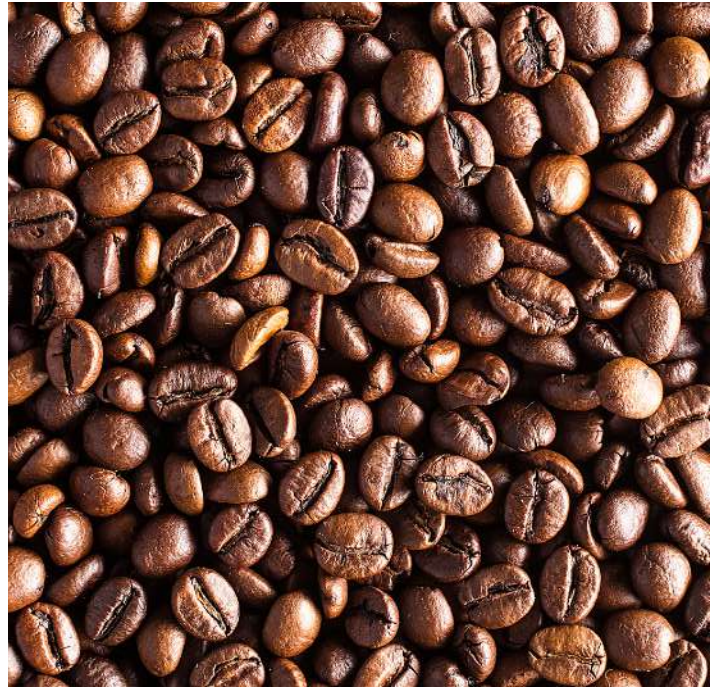
**The Ultimate Coffee Enema is 500% more effective than any other enema. As the world changes, we must change with it, in the past 20 years the world has become more toxic than in the past 5 centuries. The DOCOFDETOX Ultimate Coffee Enema not only detoxifies more effectively than any other coffee enema but also removes 500% more toxins, heavy metals and chemicals. The Ultimate Coffee Enema also delivers 70+ essential micronutrients to the large intestine & liver. Take massive personal action for massive healing.**

**DOCOFDETOX**

# ULTIMATE ENEMA COFFEE

[store.docofdetox.com](http://store.docofdetox.com)

DOCOFDETOX mold-free certified organic ultra light roast coffee beans have been selected for their cleanliness and purity. Sundried beans are the cleanest, non-carcinogenic, source of coffee. The ultra light roast, along with the beans grown at a high elevation, provides the highest amounts of caffeine and palmitic acid to promote and optimize detoxification. Single origin beans ensure strength and quality. Each bag contains 340g of ground coffee and has been sealed to preserve quality and freshness.



**Region:** Marcala, La Paz, Honduras

**Varieties:** Caturra, Catuai, Typica

**Elevation:** 1500 - 1800 MASL

**Process:** Washed, dried on raised beds

**Certification:** 100% Organic

## RECTAL VIBRATOR/MASSAGER

For rectal protocols, use a waterproof cordless rechargeable prostate massager. Choose a massager made from medical grade materials and that is fully waterproof so it is easy to clean before and after use.

### Directions:

Lubricate the massager with structured Moringa Oil along with a drop of Frankincense Essential Oil or Immunity Essential Oil before inserting into rectum. After Vibrating from 1 minute to 3 minutes then remove vibrator and insert CBD or THC/CBD suppository.



Go To Amazon And Type In: 'Rectal Vibrator', Look For One Similar To The Image Above.

Call 1-855-900-4544 to find out about the most powerful suppository for healing the pelvic area and the whole body.





**DOCOFDETOX**

# **BLACK GOLD**

*(Humic/Fulvic Acid Powder)*

**THE WORLDS MOST POWERFUL  
FUNGAL, PARASITE AND HEAVY  
METAL DAILY DETOXIFICATION**

**The Only Nano Humic/Fulvic Product That Is Not Processed With Chemicals. Our Non-Toxic Patented Process Gives You The Finest, Most Powerful Daily Detoxification And Supplementation That True Health To Offer.**

Black Gold is Humic Acid, Mother Nature's most powerful broad-spectrum antibiotic. Humic acid is a natural ionic molecule extracted from ancient organic soil deposits. It is a key element for our nutrient starved world. These ancient soil deposits – named humus, or humin, from the Greek word for soil – are vital for the reversal and prevention of disease and are essential for optimal health.

Black Gold contains highly concentrated minerals and healing substances composed of long chain molecules which are high in molecular weight, dark brown to black in color and soluble in an alkaline solution. Black Gold binds to both positive and negative charged ions, making it a powerful free radical scavenger and natural antioxidant.

The humic acid molecule places a prophylactic coating, a thin protective film, on microbe receptor sites inhibiting attachment to host cells, preventing viral, bacterial, and fungal infection.

The function of humic acid is to balance and energize all cell life and biological properties. The ancients called it 'Black Gold Medicine'. It has been used throughout history, since the 14th century Ming dynasty, and continues to be used to this day as an outstanding healer.

Hospital studies have shown that patients with normally incurable epidemic Hemorrhagic Fever were able to be successfully treated with humic extracts. Humic extracts stopped bleeding, restored circulation, removed clots, provided antiviral support and significantly bolstered and regulated the immune system.

Black Gold has 70+ bioavailable nutrients. It can be added to food or taken as a supplement in shakes, coffee, tea, cocoa, soup bases, chocolate desserts, etc. It is also a great nutritional supplement for plants and animals.

Black Gold is an integral part of Advanced Water Fasting, along with DOCOFDETOX Calcium Ion Therapy, Beyond Ormus Minerals, Fulvic Acid Concentrate, Infinite Iodine, DOCOFDETOX Enema Coffee and Enema Kit, Tummy Love and DOCOFDETOX Essential Oils: Super Cinnamon, Orange Burst, Lemon Lift and Frankincense.

*Black Gold is for restoration of microbial balance of the digestive tract. Humic Acid Concentrate, Tummy Love and Black Diamond Crystals are for the restoration of microbial balance within the bloodstream and fluid matrix of the body. It is recommended to take Black Gold along with Humic Acid Concentrate and Fulvic Acid Concentrate or Tummy Love/Black Diamond Crystals (as both Tummy Love and Black Diamond Crystals both contain humic and fulvic acid).*

DOCOFDETOX

# BLACK GOLD

(Humic/Fulvic Acid Powder)

## Directions

Add 2 teaspoons to 2 tablespoons to blender drinks, soups or stews to add flavor. **Black Gold** is full of micronutrients and therefore works as a flavor enhancer; the best tasting food is the most nutritious! It is safe for all ages. Use as much as needed, as long as bowels are moving for proper elimination. **Black Gold can be taken with Daily Cleansing Tea.**

Add 1 teaspoon on top of drip coffee grounds before brewing or add to loose tea and steep. This will enhance the flavor and nutrition of the coffee or tea.

Add 1 teaspoon to 3 tablespoons to DOCOFDETOX **Enema Coffee** for the **Ultimate Coffee Enema**. See Coffee Enema instructions in the DOD Exercises section of this manual for details.



## Ingredients

Certified Organic Non-GMO Humic Acid Powder.

*All DOCOFDETOX Humic and Fulvic products are derived from an exclusive humic deposit which is remarkably high in humic and fulvic acids while low in undesirable ash and heavy metals common to other feedstocks, located in Drumheller, Canada. Along with patented isolation technology, this pure premium material produces products of superior quality.*



70+ Bioavailable Nutrients – Essential Minerals, Amino Acids, Electrolytes, & Antioxidants

Improves Nutrient Uptake & Assimilation

Natural Chelator and Detoxifier

Enhances Cellular Function Through Participation in Oxidation-Reduction (Redox) Reactions

Improves Oxygen Levels

Protects Brain Function

Restores Gut Flora

Weight Loss

Potent Antimicrobial Properties

Immune Booster

Clinically Shown to Stop All Viruses, Including HIV & Herpes Viruses

Balances Hormones

Stimulates Energy Production

Clinically Proven Anti-Inflammatory

Powerful Free Radical Scavenger & Antioxidant

Anti-Carcinogenic Properties

Protects from Harmful Chemicals

Builds Muscle & Burns Fat

DOCOFDETOX

# TUMMY LOVE CONCENTRATE



**The Only Nano Humic/Fulvic Product That Is Not Processed With Chemicals. Our Non-Toxic Patented Process Gives You The Finest, Most Powerful Daily Detoxification And Supplementation That True Health To Offer.**

**Tummy Love** contains the lighter fractions of humic acid along with fulvic acid. **Tummy Love** assists in settling the stomach, stimulating beneficial gut microbes and resisting GI tract pathogenic infections.

All probiotics are foreign to the body and only remain in the gut for a short time. Providing the correct nutrients to the gut will stimulate the production of the body's own microbes, eliminating the need for foreign probiotics.

**Fulvic Acid** carries up to 60 minerals and elements directly into the cell. In combination with humic acid, all necessary elements are provided in a bioavailable form for optimal cell function.

**Humic and Fulvic Acid** molecules place a prophylactic coating, a thin protective film, on microbe receptor sites inhibiting attachment to host cells, preventing viral, bacterial, and fungal infection.

## Ingredients

A combination of Humic Acid & Fulvic Acid. Mechanically extracted Humic and Fulvic Acid from certified organic humate to provide the highest and purest concentration of Humic Acid and Fulvic Acid Concentrate in health today.

*All DOCOFDETOX Humic and Fulvic products are derived from an exclusive humic deposit which is remarkably high in humic and fulvic acids while low in undesirable ash and heavy metals common to other feedstocks, located in Drumheller, Canada. Along with patented isolation technology, this pure premium material produces products of superior quality.*



# TUMMY LOVE CONCENTRATE

## Directions

Shake gently and take 1 teaspoon in 16oz/500ml of water, minimum 3 times per day. It can be taken in water throughout the day. Take as much as desired – just listen to your body. For best absorption, take on an empty stomach. It may be taken with the **Daily Cleansing Tea**.

Add 1 to 3 teaspoons to DOCOFDETOX Enema Coffee for the **Ultimate Coffee Enema**. See Coffee Enema instructions for details.



## Note:

*Black Gold is for restoration of microbial balance of the digestive tract. Humic Acid Concentrate, Tummy Love and Black Diamond Crystals are for the restoration of microbial balance within the bloodstream and fluid matrix of the body. It is recommended to take Black Gold along with Humic Acid Concentrate and Fulvic Acid Concentrate or Tummy Love/Black Diamond Crystals (as both Tummy Love and Black Diamond Crystals both contain humic and fulvic acid).*

Hospital studies have shown that patients with normally incurable epidemic Hemorrhagic Fever were able to be successfully treated with humic extracts. Humic extracts stopped bleeding, restored circulation, removed clots, provided antiviral support and significantly bolstered and regulated the immune system.

*Tummy Love is an integral part of Advanced Water Fasting, along with DOCOFDETOX Calcium Ion Therapy, Fulvic Acid Concentrate, Beyond Ormus Minerals, Infinite Iodine, Coffee Enema Coffee and Kit, Black Gold and DOCOFDETOX Essential Oils: Super Cinnamon, Orange Burst, Lemon Lift and Frankincense.*

70+ Bioavailable Nutrients – Essential Minerals, Amino Acids, Electrolytes, and Antioxidants

Improves Nutrient Uptake and Assimilation

Natural Chelator and Detoxifier

Enhances Cellular Function Through Participation in Oxidation-Reduction (Redox) Reactions

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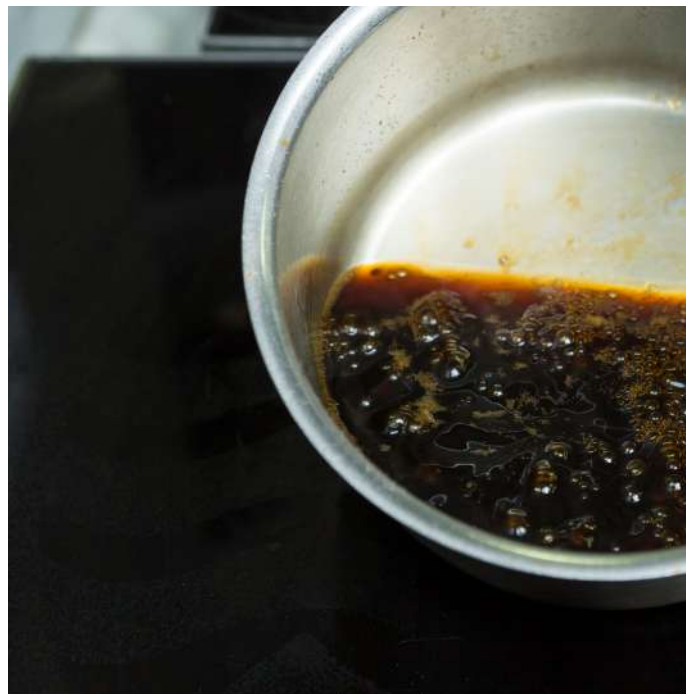
Builds Muscle and Burns Fat

# ULTIMATE COFFEE ENEMA

**STEP 1.** Always perform **Belly button therapy** thoroughly on yourself before any coffee enema, this ensures total relaxation, otherwise a parasympathetic state for easier elimination and rejuvenation.

**STEP 2.** Add 1 teaspoon to 3 tablespoons of **DOCOFDETOX Organic Green Coffee** grounds and 1 teaspoon to 1 tablespoon of **Black Gold** to 16oz/500ml of **Structured Water** in a glass, ceramic or stainless steel pot. Aluminum is not recommended as aluminum can leach into the coffee. The reason why the patient/client would reduce the normal amount of 3 tablespoons of green coffee to 1 teaspoon and gradually work up is when someone is or feels they are hypersensitive to coffee. But understand this, coffee is much more accepted rectally than orally by the body, if you have trouble sleeping, it is best to do your coffee enema earlier in the day until you feel comfortable with its results. The patient/client should use more **Black Gold** in their **Ultimate Coffee Enema** when there is increased **toxicity, inflammation** and/or lack of tone in the liver and/or large intestine.

When doing the **Ultimate Coffee Enema**, **Black Gold** will nourish the cells with 70 micronutrients in the large intestine & the liver via the portal vein. After unloading 70 micronutrients in the tissue cells it will then magnetize, otherwise, absorb and lock-down heavy metals, chemicals, GMOs, and toxins with up to 400% of its weight. What this means is the most powerful detoxification without ANY negative side effects.



**STEP 3.** Bring the **DOCOFDETOX** coffee, **black gold**, and **Structured Water** mixture to a boil for 5 minutes then simmer for 15 minutes.

**STEP 4.** Make sure the tubing on the enema bucket is clamped closed before pouring any liquid into your stainless steel **DOCOFDETOX** bucket.

**STEP 5.** After simmering for 15 minutes, strain your **Ultimate Coffee Enema** mixture using a fine-mesh strainer into another pot, then pour the **Ultimate Coffee Enema** mixture through the **Structured Water** unit into the Enema Bucket.

**NOTE:** *If short on time, the Ultimate Coffee Enema mixture can be made the night before, though it is better fresh. Add warm to hot water to the Ultimate Coffee Enema mixture to bring it up to a comfortable internal body temperature before administering. What I do is take a few drops on the inside of my wrist, this tells me if the temperature is appropriate.*

# THE DOC OF DETOX ULTIMATE COFFEE ENEMA



*“The Best Place For Coffee  
Is In The 'Other' End”*

— Dr. Darrell Wolfe —

**STEP 6.** Add 1 to 3 teaspoons of Tummy Love or 1/8th to 3/8th of a teaspoon (1 to 3 stick packs) of Black Diamond Crystals. The amount that you add to the enema bucket will depend on the severity of the problem.

**NOTE:** Black Diamond and Tummy Love are both made up of 70% Humic and 30% Fulvic. Black Diamond will be absorbed deeper in the tissues. Tummy Love will help to restore hormonal balance along with purging toxic waste from the liver which prevents the reabsorption of these toxins when doing the **Ultimate Coffee Enema**. This is essential due to the majority of the population having leaky gut syndrome but can be more accurately called a gut-brain disconnection.

**STEP 7.** Add **Structured Water** to bring the total amount of liquid to 1 quart/1 liter (32oz). You can now do your **Belly Button Therapy** to release tension and relax the colon.

**STEP 8.** Bathroom protocol - place a thick towel and a pillow on the floor, close to the toilet for your comfort. Some people will utilize the shower or the bathtub if it is a large enough space. Waterproof pads will protect the floor in the event of an accidental spill or leak.

**STEP 9.** Hang your enema bucket on a door-knob, towel rod or shower curtain with a strap, belt or an S hook. Elevate the bucket at least 2 feet above the floor, but know that the higher it is, the more powerful the flow. For those who have **inflammation**, hang the Coffee Enema Bucket only 10-12 inches high until the enemas bring down the **infection or inflammation**.

**STEP 10.** Slightly tilt the enema bucket towards the out-spout so that the liquid slowly fills the tube to the clamp. Then release the clamp so the liquid goes to the end of the enema tubing, use a clean container to catch any spill to pour back into the enema bucket. This is to ensure no air is trapped in the system.

**STEP 11.** Lubricate both the tip of the shorter colon insert and your anus, using organic olive oil or coconut oil.

**STEP 12.** Lie on your left side and slowly insert the tip of the enema tube into the rectum only to the length of the insert.

**NOTE:** Avoid kinks in your tubing; kinking will block the flow.

**STEP 13.** Release the clamp while pinching the tube, gradually allowing the liquid to flow in until you feel slight pressure. Re-clamp. Stay connected to the **Lion Heart Breathing** and gently roll onto your back. Allow another portion of the coffee enema mixture to flow in until you feel slight pressure. Re-clamp and continue the Lion Heart Breath. Now, gently roll to your right side and release the clamp and continue to fill the large intestine until you feel the warm liquid is above the right hip in the lower quadrant of your abdomen which is known as the Cecum Area.

**STEP 14.** Hold the Coffee Enema for 12–15 minutes. During this period for additional support and to encourage the detoxification process, use a Hand Thumper, Massage gun or slight finger pressure to massage and loosen/stimulate the large intestine. Start at the sigmoid (left hip) and continue up the descending part of the large intestine and then across the transverse colon, which is 2-3 inches above the belly button. Work your way down the ascending part of the large intestine to the cecum area which is just above the right hip. Massaging this area will trigger the liver-cecum pump. Now repeat these steps in reverse order while staying connected to your **Lion Heart Breathing**. Just know this, repetition is the art of perfection, your first enema may be awkward and a little difficult but it is well worth the effort; so be patient and become your own practitioner!



**NOTE:** Holding the *DOCOFDETOX Ultimate Coffee enema* longer than 15 minutes is counterproductive. Longer than this, you may reabsorb the toxins you were wishing to expel. But just know this, because of the additional *Black Gold and Tummy Love*, you have just detoxified and eliminated 500% more toxins thanks to the *DOCOFDETOX Ultimate Coffee enema*.

# DOCOFDETOX DO IT YOURSELF VAGINAL OR RECTAL INFUSION FOR WOMEN & MEN

When you are going to do a rectal infusion always start off by doing the **Ultimate Coffee Enema** first to clear out the rectal canal so the infusion can do its work. When we can be using these high vibrational nutraceuticals in the rectum or vagina they actually work 1000 times better than anything taken orally.

It is always recommended but not essential to use a vaginal or rectal vibrator before doing an infusion. This stimulates more blood flow to the area and your infusion will go deeper into the tissues. Use a lubricant such as organic olive, moringa or hemp oil on the vibrator before you insert it and vibrate for 1 to 5 minutes.

Next - optional but important - Infinite Iodine insertion - Infinite Iodine can be used on its own or mixed with distilled water - 1/4 tsp Infinite Iodine mixed with 3/4 tsp distilled then Structured Water, or if you want you can the Iodine on its own - 1 tsp of Infinite Iodine. This is a liquid, you will need to use a cushion under your hips or put your feet on the wall and have the hips tilted up to keep it from running out. Use a longer eye dropper to insert and hold in for 10-30 seconds or longer to give it time to disinfect the area before inserting your infusion mixture below.



Find Vaginal Lubrication Tools on Amazon or other online retailers. Search 'Vaginal Lubrication Tool' and find one similar to the image on the left.



## VAGINAL OR RECTAL INFUSION

Mix together with a real silver spoon or wooden chopstick or plastic spoon - no stainless steel or metal cutlery or mixing bowl as the Silver Gel will make it leach into your mixture.

### 2 tsp or more of Silver Bullet Gel

### 2 tsp or more Bright Eyes Nano Fulvic drops

1/2 - 2 tsp C60: *MCT Coconut or Hemp.*

- ♥ **C60 Hemp Oil** is more calming, many use it in the evening rather than the morning but it is up to your personal preference.
- ♥ **C60 MCT Oil** carries more C60 so might be preferred for someone in a chronic state, or those who want the benefits of more C60 for its healing abilities.

**1 - 10 drops of Essential Oil:** *Lavender, Immunity, Frankincense or Frankinzen - choose one.*

With the essential oils use 1-2 drops in the beginning and increase until you feel a tingle but never a burning sensation

- ♥ Lavender for its calming, soothing love energy
- ♥ Immunity for healing miner issues
- ♥ Frankincense for more healing
- ♥ Frankinzen (only 1 - 4 drops) as this is the strongest, most potent frankincense

**1 pinch - 1/16 tsp of Black Diamond:** *adding this will make your mixture more runny*

### 1 - 4 drops CBD or the Blended CBD/THC

- ♥ CBD is effective for inflammation
- ♥ CBD/THC is more for pain relief and aiding with sleep

For a woman, restoring her pelvic region is the holy grail of healing. As you continue with DOCOFDETOX Vaginal Infusion, your vaginal canal will discharge all disease-causing factors such as mucus strings; decomposing tissue; globs of old residue like fecal matter, blood, and discolored fungal-like cottage cheese. If you have any questions or concerns, please call 1-855-900-4544 and we share our own professional and personal experiences. Also know that Dr. Darrell Wolfe is also here to help you through this life-changing, life-saving therapeutic technique.





DOC OF DETOX DO IT YOURSELF

# ADVANCED THERAPEUTIC VOMITING

Advanced Therapeutic Vomiting is one of the most powerful tools for restoring your health on an emotional and physical level. Advanced Therapeutic Vomiting affects your nose to the tip of your toes when it comes to stiffness, inflammation, pain and swelling. Advanced Therapeutic Vomiting dates back 3000 years, it is rooted in ancient East Indian medicine, known as Ayurveda.

Most people, yes, and even myself have grown to dislike vomiting due to the burn in the throat, lungs and sinuses, not to mention the stigma of bulimia. Very few people know or understand how to perform the art of Advanced Therapeutic Vomiting without the symptoms - but that ends today.

So, why do I believe that people need to embrace Advanced Therapeutic Vomiting? We have had so much B.S. shoved down our throats and so many **dysfunctional belief systems** force-fed into our minds, that if we do not get rid of these toxic programs, just know whatever you feed gets bigger and if it's a negative belief it will turn into a monster and eat you up.

If you cannot properly address your emotions then you must suppress them, otherwise swallow them. This is where issues in your tissues come in. The invisible creates the physical. The psychological creates the biological. Those issues in your tissues, joints and organs all started with a negative thought that could not be properly processed because you were never given the tools or the strategies of Self Care and Self Love. We have all said these sayings at some time in our life, "I can't stomach this, you make me sick, my stomach is in knots, I can't digest this."

Believe it or not, most food poisoning was not due to the food but due to the emotions that attached themselves to the food while you were eating. Remember the last time you were eating but something was already eating you up from the inside out on an emotional level? Yes, the invisible creates the physical. Yes, the psychological overrules the biological.

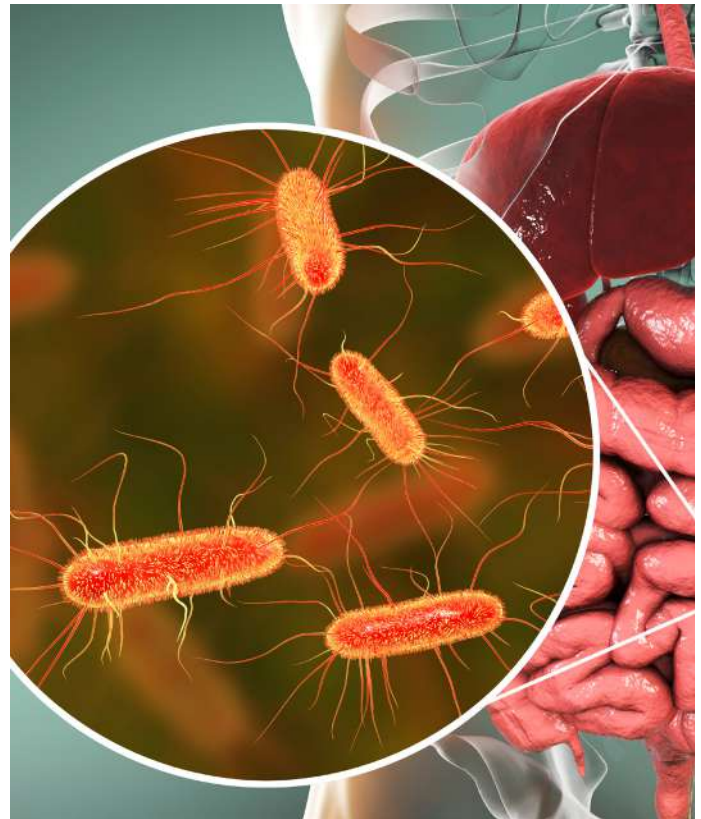
Let's talk about your stomach. Your stomach is the guard dog that protects you from bad bacteria, viruses, parasites, fungus and mold if your hydrochloric acid is strong enough to neutralize the parasitic invaders. Yes, the stomach is the first line of defense for the highway to health known as your digestive tract. So if the hydrochloric acid in your stomach is not strong enough due to the swallowing of emotional B.S., inflammatory toxic foods, the mis-combining of your foods and other bad habits, you will end up with a guard dog with no teeth - which means weak or contaminated hydrochloric acid which will open you up to 30 feet of discomfort known as your digestive tract.

Just know this, the hydrochloric acid in your stomach does not just digest your food, it helps to destroy parasitic invaders so that they do not gain entry into the small intestine because this is where all hell-th will break loose when your guard dog is in a coma.

When you are out of control with your brain, it makes you out of control with your stomach. When love is not a self-serve job, you will get heartburn, heart disease, heart attacks and even GERD (Gastroesophageal reflux disease). If this continues, your muscles, joints and organs will become stiff due to the overflow of acidity from your stomach which travels throughout your body causing internal scar tissue formation, crystallization and calcification due to the pulling of calcium from your bones to buffer down the acidity that creates an acid pH which leads to auto-immune diseases. First, we attack our cells on an emotional level, then a physical level. Remember what auto-immune disease means - the body is attacking itself, with you being the instigator.

All this acid indigestion will cause heartburn, all the way to heart problems, lung problems (making it hard to breathe), brain problems, and yes - even stage 4 inflammation (cancer) in the throat and lungs if we don't take massive personal action emotionally and physically (Advanced Therapeutic Vomiting).

Before embarking on the Advanced Therapeutic Vomiting journey, it is recommended to do Belly Button Therapy to put yourself into a parasympathetic state.



### Therapeutic Vomiting Benefits

- ♥ To get rid of the uneasy feelings (negative emotions trapped in the stomach)
- ♥ Deep cleansing of the extra mucus (mucoïd) built up in the stomach over the years
- ♥ To increase the quality of the hydrochloric acid and pepsin which are crucial to protecting your health and digesting your food
- ♥ to eliminate headaches, insomnia, muscle and joint pain, inflammation, and swelling throughout the body
- ♥ to support and increase the healing of any and all autoimmune diseases
- ♥ Lightness and ease of body, especially the heart, thorax, and head
- ♥ To relieve tightness in the chest or an achy feeling all over the body (even in the feet)
- ♥ Reduced phlegm, easier breathing, improved digestion, assimilation and elimination
- ♥ Improved skin tone and color
- ♥ helps to reverse insomnia and create better sleep
- ♥ More energy and stamina due to less acidity
- ♥ Mental clarity, improved memory and a sense of peace and calm.

## How to do Advanced Therapeutic Vomiting

Never do Advanced Therapeutic Vomiting on a full stomach. Wait until at least 30 minutes after all food has left the stomach.

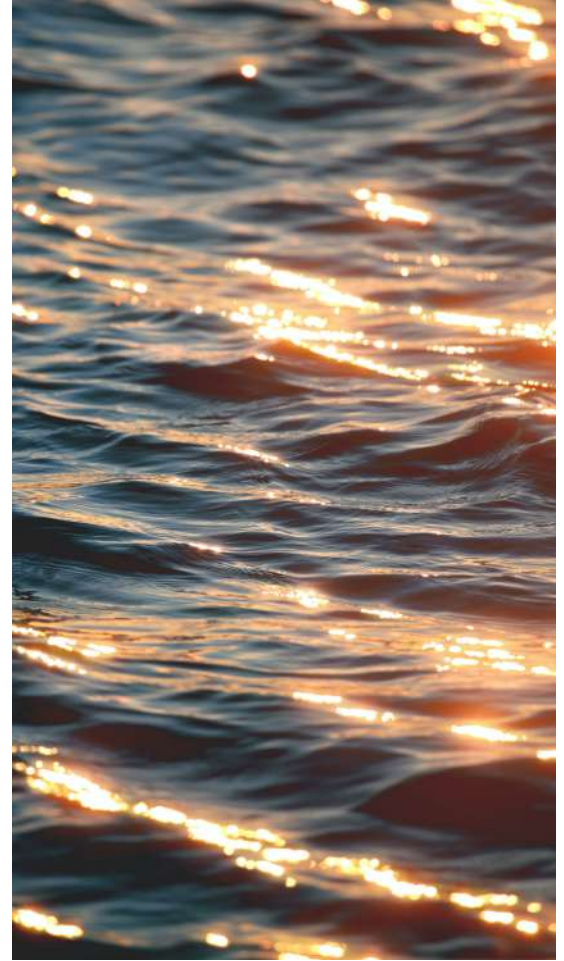
Before starting Advanced Therapeutic Vomiting, it is recommended to do 5 minutes of Belly Button Therapy to put you into a calm parasympathetic state, this will ensure far better results for your Advanced Therapeutic Vomiting.

The first thing we should do is to turn off our phones and the rest of the world – do not bring your phone into the bathroom with you. Let everyone in your household know you will be self-caring for up to 2 hours. The next thing we want to do is create a beautiful, comfortable space - get yourself a nightlight or candles to create a peaceful environment along with soft calming meditation music. Put a towel, blankets or pillows down on the floor in front of the toilet for your total comfort.

Prepare at least three 16oz glasses of warm to hot structured water with 1/16 of a tsp of Black Diamond in each glass. When you structure water the hydration goes up 1000%, along with the detoxification because it has little to no surface tension. Structured Water erases the memory of others who have drank it while having a protective frequency around any toxins present whether it be heavy metals, negative microbes or chemicals.

The warm to hot structured water creates expansion and relaxation of tissues along with the ability to loosen and liquefy built-up mucus congestion within your tissues. Our Black Diamond is the only Humic/Fulvic that is processed without chemicals. This is a nano humic/fulvic that has the ability to cross the blood-brain barrier - meaning it can enter the brain, the blood and the cells. when it enters the body, it releases 70+ micronutrients to fortify the cells and any fluid it comes in contact with such as intercellular/extracellular fluid and blood. As soon as the Black Diamond releases these 70+ micronutrients, it then loads itself up with heavy metals, acidity and negative microorganisms such as bad bacteria, parasites and viruses which are immediately locked down so there are no symptoms experienced from detoxifying any of this toxic waste. As you can see the combination of structured warm to hot water with black diamond will ensure the greatest results with your Advanced Therapeutic Vomiting.

Black Diamond will capture 300% to 600% of its weight in toxic residue when you use it during your Advanced Therapeutic Vomiting. Lighten the Load and increase your healing time. Strategy is everything.



So now you have everything you need to begin this amazing wellness journey.

If you have long hair, pull it back into a ponytail so it will not get in your way. Let's turn on some calm and relaxing meditative music to create the vibration of peacefulness and letting go. It is not essential but always helpful to do belly button therapy prior to Advanced Therapeutic Vomiting to put you into a parasympathetic healing state. While doing your Belly Button Therapy, wear a slight smile, connect to your Lion Heart Breathing and picture this process as a peaceful river letting go of everything that no longer serves you.

Kneel or sit down, and make yourself comfortable - your comfort matters. Slowly and calmly begin drinking the first glass of your enhanced water until your stomach feels like it is 60% to 75% full. If you begin feeling nauseous and you've only drank ½ of the first glass of water, connect to your breath and calm your body down. Once you feel at ease then continue drinking until you've reached the 60% to 75% mark.

The key to Advanced Therapeutic Vomiting is having enough of the warm enhanced water in your stomach long enough to dilute, loosen and absorb the acid and mucus within your stomach tissues. This ensures that your Advanced Therapeutic Vomiting will be smooth and almost painless. We all know that hydrochloric acid can burn the throat and irritate the lungs, so having enough warm enhanced water in the stomach to dilute it before you begin your Advanced Therapeutic Vomiting is the key to preventing this and having a life-changing experience.

Once you feel the enhanced warm water fill your stomach 60% to 75%, this is when you can start jiggling your stomach with an up and down motion with your hand or use a hand massager to agitate and invigorate the liquid in your stomach. The base of the stomach is on the left side just under the floating ribs.

As you agitate and stimulate the stomach, you will hear the water splashing around. We want to put enough water in the stomach to create enough action for the water to loosen the mucus (mucoid), and the Black Diamond to absorb the toxic waste and parasites. Do not rush this procedure, if you begin to feel a little bit nauseous or your mouth begins to water, connect to your lion heart breathing and calm your body down so that you have a longer soaking and absorption period to make sure you're getting the most out of this life-changing, life-saving process known as Advanced Therapeutic Vomiting. But at the same point, just know your body knows better - this is not a test to see how long you can hold onto this water within your stomach, so let it go, go with the flow and follow your gut instinct when its time to release. Just know, practice makes perfect.

You may find the first go around is 3 to 15 minutes long and nothing comes out, but let me make this perfectly clear, there's lots in there to come out but your subconscious may not be ready to let it go. Everything is emotional first and foremost, and then physical. With Advanced Therapeutic Vomiting, you are not only releasing toxins, but emotional chokeholds. Please see BraveHeart Emotional Intelligence Masterclass or the 12 BraveHeart Loving Steps at [BHNlibrary.com](http://BHNlibrary.com).

So you might have to repeat the process of one to three 16oz glasses of warm structured enhanced water 3 or more times for the results that you desire. Just know that even when the water comes out clear, emotional toxicity and other microscopic toxins are coming out with it - so stick to it. Three rounds of Advanced Therapeutic Vomiting is usually the magic number that sets you free.



I would like to share a personal story with you. I had not done Advanced Therapeutic Vomiting for many years but I felt the need in the pit of my stomach that it was time to revisit this therapeutic healing. This is when we were preparing to leave for our World Tour, shut down Ixtapa World Healing & Training Center and open up BHNUniversity in Puerto Rico. Instead of tying my stomach up in knots, it was time to let it go and grow. I did nine rounds of Advanced Therapeutic Vomiting, so I think I hold the world record for this procedure. Remember, your stomach is the front door while you're large intestine is the back door. When you understand that you need to lighten the load at the front door and the back door, 22 feet of small intestine will not just heal but bring your health to the highest level. If we allow a chokehold to take place in the stomach and a cork to remain up our butt, we will blow up. believe it or not, colon cancer is the fastest-growing cancer in society today and that is because people do not know how to let go on an emotional and physical level.



When you begin your Advanced Therapeutic Vomiting sometimes you might have to jiggle for 5 to 10 minutes. Do not be in a hurry, stay calm, connect to your LionHeart Breathing, put a slight smile on your face and take small breaks from agitating your stomach when you need to. If you wish not to become or remain a patient, then you must find patience and compassion for yourself. You may only drink half a glass of water whereas someone else will drink up to 3 glasses of water before the urge of therapeutic vomiting is triggered. Everyone is different because we all have different personalities and process our emotions differently.

When you feel it's time, you will know it. Your mouth may start to water, nausea will come on quickly, and you feel the need to let it go, just allow nature to take its course. We have all experienced the urge to throw up, now you can without harming yourself, and now you're on the road to healing yourself, not hurting yourself. So here comes the feeling, this now is the time to let go of what no longer serves us - the invisible and physical toxicity.

When the nausea starts to become overwhelming, the very next step is to place two to three fingers in the back of your throat slightly pushing your tongue down, and hold your fingers firmly but lovingly with your thumb under your chin to lock your fingers in. Do not push your fingers so far back that you gag yourself, but keep them back as far as you can without triggering the gag reflex. When you start to feel like you are going to throw up you need to leave your fingers in your mouth until this process is completed and your stomach is empty. Do not take your fingers out during this beautiful process or you will interrupt the true art of detoxification and whole-body restoration.

Wait until the natural course of elimination stops on its own before you remove your fingers from the back of your throat. You know the old saying 'practice makes perfect'. Just know, that the first time that you do Advanced Therapeutic Vomiting, your subconscious will try to block it. The reason for this is - your subconscious is programmed to block anything new, whether it is good or bad for you. Let us never forget, the main program of the subconscious is based on fear unless you've had your coconut cracked and you've reprogrammed your subconscious. Just know, your subconscious is just a computer that runs programs, it's now time for you to become the master programmer. Your subconscious is the most powerful creator on this planet when your **belief systems** are based on unconditional love and care for you. Once you've perfected that, then you can become the light for the ones you love.

In the first round of Advanced Therapeutic Vomiting, you might have released some of the mucus and acid buildup inside the stomach from the stomach lining. As I stated earlier, you may have to repeat this 2 to 3 more times. But you will feel so much better; the aches and pains throughout your body will leave, and if you have a headache it will diminish. Yes, if you have a migraine headache and you do Advanced Therapeutic Vomiting, it will be gone if you are thorough and stay the course. If you have a little bit of blood that comes out with your vomit, do not be alarmed; this can happen because of slight bacterial problems in the stomach. If this continues, then discontinue and allow time (7 to 10 days) for your stomach to heal from the cleansing, or contact your local physician if you have any concerns.



Just know that you matter, your questions matter. Call us with any and all questions at 1-855-900-4544 or call Dr. Darrell Wolfe directly at ext. 5. We are here to serve.

Once you are done with Advanced Therapeutic Vomiting it is advisable to take 30 minutes to an hour of complete rest in a quiet and dark space, along with a shower before or after that beautiful restful nap.

Sometimes this process needs to be repeated a few times (2 to 3 days in a row) to reach your goal but do not let your mind dictate, go by your gut instinct, otherwise, love and care for yourself, be patient and show compassion. You are worth it. you will know when it is time to do another Advanced Therapeutic Vomiting. Remember the golden rule - Gentle, loving baby steps will get you there.

Remember to always stay connected to your body and your breath.

### Suggested Support:

Take a good look at the BraveHeart Emotional Intelligence Masterclass and BraveHeart Healing Circle at [BraveHeartNation.com](http://BraveHeartNation.com) to reprogram your subconscious which is at the root of all dis-ease and suffering.



# DOCOFDETOX DO IT YOURSELF BEAUTIFUL SKIN TOTAL PURIFICATION & RESTORATION



With most bumps, lumps and skin conditions such as eczema, psoriasis here are some suggestions:

Check out the Skin Brushing routines in the previous pages, Clapping, DMSO, Silver Bullet Gel, Nano Fulvic Drops, C60 MCT or Hemp, Beyond Ormus Spray, Frankincense & Frankinzen.

It is usually best to start with light skin brushing, then clapping the area for 3 to 5 minutes. In some cases you may see a little bit of blood with eczema or psoriasis, do not worry. Mix a combination of DMSO, silver bullet gel, a few drops of C60 MCT or Hemp oil, along with a few drops of frankincense and nano fulvic drops.

Please call us if you require more detailed instructions.

A Perfect Day Consultation is always advisable and if you've already had one, contact your master practitioner. Teamwork makes the dreamwork.  
[PerfectDayConsult.com](http://PerfectDayConsult.com)



**When you remove the infection, you remove the inflammation.  
Now you have tissue, bone and nerve regeneration.**



# DOCOFDETOX DO IT YOURSELF EYE CONDITIONS TOTAL PURIFICATION & RESTORATION



## Silver Bullet Solution

**Eyes:** Spray or place 1 drop of Silver Bullet Solution in the corner of each eye 3 to 6 times per day. A slight stinging sensation is normal and safe, it is an indication that the Silver Bullet Solution is cleansing toxins from the eyes. With continued use, the stinging sensation will lessen indicating an improvement in the toxicity levels in the eyes. Silver Bullet Solution is totally safe to use with contact lenses. Using Silver Bullet Solution and Bright Eyes Nano Fulvic in a 50/50 mix is one of the most healing and safe protocols for the eyes (drops or spray). Silver Bullet Solution should be nebulized 3 to 6 times per day for sinus, throat, lung and blood health.

**DOD Eye Wash:** For any and all degenerative eye conditions, fill an eye cup with either 1 teaspoon of Silver Bullet Solution, 1 teaspoon of Bright Eyes Nano Fulvic, or a mix of 1/2 a teaspoon of Silver Bullet Solution and 1/2 a teaspoon of Bright Eyes Nano Fulvic. Place the eye over the eye cup and tilt your head back to disinfect and heal the eye. This eye wash can be repeated 3 to 4 times a day.



**When you remove the infection, you remove the inflammation. Now you have tissue, bone and nerve regeneration.**

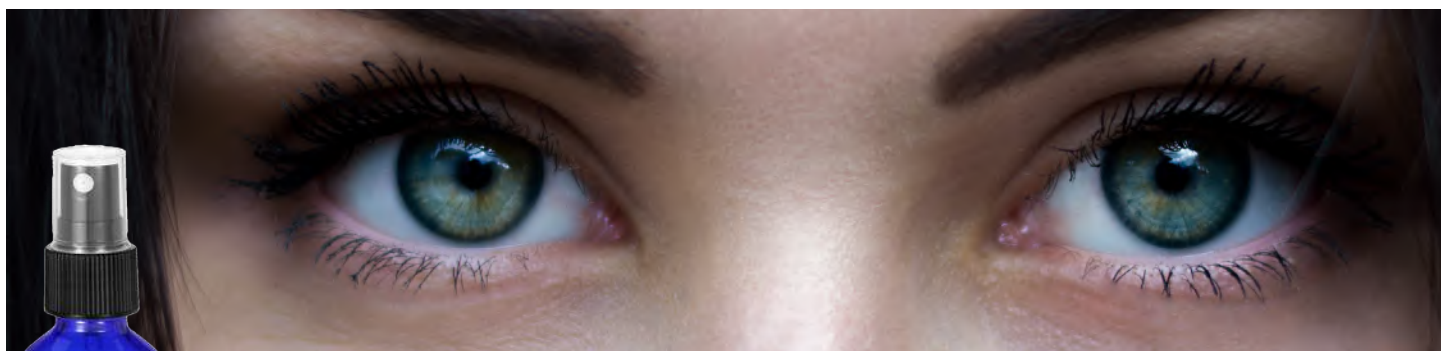
# DOCOFDETOX DO IT YOURSELF EYE CONDITIONS TOTAL PURIFICATION & RESTORATION

## Bright Eyes Nano Fulvic

**Bright Eyes Nano Fulvic Drops** are the fulvic drops that you can put into the human eye.

**Eyes:** Place 1 drop of Bright Eyes Nano Fulvic in the corner of each eye 3 to 6 times per day. You can also combine Silver Bullet Liquid and Bright Eyes Nano Fulvic 50/50 for safe and effective healing. These solutions are totally safe for use with contact lenses. A slight stinging sensation is normal and safe, it is an indication that the fulvic acid is cleansing toxins from the eyes. With continued use, the stinging sensation will lessen indicating an improvement in the toxicity levels in the eyes. The drops may be used with contact lenses. Bright Eyes Nano Fulvic Drops can also be nebulized throughout the day, on its own or in a 50/50 mix with Silver Bullet Solution.

**DOD Eye Wash:** For any and all degenerative eye conditions, fill an eye cup with either 1 teaspoon of Silver Bullet Solution, 1 teaspoon of Bright Eyes Nano Fulvic, or a mix of 1/2 a teaspoon of Silver Bullet Solution and 1/2 a teaspoon of Bright Eyes Nano Fulvic. Place the eye over the eye cup and tilt your head back to disinfect and heal the eye. This eye wash can be repeated 3 to 4 times a day.



## Infinite Iodine

**Eyes:** use 1 drop in each eye 1 to 6 times per day.

**DOD Eye Wash:** Mix 1 part iodine and 3 parts distilled structured water into an eye cup. Place the eye over the eye cup and tilt your head back to soak the eye.

# DOCOFDETOX DO IT YOURSELF

## EAR PURIFICATION & RESTORATION INFECTIONS, TINNITUS & LOSS OF HEARING



### Step 1

Clap the top, the bottom, front and back of ear for 5 to 10 minutes with your clapper to increase circulation.

### Step 2

Put 6 to 8 drops of infinite iodine into ear.  
Let Infinite Iodine soak in ear for 3 to 5 minutes.

### Step 3

1 to 2 drops of MCT C60 or Ear Restore essential oil into ear.

### Step 4

Squirt a tiny amount of Silver Bullet Gel into ear canal

### Step 5

Put a heating pad, warm water bottle or a warm wet towel (3 layers thick) on the area of the ear to increase circulation and healing for 15 to 20 minutes. Or leave it in all night while sleeping.

If you own a Bioptron full spectrum light, place it 2 inches from the ear and shine the light into the ear canal. This will create the greatest healing.

### Step 6

When you rise, gently use a Q-tip to clean the inner ear.

### Step 7

Consistent personal action is needed for proper healing. Throughout your day, place 3 drops of Infinite Iodine into the infected ear, 1 drop of Ear Restore or MCT C60 3 to 5 times throughout the day. When we have a 10 foot hole, let's use a 10 foot ladder.

**When you remove the infection, you remove the inflammation. Now you have tissue, bone and nerve regeneration.**

# DOCOFDETOX DO IT YOURSELF

## EAR PURIFICATION & RESTORATION INFECTIONS, TINNITUS & LOSS OF HEARING



### Silver Bullet Solution

**Nose (sinus):** 2 drops or sprays in each nostril 3-6 times per day, but Nebulizing is the most powerful way of detoxification and restoration for the sinuses, lungs, brain, blood and heart. You can **nebulize** Silver Bullet Solution/Bright Eyes Nano Fulvic Drops straight or you can mix them 50/50.

### Infinite Iodine

**Nose (sinus):** Nebulize 1 part infinite iodine to 3 parts distilled **Structured Water**. This dilution is for those who are sensitive due to inflammation. Once inflammation starts to subside, try diluting less and less until you are nebulizing pure Infinite Iodine. Whatever you put into the nebulizer must be used within 30 minutes.



*\*Nebulizer*



# DOCOFDETOX DO IT YOURSELF

## PURIFICATION & RESTORATION

# NOSE/SINUS/LUNG/BLOOD

### FROM COPD TO 4TH STAGE LUNG INFLAMMATION (CANCER)



## Bright Eyes Nano Fulvic

**Nose (sinus):** Nebulizing is the most powerful way of detoxification for the sinuses, lungs, brain, blood and heart. You can nebulize Bright Eyes nano Fulvic Drops straight or you can mix them 50/50 with Silver Bullet Liquid - Nature's strongest antibiotic.



*“Nebulize Like You  
Are Addicted”*

— Dr. Darrell Wolfe —



\*Nebulizer

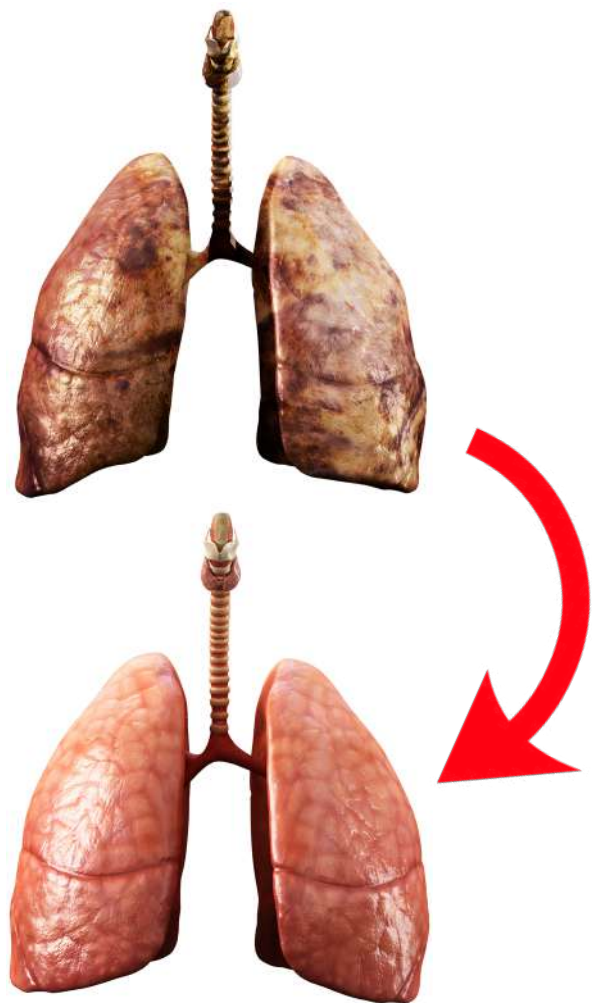
**When you remove the infection, you remove the inflammation. Now you have tissue, bone and nerve regeneration.**

# DOCOFDETOX DO IT YOURSELF PURIFICATION & RESTORATION NOSE/SINUS/LUNG/BLOOD

FROM COPD TO 4TH STAGE LUNG INFLAMMATION (CANCER)



DOCOFDETOX Calcium Ion Therapy can be nebulized. Only place as much calcium in the nebulizer as you will be able to nebulize in that sitting.



You can nebulize any of the Calcium Ion Therapies, but the most effective is Maragen as it is the most potent. Use anywhere from ¼ teaspoon to 1 teaspoon per session. Up to 4 teaspoons per day for chronic, acute or autoimmune conditions.

don't shake bottle prior to nebulizing. whatever you put into the neb must be used within 30 minutes.

**When you remove the infection, you remove the inflammation. Now you have tissue, bone and nerve regeneration.**

# DOCOFDETOX DO IT YOURSELF PURIFICATION & RESTORATION OF THE THROAT

## INTERNAL/EXTERNAL THERAPIES

### Infinite Iodine

**Throat Restoration:** For thyroid conditions, 5 to 20 sprays of Infinite Iodine can provide the nutrients to balance the thyroid.

When dealing with a sore throat, you can spray 3 to 5 sprays of infinite iodine to the back of your throat 3 to 5 times per day because Infinite Iodine & Infinite Iodide are the only iodines with no toxicity. Example: stage 4 inflammation (cancer) patients will take a minimum of 1.5 oz per day.



### Immunity Essential Oil

**Throat:** Protects against viruses and bacteria and purifies the environment! Prevents and heals infections, improves respiratory conditions, boosts the immune system and provides resistance to disease. Rub on neck, mix with Structured Water and use as a mouthwash, diffuse and inhale.

### DMSO Cream

**Throat:** Rub a small (pea size) amount to the throat to soothe the throat. A slight tingle or stinging feeling is normal.



### Clapper

**Throat:** Clap your neck and upper shoulders to bring circulation back to the throat area.

# DOCOFDETOX DO IT YOURSELF

# MOUTH & GUMS

## PURIFICATION & RESTORATION



Silver Bullet Gel  
Healthy Mouth Essential Oil  
Black Gold

Apply a generous amount of Silver Bullet Gel to your toothbrush, 1 to 4 drops of Healthy Mouth Essential Oil. And to top it off, a layer of Black Gold.

You now have the worlds most powerful oral cleaning and healing for your mouth, gums and teeth. Brush 3 or more times a day depending on your condition. This formula introduces 70 micronutrients to your mouth along with removing heavy metals, parasites, bad bacteria and viruses.

After finishing brushing, rinse your mouth with 5 drops of Beyond Ormus Minerals with 2oz of water to fortify mineral and microbe balance in the mouth.

**Watch the Become #1 At  
The Art Of #2 Masterclass at  
DocofDetoxLibrary.com**

**When you remove the infection,  
you remove the inflammation.  
Now you have tissue, bone and  
nerve regeneration.**



**DAILY  
CLEANSING TEA**  
IT'S BUM DISEASE,  
NOT GUM DISEASE



# LION HEART BREATHING TECHNIQUE

When performing Lion Heart Breathing, feel, think and be:

1. Love for Everything and Everyone
2. Gratitude for Everything and everyone
3. Joy for Everything and Everyone
4. Compassion for Everything and Everyone

Within 72 hours of initiating **Lion Heart Breathing Technique**, according to scientific research, the heart/brain/body connection will establish new neural networks between each other. It takes 3 days (72 hours) to establish new neural networks. Stronger networks will be created when frequently repeating **Lion Heart Breathing Technique** throughout the day.

Performing 3 minutes of **Lion Heart Breathing Technique** sets in motion a cascade of life-enhancing hormonal and chemical events in the body that will last 6 hours.

You have the ability to trigger this life-changing response anytime and anywhere. This simple technique will awaken the real you and lead you to your greatest potential; it is the key to your personal point of power.

*“Retrain Your Brain,  
Expand Your Mind”*

— Dr. Darrell Wolfe —





**1.**

Shift awareness to the heart and place the right hand over the heart and the left hand over the belly button.



**Inhale Through The  
Nose For 6 Seconds.**

**2.**

Take a slow, deep, relaxed breath in through the nose for 6 seconds, with eyes closed or open. Hold this breath for 1 to 3 seconds to enter stillpoint. Exhale for 7 seconds out through the nose.



**Hold For 1 To 3 Seconds.**

**3.**

When breathing, feel the breath originating from the heart and focus on feelings of love, gratitude, joy and compassion.



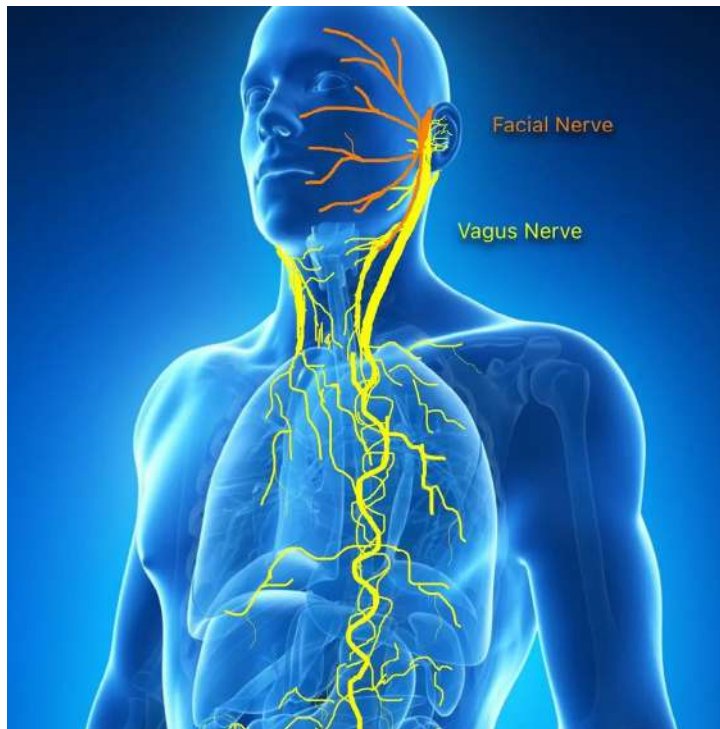
**Exhale Through The  
Nose For 7 Seconds.**

# BRAVEHEART BREATHING TECHNIQUE

Prior to beginning **BraveHeart Breathing Technique**, do 5 minutes of **Belly Button Therapy** to trigger the brain to release relaxation and healing hormones by stimulating the **Vagus Nerve**. Initiate **BraveHeart Breathing Technique** by assuming the **BraveHeart Stance**.

## BraveHeart Stance:

1. Eyes Wide Open
2. Neck Elongated
3. Chin Up
4. Shoulders Back
5. Back Straight
6. Chest Out
7. Sternum Reaching for the Sky
8. Confidently Smile
9. Smile with the Eyes



## BraveHeart Breathing Technique Steps:

1. Start with the arms in a weightlifter pose (90 degree angles) and the hands in fists. Breathe in deeply through the nose while bringing the arms straight up in the superman pose and opening the hands.
2. Breathe out through the nose while closing the hands into fists and bringing the arms back down to weightlifter pose (90 degree angles).
3. Do 30 repetitions of the **BraveHeart Breathing Technique** 3 times per day.



## Intention Is Everything

**Lion Heart Breathing and BraveHeart Breathing Techniques** open access to the subconscious; awaken all senses and abilities to become the master of your **belief systems** and to master your purpose in life.

Care for yourself not because you are afraid of becoming sick; care for yourself because you **love**, honor, respect, protect and trust yourself.

## LION HEART BREATHING TECHNIQUE

**Lion Heart Breathing Technique** is a simple yet powerful daily practice. Place the right hand over the heart and the left hand over the belly button to realign the body before initiating the breath pattern. The mind instantly goes where there is touch; touching the heart directs one to process through the heart rather than the mind.

Consciously focus on and connect to the heart before engaging the Lion Heart Breath.

Begin by taking a slow, deep, relaxed breath in through the nose for 6 seconds, with eyes closed or open. Hold this breath for 1 to 3 seconds; this is called stillpoint. In a stillpoint state, the body naturally dissolves stress, tension and dis-ease; it activates the glands and the energy system of the body, shutting down mindless chatter and shifting us into consciousness and the full expression of who we really are. Finish the cycle by exhaling for 7 seconds out through the nose.

Performing 3 Lion Heart Breaths will initiate the process of bringing one back into the present moment – the only personal point of power. Performing the **Lion Heart Breath Technique** is essential, before opening the eyes upon waking and before going to sleep every night. Do the technique many times throughout the day to realign and move back into the present moment.

Shallow and slow breathing tells the body one is in danger of being eaten or is under attack. The **Lion Heart Breathing** Technique reinforces a sense of safety; the only time breath is slow and deep is when feeling safe and living a big, joyful and happy life. It is important to create and reinforce a belief system of 'I am safe'.



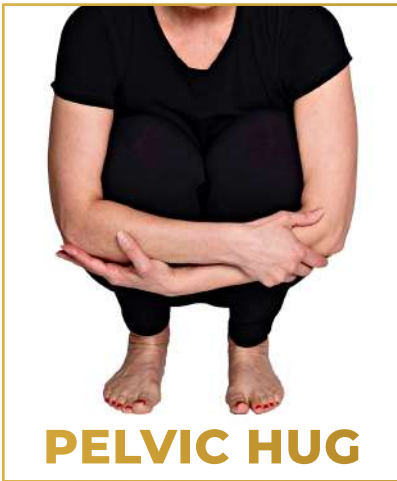
Practice **Lion Heart Breathing** daily to stay heart smart and to master the mind. To change your state, you must change your physiology.

The more one practices **Lion Heart Breathing**, the more one will master **love** for others and **love** for themselves. The Lion Heart Breath connects and unites the heart, brain and body; a 0.1 Hertz Gamma State is created through combining the slow breath pattern with placement of the right hand over the heart and the left hand over the belly button. This triggers neurons from the brain and the heart to connect with one another and create full-body harmony.

# LENGTHEN, STRENGTHEN, DETOX & TONE

## PELVIC ACTIVATION SQUATS

Pelvic Activation Squats are like a breath for the pelvis; they stimulate the metabolism and digestive organs, activate the spinal fluid, and provide the best stretch to open up the pelvis like a flower. Pelvic Activation Squats stretch the ankles, calves, hip joints, groin/hip flexors, glutes, and back. Remember to practice **Lion Heart Breathing** throughout the exercise. Hold each position for 2-4 minutes.



See *Do It Yourself Healing* at [BHNlibrary.com](http://BHNlibrary.com) for an in-depth look



### SOME OF WHAT YOU'LL FIND IN THE DO IT YOURSELF GUIDE:

- ♥ Belly Button Therapy
- ♥ Clapping
- ♥ The Ultimate Coffee Enema
- ♥ Vaginal Infusion
- ♥ Rectal Infusion
- ♥ Pelvic Squats



**PELVIC ACTIVATION SQUATS  
NEED TO BE PERFORMED  
MORNING & NIGHT FOR THE  
ULTIMATE HEALING.**

# CRAB STRETCH

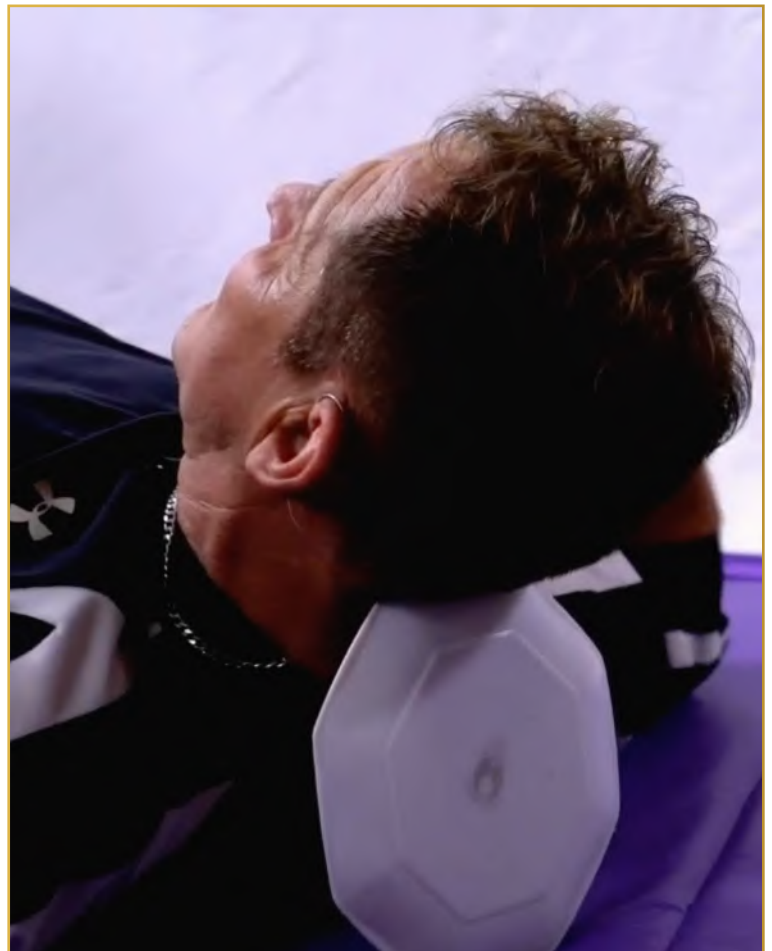
Crab stretch is an excellent stretch for the upper body; it opens up the shoulders and releases the neck, upper back and upper chest. **Lion Heart Breathing** is essential when performing the Crab Stretch.



Go to: [BHNlibrary.com](http://BHNlibrary.com)  
in the **Do It Yourself Healing**  
Guide for more information.

# CHIRO PLATE EXERCISE

Lay on the back and place a small plate at the occipital ledge (where the neck meets the skull) at an angle of about an inch back so the plate is not straight up and down. Relax and engage **Lion Heart Breathing** to allow the plate to sink into the occipital ledge and create space. Turn the head and repeat on the side of the occipital ledge. Roll the head while breathing to locate tight or tender places that need to open up and let go. Pause in these places and continue with the **Lion Heart Breathing**. Continue the process by moving the plate down between the next two vertebrae and repeat. Adjust the plate forward and backward to adjust the angle as needed. When beginning, perform the exercise for 1 to 2 minutes.





## FUN & EASY EXERCISES EXERCISE OVERVIEW

Exercise is an important part of the daily routine for the **Perfect Day!** These exercises will lengthen, strengthen, detox, tone and restore the body. Go to: 'Do it Yourself Healing' Guide at [BHNlibrary.com](http://BHNlibrary.com) to watch videos demonstrating how to do these incredible exercises. Exercise increases productivity and creativity; take health and life to the next level!

See *Do It Yourself Healing* at [BHNlibrary.com](http://BHNlibrary.com) for an in-depth look



## BELLY BUTTON THERAPY YOUR DAILY DOSE TO HEALTH, HEALING & HAPPINESS

**Belly Button Therapy** is a quick, one-step, self-healing therapy that mindfully stimulates the belly button for gut and brain health. **Belly Button Therapy** relieves pain and stiffness, stimulates good bacteria, raises core body temperature, boosts the immune system and releases serotonin and dopamine. The belly button is an important reflexology point at the center of the body that stimulates the intestines and brain at the same time. Experience immediate stress and pain relief, plus get more energy, by doing this for only 5 minutes 2 times per day! Perform **Belly Button Therapy** before doing therapies and exercises including Coffee Enemas, Clapping, Pelvic Expander, Pelvic Activation Squats, Core Twisting, Crab Stretch and Occipital Plate as well as after strenuous exercise and after experiencing any stress, trauma or conflict.

RELEASES MORE SERATONIN, DOPAMINE, OXYTOCIN, AND ENDORPHINS THAN ANY DRUG SUPPLEMENT OR ACTION. AFTER 6 TO 7 MINUTES OF BELLY BUTTON THERAPY YOU WILL HAVE 20 TO 25% MORE STRETCH THROUGHOUT YOUR BODY BECAUSE HORMONES AND CHEMICALS TRAVEL AT THE SPEED OF LIGHT.



## BELLY BUTTON HERBAL THERAPY

Behind the belly button lies the main point to activate the vagus nerve. The vagus nerve, historically cited as the pneumogastric nerve (stomach and lung), is the tenth cranial nerve. It interfaces with the parasympathetic control of the heart, lungs, and digestive tract.

The word “vagus” means wandering in Latin. This is a very appropriate name, as the vagus nerve is the longest cranial nerve; it runs from the brainstem to the large intestine (colon).

The end of an umbilical cord attaches to the Pechoti gland which remains after birth. Every human has a Pechoti gland, connected to more than 72,000 nerves that run throughout the body to various organs and tissues.



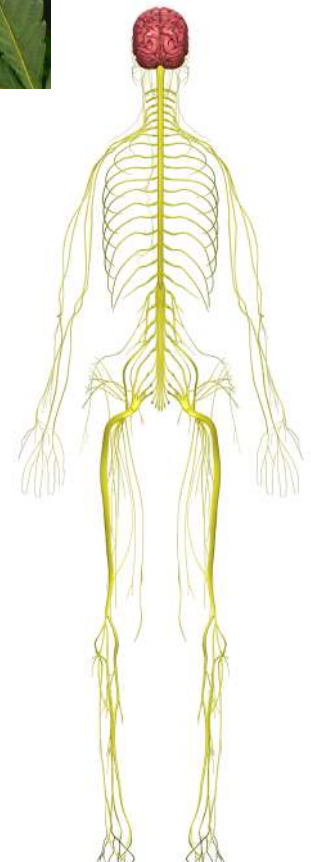
By applying cannabis oil to the Belly Button, utilizing the Pechoti Delivery Method, cannabinoids have the ability to reach every part of the body via the vagus nerve that lies behind the belly button. This is a benefit no other delivery method can provide.

After completing 5-7 minutes of **Belly Button Therapy**, place 1-3 drops of Frankincense Essential Oil (depending on size of belly button) and then 1-3 drops of cannabis oil into the belly button. Repeat this procedure 1-4 times per day or every 4 hours if necessary.

Push the body's main button to turn on the power of healing!

*“Unleash Your Daily  
Dose To Health,  
Healing & Happiness”*

— Dr. Darrell Wolfe —





# CLAPPING

[store.docofdetox.com](http://store.docofdetox.com)

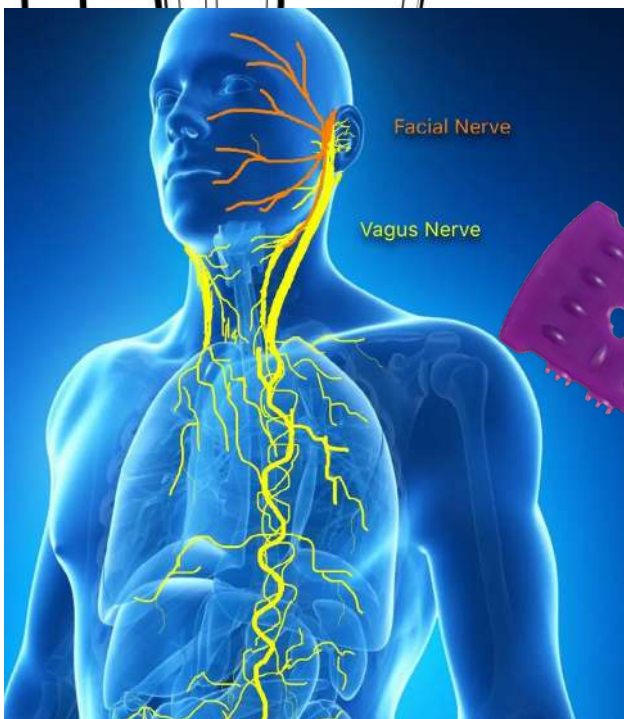
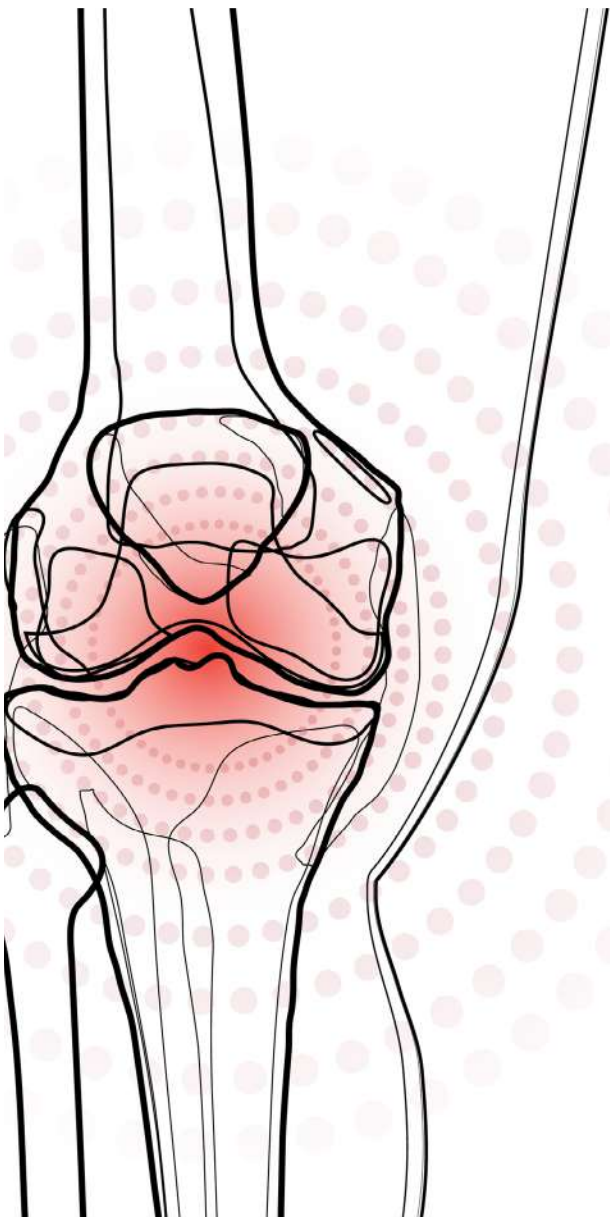
## CLAPPING 4 HEALTH CLAPPING 4 LIFE

**Clapping** is a technique for self-healing and self-diagnosis that dates back thousands of years. This powerful technique activates T cells and stem cells while increasing microcirculation for tissue regeneration and immunity. **Clapping** is a non-invasive natural way to build the immune system and restore the joints, tissues, muscles and organs. This technique, along with Wolfe Non-Surgical Body Therapy and the **Perfect Day**, will reverse almost every joint issue, muscle ache and abnormal growth in the human body.

Before **clapping**, do **Belly Button Therapy** to move the body into a parasympathetic healing state. For ultimate therapeutic benefits, it is recommended to clap an area of the body for 15-60 minutes; clap longer for serious conditions. Note, often color/bruising appears when **clapping**. **Clapping** does not create bruising but brings existing diseased tissues and blood to the surface. If there is no bruising, there is no disease present. Focus on **clapping** areas of pain along with the sides of the neck, head, lymphatic areas (armpits and groins) and joints of the body: hips, knees, feet, shoulders, elbows and wrists/hands.

*Go to the Clapping 4 Health Guide in the Library at [BHNlibrary.com](http://BHNlibrary.com) for further information.*

Built from high quality durable rubber, the DO-COFDETOX Clapper is an effective and therapeutic **clapping** tool for self-healing.



# EXTERNAL & INTERNAL THERAPIES

## DRY SKIN BRUSHING

[store.docofdetox.com](http://store.docofdetox.com)

Skin brushing is one of the simplest and least expensive health routines a person can do. Beautiful skin, great circulation, keeping the dust down and health up are just a few of the amazing benefits of dry skin brushing!

Gently detoxing the skin each and every day is an important step for keeping **pain, inflammation and disease** at bay.

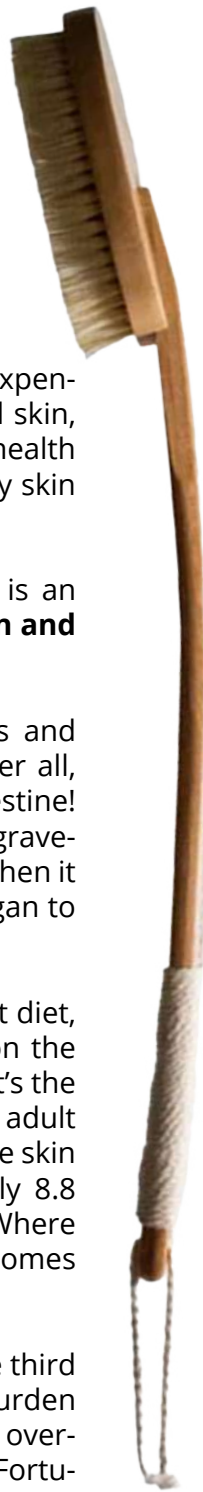
Most people's skin is overburdened by toxins and waste from a mismanaged large intestine. After all, the skin does mirror the health of the large intestine! Most medical and natural health practitioners gravely overlook the importance of this connection when it comes to detoxification. The skin is the first organ to show nutritional imbalances and deficiencies.

The medical system still promotes the idea that diet, nutrition and detoxification have no bearing on the skin. Skin is not just the body's largest organ - it's the body's largest detoxification organ. The average adult eliminates 1 pound of waste per day through the skin via the sweat glands and sheds approximately 8.8 pounds of dead skin cells each and every year! Where do you think the majority of dust in a house comes from?

Did you know that the skin is also known as the third kidney? The skin takes on the kidneys' toxic burden when they are overworked; the kidneys become overworked because of a sluggish large intestine. Fortunately, the skin can renew itself every 28 days and dry skin brushing speeds up the renewal process!

Did you know that skin brushing dates back thousands of years? Hippocrates, known as the father of medicine, taught Skin Brushing as part of his curriculum at the school of medicine.

A word of caution, if not showering in **Structured Water**; in one 10 minute hot shower, as much chlorine and fluoride will be absorbed as if drinking 10-20 glasses of tap water. The skin absorbs 72% of all the chemicals found in tap water when showering.



See *Do It Yourself Healing* free at [DODlibrary.com](http://DODlibrary.com) for an in-depth look

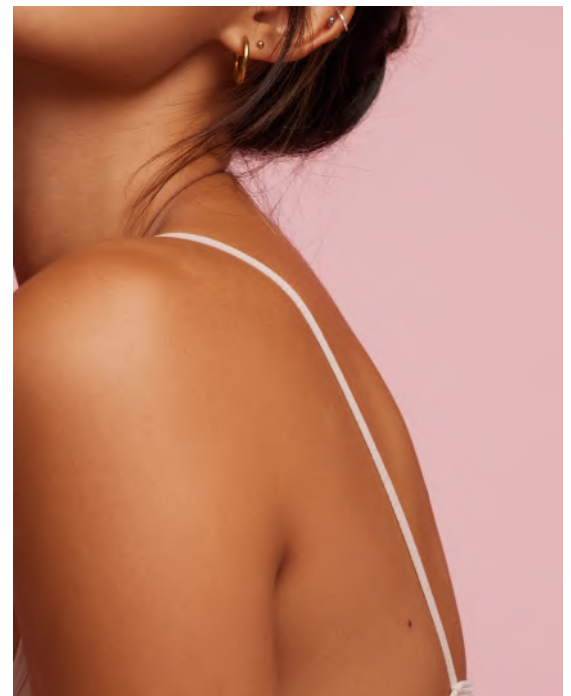
Showering in **Structured Water** eliminates the harmful effects of tap water, heals skin conditions and hydrates the skin with the equivalent of 4 glasses of **Structured Water** in a 10 minute shower.

### What You Need:

DOCOFDETOX Natural Bristle Dry Skin Brush

### Directions:

Using a natural bristle dry skin brush, brush the entire body starting at the feet and moving up toward the head. Brush in a circular motion toward the heart, focusing on the lymph nodes. Skin will be a light pink color when done - do not over brush the skin. The skin is the largest detox organ of the body and a reflection of the health of the large intestine. Skin brushing removes dead skin cells, boosts circulation, stimulates the lymphatic system and helps to eliminate toxins.



# EPSOM SALT GLOW

## What is Needed:

Epsom Salts, DOCOFDETOX Lemon Lift, or Muscle Restore Essential Oil and **Structured Water**

## How To Make:

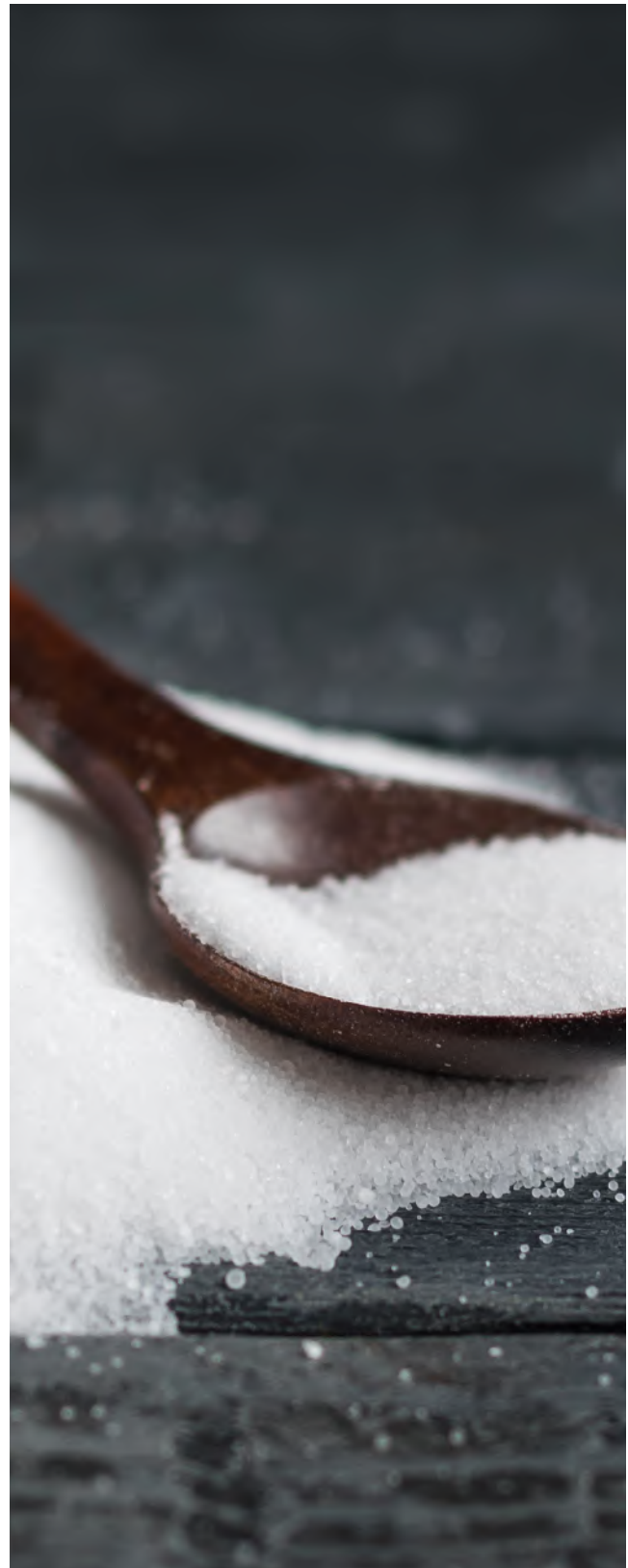
Add 40 drops of DOCOFDETOX Essential Oil to 8-12 oz **Structured Water**. Shake to mix the essential oils with the water before adding the mixture to the Epsom Salts (10 lb.). Aim for the consistency of wet beach sand. Store in an airtight container to keep fresh for later use. If the Epsom Salt Glow mix starts to dry out, just add **Structured Water**.

## Directions:

Scrub the whole body with Epsom Salt Glow mix using a circular motion. Start at the feet and work up to the face, focusing on joints, stiff areas and lymph nodes. Scrubbing the face is like a gentle microdermabrasion – it helps to create healthy beautiful skin.

## Benefits:

Epsom Salts will relax, tone and cleanse the skin, joints, lymph nodes and muscle tissues. It infuses magnesium into the tissue cells; the best way to absorb magnesium is through the skin! Essential Oils disinfect as well as increase the vibration and healing of tissues and joints. Shower in **Structured Water** to hydrate the cells and protect the body and immune system from chemicals.



*See Do It Yourself  
Healing free at  
DODlibrary.com for an  
in-depth look*

# COCO SALT GLOW

## What is Needed:

Epsom Salts, DOCOFDETOX Lemon Lift Essential Oil, Muscle Restore Essential Oil, Raw & Organic Coconut Oil and **Structured Water**

## How To Make:

Add 40 drops of DOCOFDETOX Essential Oil to 8-12 oz **Structured Water**. Shake to mix the essential oils with the water before adding the mixture to the Epsom Salts (10 lb.). Aim for the consistency of wet beach sand – not too wet – before mixing in 1 lb. of Coconut Oil. Store in an airtight container to keep fresh for later use. If Coco Salt Glow starts to dry out, just add **Structured Water**.

## Directions:

Scrub the whole body with Coco Salt Glow mix using a circular motion. Start at the feet and work up to the face, focusing on joints, stiff areas and lymph nodes. Scrubbing the face is like a gentle microdermabrasion – it helps to create healthy beautiful skin.

## Benefits:

Coconut oil moisturizes and disinfects the skin; it has antibacterial, antifungal and antiviral properties. Epsom Salts will relax, tone and cleanse the skin, joints, lymph nodes and muscle tissues. It infuses magnesium into the tissue cells; the best way to absorb magnesium is through the skin! Essential Oils disinfect as well as increase the vibration and healing of tissues and joints. Shower in **Structured Water** to hydrate the cells and protect the body and immune system from chemicals.



See *Do It Yourself Healing* free at [DODlibrary.com](http://DODlibrary.com) for an in-depth look

# CAYENNE SALT GLOW

## For Scar Tissue, Cellulite & Neuropathy

### What is Needed:

Epsom Salts, Cayenne Powder, DOCOFDETOX Lemon Lift, or Muscle Restore Essential Oil and Structured Water

### How To Make:

Add 40 drops of DOCOFDETOX Essential Oil to 8-12 oz Structured Water. Shake to mix the essential oils with the water before adding the mixture to the Epsom Salts (10 lb.) and cayenne. For every cup of epsom salt use 1 teaspoon of cayenne. Aim for the consistency of wet beach sand. Store in an airtight container to keep fresh for later use. If the Epsom Salt Glow mix starts to dry out, just add Structured Water.

### Directions:

Scrub the whole body with Cayenne Salt Glow mix using a circular motion. Start at the feet and work up to the face, focusing on joints, stiff areas and lymph nodes. Scrubbing the face is like a gentle microdermabrasion – it helps to create healthy beautiful skin.



### Benefits:

This is only for areas of neuropathy, cellulite and stubborn scar tissue. Only do small areas at a time and see how it feels. Keep this mix away from eyes and wash hands after every use.

Epsom Salts will relax, tone and cleanse the skin, joints, lymph nodes and muscle tissues. It infuses magnesium into the tissue cells; the best way to absorb magnesium is through the skin! Essential Oils disinfect as well as increase the vibration and healing of tissues and joints. Shower in Structured Water to hydrate the cells and protect the body and immune system from chemicals.

# ADVANCED ENERGY MEDICINE

Everything one eats and drinks leaves the body; the only thing remains is energy – light and frequency.

Einstein stated, "**Energy Medicine Is The Future Of Medicine.**" Well, welcome to the future! One can choose a herd mentality, and wait 5 to 10 more years for Energy Medicine to become more mainstream, or choose to break free from the herd and embrace the most Advanced Energy Medicine technology ever created!

I have been using energy medicine devices since I was 25 years old. I started with Rife technology. Today, people are still using Rife technology. Would you buy a car that was 75 years old today? The longer a story is told, the easier it is sold...

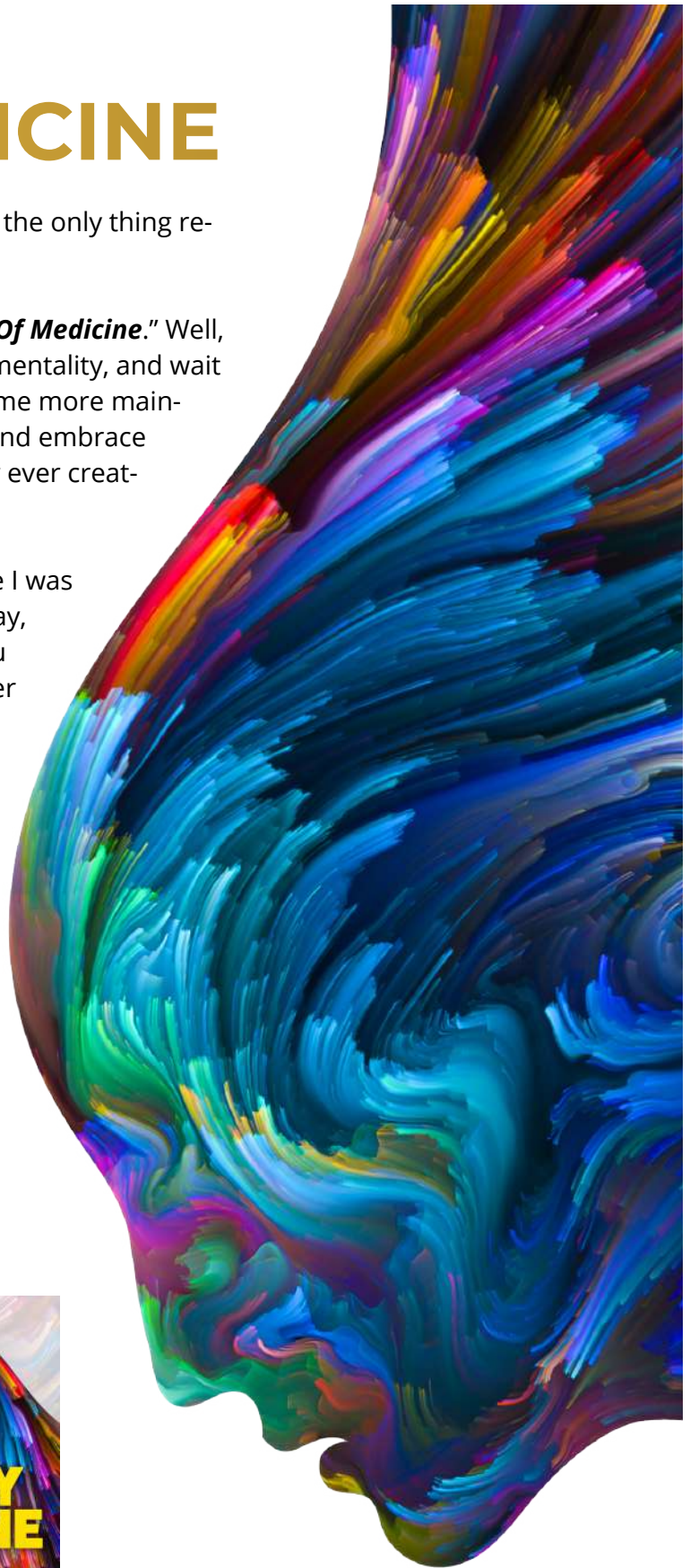
The Avacen, BIOPTRON and Sentient Element are the most Advanced Energy Medicine technologies in the world. They are also the most reasonably priced.

I am here to support you on this  
**Advanced Energy Medicine Adventure.**

*Prepare to Be Amazed!*

[store.docofdetox.com](http://store.docofdetox.com)

See **Energy Medicine** at  
[BHNlibrary.com](http://BHNlibrary.com) for an  
in-depth look



**"Just remember, your questions matter.  
You matter. Call your Master Consultant."**

# AVACEN

The AVACEN 100 is a patented and FDA-Cleared Class II medical device that uses cutting edge technology developed by AVACEN Medical. It incorporates heat therapy and negative pressure to increase local circulation and infuse heat into the unique vascular network located in the palm of the hand. Raising the blood temperature at this "single point treatment" (the palm) increases blood temperature throughout the body naturally via the circulatory system. This can benefit the entire body.

The AVACEN 100 uses the AVACEN Treatment Method (ATM) – a non-invasive pain management technology platform for people at normal body temperature. This technology platform uses a microprocessor controlled chamber to surround the hand with a slight negative pressure, while adding heat to the palm.

This negative pressure expands the volume of blood in the palm's unique vascular networks while heat is simultaneously transferred from the computer managed palm pad into these expanded vascular networks.

## INCREASES MICROCIRCULATION BY 67%



*“Find Peace Within Chaos”*

— Dr. Darrell Wolfe —

## Avacen Uses:

- ♥ Arthritis
- ♥ Minor muscle & joint pain
- ♥ Muscle spasms
- ♥ Stiffness
- ♥ Minor strains & sprains
- ♥ Muscle relaxation

*\*FDA-Cleared and CE Mark Approved OTC Non-Invasive Medical Device*

## How it works:

Increasing the body's blood temperature from within the vascular network, rather than from outside through the use of a spa, sauna, or heating pad, is the key to the entire process. The palm of the hand is one of the best places for applied heat therapy because of the unique network of blood vessels that exist very close to the skin.

When the body naturally heats up, it pumps more blood to the hands and feet to dissipate the excess heat. That's why sticking a foot out of the covers at night easily cools the body. The AVACEN reverses that process to improve the body's microcirculation.

While this method seems simple, it was actually overlooked as a treatment solution. Except for the intentional creation of hyperthermia to treat cancer, the primary purpose for infusing heat into the circulatory system was to move people suffering from extreme cold and shock to normal body temperature as safely as possible. When the body recovered and the objective was reached, the job was considered complete and no further warming nor testing was conducted.

The patented AVACEN Treatment Method (ATM) infuses heat into the circulatory system of people with a normal body temperature. As a result, the body works to dissipate the unwanted infusion of heat by pumping warmed blood through deep tissue. This causes blood vessels and capillaries throughout the body to expand in order to dissipate this excess heat. This normal thermal-exchange process is called radiation. This results in significant benefits for arthritis and muscular relaxation.

# BIOPTRON LIGHT THERAPY

The Worlds Most Powerful Full Spectrum Healing Light System With C60!

**Using BIOPTRON Polarized Light Therapy with a Fullerene Lens for 2 minutes twice a day will increase microcirculation by 47%!**

A safe and effective medical treatment for everybody, BIOPTRON was launched over 30 years ago and is a Nobel Prize award-winning light therapy technology. It has passed countless clinical trials for its use and application in a wide range of medical and cosmetic conditions and has effectively treated a large variety of diseases. BIOPTRON continues to be the leading Medical Light Therapy device used by general practitioners, physiotherapists, sports doctors, dermatologists, plastic surgeons, aestheticians, and other licensed skin care and wellness professionals.

BIOPTRON Light improves cell metabolism and initiates numerous biological and cellular reactions, in a process known as photo-biostimulation. BIOPTRON light waves are polarized and move on parallel planes to ensure optimal penetration of tissues, stimulation of the immune system and more effective healing. 95% of BIOPTRON Light's polarization is generated by 'Brewster's mirror'; this multi-layered optical system provides a consistent and steady dose of light.



All cells and body systems react to BIOPTRON Hyperlight, promoting and accelerating the healing process. BIOPTRON light is UV-free and has no known side effects.

**Every Biopton Comes With A Free C60 Fullerene Lens.**

[store.docofdetox.com](http://store.docofdetox.com)

## BIOPTRON USES:

- ♥ Pain
- ♥ Inflammation
- ♥ Arthritis
- ♥ Wounds/Scars
- ♥ Burns
- ♥ Skin Infections
- ♥ Herpes
- ♥ Eczema
- ♥ Atopic Dermatitis
- ♥ Acne & Psoriasis
- ♥ Acne Rosacea
- ♥ Skin Graft Healing
- ♥ Ulcers
- ♥ Venous Leg Ulcers (Stasis Ulcers)
- ♥ Decubitus (Pressure Ulcers)
- ♥ Gum Disease
- ♥ Cold Sores (Herpes Simplex)
- ♥ Increase Cellular Metabolism
- ♥ Stimulate Regenerative and Reparative Processes
- ♥ Improve Microcirculation & Cell Activity
- ♥ Regulate the Production of Specific Proteins such as Collagen & Elastin
- ♥ Increase Immune Function
- ♥ Boost Energy
- ♥ Increase Motivation
- ♥ Treat Seasonal Affective Disorder
- ♥ Boost Mood
- ♥ Anti-Aging

BIOPTRON has a positive and long-lasting effect not only on the treated area but on the whole body.



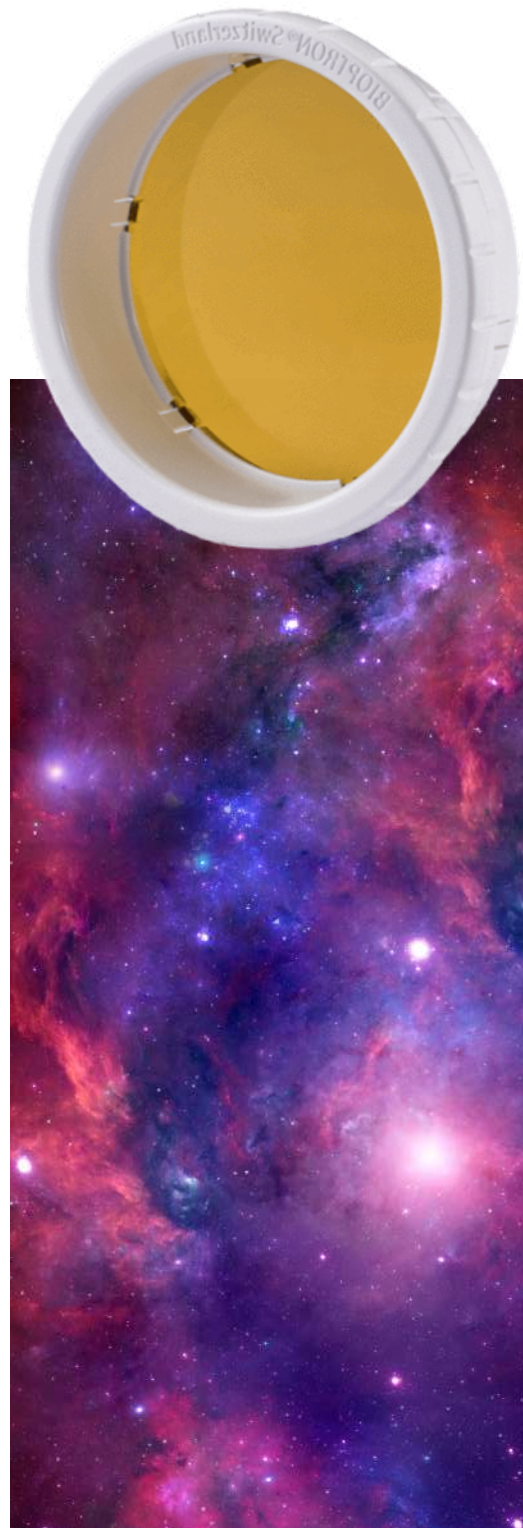
# FULLERENE LENS

## FOR BIOPTRON FULL SPECTRUM HEALING

BIOPTRON Hyperpolarized Light (HPL) utilizes the 'miracle molecule' Fullerene C60 to revolutionize healing light technology.

The discovery of C60 in 1996 was awarded the Nobel Prize in chemistry and opened a new field of study and research in symmetric nanomaterials. This new arena of nanotechnology and nanomedicine stimulated scientists and engineers to discover multiple applications for C60 such as new cancer treatments, lightweight batteries, and powerful rocket fuels.

The Fullerene C60 nanophotonic filter acts as a generator transforming the existing BIOPTRON Vertically Linearly Polarized Light (VLPL) into Hyperpolarized Light that has circular left and right polarization and Linearly Vertical and Horizontal polarization ("sunflower photons pattern"). This unprecedented, perfectly-ordered Hyperpolarized Light, called Quantum Hyperlight, with its unique photon pattern, arranged by the Fibonacci Law, is the ideal energy-structure/symmetry that is fully compatible with our biostructures. HPL transfers the energetic state of ideal harmony of C60 into the body inducing harmonization and equilibrium in energetically disturbed biological structures thus accelerating natural healing and regenerative processes.



# SUGGESTIONS FOR ENDING A DODOFDETOX ADVANCED WATER FAST

**After your DOD Advanced Water Fast is complete,  
for the first day and a half consume only:**

- ♥ Homemade Vegetable Broth
- ♥ Celery Juice
- ♥ Fermented Drinks



All nutraceuticals that you were consuming on your Advanced Water Fast. You will also continue with Doc Of Detox external therapies such as the Salt Glow, Skin Brushing, Castor Oil Pack, Belly Button Therapy And Clapping.

## IMPORTANT:

Your digestive system has had the ultimate vacation, so make sure you break your fast SLOWLY so that you don't overburden your body and shock your system. Only take in small amounts of homemade vegetable broth, celery juice, & fermented drinks. For the first day and a half, use a straw and lean your head forward so you don't swallow too quickly. You will be taking things slow for the next week so that your body properly adjusts back to your Perfect Day Lifestyle.



For days 2 and 3, continue with the above suggestions but add in steamed kale, spinach and berry smoothies made with structured water but do not overeat and make sure you chew all your food until it is a liquid and eat in a calm, peaceful state.

Finally, you made it! On day 4, you can begin the Perfect Day protocol, it's time to incorporate solid food into your diet again including healthy fats, lightly cooked vegetables, small amounts of clean plant protein and your supplements. Remember to still take things slow as you incorporate more foods back into your diet.

Be aware of how you feel, keep checking in with yourself, your digestion, and know that people just eat too much food. Most people are eating themselves to an early grave. Do not become a piggy bank for the system.

While this program seems pretty straightforward, understand that this is a time of discipline and patience. It can be very tempting to break an extended fast too fast with a meal full of your favorite foods. Do not feed this temptation, starve it, your body will thank you tenfold! Retrain the brain and stay off the pain train.

**Turn Off Netflix, Turn On Healing**

# HOW DO I BREAK A DOCOFDETOX ADVANCED WATER FAST?

During an extended fast, the body's assembly line, otherwise, your digestive tract will go into rest and repair mode. Coming out of your Advanced Water Fast should be done with gentle baby steps so that you don't cause shock or trauma to your system. A basic rule to go by is whatever length of time you are on a fast, take half of that time to come out of it before starting the Perfect Day protocol.

## EXAMPLE:

If your fast lasts for 6 days, you would take 3 days to come out of it before starting the Perfect Day Protocol.



## 2 MONTH BREAK

You should always take about 30 to 60 days off in between your extended water fast and go back on the Perfect Day Protocol because your body is still going to be healing for 6 months after a 3 day or longer Advanced Water Fast. A 6 day or longer advanced water fast can have the same therapeutic effect on your body as a \$100,000 stem cell transplant. After your water fast you need to implement permanent Lifestyle Changes. Say hello to the new you, never go back to the old you.

**No matter how hopeless or helpless you may feel, or your doctor has told you that you are... These are limiting beliefs. Unleash your god given innate powers to heal and evolve.**

If you wish for a new reality you will need to change parts of your personality to discover the authentic you. It's great to do a 24-hour fast every week.

# FREQUENTLY ASKED QUESTIONS

## CAN I EXERCISE WHILE INTERMITTENT FASTING?

Yes, you can absolutely exercise while intermittent fasting. If you are not consistent with exercising and are new to intermittent fasting, it is better to focus on only light movement at the beginning and maybe throughout. Light Core Twisting and Rebounding for 2-5 minutes at a time 2 to 3 times a day, Foam Rolling and Stretching are ideal, you can also go for a few nature walks if the weather permits. Please look into getting Wolfe Deep Tissue to untie the invisible bonds that bind you and Wolfe Non-Surgical for your core. Also if you are chronically ill or unable to work out or you understand the healing power of microcirculation go to [BHNlibrary.com](http://BHNlibrary.com) and click on EMF/LIGHT and read up on Avacen the world's leading technology in microcirculation which is a class two medical device.

If you are fit and healthy and exercise regularly then doing a workout while on a fast is a powerful and healthy way to stimulate the nervous system, and increases your level of autophagy and muscle-building potential, especially if you do resistance training or burst training at the peak of your 17-hour intermittent fast, which would be a morning workout. This is also the perfect way to set the pace for your day, giving you sustainable energy and mental clarity for productivity.

## CAN I EXERCISE WHILE ON AN EXTENDED WATER FAST?

Yes, you can exercise while doing an extended fast. When doing an extended fast, it is better to focus on light movement and Stretching, you can also go for a few nature walks if weather permits. If you own or have access to an Avacen then use it often during this time. Check store. [docofdetox.com](http://docofdetox.com) for more information.

Your goal is to get moving to improve your circulation, reduce inflammation, and to help release dopamine and endorphins, which make you feel happy. Burning calories is not your goal while on a fast since you aren't eating any food, you need to stimulate these feelgood neurotransmitters with light exercise, Avacen, Bioptron Light Therapy, Sun Gazing or using a Vitamin D light, practicing your breathing techniques and doing your external therapies found in the Perfect Day Guide.





## **CAN I DO AN EXTENDED WATER FAST IF I AM ON ANY MEDICATION?**

If you are on medication, consult with your healthcare practitioner who prescribed you the medication before starting an extended fast. With most medications, fasting is not an issue but it can be a problem with steroids, blood thinners or certain prescriptions for diabetes. If you are on prescription drugs, it is advisable to be medically supervised if you are looking to the Doc of Detox advanced extended water fast.

If you stop taking your prescribed medications for your extended water fast, we advise that you are monitored by the physician who prescribed you the medication.

## **HOW LONG CAN I SAFELY DO A WATER FAST?**

When fasting you have to take the physical and emotional state of each individual person into consideration. Fasting is not dangerous, it just needs to be respected. Many people have fasted for more than 40 days without issues, but as we always say, taking gentle baby steps is how you build a successful program. Please consult with your healthcare provider or your Doc of Detox certified Fasting Coach for the best fasting program for you.

## **WHAT IF I FEEL A STRONG SENSE OF HUNGER?**

It is normal and natural to have what we call “hunger pangs” during a fast. Hunger pangs are triggered when you normally eat or if you are not following your fasting protocol. The hunger hormone ghrelin is secreted when the stomach is empty and when we are used to eating. Drink 10-16 oz of structured water with Fulvic Acid at these times to suppress and reset ghrelin levels and to eliminate hunger. Don't forget to practice your Perfect Day Breathing Techniques to reset the brain. It's all about programming, don't let a program ruin your fast, change it.

## **WHEN DO I KNOW IT IS TIME TO BREAK A WATER FAST?**

If your symptoms increase, persist, and do not subside with the Structured Water, Fulvic Acid Concentrate, SAC Ionic Calcium, Beyond Ormus minerals, pink Himalayan salt, IGF-1, Perfect Day breathing techniques, Avacen (see [docofdetox.com](http://docofdetox.com)) and rest then it is time to end the fast and just know that you have done a great job. Some people will push themselves through and the symptoms will go away over the next day, which is great but use logic. However, if you are doing an unsupervised fast and you feel awful even after applying the strategies in this guide then we recommend ending the fast and calling the Doc of Detox or your healthcare provider. There is nothing wrong with ending your fast early if you are not at ease or unsure. Love yourself, you're worth it. Brave Heart.

# CELLSONIC

## The Worlds Most Powerful Energy Medicine Device For Patients & Practitioners

Healing Of Organs, Tissues, Bones, Joints, Tendons, Ligaments, Wounds, Nerves, Pain And Abnormal Growths & Autoimmune Disease

**Non Invasive**

**No Negative Side Effects**

**No Drugs**

**GO TO: [BHNpowerpack.com](http://BHNpowerpack.com)  
FOR TREATMENTS, PROFESSIONAL  
TRAININGS & CLINICAL PRACTICE**

- **Brings Back A State Of Homeostasis**
- **Assist Our Body In Healing**
- **Changes The Spin Of An Inflamed Cell**
- **Returns The Healthy Spin Of A Cell**
- **Feeds The Mitochondria**
- **Decalcifies The Mitochondria**
- **Gives The Mitochondria A Good Charge**

The CellSonic machine is a new branch of medicine that kills infection and triggers tissue regeneration. The origins of the technology go back forty years to removing kidney stones by shattering them with sound waves and this was the first ever non-invasive surgery. Since then the technology has been developed with new applications discovered. Drugs are not used so there are no side effects. The Cellsonic produces Very Intense Pressure Pulses which are fast bangs made by flashing high voltages across an electrode in a reflector containing water in a shock head. Gel is placed between the shock head and the patient with their body being largely water and the resultant pressure wave travels through the body without harming healthy cells and damages unhealthy cells.



**Do not miss the PowerPack Show every second week on [docstar.tv](http://docstar.tv)**

### SHOCKWAVE THERAPY SINCE 1987

We have all at some time been helped by surgery and pharmaceuticals. It may have only been a stitch to close a wound or a pill to block pain but without these long standing medical methods we may not have got to where we are now. But what if that wound had been infected and turned to gangrene and if that pain had been caused by the early stages of cancer would we have survived? Most likely we would have died. Traditional medicine struggles with wounds, cancer, psoriasis, periodontal infection and many other common, debilitating diseases.

### “This Is Biophysics, Not Biochemistry.”

Cancer causes more premature deaths than any other disease. It is an electrical fault, easily detected and easily corrected. This is biophysics, not biochemistry. CellSonic that has been in production for fifteen years has been found to stop the profuse replication of mutating cells instantly without drugs or side effects.

The method has now progressed to being able to stop **inflammation, even stage 4**, in a population, not just in a person. A quick check-up will find and stop a cancer before a person is aware of it. The same technology applies to most chronic diseases.

# CELLSONIC

**GO TO: [BHNpowerpack.com](http://BHNpowerpack.com)  
FOR RESEARCH & STUDIES, ALSO  
FIND A CELLSONIC THERAPIST  
NEAR YOU WITH THE CELLSONIC  
WORLD MAP**

**Every Purchase Of A Cellsonic  
Comes With 1 Complete New World  
Practitioner Certification.**

**Whole Life Coach + Wolfe Non-Surgical**

- ♥ **The World Healing & Training Keys to  
Unlock Your Potential**
- ♥ **The Perfect Day NWP Guide**
- ♥ **Exclusive Access to Practitioner  
Portal (weekly meetings and  
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Training Referrals Network**
- ♥ **Opportunity for advertisements on  
Doc of Detox Social Channels**
- ♥ **Lifetime Support**

CellSonic creates no side effects, creates no risk to the practitioner and has no negative effects on the environment. Contrast this with drugs; all have side effects and disposal can cause contamination. Anti-bacterial resistance is rising. Use CellSonic to kill infection instead of drugs. If an inexperienced CellSonic operator aims at healthy cells in the body instead of the target site, there is no harm done. If a patient is given the wrong dose of drugs it could be fatal.

## **LOWEST COST**

The only cost that matters is the cost of therapy and in every application with CellSonic it has the lowest cost. This is achieved by involving a doctor or nurse less than other methods. The patient is less disrupted and the hospital used less.

## **QUICKEST ACTION**

CellSonic works quickly. To cause the islets on the pancreas to generate insulin can take three months and is still the best option for controlling diabetes. Non-healing wounds are healed with CellSonic. Large wounds that have been open for years are made to heal in a few weeks to a few months. CellSonic can treat gangrene positively.

## **EASY TO USE**

It takes five minutes to learn how to use the CellSonic machine. The operator can be shown where to aim the shock head and the programming of the machine stops it when the required number of pulses has been delivered. The wide beam of the pulse makes it easy to aim at the target. If pulses are off target, they do no harm.

## **SUPPORT & TRAINING**

Distributors receive training. They teach their customers and in turn experienced users teach newcomers.

**[docofdetox.com/events](http://docofdetox.com/events)  
TO FIND THE NEXT  
CELLSONIC WORLD EVENT**



# CELLSONIC TREATMENTS

GO TO: [BHNpowerpack.com](http://BHNpowerpack.com)



## Animals

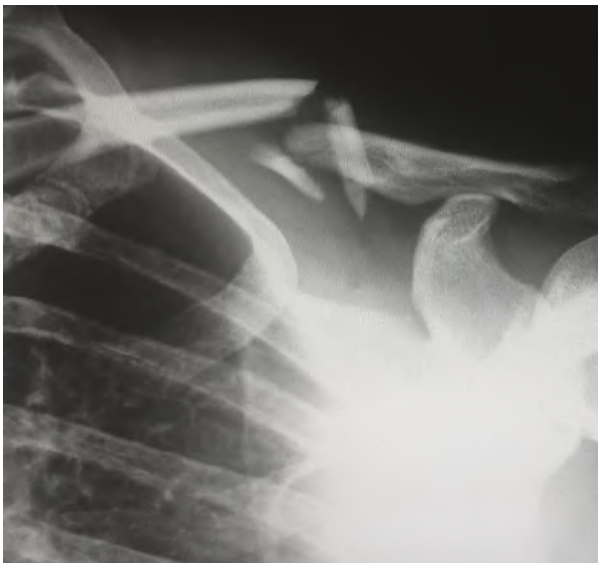
This is one of the rare cases in the medical business where we can claim that it has all been tried on humans first. CellSonic has been used to treat several musculoskeletal disorders in horses. What works on humans also works for all animals.



## Accident & Emergency

Immediately a patient is brought in to the casualty department (Accident and Emergency) their wounds must be zapped with CellSonic. There is no other method.

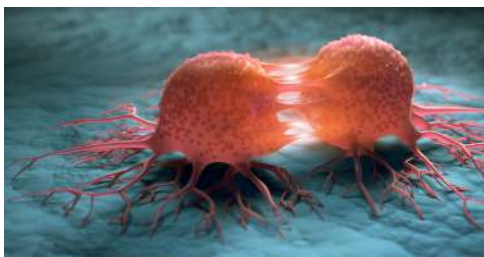
Drugs disable many essential functions be they ingested or injected. Surface applied antibiotics only work on the surface and will not catch germs already spreading beyond the injury.



## Bone

Treatment with CellSonic of broken bones has been proven to be a substitute to surgical treatment. We found out that this technique provides rapid and lasting analgesic effect as well. The best report of CellSonic regenerating cells came from Dr Joseph Choukroun in Nice in France who restored the mandible of a lady who had been on cancer drugs for ten years. The bone regrew and new teeth were implanted on titanium stubs allowing the lady to live a normal life. Her option prior to CellSonic was death or the amputation of her lower jaw.





### Cancer

**Inflammation**, even stage 4, can be cured by CellSonic. Reports from Cell- Sonic clinics around the world tell us that we must now announce that CellSonic is a safe way to treat all types of **inflammation**. There are no side effects. Pain is stopped almost straight away.



### Diabetes

273 patients with Diabetes agreed to 6 sessions with CellSonic, managed by Professor K S Billal, FRCS, from Kuwait. Overall success and improvement rate was 76% which is excellent. There were no side effects.



### Diabetic Foot Ulcers and Wounds

During studies done on Diabetic Foot Ulcers, Dr's found that after only one course of treatments, 57% had completely healed ulcers. 50% of the unhealed, needed a second course to be completely healed!



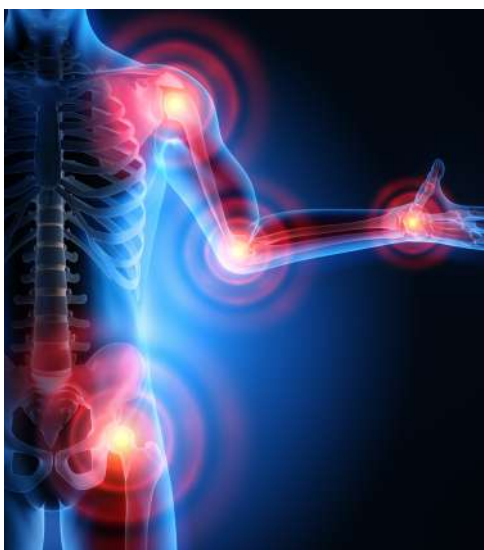
### Erectile Dysfunction

Of all medical problems, having difficulty getting and holding an erection can be the most embarrassing of all and men are much more reluctant to talk about personal problems than women so that makes it more difficult to give help. If the diagnosis is that there is an obstruction in the penis, treatments with the CellSonic can help and most likely reverse the condition.



### Fungus

The fungus is killed and the nails re-grow. No drugs. No ointments. Quick and easy. It is the ability of CellSonic to kill all and any infection that makes it such an easy to use and safe tool. One treatment is all it takes to kill whatever is living in the skin.



### Joint Movement

Report of success in the CellSonic Clinic in Warsaw in Poland: During the first CellSonic treatment, the patient with unmovable shoulder and hand joints hardly felt anything. The effect came a few days later. "Something has changed, I begin to feel something, it's hard to name what," exclaimed Mr. Bogdan. The second treatment 14 days later was different; shoulder and hand were no longer numb and the patient felt every centimeter in the arm that was receiving the pulses from CellSonic.

The third treatment was given ten days later. Five days after this treatment he has improved joint movement and almost no pain. He had stopped taking drugs to mask the pain.



### Kidneys

There is a chart available in our library (below, in the file called "Thresholds of Body and Mind") that was compiled by Dr Ramesh Chouhan of Hyderabad in India of a lady receiving CellSonic treatments to her kidneys. She was reducing the weekly dialysis as her kidneys regained their function. New cells were regenerated.



### Lung Cancer

CellSonic is a product of invention and intellectual agility. It can rectify the electrical faults in cells. Cancer cells have a voltage of -15 millivolts (MV) and healthy cells have -75 MV. The electrical field from CellSonic lifts the cancer cell to convert it to a healthy cell and it does it instantly. It changes the behaviour of the cells. They stop replicating mutant cells profusely and only replicate healthy cells as required. This process is called electroporation. The technical description of the CellSonic technique is non-surgical, irreversible electroporation. Aiming in between the ribs, and taking special care around the heart, CellSonic is used to mutate inflammatory cells into healthy cells.



### Mouth, Jaw & Dental

Periodontal Disease is said to affect half the population. Dentists give hygiene treatments with limited success and are very worried about their struggle to prevent the disease affecting the growing number of dental implants.

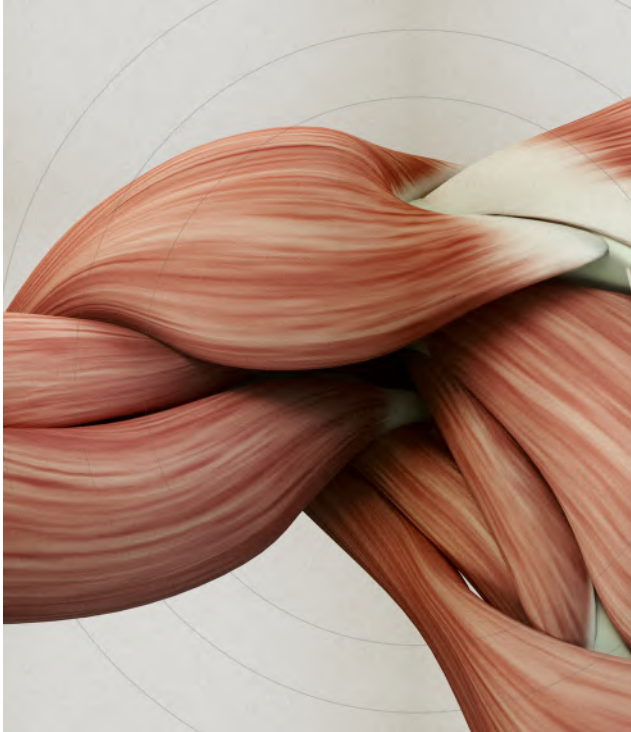
CellSonic can heal and cure problems in the mouth that are impossible by other means.



### Movement

Bones, joints and muscles used to be looked after in medicine by different departments. With CellSonic the divisions of orthopaedic, physiotherapy and sports medicine overlap. The CellSonic machine heals a non-union fracture, repairs aching joints, enhances muscle power and repairs nerves.

GO TO: [BHNpowerpack.com](http://BHNpowerpack.com)



### Muscle Enhancement

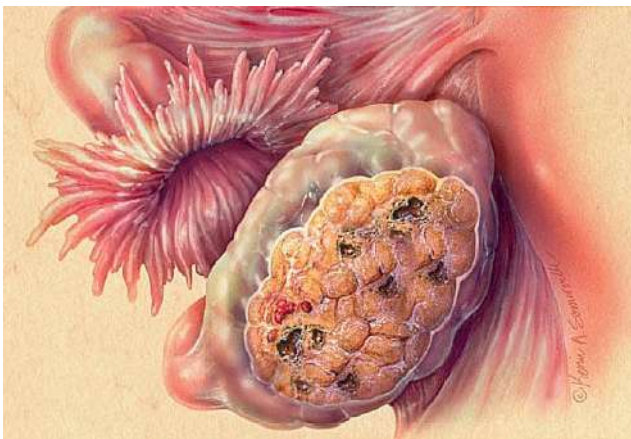
Dr Ken Craig in New Zealand used measuring equipment on athletes to record performance and found strength increased up to 12 % in three weeks without any change in training or diet and entirely without drugs. Not only was strength increased but energy output reduced. In motor car terms, the car went faster on less fuel.

Weight lifters increased their lifting weight. Volley ball players increased their jumping height and golfers increased their swing speed increasing the distance they projected the ball. A race horse that had been treated for an injury and was due for retirement was allowed back on the track and won with better times than before the injury.



### Osteonecrosis

Pioneered by Dr Joseph Choukroun in Nice in France, CellSonic is the only cure for osteonecrosis of the mandible.



### Ovarian Cancer

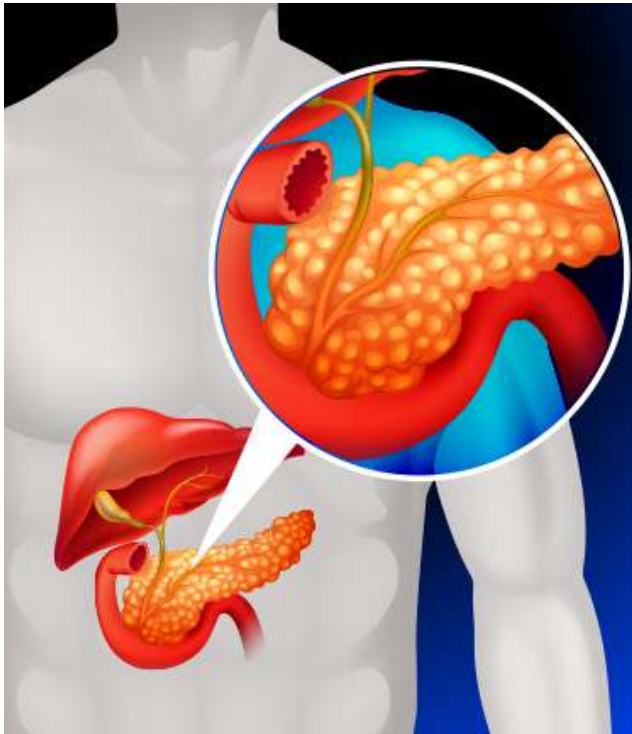
A lady discovered she had ovarian cancer in 2016 and was treated by CellSonic. The tumour remained big and had to be surgically removed after the cancer was stopped. Since then, cancer diagnostics have progressed and the electrical properties can now be easily detected allowing CellSonic to advance from stopping stage 4 **inflammation** in a patient to stopping stage 4 **inflammation** in a population.



### Pain Removal

There are only two ways to deal with pain, remove its cause or mask it. Unfortunately masking pain is what is usually done because it is easy. It is also useless.

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### **Pancreas**

Today 1/15/20 as a 59-year-old male pancreatic cancer patient came back in for a second visit. On his first visit 12/2/19 he was having a pain level of "8.5/10" in the abdomen, which is quite severe pain. The areas of his pancreas and liver were treated transdermally with the CellSonic shock-wave device. This machine was patterned after the lithotripsy devices designed to break up kidney stones in Germany in the 1980's. After approximately ten minutes of therapy he returned home which is out of state. Today he was back for another therapy and self-reports his pain to be "1-ish" without taking any pain medications. After one ten-minute therapy to have an almost complete cessation of pain in pancreatic cancer is very remarkable.



### **Psoriasis**

If you have never had psoriasis, you will never appreciate the agony it causes. There seems to be no absolute cure but CellSonic does alleviate the suffering better than any other method and at a far lower cost.



### **Skin Ulcers**

All skin ulcers can be treated. To treat, first clean the wound thoroughly and fill with sterile gel over which a barrier film is placed with more gel on top to transmit the sonic waves from the shock head to underneath the wound where the healing will start. All ulcers may be treated. All infection is killed. No anti-biotics are needed.



### **Wound**

CellSonic heals chronic wounds with equal success on venous and arterial ulcers with a response rate of better than 90%.

# CARDIO MEDBED

## COMPLETE REGENERATION OF HEART & CIRCULATORY SYSTEM

What Would You Have If You Had **Perfect Circulation?**  
The Answer Is **Perfect Health.**



Do not miss the PowerPack Show every second week on [docstar.tv](http://docstar.tv)

**Cardio MedBed is the hidden secret for athletes of all kinds, premature aging and physical limitations due to circulation problems.** Cardio MedBed is performed as a non-invasive treatment to lower the number and intensity of angina episodes (*\*chest pain caused by reduced blood flow to the heart*). Treatment is administered through three pairs of external inflatable cuffs that are applied around the lower legs, upper legs and buttocks. These cuffs continuously inflate and deflate between the resting period of the heartbeat and increase blood returned to the heart.

**GO TO: [BHNpowerpack.com](http://BHNpowerpack.com)**

**FOR TREATMENTS, PROFESSIONAL TRAININGS & CLINICAL PRACTICE**

**Step 1**



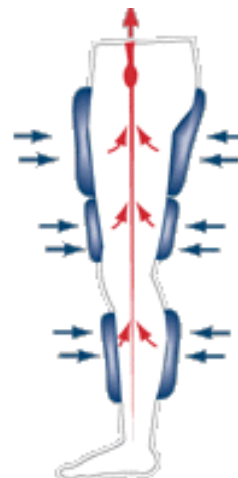
Inflation initiates retro-grade pulse wave

**Step 2**



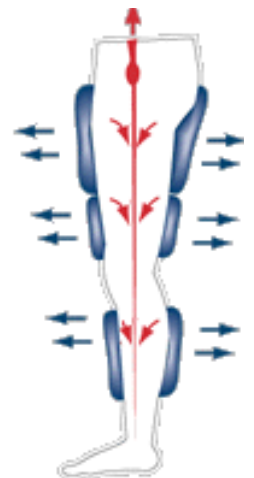
Inflation of lower thigh cuffs 50ms later

**Step 3**



Inflation of upper thigh cuffs 50ms later

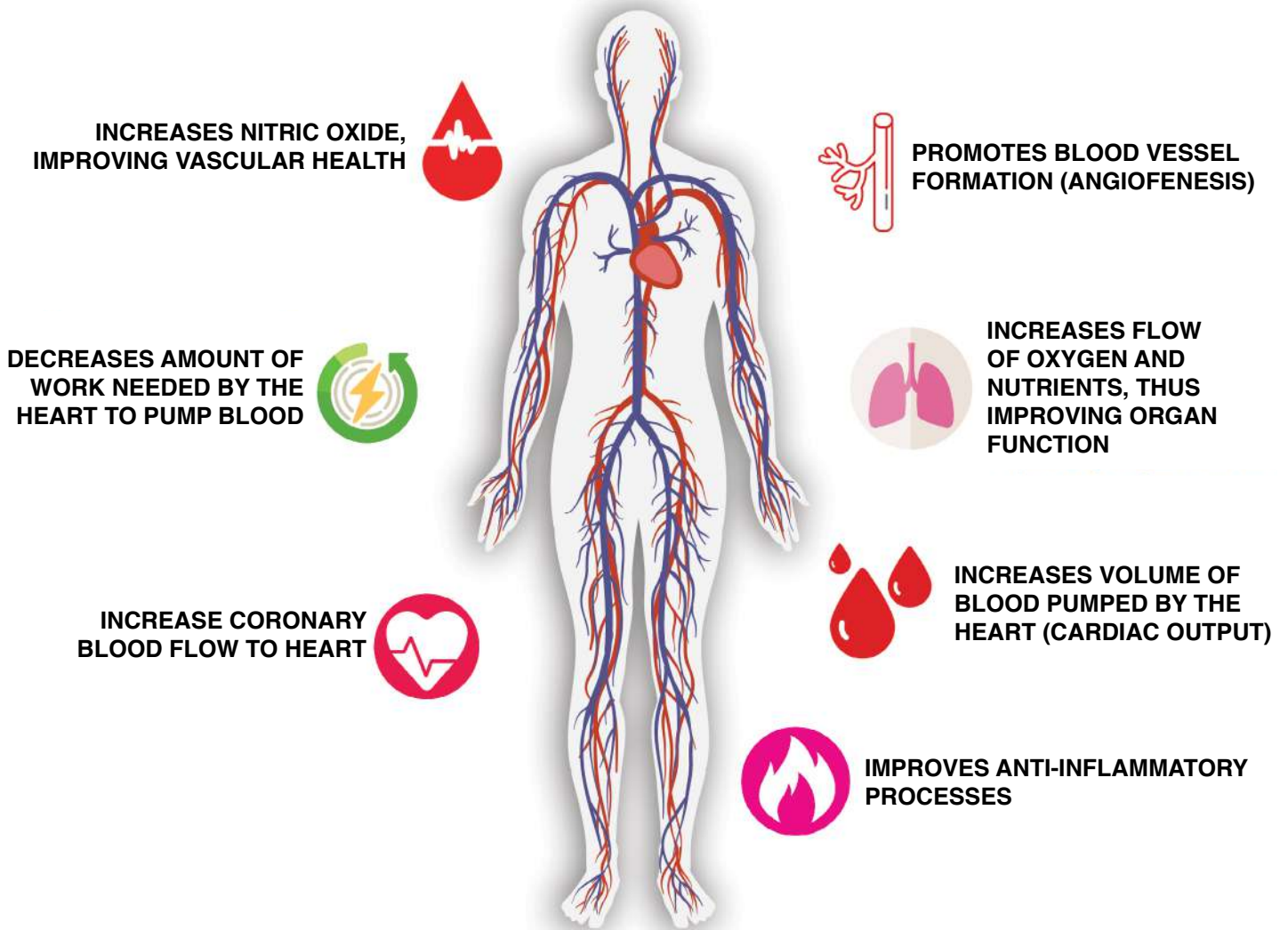
**Step 4**



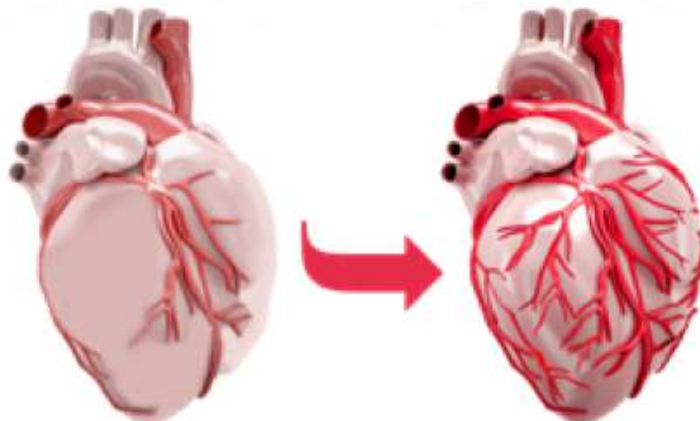
Deflation facilitates cardiac unloading

# CARDIO MEDBED BENEFITS:

[BHNpowerpack.com](http://BHNpowerpack.com)



**BEFORE:**  
CARDIO MEDBED  
(ENHANCED EXTERNAL  
COUNTERPULSATION)



**AFTER:**  
CARDIO MEDBED  
(ENHANCED EXTERNAL  
COUNTERPULSATION)



The basic principle of **Cardio MedBed** treatment involves increasing the amount of blood returning to the heart, which helps supply more oxygen to its starved areas. With more oxygen available, the heart can function much more efficiently and therefore reduce chest pain.

- Increased oxygen supply for the heart
- Decrease in chest pain
- Improved EKG response to exercise
- Decrease in nitroglycerin use
- Increase in energy
- Increased exercise duration
- Lasting benefits

**GO TO: [BHNpowerpack.com](http://BHNpowerpack.com) FOR RESEARCH & STUDIES, ALSO FIND A CARDIO MEDBED THERAPIST NEAR YOU WITH THE CARDIO MEDBED WORLD MAP**

Every Purchase Of A Cardio MedBed Comes With 1 Complete Wolfe Non Surgical or Whole Life Coach Certification.

- ♥ The World Healing & Training Keys to Unlock Your Potential
- ♥ The Perfect Day
- ♥ Access to the Exclusive Practitioners Portal
- ♥ Affiliate Commission Program To the Doc of Detox Store
- ♥ VIP Access to Wholesale Rates
- ♥ Weekly Master Consultant Meetings and Q&A's
- ♥ Referrals Network
- ♥ Lifetime Support
- ♥ Advertisements on Doc of Detox Social Channel



What Would You Have If You Had **Perfect Circulation?**  
The Answer Is **Perfect Health.**

Enhanced External Counterpulsation stimulates the openings or formation of small branches of blood vessels to create a natural bypass around narrowed or blocked arteries.

# ULTIMATE POWER PACK

Go To: [BHNpowerpack.com](http://BHNpowerpack.com)



**CELLSONIC**  
HIGHEST FREQUENCY

+

**CARDIO MEDBED**  
100% CIRCULATION

## EQUALS TOTAL HEALING & VITAL ENERGY 4 LIFE

With the Cardio MedBed alone, you can restore circulation in your heart in as little as 15-20 days with twice-daily treatments, and even reduce sports injuries to just six hours or six days, compared to months, when both the CellSonic and Cardio MedBed are combined.

Now, have you ever noticed how the medical system doesn't deal with circulation? We believe that circulation is the most important thing for healing anywhere in the body.

Let's say you have an athlete who has recently sustained an injury. With these treatments, you can restore them to their former performance level in a fraction of the time. We understand the frustration of sports injuries, both for athletes and their coaches. Our process can reduce the amount of time that athletes spend on the sidelines and get them back in the game quickly. We can reduce the amount of time a physician may have prescribed for recovery from six weeks to just six hours. Our process targets the root cause of the injury – inflammation, scar tissue and lack of circulation – to get athletes back to their peak performance level in mere minutes or hours. It's a simple, non-invasive procedure that requires no downtime.

**What you receive when you buy the POWER PACK (Cellsonic & Cardio MedBed):**

**2 New World Practitioner Combined Certifications**  
Whole Life Coach + Wolfe Non-Surgical

- ♥ The World Healing & Training Keys to Unlock Your Potential
- ♥ The Perfect Day NWP Guide
- ♥ Exclusive Access to Practitioner Portal (weekly meetings and practitioner assets)
- ♥ Affiliate Commission Program to the Doc of Detox store
- ♥ VIP Access to Wholesale Rates
- ♥ 1 to 3 Weekly Master Consultant Trainings & Q&A's
- ♥ Opportunity to Join World Healing & Training Referrals Network
- ♥ Opportunity for advertisements on Doc of Detox Social Channels
- ♥ Lifetime Support

**& Pain Free Pelvic Restoration & Disease Prevention**

- ♥ 3 Day Training For Women
- ♥ Revitalize Yourself Starting With The Pelvic Floor



# 12

## SELF LOVING STEPS:

Lovingly repeat every step, each day, during the **33 Day Awakening Transformation** to **unleash the authentic you**. Remember, when waking and just before sleep are the most important times for installing new **belief systems**.

*“I believe in you. I need you to believe in you too. 3, 2, 1, You’ve got this!”*

### SELF LOVING STEP 1: THE GRATITUDE ATTITUDE

Before opening your eyes, state 3 things you are grateful for while performing **Lion Heart Breathing**.

### SELF LOVING STEP 2: OFF THE HOOK

Practice totally forgiving and sending **love** to 3 people, systems, corporations or things in your life that you don’t like (ex. chemtrails, taxes, etc.). You might want to totally forgive and send **love** to yourself – remember, you must come first and foremost. Let yourself off the hook for things you cannot fix and are probably none of your business. Let yourself off the hook for things you think you could have done or should have done; the more contaminated the beliefs, the more guilt you feel and the deeper and more painful the hook becomes. “Off the Hook” is about eliminating Self-Hate and perfecting the art of forgiveness and **unconditional love**.

1. Total Self-Forgiveness
2. Total Forgiveness Of Others
3. Compassion & Gratitude
4. Unconditional Love

### SELF LOVING STEP 3: VISUALIZE, AFFIRM, CREATE, ALLOW

Spend 5 minutes at the beginning of your day to visualize and affirm how you want to create your day. Create **The Perfect Day** each and every day for The Perfect Life!

*“Image Creates Thought”*

— Dr. Darrell Wolfe —

### SELF LOVING STEP 4: SNAP BACK TO THE PRESENT

Lovingly Snap Back into alignment with yourself and the present moment with the **Love Band/Life Band**. Gently snap your band 12 times per hour to release your inner power. For lightning-speed life-changing results, use alarms (on your phone) to ensure you incorporate **Love Band/Life Band** into your day. People always run programs; choose programs that are based in **Self Love** and joy! Snap back to **Total Self Love!**

- ♥ *“I love and approve of myself.”*
- ♥ *“I’m amazing!”*
- ♥ *“I can do this!”*
- ♥ *“I’m beautiful!”*



*“Thought Creates Emotion”*

— Dr. Darrell Wolfe —

# “Emotion Stands For Energy In Motion”

Dr. Darrell Wolfe



## SELF LOVING STEP 5A: MIRROR, MIRROR ON THE WALL

Start every day with **Mirror Work**. Connect to your heart, look deep into your eyes and repeat The **BraveHeartNation Oath** 10 times. Write the **BraveHeartNation Oath** on a sticky note and put it on your mirror, just below center (where your nose is), so it is easy to read and easy to memorize.

“**I am Love. I am Healed. I am BraveHeart.** Today and everyday, from the moment I rise until I gently close my eyes, **I will trust, honor, respect, protect, forgive and totally love myself**, first and foremost, before anyone else or anything else, **so help me God.** Because **I am, I can. I am Healed. I am BraveHeart.**”



## SELF LOVING STEP 5B: DRIVING IT HOME

Perform **Mirror Work** whenever you get in and out of your vehicle. While engaging in **Lion Heart Breathing**, look into your eyes and state affirmations that bring you joy and happiness.

- ♥ “*I love you [Your Name].*”
- ♥ “*You’re amazing!*”
- ♥ “*Life is amazing!*”
- ♥ *I can do this. I got this!*”



## SELF LOVING STEP 5C: LOVE ON THE FLY

Perform **Mirror Work** during every bathroom visit. While engaging in **Lion Heart Breathing**, look into your eyes and state affirmations that bring you joy and happiness.

- ♥ “*Hey beautiful!*”
- ♥ *You’re amazing*”
- ♥ “*I got this!*”
- ♥ “*I love and approve of myself.*”

Go back into the bathroom if you forget to do your **Mirror Work**. This is not a punishment – this is a mission of **love**.

## SELF LOVING STEP 6: BEDTIME MIRROR WORK

Before bed, perform bathroom **mirror work**. "Thank you, **God, Creator, Source** or [ \_\_\_\_ ] for such a beautiful day, I **love** you so much!" Repeat this affirmation 10 times out loud with passion and intention from the heart, while looking deep into your eyes.

## SELF LOVING STEP 7: BEDTIME GRATITUDE

Before sleep, list 3 things you're grateful for from that day while practicing **Lion Heart Breathing**. Gratitude is Altitude – Rise to your Greatness!

- ♥ *"I am grateful for my breath."*
- ♥ *"I am grateful for being the hero of my day and the light for my family."*
- ♥ *"I am grateful for being the change that I seek."*

## SELF LOVING STEP 8: CALENDAR TRACKING

Track and chart the pain body programs run by you and those you are close to. You will realize we are robots programmed for pain. When you become a loving observer, you will dismantle these programs and change your life.

## SELF LOVING STEP 9: COUPLES CONNECTION

Open yourself up to the presence of total **love** between you and your partner with the Couple's Connection, or you and yourself with the **Self Love Connection**, and bring your **love** to the highest possible level.

## SELF LOVING STEP 10: FAMILY CONNECTION COLLAGE

Introduce your family to the art of creative visualization by inviting them to join you on your new journey by building a vision board or collage. Teamwork makes the dream work!

## SELF LOVING STEP 11: RECALL HEALING

Recall Healing and Mind Mapping unlock the hidden secrets of illness and dis-ease by identifying the underlying emotional conflicts and traumas that create negative conditions or behaviors.

## SELF LOVING STEP 12: MIND MAPPING

With Mind Mapping, rewrite your life's story and create a new, true to you, reality map. You're not your story until you make it yours.



*“Emotions Create Feelings,  
Feelings Create Frequency,  
Frequencies Release  
Chemicals & Hormones,  
Chemicals & Hormones  
Either Heal You Or Destroy  
You, You Choose”*

— Dr. Darrell Wolfe —

BECOME YOUR OWN PRACTITIONER,  
BECOME YOUR OWN BODYWORK SPECIALIST

## PERSONAL TREATMENT & TRAININGS 2 GO

PAIN FREE PELVIC RESTORATION & DISEASE PREVENTION

WOLFE NON-SURGICAL TREATMENT & TRAINING 2 GO

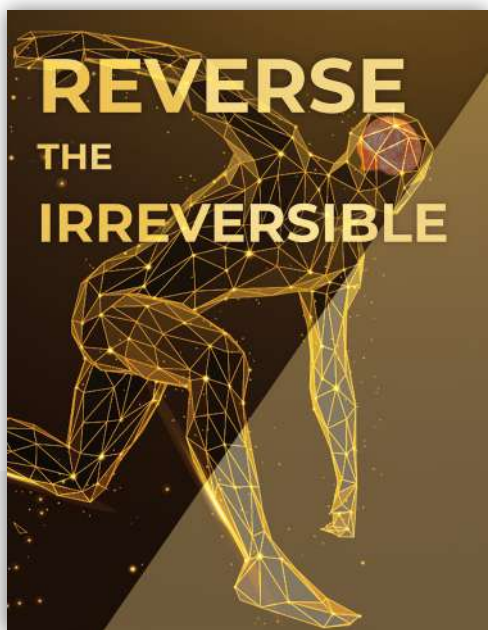
PAIN FREE PREGNANCY TREATMENT & TRAINING 2 GO

PAIN FREE PELVIC RESTORATION & WOLFE NON-SURGICAL

## PERSONAL WOLFE NON-SURGICAL CERTIFICATIONS 2 GO

PROFESSIONAL WOLFE NON-SURGICAL CERTIFICATION 2 GO

ATHLETIC WOLFE NON-SURGICAL CERTIFICATION 2 GO



### WORLDWIDE, WE COME TO YOU

To have a better understanding of the domino effect of **scar tissue, calcification, & crystallization** and why the body does not heal properly. Go to the **Reverse The Irreversible Masterclass** in the World Healing & Training Library. [BHNlibrary.com](http://BHNlibrary.com)

Some of the people who have been trained in **Wolfe Non-Surgical** are professional trainers, professional athletes, chiropractors, physiotherapists, nurses, doctors and all forms of natural health practitioners just to mention a few. You will get to meet these amazing people on our weekly **Master Practitioner Q&A Trainings** that are free to you on a continual basis.



[BHNuniversity.com](http://BHNuniversity.com)

BHNuniversity

# WHOLE LIFE COACH

## THE GAME CHANGER IN HEALTHCARE TODAY.

This 9 day intensive professional course will change you from the inside out, and the outside in. You can not give what you are not. This course was created for those who wish to become health practitioners, or who feel stuck in the Medical HealthCare or Natural HealthCare System and want to bring their potential to the highest level both personally and professionally.

Just know this, this course attracts a broad spectrum of health professionals such as nurses, chiropractors, physiotherapists, acupuncturists, medical doctors, psychiatrists, psychologists and all forms of naturopathic doctors. I know these seem like big statements, but you can see testimonials from all these professionals validating this fact.

How would it feel to empower your patients and clients to create the Perfect Day on an emotional, nutritional and physical level from the moment they rise until they gently close their eyes?

And yes, you'll treat patients but the ultimate goal is to train and empower them to become their own practitioner for themselves and their family. Until the practitioner focuses on training, that practitioner is mis-treating. We must work from the point of view of the Power of Love, not the love of power. This is the way that we can touch and heal the hearts of many.

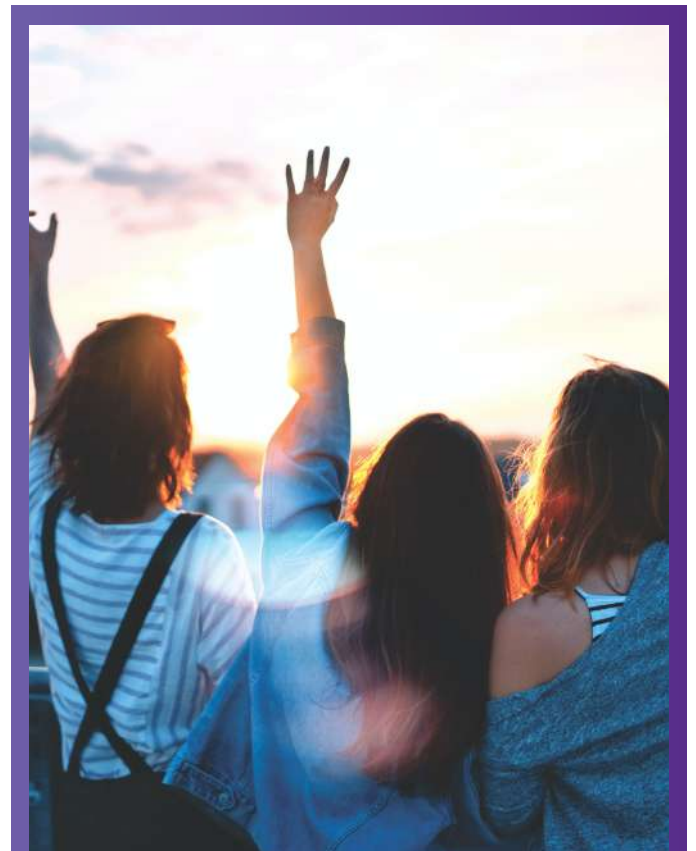
### ABOUT THE WHOLE LIFE COACH CERTIFICATION

This course is recognized by the World Organization of Natural Medicine (WONM) and is designed to give you the most advanced tools, strategies and techniques in nutrition, emotional therapy, and physical wellness.

*“Feed Your Spirit,  
Heal Your Body”*

— Dr. Darrell Wolfe —

This course was created to bring health professionals to their highest level. However, we do have a lot of lay people from the general populace who want the best training possible for themselves because most say they can not go on living like this. This is why we get 20-30% of attendees from the general population who do not wish to do this professionally. They attend this course because they want the best and want to go deep so as to become the tipping point of change for themselves and their family. By the end of the Whole Life Coach course they feel they are back on course, or have even (re)discovered their passion and purpose in life and go on to become practitioners.



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# WHOLE LIFE COACH

## IS THIS COURSE RIGHT FOR ME?

For almost 4 decades, Dr Darrell Wolfe devoted his life to creating life-changing therapies and trainings, strategies and tools for existing practitioners, those who wish to become practitioners, and those who wish to bring their health to the highest level.

Dr. Darrell Wolfe ran the first Whole Life Coach Course when he was 27 years old. Forty years later, he now teaches it and 3 other courses worldwide.



Doctors, chiropractors, nurses, physiotherapists, psychologists, psychiatrists, acupuncturists, and massage therapists have all taken this course. Most say that they get more out of these nine days than they got in their whole schooling. It's not that they are given more information. Rather they are taught what they really need to know, not what they don't need to know. They learn to not just treat their patients, but to start training them by using logic, truth and knowledge based on true wisdom – the most powerful tools needed to help others heal. They learn that Natural Health has been diluted and twisted. In fact some of the practices they have been taught can actually cause harm and do not treat the real issues in the tissues. The sad truth is that any school or course that has been government approved is not necessarily taught in the best interest of the people but in the best interest of the few that feed off of the many.

With all the medical breakthroughs, experts, and natural health professionals, why do we find ourselves sick, fat and exhausted?! Everything is a program. We need a new one. It's called the Whole Life Coach Course. This course is based on logic and critical thinking.

So if you always wanted to become a practitioner, then this is the course for you. If you already are a healthcare worker, this course is for you. Similarly, If you were displaced due to your beliefs, take this as a sign of the new type of HealthCare. Welcome to the New World Practitioner (NWP).

Participants learn to become emotionally balanced, nutritionally balanced and physically balanced because it all begins and ends with you. You can not give what you are not. You can only give what you are.

In this course you will uncover and discover the genius within... the true healer. This is an intense training on an emotional, nutritional, physical, psychological and functional level. In just nine days you will unlearn what has been taught to relearn what really works.

Why is it that no matter how bad or how poor the results are for their patients, practitioners keep repeating the same therapy over and over again?! Why? Because they actually believe "this is as good as it gets". There's nothing wrong with the practitioner, it's the program. Or how about this, just because the majority of so-called healthcare systems are repeating the same thing with the same results, it doesn't make it right. And what if the minority of healthcare systems were doing something different yet achieving what people would call impossible results? Are you open enough to have a new way of thinking? You can't fix a system, you can only change it. When is it a good time to think outside the box? Now is the time for us to unlearn and rethink healthcare.

[BHNuniversity.com](https://BHNuniversity.com)

BHNuniversity

# WOLFE NON-SURGICAL

## WHERE OTHER THERAPIES END, WOLFE NON-SURGICAL BEGINS

Become a world leading bodywork therapist with the most powerful bodywork technique in the last 40 years. This proven technique — Wolfe Non-Surgical — reverses the so-called irreversible.

The Wolfe Non-Surgical certification course is 12 days and requires 100 hours of training and treating.

This specialized elbow therapy technique allows you to pull muscle fibres apart which ultimately restores the flow of blood, lymph and life force to tendons, ligaments, muscles, joints and organs. Wolfe Non-Surgical does not break up anything nor remove anything. It brings back the breath of life, reversing the issues in all body tissues by restructuring adipose tissue, adhesions, lesions, fibroids, tumors, calcifications and scar tissue from surgery.



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### WHY WOLFE NON-SURGICAL?

Wolfe Non-Surgical is needed now more than ever as the world seems to be aging faster. There are more prescription drugs, canes, walkers, wheelchairs, implants and scheduled surgeries than ever before. Old age is a scar tissue issue that is mainly created by lifestyle choices such as diet and hydration, physical injuries, surgeries and most importantly your thoughts and **belief systems**.

The secret to reversing physical issues in the tissues hides within the joints. Almost all bodywork therapists do not understand the true art of bodywork. This is why people keep going back to the same therapist or spend a lifetime searching for the holy grail of healing.

These issues in the tissues lead to displaced calcium, crystallization and scar tissue causing aches, pains, drug addictions, lumps, bumps and recommendations for surgery. Which incidentally creates the most scar tissue in the body and then you need more drugs to numb out the pain from surgery.

But what if naturopaths, medical doctors, massage therapists, chiropractors, physiotherapists, acupuncturists, osteopaths and nurses who have never been taught to address this, now know how? This would be the tipping point of change when it comes to pain and inflammation which add up to a lifetime of suffering.

What if you yourself step in to becoming the therapist every body demands? Remember, symptoms are the body's way of communicating that there are issues in the tissues, and that your body is out of balance. The pain that you live with is the pain you're experiencing in your mind first and foremost. This drops your frequency indicating your weak links.

# BENEFITS OF WOLFE NON-SURGICAL

Wolfe Non-Surgical Therapy has been shown to be the most effective form of bodywork therapy to reverse the underlying cause of chronic and acute muscular and skeletal problems, accidental & sports injuries, muscle loss (atrophy) and internal scar tissue formation within the body caused by lifestyle choices and surgery. To back this up all our certified Wolfe Non-Surgical therapists offer a money back guarantee on the first treatment that it will outperform all other therapies combined. The most impressive result is instant pain relief, increased range of motion, mobility, flexibility, tone, strength and energy.

Eliminating scar tissue, displaced calcium and crystallization removes the physical blocks that create swelling, pain, stiffness, inflammation, and, yes, abnormal growths. Your life force will flow optimally because your circulation would be where it needs to be. In fact, you can reverse the seemingly irreversible, and treat the so-called untreatable. Eliminating the physical block eliminates the physical problem, and the symptoms that go with it. Always remember the body cannot heal with the same mind that created the disease or ailment.

While this therapy seems to produce miracles, it is in fact just common sense that becomes an everyday occurrence when you master this technique. We're not removing scar tissue, we're not removing tumors, we're not removing fibroids, we're not removing arthritis, we're not removing endometriosis, and we're not removing scars from surgery.



We're restoring life to your tissues, lovingly pulling the tissues apart to allow the breath of life to restructure them to their original state. We like to call it the domino effect of healthy healing.

Patients notice a remarkable difference in just one treatment. Dr. Sage Wolfe, Dr. Darrell Wolfe and any other New World Practitioner will successfully demonstrate how Wolfe Non-Surgical Therapy can reduce an arthritic joint's pain and size by 70-80% in half an hour, but here's something else for you to take in: We can also greatly reduce a fibroid the size of an orange by up to 30% within 30 minutes; or someone can walk-in with a cane and walk out without it. It all depends on how much the client is willing to let go.

We train you to teach your patients / clients how to address body pain as body talk (GPS), and how they can avoid becoming a victim emotionally and physically due to an outdated **Belief System** that 'this is as good as it gets'.

One of the best parts about the Wolfe Non-Surgical certification course is that you get a full body treatment to help resolve your aches, pains and body issues too. You'll be getting — and giving — approximately 35-40 hours of Wolfe Non-Surgical therapy from your toes to the tip of your nose. How is that for cool?

In closing, this is Dr Darrell Wolfe, and I would like to say "take a good look at the standard MedicalCare and Natural HealthCare and the professional bodyworkers who are promoted in health care today, and ask yourself if that is as good as it gets. My answer to you is, guess what, it is much better. We will teach you how to reverse the irreversible and make the impossible become I AM Possible. Come, get certified as a Wolfe Non-Surgical Therapist and unleash the power within to become the practitioner who you are meant to be.



# PRACTITIONER PROGRESSION

**You must first become a New World Practitioner.**

That means you must complete 2 certifications.

## Whole Life Coach Certification Wolfe Non-Surgical Certification

In doing so, this earns you 2 diplomas, both which are recognized by the World Organization of Natural Medicine (WONM).

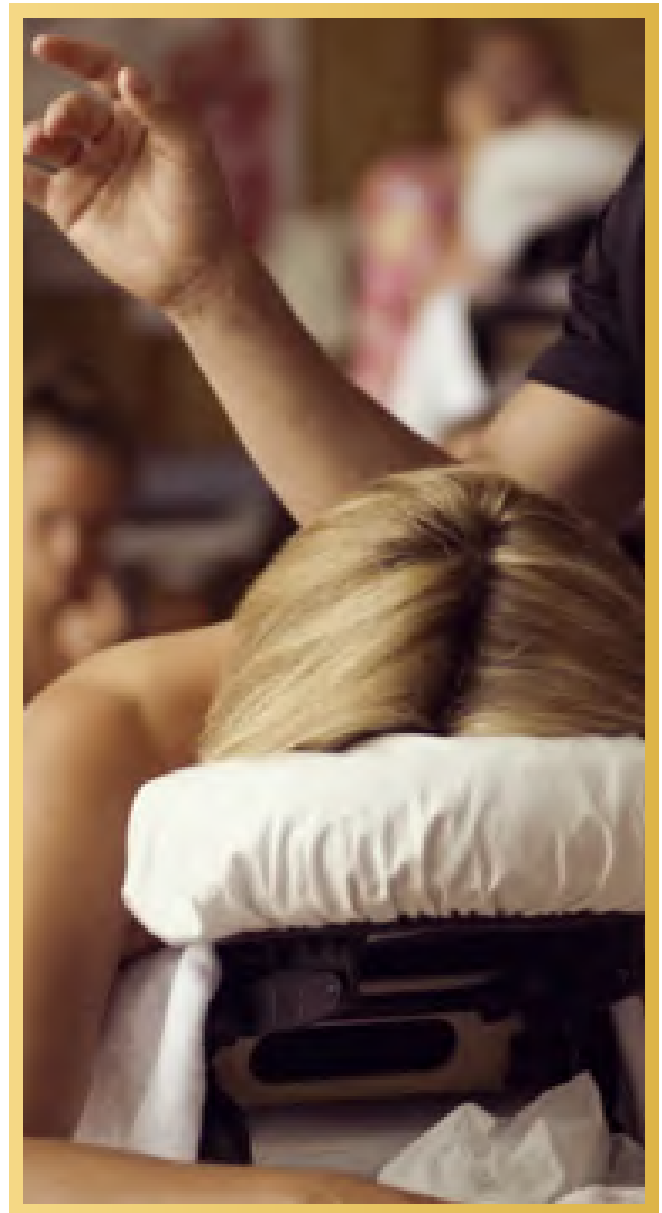
**To become a Master Practitioner**, you must redo the certifications a 2nd and 3rd time. This allows time to perfect your knowledge, skills and technique. By the end you are considered a Master Practitioner of both the Whole Life Coach and Wolfe Non-Surgical Therapy certifications.

**Receive a 20% discount on the second and third time you take the certifications.**

Bonus – Get Referrals: Master Practitioners are eligible for referrals and prime visibility in the community app if approved. To be approved you are required to provide video, photos and description of the office space in which you plan to operate your practice. You must also submit a link to your own website that must be professional and fully functioning.

To maintain referral status, practitioners must attend 80% of Dr. Darrell Wolfe's Advanced Master Training Classes and the Wolfe Non-Surgical Advanced Training Zoom each week.

**Master Practitioners are then able to continue their training to become a Master Trainer.**



# PRACTITIONER PROGRESSION

**For a Master Practitioner to become a Master Trainer, you must complete the following requirements:**

## **Nutritional / Emotional Consultations**

200 hours must be documented and completed

## **Wolfe Non-Surgical Bodywork Treatments**

500 hours must be documented and completed

## **For both Wolfe Non-Surgical & Whole Life Coach**

New World Practitioner Assistant Trainer

## **Wolfe Non-Surgical Assistant Trainer**

Acting as the assistant trainer for 3 courses

Assessment and Approval by Dr. Darrell Wolfe & Dr. Sage Wolfe

*Note: If Dr. Darrell Wolfe and Dr. Sage Wolfe are not confident in the Master Practitioner being able to properly fulfil the role of Master Trainer, they will suggest additional study and practice, until approved. Progress, if not on site at a training course or facility, must be documented and submitted to the International Training Institute of Health (ITIOH) in the form of completed Whole Life Coaching consultations and Wolfe Non-Surgical treatments.*



# PRACTITIONER PROGRESSION

For the Master Trainer to receive a Doctorate in Natural Medicine, the following requirements must be met:

## Nutritional / Emotional Consultations

2000 hours must be documented and completed

## Wolfe Non-Surgical Bodywork Treatments

2000 hours must be documented and completed

## Trainer for the Whole Life Course

Must teach as the Lead Trainer with Dr Darrell Wolfe as the assistant (3+ courses)

## Trainer for Wolfe Non-Surgical

Must teach as the Lead Trainer with Dr Sage Wolfe as the assistant trainer (3+ courses)

## Assessment and Approval by Advisory Council for review

This includes Dr. Darrell Wolfe & Dr. Sage Wolfe

Features a Panel Interview by our Advisory & Executive Team

*Note: Upon successful completion, Dr. Darrell Wolfe & Dr. Sage Wolfe will submit your information to the World Organization of Natural Medicine (WONM) to grant you your Doctorate in Natural Medicine*



# PRACTITIONER PROGRESSION

For the Master Trainer to receive a Doctorate in Indigenous Plant Medicine, the following requirements must be met:

**Submit a 2000 word essay**

**Panel Interview with the Indigenous Elders**

**Already have a Dr. designation:**

Naturopathic Doctors

Medical Doctors

Natural Medicine Doctors accredited by the World Organization of Natural Medicine (WONM) &/or

**Already be a New World Master Practitioner who has been in practice for a year.**

**Complete the Training Course**

*Note: Upon Successful completion a letter will be provided by the Elder Chief to grant you your Doctorate in Indigenous Plant Medicine*



# PAIN FREE PELVIC RESTORATION & DISEASE PREVENTION

## 3 DAY MASTERCLASS FOR WOMEN

### A WOMAN'S PELVIS - DIVINE FEMININE POWERHOUSE OF HEALING

In today's society, women have been programmed with limiting BS (**belief systems**) handed down from many generations of oppression, scarcity, and fear. We are expected to be the caregivers for everyone around us. We have unknowingly become an "inflammation nation" and numbed out the many cries of our beautiful bodies. We are no longer fully connected to our bodies, let alone our pelvic area, the Ovarian Palace. The Pelvic Restoration Course is for women who truly want to come home to this Ovarian Palace to re-ignite this powerful healing center of a woman and fully embrace their Divine Feminine body.

### What can you expect to be covered in this course?

*In this course, we bring together disciplines from both Eastern and Western traditions to offer the best of both worlds in pelvic and overall health:*

- ♥ Lion Heart Breathing
- ♥ Breathwork
- ♥ Brain Balancing
- ♥ Visualization
- ♥ Meditation
- ♥ External Yin Yoga
- ♥ Doc of Detox Pelvic Exercises
- ♥ Internal Pelvic Floor Exploration
- ♥ Introduction to the Yoni Egg
- ♥ 4 Pillars to the Perfect Day
- ♥ 20-minute Wolfe Non-Surgical Therapy

In these 3 days, you get personalized attention and time to come together in a healing circle to express and support each other's needs, similar to the days of old when women would unite in the red tent in support and honor of their beautiful bodies. This is a sacred time to allow your body to heal from old wounds and let go of what no longer serves you as you begin your journey of strengthening the inner and outer pelvic area, re-igniting the most powerful healing center of a woman's body, and connecting mind, body, and spirit.

### UNLEASH YOUR FEMININE POWER



### Who would be interested in taking this course?

- ♥ Healthy, empowered women who want to experience their most sacred, powerful healing resource; fully embrace their divine feminine body, mind, and spirit; and create ease, balance, and passion in their lives
- ♥ Women who want to avoid an operation or have been given a "life sentence" of pain and discomfort from conditions predicted by the medical system to only get worse
- ♥ Women of any age who have been manipulated by mainstream medical influence because they were unaware of alternative options
- ♥ Women who have been trying to get pregnant
- ♥ Women who want to experience more in their life and their love making
- ♥ Female practitioners who want to learn more about the female body in order to teach their clients/patients this sacred art of reconnecting fully to a woman's "Holy Grail" of healing

## WHAT'S GOING ON WITH WOMEN'S BODIES?

The woman's body has been under attack by the medical system for over 50 years. "Cut, poison, and burn" are the answers we are given when we have a symptom. How many people know that when you have low back pain, hip pain, swollen legs or feet, varicose veins, bladder infections, yeast infections, toe fungus, endometriosis, hemorrhoids, ovarian cysts, fibroids, tumors, painful love making, heavy periods, PMS, or infertility, that all of these conditions stemmed from issues with the large intestine?

98% of the population has a "leaky gut." The first domino that falls is the large intestine. If you've got any kind of symptoms going on in your body, you've got "leaky gut," or, rather, "leaky large intestine."

When you are not eating correctly, not chewing well, not "food combining" appropriately, eating in a rush, or eating when upset, you do not digest well. Digestion slows down, and that meal you just ate starts to putrefy. When this happens, your meal ends up feeding bad bacteria, fungus, and parasites. Fungi are the worst to develop because they drill holes in the large intestine, allowing anything passing through it the opportunity to drop into the pelvic bowl, creating a manure pile.



Let's talk about the "holy grail" of a woman: the womb and vaginal canal. As little girls we come to view our periods as a curse. No one is teaching us what is going on in the body during our monthly flow. This is a time of regeneration and renewing. We should be celebrating how wonderful our bodies are, not feeling like we are cursed. Let's explore this area and really honor, respect, protect, and love our Ovarian Palace. This is where life begins; it is the creative center of a woman, our powerhouse of healing the Divine Feminine.

### WOMEN'S PELVIC RESTORATION AND DISEASE PREVENTION 3 DAY MASTERCLASS

In this course you will learn how to become your own practitioner when you fully understand what's happening and give the body what it needs. We educate you on the 4 Pillars of the Perfect Day to support your entire digestive tract, including the large intestine, and start the healing process. (For more information on the Domino Effect, please go to [BHNlibrary.com](http://BHNlibrary.com) and go through the Highway to Health and Holy Crap videos.)

It's time to fully embrace your sacred energy body that still exists within the pelvic area. Let us help you ignite that inner spark to bring life back to your sacred, sensual, sexual Divine Feminine Self!

# BRAVEHEART HEALING CIRCLE

98% of the population is in the present moment only 2% of their day. You can only heal in the present moment, and you can only create the “New You” in the present moment. Unlimited power is only found in the present moment

What if we could teach you to be in the present moment the majority of the day, and you did this unconsciously, which is how most programs run. Welcome to one of the most powerful programs that will help you to uncover and discover your unlimited potential.

**Welcome to the BraveHeart Health & Healing Circle where your new world of possibilities awaits you.**

*“You Came Here As A Beautiful, Energized, Electrical Magnetic Spirit With Abundant Health & Joy. This Is Your Chance To Reclaim That & Rewrite Your Life Story By Consciously Living In The Present Moment.”*

— Dr. Darrell Wolfe —



This 4-day course is designed for people of all ages - from teens to seniors - to unite and rewrite their stories. You will realize you are experiencing similar tribulations, problems and obstacles. Within the first, second or third day, you will see major breakthroughs, mindset shifts, transformations and triumphs. Your breakthroughs will create a domino effect of freedom for everyone. Together we RISE.

We will be going around the circle to help you create your Perfect Day on an emotional, physical, nutritional and psychological level. You will learn exercises to lengthen, strengthen, detox and tone, and how to properly nourish your body and mind.

The BraveHeart Health & Healing Circle will change your life for the rest of your life.

When? Now is the time to rewrite your life's story! No more followers...only leaders.

**BENEFITS FOR PARTICIPANTS  
BECOME THE WRITER, DIRECTOR,  
PRODUCER & LEADING STAR  
OF YOUR OWN LOVE STORY  
ADVENTURE.**

Let us help you uncover and discover the real you, the authentic thinker. The authentic thinker only takes direction from their BraveHeart. This can only be programmed through repetition dipped in unconditional Self Love and Self Care.



**“HERE'S TO THE WILD,  
THE WEIRD & THE  
WONDERFUL  
BRAVEHEARTNATION.**

**TO THE TRIBE OF  
TROUBLEMAKERS THAT  
THINK SO FAR OUTSIDE  
THE BOX, THEY DREAM  
ON THE EDGES OF  
THE INFINITE.**

**HERE'S TO THE BRIGHTLY  
COLORED, DIVINE  
VISIONARIES THAT WONT  
STAND DOWN, PLAY  
SMALL OR SIT OUT.**

**HERE'S TO THE  
AWAKENED ONES  
WHOSE PURPOSE IS TO  
FEED THEIR SOUL & NOT  
STARVE IT.**

**HERE'S TO THE WILD  
ONES. HERE'S TO THE  
BRAVEHEARTNATION.”**

**- DR. DARRELL WOLFE**

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You must consult your doctor or healthcare professional before acting on any content in this manual, especially if you are pregnant, nursing, taking medication or have a medical condition. The entire content of this manual is based upon the opinions of Dr. Darrell Wolfe unless otherwise noted. Individual articles are based upon the opinions of the respective author, who retains copyright as marked. The information on this website is not intended to replace a one-on-one relationship with a qualified healthcare professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Darrell Wolfe and his community. Dr. Darrell Wolfe encourages you to make your own healthcare decisions based upon your research and in partnership with a qualified healthcare professional.



**DOCOFDETOX**

**ADVANCED  
WATER  
FAST**

**TURN BACK THE  
HANDS OF TIME**

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