

## Organ Detoxification Protocol

**Homeopathic liquids:** Liver, kidney, spleen drops

The Pekana Homeopathic Detox kit, order from BioResources Inc - [\(800\) 203-3775](tel:8002033775)

Make sure to say Katina Makris is your practitioner, otherwise you can NOT get them, as they must be practitioner prescribed.

Use the code Katina11 when you call BioResources to order as they do not sell to the general public. You need a practitioner code.

We need to support each of these major organs to be cleansing the body fully from built up toxins. With chronic illness of all forms one of more of these organs has become compromised in its full function. I like to start with the liver, then move to the kidneys and then the spleen (which is the graveyard for dead white blood cells and organisms they attack, and is part of the Lymph system).

All liquids should be administered the same way. We take a clean glass and fill it with 2” of clean water (no chlorine, etc- so most tap water is not ok). Put 5 -6 drops of the remedy in the water. This mixture will ‘hold ’in suspension for 24 hours before the remedy evaporates out.

I suggest putting a piece of adhesive tape or such on each glass and mark them with L (liver), K (kidney), S (spleen) so you can keep them straight. It will take some juggling in the first few weeks as you get used to taking these remedies 2 -3 x day each, and 15 min away from any food, drink, toothpastes or flavored items. I suggest keeping these daily mixtures someplace where you will pass them or be near them, such as your kitchen counter, coffee table if sofa bound, etc. Desktop if you are at work.

**Week One and Two:** start with making a solution of the Liver drops. Take 3-4 sips of this in the morning and then again in the afternoon and evening. Do not gulp the sips, but let them linger in your mouth a bit under the tongue, as the sublingual glands absorb the remedy vs the digestive tract. Clean your glass and it will be ready for you to make the same dilution the next day. Follow this sipping routine daily for 3 weeks.

**Week Three and Four:** make the same type solution with the Kidney drops. Again sip part of this batch in the morning and the others two times in the later day and evening.

Week Five and Six: make the same solution with the spleen drops. Again sip part of this batch in the morning and the others two times in the later day and evening. Remember to not have any flavors in your mouth (food, drinks, toothpaste, gum) 15 minutes before or after these liquids.

None of these will give you the so called “herx” reaction. In fact, we add extra rounds of kidney solution into your day, if herbals or antibiotics are triggering a significant ‘die off’ of Lyme or other organisms. They will typically help you feel less groggy, dull minded, weak as they help your organ systems purify the body of many endotoxins, ammonia overload and unwanted chemicals, etc.

Continue with the protocol for 6-8 weeks or as Katina as defined for you.

### **Herbals:**

**order MHP - 800-647-0074 or seek at a health food store**

**Activated Charcoal-** this is a ‘binding’ agent that acts like a sponge to gather toxins from the digestive track. An old time favorite, this will ‘bind’ food or supplements, drugs you have swallowed, too. It is vital you take it 2 hours away from these items (including food) either side of ingesting. As a consequence I advise the best way to handle this is to put 2 capsules at your bedside at bedtime with a glass of water, and when you wake to use the toilet, swallow them in the middle of the night, this way your supplements and medications will not be flushed out of your body by the charcoal.

**Milk Thistle** - my favorite product is called Silymarin by Pure Encapsulations, as it is very high grade and no additive or fillers. Take 2-3 caps at dinner or bedtime. Sometimes it will cause loose stools as it deeply cleanses the liver, gallbladder and bowel. This great herb does a superb job at cleaning up the body.

**Red Clover Tea-** find in any health food store and make 2 - 3 cups per day to cleanse the blood stream. very gentle and restorative plant. A bit of honey can be added.

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“Homeopathic medicine is being used in a self-help capacity for organ support and detoxification. There is no treatment of Lyme disease with these Products. They are for general organ support.

Katina Makris is not dispensing medical information other than self-help suggestions that individuals can make their own choices on. She is not practicing medicine without a license but supporting immunity and offering inspiration for emotional struggles.