

# What Is Systemic Detox and Does It Work?

Dr Fiona Dann Ray MSc Applied Toxicology, MSc Chiropractic.  
Dr Timothy Ray OMD. Lic Ac.

## Key Points

**Systemic Detox is the removal of toxic metals and chemicals from the entire body. This is different from 'gut cleaning', although these toxins can also exist in the gut.**

**The human body cannot yet remove toxic metals and chemicals that are new in our environment very well or completely and requires assistance.**

**Chlorella is particularly safe and effective at removing toxic metals and chemicals from the body, but far more so when ultramicrosized.**

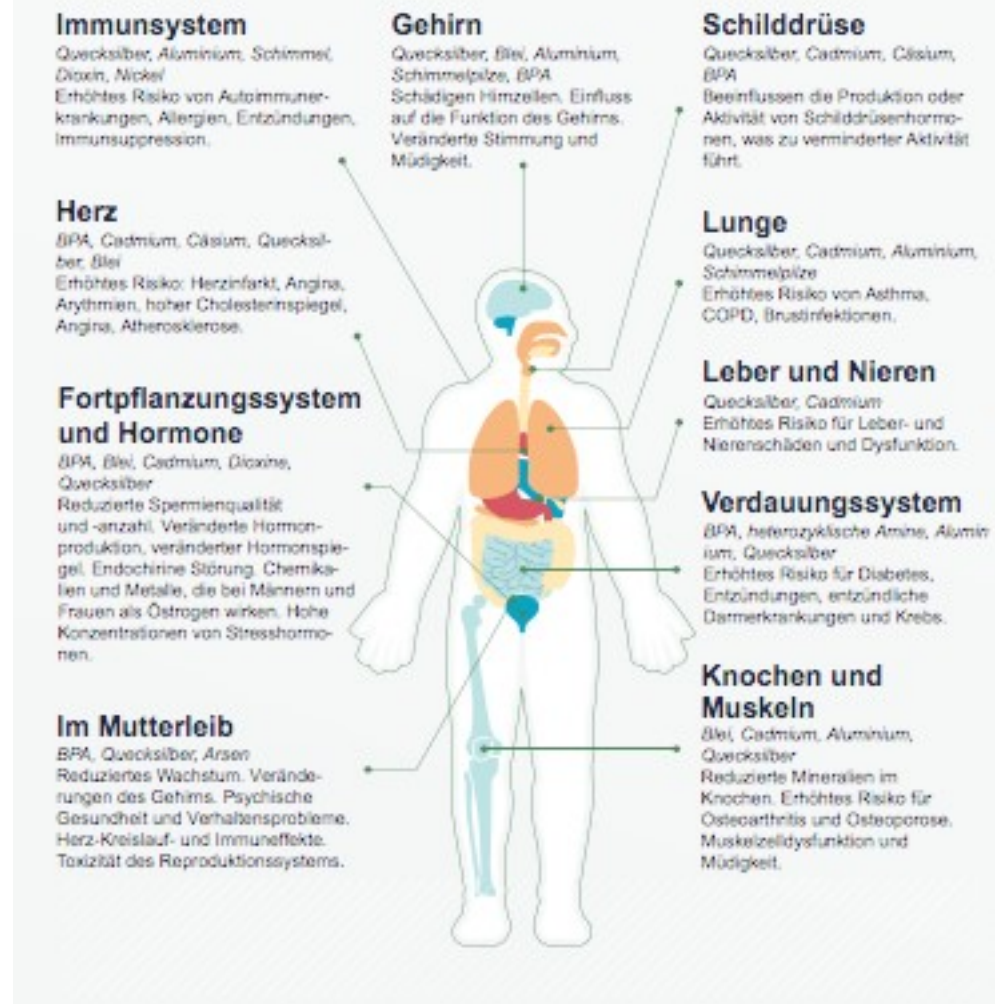
**Removing toxic chemicals and metals from the body can improve mental and physical health.**

**There is confusion in the world as to the meaning of the word 'detox'.** It is used to describe everything from juicing, colonic irrigation, Chinese foot plasters, giving up sugar, junk food and alcohol to drinking lots of herbal teas and doing saunas. These measures may be of benefit to some, but are not going to remove toxic metals and chemicals from the cells of the body.

Our expertise is in the field of the Systemic Detoxification of a variety of toxic metals and chemicals from the body for the prevention and treatment of chronic health conditions. We, and the thousands of doctors we have taught the process to, have been doing this successfully for decades<sup>1</sup>. This is a very different process to that of a seven days of juicing and a colonic irrigation programme.

**Various 'experts' and articles state that the body needs no help with detox. This is not correct.** Thanks to the creation of many thousands of new chemicals in our factories, and mining and use of toxic metals in a form and amount not seen before, we are exposed to toxins our bodies have not evolved to deal with. We simply lack the ability to get them out of the body. These are not toxins that sit in 'sludge in the gut'. Rather they are in our cells, body fat, bones and organs, and yes, some in the gut. Most of us need an effective toxic metal and chemical detox to help us remove them. Many different toxins cause problems with our health, as shown in the picture below.

Durch die Umwelt und die Nahrungsmittel, welche wir täglich zu uns nehmen, sind wir ununterbrochen einer Reihe von Giftstoffen ausgesetzt. Diese Chemie-, Metall- und Schimmelpilzgifte können verheerende Auswirkungen auf Körper und Geist haben. Im Folgenden einige Beispiele:



As an example, let's look at **Mercury**. Levels in our bodies are many times higher than in ancient times. We are exposed to this toxic metal from silver fillings in our teeth (50% mercury), Vaccines (if you are over 13) , in the womb from our mothers who have amalgam fillings as mercury crosses the placenta, from fish, particularly large fish such as Mackerel, Tuna, Swordfish and Shark, the burning of fossil fuels, and skin lightening creams. Mercury binds to proteins in our cells. It is a so called 'retention toxicity', meaning it stays in the body. The half-life of mercury, that is the time taken to remove  $\frac{1}{2}$  from the body is 27 years according to autopsy studies<sup>2</sup>.

**The effect on the body and mind can be profound.** The phrase 'As mad as a hatter' is commonly used in English. People who made hats were exposed to high levels of mercury during some of the processes used, and would go insane. Dr Joachim Mutter of the University of Fribourg listed a whole raft of health issues connected with mercury<sup>3</sup>

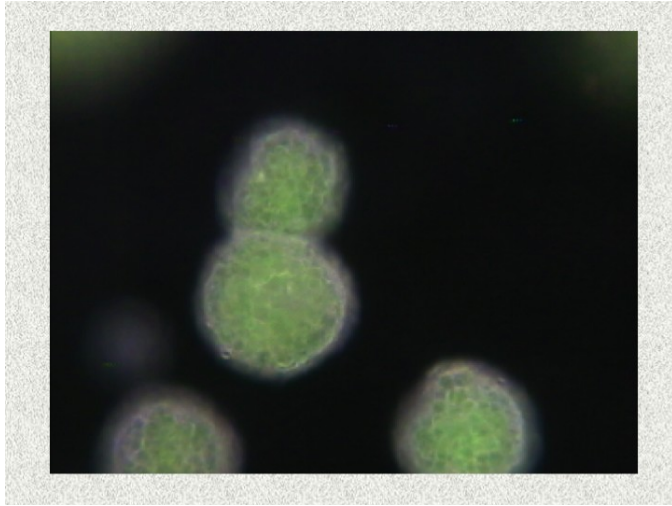
- Alzheimer's disease.
- Delayed neurodevelopment in children with cord blood levels of mercury in the normal range.
- Damages cell DNA.
- Antibiotic resistance.
- Eczema.
- Autoimmune disease (eg Multiple sclerosis, Rheumatoid arthritis).
- Hypertension (high blood pressure).
- Heart disease (myocardial infarction).
- Reduced heart rate variability<sup>4</sup>.
- Atherosclerosis (furred up arteries).
- Infertility.
- Miscarriage.
- ALS (motor neurone disease).
- Parkinson's disease.

**Does it make sense to do a Systemic Detox?** We know Chlorella binds mercury as well as other toxic metals. Reducing the level of mercury in the body has been linked to improved health, benefiting people with weakness and heart arrhythmia<sup>5</sup>, improving autism symptoms<sup>6</sup>, rheumatoid arthritis symptoms<sup>7</sup>, anxiety and depression to name but a few. We are using mercury as an example of a single known toxin, but there are thousands of others, and what is even more dangerous, the toxic synergy between them.

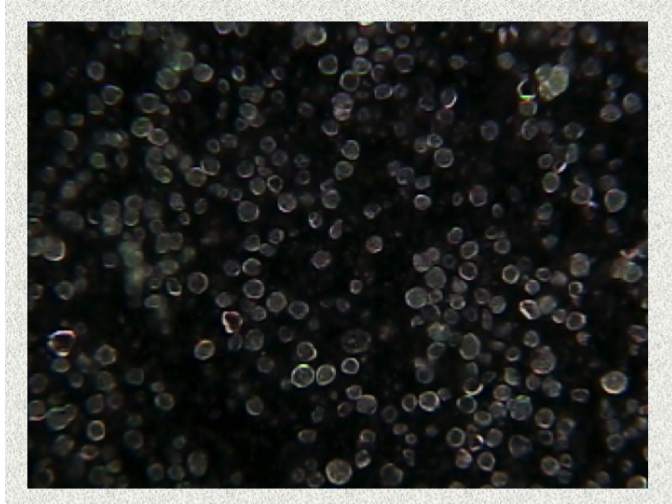
**Systemic toxic metal and chemical detox with ultramicrosized chlorella** is different to supplements and processes marketed as 'detox'. There are many scientific studies that show chlorella works to bind toxic chemicals such as dioxins and bisphenol A and toxic metals such as mercury, arsenic, aluminium and lead<sup>8</sup>. Those that say chlorella doesn't work may be referring to the normal chlorella brands sold in health food stores which has a very limited binding effect, have not read all of the research, and or are not familiar with ultramicrosized chlorella!

**The Best Chlorella.** Many chlorella powders contain toxic metals and chemicals because it is grown outdoors and binds the toxins it is exposed to. People taking this sort of chlorella will not only not get the potential systemic detox benefit but also become more toxic in the process. Indoor, tank grown chlorella that has not been exposed to toxins in the environment and is proven to be clean and toxin free is necessary for systemic detox. Chlorella supplements usually contain what is mistakenly called 'cell wall broken' chlorella. Normal chlorella is considered a super food but one that is very hard to digest due to the tough cell wall.

Under a microscope chlorella looks like this:



This isn't 4 chlorella particles, these are 4 large balls of chlorella cells (diatoms). Clumped together like this they are large and unable to get out of the gut to bind toxins. The exposed surface area of the cell walls is very small as they are all bound together in this clump. It is the cell wall that binds to the toxins.



This is Chlorella part way through ultramicrosonation. It is the same magnification as the first picture, but instead of a few huge clumps, the individual chlorella diatoms (cells) are split up, greatly increasing the exposed surface area of the cell walls to bind toxins.



This is ultramicroscopic chlorophyll a at the end of the processing method. No clumps of diatoms, all broken apart and the cell wall also fragmented, so that it can bind more toxins in the body as well as the gut, and the nutritious proteins and nutrients that were bound up in a very tough cell wall are now available to the body.

This smaller size chlorophyll a enables it to bind up to 50x more toxins than standard cell wall broken chlorophyll a<sup>9</sup>.

### **Laboratory Proof**

If you measure the toxic metal content of a person's urine with HPLC (high performance liquid chromatography) and there are no heavy metals in the urine, and then they take a dose of our specially micronized and pure chlorophyll a, and then you do another urine toxic metal test directly after that dose, and the heavy metal mercury is found in the urine – what does that tell any intelligent person? There was mercury in their body. Mercury in any quantity causes cell death. Watch this University of Calgary video to see the impact on brain cells<sup>10</sup>. How many cells can be destroyed before there is an adverse effect on the person's health? How many brain cells are you willing to lose to continue believing that this global toxic epidemic is not real?

### **We know that chlorophyll a works to**

- Bind toxic metals and chemicals<sup>11</sup>.
- Reduce transfer of toxins from a pregnant mother to her baby<sup>12</sup>.
- Reduce transfer of toxins from a nursing mother to her baby<sup>13</sup>.
- Increase endurance for athletes<sup>14</sup>.
- Is a rich source of nutrients<sup>15</sup>.
- Bind mercury vapour from amalgam fillings<sup>16</sup>.
- Has anti-inflammatory effects<sup>17</sup>.

In practice, we and many others have seen profound changes in people who have completed Systemic Detox. We have many case examples: The lady whose thyroid function went from 0 to normal after amalgam removal and detox with ultra-micronised chlorophyll a, the boy who used to be autistic and epileptic, who now lives a normal life, the depressed and anxious man who used to need B12 injections every three weeks, who now has improved mental health and no need

for B12. There are thousands of case results like these spread out through the last 20 years in the US, UK, and most of Europe.

Babies born nowadays are coming into the world with a cocktail of toxic chemicals and metals in their bodies. Studies done on umbilical cord blood have found an amazing 232 toxic man-made chemicals and metals in 10 newborn babies<sup>18</sup>.

There is evidence that small doses of many chemicals and metals work together to have a far greater toxic effect. For instance the dose of lead that kills 1 in 100 mice, and the dose of mercury that kills 1 in 100 mice, when given together kill 100/100<sup>19</sup>.

It's scary and could well explain the epidemic of mental health, physical health and developmental issues we are seeing in children.

Proper Systemic Detox that removes toxic metals and chemicals from the body is needed. It is effective and we have evidence to prove it works<sup>20</sup>. Detox from toxic metals has the power to change people's lives for the better and prevent ill-health, disease and great unhappiness. Many people have been toxic their entire lives and have never known who they could be. Systemic Detox can set people free. Systemic Detox works.

#### **About the authors.**

**Dr Fiona Dann Ray has an MSc in Applied toxicology, as well as three other health and science based degrees and has been working and researching in the area of detox for the last 15 years.**

**Dr Timothy Ray is the inventor of this method of sytemic detox, and in addition to being a Doctor of Oriental Medicine, has studied biological medicine for the last 40 years. He founded Bioray in the USA 30 years ago, then Viteras in Europe 15 years ago.**

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- 11 <https://detoxicology.org/chlorella-works/>
- 12 Uchikawa, T., Maruyama, I., Kumamoto, S., Ando, Y., Yasutake, A. 2011. Chlorella suppresses methylmercury transfer to the fetus in pregnant mice. *J Toxicol Sci*; *36*(5): 675-680. <http://www.ncbi.nlm.nih.gov/pubmed/22008543>
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