

# Five Phase Detox

## PRINCIPLES

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***the problem:*** HCMMR toxins (heavy metal, chemical, microbial, myco and radionuclide) are known to cause a variety of structure and function disorders that can lead to disease. These toxins have a negative impact on the mind, the mitochondria, the metabolism, the immune system, the nervous system, the circulatory system, the Terrain (general homeostasis), any tissue they land in, and severely increase sensitivity to Electro Magnetic Radiation. The reason each toxin is not necessarily a specific cause of a known disease is because the various toxins impact each person differently. Toxins impact our systems according to the persons genetics, toxic body burden, nutritional status and current functional efficiency. The presence of these toxins in our lives is rapidly increasing at a faster pace than our ability to evolve defenses against them. Once a toxic molecule has been bound into a receptor site or cell interior, and because the body is not capable of removing it, the damage persists and increases. Assistance is required.

***the solution:*** Five Phase Detox is a proven empirical method developed for the clinical management of systemic detox from HCMMR toxicosis. It is a hybrid of clinical truisms tailored by decades of independent lab tests, common sense, physician feedback, successful clinical outcomes, and trial and error to best serve the patient suffering with toxin induced chronic degenerative diseases. It was designed for managing severe cases where speed of detox without causing any aggravation of existing conditions was critical. The development of this model began in 1997 with the first publication of "Heavy Metal Detox Without A Healing Crisis" by T. Ray OMD LAc, in Explore for the Professional, a peer reviewed alternative medical journal.

Today, after decades of use by thousands of multi modality physicians and their patients, it is the gold standard of nature based biotech used for broad spectrum systemic detox. Clinical data from decades of use has made it possible to further develop safe and effective remedies for HCMMR Detox that can be used for prevention by people not yet suffering from an overwhelming toxic body burden.

Five Phase Detox is unique because it is the only systemic detox method that deals with multiple classes of toxins and their synergies. The expected beneficial results from systemic detox (historically called 'heavy metal detox') are not realizable unless the toxic synergists are also removed. This has frustrated many because the detox or chelation or clathration methods used in the past only dealt with extra-cellular toxic metals and did not deal with deeper layers of toxic metals or their synergists in other classes of toxins such as chemicals and mycotoxins.

### **Principles of Five Phase Detox:**

- Prepare the person for detox with lifestyle modifications including identifying and removing sources of toxicity.
- Pull out the toxins, safely and effectively, according to the bodies natural gradient system while prioritizing and or mitigating acute before chronic issues.

- Complete each Phase before moving to the next. Mobilizing toxins from deeper layers too soon will overwhelm the elimination pathways.
- Do not cause a 'healing crisis' at any point.
- Allow the body time to self heal after the detox and then re-evaluate the patient.
- Adjust Terrain Support to individual biological needs throughout the detox process.

This theory serves as a practical understanding of the complexities of HCMMR detox that can be applied to both simple and complex cases. If one is prepared to deal with the obstacles facing the complex and chronic case, it deepens the understanding and usefulness of these principles in all cases. Whether treating active and healthy athletes or those in critical care, the principles are the same. This method is the key to drastically improved clinical outcomes.

### **Why avoid the 'healing crisis'?**

The symptoms associated with the term are caused by redepositing of toxins into other tissues, liver congestion and allergic reactions to toxins that are mobilized but not bound. The unbound toxins then silently cause further dysfunction and damage by redepositing in other tissues. A 'healing crisis' is a sign that not enough binding agent has been used with a particular dose of a HCMMR mobilizer or during the mitigation of microbial problems. This is key to understanding Five Phase, and the result of ignoring it can be seen in the treatment of pediatric ASD and epilepsy where any aggravation can trigger a seizure. Mobilized HCMMR toxins must be completely bound to ensure a safe and effective systemic detox. Methods developed to avoid or stop a 'healing crisis' include Ingestion Testing, Ramping the Dose, Shield (Phase One) and maintaining the Window of Opportunity: discussed at the Pro Seminars.

### **The Five Phases:**

The Five Phases are concerned with the binding and mobilization of toxins and identify the gradient system in terms of location and depth. Preparing the body for detox, Biological Terrain support during and maintenance post detox are not included in the Phases.

1. Clean the blood and lymph.
2. Clean the GI tract.
3. Clean the interstitium, extra cellular and superficial layers.
4. Clean the intra cellular and deeper layers.
5. Clean the CNS and brain.

Each Phase has its known potential complications, obstacles to progress, and solutions to those issues: discussed at the Pro Seminars.

## **The Detox Formulations**

**FIVE PHASE DETOX (Critical Care/Pro Management):** Each remedy is specifically formulated and constructed according to the Phase it addresses. No buffers are used, professional training advised.

1. **NDF SHIELD.** Nano particulates of the chlorella cell wall predominantly enter the blood and lymph via sublingual absorption. Binds only.
2. **NDF GI.** Micro particulates of the chlorella cell wall predominantly bypass sublingual absorption and enter the gastro intestinal tract. Binds only.
3. **NDF and NDF ALU.** Mobilizes and binds from superficial layers.

4. **NDF PLUS.** Mobilizes and binds from deeper layers. Assists chronic cases with assimilation problems and can be used instead of NDF.
5. **NDF LIPO.** Enters the CNS and brain. Can be used for ischemic focal lesions, oral or topical.

**ULTRA DETOX**(General Public): The mobilization components are buffered with additional binding and anti allergy support. The Terrain support is achieved by draining excess acidity. Caution and awareness advised during use but professional training not required.

1. **NDF SHIELD.** Preparation, additional binding support and maintenance post detox.
2. **NDF LIVERLIFE.** Terrain support as urine and saliva pH management.
3. **NDF ULTRA.** Addresses all Five Phases; buffers included.

### **Support Formulations and Protocols**

Support Protocols are designed to guide the management of detox in the context of a known diagnosis. For example, if the patient has been diagnosed with Autism, please refer to the Autism Support Protocol to see the known obstacles, cautions and idiosyncrasies you may run into during the detox. The Support Formulations and Protocols are designed to compliment Five Phase Detox, are not designed to be used alone, are clearly intended as guidelines for detox during a known diagnosis and *not as a therapy or treatment for that diagnosis*.

### **Terrain Management**

In simple cases this is achieved by draining excess acidity with the herbal preparation Liverlife, which can also serve as the foundation for a more complex Terrain Management protocol. The impact of Liverlife can be measured with the OATS test, and dosage monitored by measuring first morning urine and saliva pH values. In complex cases VTA (Vital Terrain Analysis) can be required. VTA uses an in the office urine and saliva lab analysis to determine 'systems flow' metabolic chemistries and bioenergetic meridian associations. VTA is a hybrid system based on the works of Drs. Revicci, Vincent, Reams, TCM, and modern German Biological Medicine per Klinghart developed by T. Ray and published in Explore for the Professional as well as in Co-Med Germany. The values are evaluated by a software program to identify areas of need and the support required. Intervention impact is then analyzed post dose by another VTA test to determine effectiveness or identify the need for and nature of buffers. We also created a test kit of the Terrain Remedies for those who follow and use the ART/AK work of Dr. Klinghart or EAV type resonance diagnostics.

### **When Are We Done? The Provocative Challenge.**

A provocative challenge dose of the Phase Five remedy in combination with Liverlife will let you know if the job is done. Pre and post dose urine samples are collected and measured with HPLC. Depending on the lab and the budget, specific toxins can be evaluated.

### **Professional Seminars**

All of the above subjects are discussed in detail, with the emphasis on practice and use, during the Pro Seminars.

**End Note**

The creation of Five Phase Detox involved the development of original formulations, manufacturing processes, diagnostic software programs, determination of real issues gleaned from hundreds of alt med seminars, clinical evaluations of thousands of patients, decades of giving seminars and finding solutions to the questions that came up, lab studies and hundreds of hours of thought, all standing on the shoulders of giants. A big Thank You to them and the patients who trusted us before they got the results they were looking for.