The Detox Step Almost Everyone Does Out Of Order Transcript

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Opening on pranayama and nervous system regulation

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I think that's another way to regular their nervous systems. A lot of people that have been toxic and sick, sometimes they can't do it because it's too much work because you have to do the breath.

And Huberman's talking about it. cyclic sighing at Harvard study, the best way to regulate your nervous system. But this is, this stuff's centuries old.

And it all comes from one place, right? It's not, it's an ancient tool that has been super helpful for me. I wish I would have had this tool when I was sick.

Because you feel safe, you fell secure, love, forgive yourself when you're in a parasympathetic state. And when your in sympathetic state, your toxic, judging yourself, others.

You feel like crap. So that's one way, at least for a couple hours, for all of us who are dysregulated or nervous, whether it's toxicity or relationships.

I find that very, very a great way, just like detoxification to reconnect to spirituality, which I think is so critical. It is critical if somebody doesn't feel safe, they're not going to get better.

What if aging isn't about slowing down, but leveling up? I'm Dr. Isaac Jones. This is the Longevity Leaders Podcast. Hi, I am Dr Ashley Beckman, hosting Langevity Leader's Podcasts.

Podcast introduction and detox discussion

I m here today with Warren Phillips. How are you? Doing so good. Great to be here. Yes. So we love chatting about detox. We do. Right? Yeah. What have you been seeing lately that's the most important thing to focus on with detox?

After doing this for literally over 20 years, 18 years of training practitioners, someone just asked me this question. She said, after you've done everything, Warren, Like over the years, what would you do differently?

And it was an easy answer. I was praying the other day, probably about a year ago now. And I'm like, What got me well? Right? Was it, was it glutathione precursors?

was that liver flushes, kidney support, all? lymphatic drainage, these are all important. And I think they all need to be addressed. You and I both know that you work for the sickest of six people to get them well.

Like some of the most challenging cases that nobody wants and they might not pay the Most and you're just, you know, good hearted human just trying to help souls.

That's what I'm trying do. And I'm like, if I really want to help people instead of charging them $8,000 for a detox program. And we just talked about this too.

I was like what would you do differently? And then I had this thing, Just Binders. Just binders, why? So your liver is already overwhelmed with toxicity.

Everyone's already over whelmed. And we're storing our cupboards, our fat cells are full of toxins. And so let's drive

some antioxidants and glutathione precursors.

Why binders became the focus of detox

Phase one, phase two, detoxification. phase one by the way is mobilization. So let us mobilize some toxins in an overwhelmed system. then let's drive phase two through your liver and dump in that all the fat soluble, the water solubles go out through the kidney.

It's a little more complicated than that, but anyway, we'll just say that for the most part. And then the fats soluables go through liver, and guess where that goes?

To the bile. And then so you're driving phase two, it goes into the small intestine through the bile, either through gallbladder or through liver, and then it gets reabsorbed in the lower small intestines through portal vein and goes back at your liver.

And so I'm like, this is insanity. So why would we drive start off? Right. With a full load, fully loaded bucket, which everybody is, that's why they're sick.

That's what they don't feel well. And let's just do just binders. So that and I tested it. I worked with a medical professional and we had massive symptom reduction.

Um, and all the, all, the people we worked. We had, this is the facts, you know, I don' know if it's from my detox program or not, but we have an autistic girl speak.

we. Had a guy that was on a walker, uh, not have to use it anymore because the inflammation dropped. But the symptom scores suggested that there was support from the detox program that led to that.

So I'm super excited about it. And I guess at the end of the day, I got sick like you did from toxins.

How bile recirculation drives toxin burden

I am very particular about supplements, what I take, and what binders are and do. It's a big crap show. on when it comes to binders and detoxification.

As a matter of fact, the word binder, I came up with the work because he couldn't say chelation and it was a way around it. 20 years ago, no one used the world.

So we came with a word, binder and taught the whole binding concept. And that's why you hear bindars today. because it's the way around the FDA of saying chelation, heavy metal chELation with DMSA, DMPS, and it was like that.

So yeah, got patents on it and we can get into that if you want, but to do it over, what I've learned is that, if can just lower that bucket, so literally, If you think about it, when the physician's watching, just pretend like your liver is a big bucket and you're driving phase two and know that 92% of those toxins Only 8% are going out and getting pooped out through the large intestine.

Why is pushing more into that bucket? It's just going to overflow. Yeah. And you're going have liver issues. It is just not good. You're wasting resources because it has to reconjugate those same toxins because they can unconjugated because I can get back into your bloodstream when they're in the portal vein.

So it's a nasty business. And it needs to be done correctly.

Carbon, zeolite, and binder comparisons

So if you're putting a binder in there, a true binder that binds bile, carbon, the best binder of bile in the research, discovered it 20 years ago, uh, study out of Italy, they use the USP carbon to lower cholesterol.

It was called Nort A Supra. I used to not share what it was because it my intellectual property back in that day, but it's Norte A supra, I got the European version.

Why the Europe version? Less lead. Cause Europe, Europe has stricter regulations once again. So we had this USP grade and we did it. We lowered people's C4A results as well as colostiamine.

If you don't know what colestiamin is, it's a cholesterol-lowering drug. And we are having doctors prescribe it to our clients and to work with being a moldy, mold illness.

So pretty exciting stuff. It is. And one thing I think people don't realize, too, is all the symptoms associated with an overburden system. Because in Chinese medicine, our main liver that we focus on the most is the liver, because it's so responsible for so many things that people or irritability and anger.

There's so many things that are contributing to liver cheese stagnation when the liver is congested from all these toxins. And binders are essential, right?

I definitely were on the same page with that because that was the one thing I never did in all of the holistic practices for detoxing that I was on for 15 years.

Heavy metals, mycotoxins, and product safety

Then when I got checked for my toxin levels, they were still off the charts and I for many, many years, but I never used a binder, except there was bentonite clay in something I took.

If you're a medical doctor, nurse practitioner, chiropractor, or other health expert that's stuck in a broken system, there's a better way. The Freedom Webinar shows you a proven five-step system to build a seven-figure virtual health practice or how to modernize your current brick and mortar practice without the burnout.

Learn to create high ticket programs, automated income, residual revenue, and attract clients ready to work with you. Book your million dollar strategy session today by clicking the link in the description.

Which does bind a little bit of bile, but it's a 1.5 and carbons a 10. So if you drop that carbon for the doc's watching into your gut, and mine has my patented zeolite in it, there's more stuff in, it doesn't constipate, doesn' bridge if it is too much carbon.

Fulvic and humics, well, fulvics don't even stay in, you know, mostly in the gut. It goes into bloodstream. But humic bind bile a little bit. So you have to use carbon.

If someone's saying they have a binder, a gut binder that's going to bind off the toxic bile complex, apple pectin does work.

Detox foundations before peptides and advanced therapies

There are some other naturals, but nothing works better than carbon, and that why they use it as a med, right, in other countries. And what's sad too is a lot of people, binders get a bad rap because they basically will put all kinds of bindings into one category.

Yeah, they do. And zeolites, all they demineralize, do all this stuff, don't leave the gut. That's why I have a patent where we do make them into hydrolyzed clinoptolite fragments that are small enough to cross other membranes of blood-brain barrier.

We clean out the cages so we have 40 times the binding capacity of any other zeolate. It's like taking 40 bottles of

another zeolite. It really is. Because they don't clean theirs, and they're contaminated with lead, which can release.

I think fulvic and humics can really release more, but zeolytes, it's a pretty strong bond. Actually, a permanent bond, unless there's some… weaker heavy metals, not to a complete cage.

So you will have some exchange there. But so I like about something that's inert, like a zeolite for heavy medals, is that, and I put the cages in here too, because I always I just want to get them in people, right?

Because we know that you know, mercury is probably the worst heavy metal, it stops cellular apoptosis, that triggers autoimmune, it destroys the gut microbiome, and that's where, you know, that it's just a nasty toxin.

So the more we can get these binders in people, going back to my point, we're lowering that load.

Genetics, legacy, and the emotional side of healing

Like, so we could get, in 90 days, if we get half of that liver burden down, or the cellular burdened down in just 90 day, because now that bile is actually getting removed.

Say it, how much of the bile removed? I don't know but it is significant enough to change blood work. And now you're binding that bile instead of 92% of it getting reabsorbed.

So you are taking 50% out. You're 10Xing the amount of detox from your liver. I think it's really important that you go to a seminar and glutathione is all the rage and all these antioxidants.

and detox, and even peptides, you can't out-peptide a toxin. And if people have mercury in their mouth and fillings, they're going to have to be on GLP-1s the rest of your life.

You're never going get those keystone species to recolonize in your large intestine. You can take acromensia, but at the end of the day, you can all the probiotics you want.

But if you're killing them with your environment, your dish soap, everything else, and you are not binding these toxins and getting them out of your body, lowering that toxic load, it's really difficult to get people well.

That's why I love JustBinders. I'm not going to do all the functional medicine stuff. I want to stay in my lane as non-toxic dad and my expertise as a scientist.

That's my gift to the world. And that's all I care about. Then we can let beautiful minds like you work out the details because people have mast cell reaction and you have to use peptides.

Cytodetox, parasympathetic state, and spiritual connection

even sometimes medications to down-regulate these things. They get rid of these triggers and they have, you know, cell danger syndrome. Cell danger response.

I've seen you speak at events. But that's what's crazy is a lot of times people just think, oh, the peptides will solve everything. You can't add peptide to a system that is overwhelmed and has too many toxins because the foundations aren't even stabilized when your body is trying so hard to deal with the overburdened liver and the whole system.

So why is your binder different? Well, it's US internationally patented. It's certified clean with a non-toxic project. When you measure my product, most of the time non detect heavy metals and you look at other ones, they're loaded with lead.

That's really important to me. I tell you what the binders do and what they don't do. Because people say, oh, I'm going to take clay, and I want to get rid of all your heavy metals.

First of, all if it's not a clean clay which most are contaminated, it is a very weak bond, pH of four, hydrogen ions are going knock off heavy metal right in your body.

So it probably binding up bile is probably better. for binding bile than it is heavy metals. It's just not a great binder, right? And so people, fulvic and humic, humac acids can bind bile as well, and a little bit of heavy metal in the gut, because it stays in a gut.

Practitioner access and product options

So it's not great for the microbiome. You know, it's great at donating minerals. That's where fulvic comes in, shilajit. And it has some benefits. I'd say fulsic acid, and I have it in both of my products.

It's wonderful for glyphosate in the blood, according to the research. it does bind certain mycotoxins in blood. So they all have a purpose and they play well if they're clean, but they prefer different things.

The literature says that cytodetox, well the zeolites, bind mycotoxins. And so I would say it probably does in a lab. But what it loves, based on all the science, it love heavy metals.

So you can't say that it does something that doesn't. And people will say zeolites, they'll put carbon, oh my gosh, here's what they do with carbon. They say carbon takes out heavy metals.

It's horrible at heavy metal. And if it's contaminated, it will release them. So they say it does that. Environmental toxins. If you look at the list, and it might do 25%, 30% based on the science.

People are getting fed a bill of goods and practitioners are being fed bills of good because they're looking for the miracle protocol. There is no miracle miracle.

What I would say is your heart for that patient to get well is this is Chinese medicine. This is energy.

Safer detox strategies and symptom reduction

You have to care deeply about that person and give them products that you haven't been told that worked but you tried that work. and it makes a difference and its changing blood work and changing how they feel, especially their symptomatology.

I think genetic testing is important. If you do some genetic testings on me, I have all the bad methylation genes, and I just had my genetics done, it's horrible.

It's no wonder why I'm sick. But I do have a good one for caffeine. Me too. And I have all the, you know, not so great detox genes. What makes sense of why certain things impact you so much more?

Yeah, it's tough. It's being us. But that's why we're here. And that why were talking to folks that want to get people. If you want get to people well, that what we need to do.

We need think about our legacy isn't how big our practice is. Our legacy isn't how big our house is, our legacy is not how our trust is for our children.

Our legacy is left by the frequency we leave in helping people. That is eternal, that's energy, That's Chinese medicine. And I think hitting 50, I've made that shift.

And I think that, you know, if I want to leave more so than these patented detox, ingredients and all the things, that's the legacy that I wanna live and leave.

And, I wanted to offer something that truly changes people's lives.

Closing thoughts on nervous system support and gratitude

Cause I thing toxins, and I was just talking to a lovely lady who uses cytodetox. She said, before I make any big decision, i take cytodytox. I'm like, how did you?

That's really why I have this product. because it removes the interference of spiritual connection. Because when you don't feel well and your hormones aren't off, it's hard to get into your parasympathetic state because you're in a danger response.

You're sympathetic when your sick. And toxins, that toxin load has your nervous system like this. That's why you can't sleep and you cannot adapt to chemicals and people are suffering.

If you take cytodetox, its removing that interference and allowing you to settle in. to who you really are and get you to rest and gets you into parasympathetic.

So you can, you know, get your thought antenna back up and you make clear decisions that are not an emotion. Um, so that's, if you want to ask what's the heart behind my company, that.

Oh yeah. And that some beautiful way to put it, especially since we. I was talking about that. A lot of people think, oh, you can just work on nervous system.

But I'm always reiterating that if your system is overwhelmed by toxins, your nervous is impacted. And so we have to still work the toxins. Yeah. That's the whole heart of your company as well, right?

And again, that's one main thing. If people could just add a good binder, then that is one of the most foundational things that anyone could do on a day-to-day basis.

Yeah, I have a saying, and this isn't true for all practitioners, but first, detox. And detox shouldn't make your people sick, it shouldn' cause herxheimer reactions, then you're doing it wrong.

It should make them feel better. That's my heart for True Cellular Formulas and for the practitioners. Let's help people, right? Agree. And another great tip to regulate your autonomic nervous system that I love and practitioners can use on their patients while they're getting well is I loved pranayama, cyclic sighing.

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Yeah. Where can we find cytodetox? Well, Cytodetox, we have for practitioners, it would be partners.truecellularformulas.com. So partners dot truecellulareformulas.

com. You can always, my DMs on non-toxic dad are always available on Instagram and all socials. Those are monitored. We also have True Cellular Formulas, our public facing site.

I do have a formula with EDTA that's practitioner only. And it's a small amount of EDT, but it is a good heavy metal binder, especially in the bone. and I only sell that through practitioners.

Just because I, ethically, you know, I just think, it isn't as strong as a bond and it can cause recirculation because it pools. Where Cytodetox, and when it goes in, its kind of catching.

Right? It's not pulling. And when you start pulling with DMSA, Dicaptamers, I might say this wrong, but DICAPTAMERS is a cynic acid. I think it's pronounced a little bit differently.

DMPS, EDTA, these are double field group HS binders. They pull and they cause recirculation. So they're, they caused symptoms. But I still think as a practitioner, there are great tools that you need to use in your clinic.

And there's some great companies out there that carry those products. Uh, but this one's safe and simple, created a 90 day program to get people feeling well.

We had like, again, 53% symptom reduction and we're just getting started, you know, and I love being here. Great. Yeah, I was in a practice where we used a lot of the heavier key leaders and people were very sick because they weren't on binders.

And it's just very interesting because we know there's an easier way. Just because something seems stronger doesn't mean it is better. It's going to often have a more consequence.

We have other ways and this is a beautiful way to do that without exacerbating, creating a lots of problems for your findings. So, yeah. Well, thank you for joining us today.

Yeah, I had a wonderful time. Thanks for having me.