Cleansing Your Body Safely with Ultimate Detox Guide Transcript

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Introduction to Detox

Hello. I'm Doctor Sharon Stills, your host, here to kick you off with my little mini infusion of wisdom and knowledge for you all on your journey. Before you listen to the amazing talks we have in store for you today.

And you know it's so hard, I get to come talk to you for 15 minutes every morning and I'm always like, what are the topics I'm going to talk about? And there's so many, it's hard to narrow it down.

But today I'm going to talk to you about detox because detox is a huge topic and I want to do it just a little bit of justice in these 15 minutes that I have with you now.

So first I want to just set the record straight. There is no magic pill. I wish there was, but there is no magic bullet. Just drink this drink every morning.

Just take this supplements in this kit for five days and you will detox. Detox is very complicated and has to be done with patience and wisdom and appreciation for how the body works.

The Six Stages of Toxicity

So what I want to share with you today is a framework about detox that hopefully can start to change the way you act in your life and with your family.

And if you have kids or grandkids and you can just start passing on this wisdom. So together we can all get healthier. So what I want to do is talk about the work of Doctor Hans Heinrich reckoning.

He was a German physician who the heal remedies were based upon. And if you don't know what the heal remedies are, that's okay. I'll tell you about them another time.

But what I want to do is talk about his philosophy of home or toxicology. And so the way he looked at health and the way I look at health is from this viewpoint.

So we have six phases of when we get exposed to a toxin, what our body does. So the first phase is excretion. And excretion can be tears, it can be mucus, it can be your nose running, it can be sweating, it can be puking.

It can be pooping, diarrhea. It's the body's way of saying, this doesn't belong here and I gotta get rid of it. And unfortunately, in our society, we've been taught this is uncomfortable, which, yes, it is, but we've been taught never.

We don't have time to deal with this. This is not good. This is scary. So let's take a anti diarrhea or antiemetics to stop the throwing up or let's, you know, take something to just shut it down.

We're going to decongestant. We're going to dry up the mucus. And we don't let our body do its natural thing. Also increased urination can be a sign of excretion.

And instead of letting our body's own wisdom excrete and get rid of the toxin, we shut it down. We don't do very good on excretion. And then we go to the next stage, which is inflammation, and inflammation is itis.

So we have sinusitis or bronchitis or cystitis, acute inflammation. So we talk a lot about inflammation being a bad thing. And chronic inflammation is a bad thing.

But one of the reasons we end up with chronic inflammation and why chronic inflammation is related to so many chronic illnesses like neurodegenerative diseases, like cardiovascular disease, like cancer, like autoimmunity, is

because we don't let our body inflame acutely when it is a good thing.

And what we want to be doing when our body innately again, this is all about the innate wisdom of the body harnessing it. So what do we do? We take Tylenol, we take aspirin, we shut it down.

We're afraid of fevers. Don't let a little Johnny or little Amy have a fever. Get that fever down. Make them comfortable instead of riding the fever out instead of encouraging the body.

How many of you still get a fever? How many of you get a good fever? How many of you can get 102 fever or 103 fever? If we allow our body to excrete and we allow our body to inflame and get a fever.

Oh, it is such a gift for ourselves to burn off these toxins. So if you take nothing else, if you just start looking at, okay, I can make time for a fever.

I can make time to be sick. I can make time for my body to do its thing. Because when we don't, we go to the third stage. We're in the connective tissue now.

So is the inflammation the itis phase. We go to deposition and this takes place in the extracellular matrix. And if you hang out with me long enough you're going to learn what the extracellular matrix is.

Because this is truly where health begins and ends. This is where the cells get their information. This is the soup that the cells are floating in. This is the highway that brings the nutrients and the oxygen to the cells and takes away the waste and the toxins.

This is such an important part of health, and if we haven't excreted or burned off, we then get deposition. And this could look like gallstones. It could look like weight you can't lose.

It can look like chronic swollen lymph nodes. It can look like cysts.

Why Acute Illness and Fever Matter

It can look like eczema, can look like so many different things depending upon where your weak link is and how your body is going to express disease. So we have these first three stages.

And if we don't handle our toxins by our allowing our body's supporting our body to do its thing, we cross this imaginary what's called biological divide.

Now these toxins are getting into the cells. So now we have what's known as impregnation. The toxins are now into the cell. They're disrupting function.

And now disease processes are going to look more serious. So now instead of an acute bronchitis we have chronic bronchitis or chronic cystitis. We have these chronic infections.

We have coronary heart disease. We have rheumatoid arthritis. We have toxins in the cell. And from this impregnation we go to degeneration, which is considered to be irreversible.

Now, I don't believe anything is irreversible. And my 23 years of work with patients who have been told they're going to die because they have end stage cancer, and we have turned it around.

So I don't believe that. I always believe in options, opportunities, miracles, possible. And I want you to too. And within reason. Right. Sometimes the cure is that it's time to go.

But not always. And so we always have to be open to possibilities. But this generation now in the cell, we're having this destruction of the cellular enzymatic functions, the energy production.

And we're looking at disease processes like congestive heart failure, Alzheimer's, COPD. The diseases are getting more chronic, more severe. And then lastly we go to differentiation.

Now we have free radicals running wild, oxidative stress running wild. We have destruction of organs of tissues. And this is where we see cancer. This is where we see cancer.

And one of the things I always hear, I do a lot of work with patients who have been given a cancer diagnosis.

Heavy Metals, Teeth, and Detox Preparation

And like clockwork, during that first visit, when I'm taking their case, one of the things I always hear is, I don't understand doctor stills. How did I get cancer?

I never even get sick and this is what I explained to them getting sick now, not talking about excreting and getting sick and fevers chronically or every month or every other month, but a good sickness once a year, twice a year.

Let's your immune system exercise, lets it work itself out, lets it stay in shape, and so it is very important. I often put at the top of my patients To-Do list.

We're going to get a fever. We're going to get sick. You haven't been sick in seven years. Okay, I know it's a little weird, but your natural medical doctor is putting top of the list.

We want to get you sick, so it's very important that we keep this context of what toxins do and how there's a progression. When we're thinking about detoxification.

I hope that by looking at it from this perspective, you realize that it would be silly or unrealistic to think that, oh, just drinking a green drink every morning is going to help me detoxify.

Or doing this five day detox skid is going to get all the heavy metals out of my body. Toxins like to burrow into our fat cells. Why? Again, the innate wisdom of the body's cells will keep you safe.

These toxins are very harmful. Let's put them in your fat tissue where they can be stored away and not affect you as much. So if you're having trouble losing weight, it could be your body protecting you because you have so many toxins.

If you. Yesterday we talked about the thyroid, an autoimmune disease, one of the biggest drivers of autoimmune disease for the thyroid and Hashimoto's and for other autoimmune diseases like M. S.

and so forth, is mercury toxicity. And so we have to, you know, me, I can't not talk about the teeth. We have to look at our teeth. Do we have fillings in our mouth?

If we have fillings in our mouth, we have to get them removed. We have to get them removed properly, has to be by a biological dentist who is trained in smart mercury amalgam removal.

You can check I a OMT dawg. It's funny, I can hear the garbage truck outside, so it's like they're coming and taking the garbage. And I'm talking about taking the garbage out of your body.

Detoxing, detoxing, detoxing. So you can go to emt.org. You can look for a dentist. I can't vouch for all dentists. And when you get into deeper work like root canals and cavitation, it's really important to find a qualified dentist.

But for the most part, if you go to a omt.org and you find a doctor trained in smart mercury removal, you should be able to trust them to remove your mercury.

Don't remove it by a well-meaning family dentist. You will get more exposure and it can be much more harmful. But that's just one example of how heavy metals, mercury in particular, can be driving toxicity can be driving diagnosis

of disease.

And when we have our mercury removed, I see this all the time. Patients have had their mercury removed and I'm like, did anyone check you to see what's left, what your body stories.

And they're like, no. And when we check there's always a body store because the faucet that was dripping, when you remove it, the faucet is turned off.

But what about all the dripping that was going on for all those years? So we always have to go back in and pull the metals. And this is not a three day project.

This could be a year or two years. We want to open up the among arteries. We want to make sure the bile is flowing. The fascia is unrestricted. The matrix is clear, the lymph is flowing, you're pooping, your liver is working, your skin is open, your kidneys are functioning.

There's a lot that goes into setting the body up to detox. Before we actually start the detox process. So I hope this has been helpful. There's a lot more to the story.

I'm just again giving you some pointers. When we do heavy metal testing pre and post urine provoked is the gold standard. That's how it needs to be done.

What else can I tell you real quick? And you know those organs I just talked about. We have to open them. When we do that, we start feeling better automatically.

Safe Detox Principles and Closing Advice

And that ensures when we do start pulling toxins that they are excreted out of the body. That was the first stage of human toxicology excretion. We don't want to just play whac-a-mole and pull toxins from one place to another place in the body.

We want to make sure we're doing this wisely and that we're doing it safely. It is B. S. that when you're detoxing, you're going to feel worse, that you're going to hurt.

That is just someone who hasn't taken the time to set your body up for proper detox. When you were detoxing properly. When you have a guide such as myself, you feel good.

We do it kindly and we do it successfully. So I hope that has helped get you started on the detox journey and we will be sharing more. I'll be sharing more as the days come.

And I want you to really only think about what I talked about in the beginning. Do you let your body excrete, excrete? Do you let your body have a fever and can you start doing that?

If you haven't, it is never too late to get healthy. Every choice we make, every thought we think is always moving us either in the direction of illness or the direction of health.

And we have that choice. So don't think you blew it. It's never too late. We can grab the opportunity and we can get healthy and have an amazing, sacred second act where we are consciously having a plan.

Daily, weekly, monthly, quarterly, yearly for moving these toxins out of our body. So enjoy the rest of the day. We've got another. And every day is just like I'm like, oh my God, every day is just so amazing.

There is not a bad day, there is not a bad injury. They are all chock full of information from me to you to help you on your journey. So I'm sending you all the love and I'll see you soon.