

People's Health Alliance – Detox Programme

Disclaimer:

The following is for general information only. It is not intended to provide instruction. It should not be taken as medical advice.

It should not be used as a replacement for consultation with your doctor. The accuracy of the information provided cannot be guaranteed.

If you intend to use the products listed below first contact your doctor.

Some products may not be suitable for pregnant women, those on blood-thinning medication (e.g. warfarin, aspirin) or those with gastrointestinal issues.

Detoxification is the process of removing toxins from the body. Toxins can accumulate in the body over a period of time or as a result of direct exposure to hazardous material.

Below are a list of supplements which may help the body to remove hazardous material. Noting that optimising your health (link to plan), with a focus on intermittent fasting, may help too.

Product	Amount	Action	Link #1	Link #2
N-Acetyl Cysteine (NAC)	1200mg / day	Purported to resolve oxidative stress, reduce DNA damage and modulate DNA repair. #1	Link	Link
Vitamin C (Ascorbic Acid)	Build up to 5000mg / day if possible, starting at 1000mg increments to develop tolerance * (see notes). Space evenly throughout day to maximise absorption (every 6 hours)	Purported to protect against oxidative stress. #2	Link	Link
Black Cumin (Nigella Sativa)	500mg twice / day (1tsp is approx. 3.3g)	Purported to exhibit immune-regulatory effects and reduce pro-inflammatory cytokines whilst enhancing anti-inflammatory cytokines. #3	Link	Link
Cholecalciferol (vit D3)	4000IU / day with vitamin K2; (4000IU of D3 with 200µg of K2)	vitamin D3 deficiency is linked to increases in autoimmune diseases and increased susceptibility to infection. #4	Link	Link
Magnesium	As per manufacturer's instructions	Magnesium is required for the synthesis of the antioxidant glutathione. #5	Link	
Turmeric	1 tea spoon / day (taken throughout the day with warm water / milk)	Purported to inhibit pro-inflammatory cytokines, whilst enhancing anti-inflammatory cytokines. #6	Link	Link

Protocol

Garlic	3000mg / day	Purported to support immune function, possess anti-Inflammatory properties and prevent pathological blood clot formation. #7	Link	Link
Nattokinase	As per manufacturer's instructions	Purported to break down fibrin, preventing and dispersing blood clots as well as supporting cardiovascular function. #8	Link	
Lumbrokinase	As per manufacturer's instructions	Purported to support cardiovascular function. #9	Link	Link

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Notes

* At higher doses, Vitamin C can cause digestive disturbances, usually loose bowel movements.

- #1 <https://pubmed.ncbi.nlm.nih.gov/11408342/>
- #2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5707683/>
- #3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8204995/>
- #4 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/>
- #5 <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>
- #6 <https://pubmed.ncbi.nlm.nih.gov/21120596/>
- #7 <https://pubmed.ncbi.nlm.nih.gov/17213677/>
- #8 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6043915/>
- #9 <https://pubmed.ncbi.nlm.nih.gov/16758997/>