Introduction to binders and toxin removal

Hi everyone, my name is Dr. Paula Krupp-Stodd. The reason you're watching this video is that we're talking about binders. At Hope for Healing, if you've been diagnosed with chronic inflammatory response syndrome or SIRS, that means that you are carrying a load of mycotoxins, endotoxin, or toxins made from something else.

The thing about biological toxins is they stick to our bile salts like glue. So how do we pull bile salt out of the body that hold those toxins? We use various types of prescription binders.

Some patients are unable to tolerate prescription binder, and we use alternatives, but they're very weak.

Why daily bowel movements matter

We work with you and collaborate and determine what your body can handle. So binders bind. And when you take a binder, the most important thing to do is remember that you've got to have a really good bowel movement every day.

Why? If you don't rid your body of the toxins that have been bound by the bile salts and the binder You will reabsorb those toxins and have what's called an intensification reaction.

You'll get all these toxins recirculated, which will promote abdominal pain, headache, body pain anxiety, brain fog, and that's the last thing you want.

That's what we're trying to help you with. So the first binder that I'd like to talk about is something called Cholestyramine.

Cholestyramine basics and how to mix it

We say CSM for short. The commercial name is Questran, and it comes in different forms. Well, it always comes into powder. will come from the compounding pharmacy, and it's this white powder that has no dye and no sugar.

It doesn't smell good, so don't sit there and go. Now, the other thing that you can do if you're mixing the colostiramine, we recommend putting it in an ounce of almond or coconut milk or orange juice.

We have a child video to show you that even a kid can take a binder. Don't use a lot, just use little bit. Cola styramine is a resin. It sticks to your teeth.

So you need to brush your tooth off or wipe your child's teeth off after they do this. You can put the cola styrofoam into a very small mason jar, put your orange juice in first or your ommeter coconut milk, add the binder, Put the top on a non corrosive top, shake well and swallow it.

Don't mix it with just water. That's disgusting. The other option is Questran, which is cholestyramine that is available commercially. It has dye in it and it has sugar in.

Commercial cholestyramine options and additives

There's also an artificial sweetener option. I don't recommend that because artificial sweetness are carcinogenic and they also change the gut microbiome.

The other way that you might receive your cholestyramine if it's not in a can is in the box like this. Each individual packet of colostiramine looks like this.

When you have children, the can works well, but our compounding pharmacy is a commercial pharmacy too, and they can offer you both kinds. The last binder that I want you to be aware of, it's called Wellcall.

These are tablets. the tablets are this large. There are packets of well-called powder, but they tend to be on backorder.

Welchol tablets, powder, and child-friendly use

So if you have a child, you may want to do well called water and we can work with our compounding pharmacy and potentially use a non-toxic marshmallow flavoring to add to it.

But it's best not to cut these. Some very important things to remember when you take Cholestyramine or Wellcall, it should be 30 minutes before a meal or 60 minutes after a me and 60 Minutes away from medications and supplements.

There are a few medications that it Should be four hours away. From anticonvulsants. digoxin and thyroid medication. So for children, we have parents provide the school with a little bit of orange juice or almond coconut milk for the week and a toothbrush.

And they go to the School Nurse.

Timing, medication spacing, and school administration

We write the prescription. For you moms who've got kids that have this, keep it easy. Dumb it down. Make it simple. Simplicity is key. have the school nurse administer it at school.

Now, you can mix the colostiremine with applesauce also. And if it's really difficult, even if given with food for a short period of time, get it in. It's the most important thing you can do to pull the toxins out of the body.

So if you got to mix it with some food and it's by a meal and you're doing it for a month, we can roll with