

# DETOX PROTOCOL & EHT

## 1. Get the food allergy test

- Avoid all foods on the “avoid” column
- On the moderate list ... avoid all foods that are 50% of the graph and greater
- On the moderate list ... you “likely” can have the foods that are 50% or less of the graph
- On the low column ... you can have these foods

## 2. Circle the foods on your lab results ... you know you will be able to eat for the 2 weeks while you detox

this helps with *grocery shopping* and your “game plan” of what you can now eat

*do not* circle foods you are to avoid

Keep in mind, a LARGE PART of what is “hurting you” is stomach inflammation caused by

The foods that are “hurting you” why its best to avoid these foods based on your labs

- Stick with the foods you have chosen (based on your lab results)
- **Also make sure you Avoid:**
  - **Fast foods**
  - **Artificial foods**
  - **Avoid Alcohol ( exception: 1 glass of red wine 2 – 3 times a week = ok)**
  - **Avoid soft drinks**
  - **Avoid high glycemic index foods (candy, doughnuts, sugars, etc...)**

## 3. DETOX PROTOCOL FOR ADULTS (age 10+)

- **I5 (a shake, that is gut healing and A detox formula) available in my office**
- **2 scoops / day** in water, almond, coconut, rice milk (your choice) divided into (unless allergic)
  - 1 scoop in the morning hours
  - 1 scoop in the afternoon / evening hours
  - *Example:* have a shake (one scoop) at 9am, then (one scoop) at 6pm
- **Take the Hydrozyme (a digestive enzyme) available in office**
  - Take 2-3 capsules in the middle of each meal (medium to large meals)
  - Take 1-2 capsules for smaller meals
    - **Example of a med – large meal** = chicken breast, side of sweet potato, rice over vegies and side salad with fish
    - **Example of small meal** = apple with half a turkey sandwich

- **Note for the kids:** if they have a hard time with the digestive enzyme then don't force it, this part may be omitted (this is age dependent as every child is different. Certainly the bigger the child (meaning more into their adult body) the more likely they will be able to take these capsules. This is up to parental discernment.

#### 4. For kids (9 and under) DETOX PROTOCOL

- Get the Food allergy panel.
  - Mark the avoid foods and please avoid these foods (likely indefinitely)
  - Circle the foods you can have (**this is the same protocol mentioned above**)
  
  - **Take *GI Protect* (the kids version of the I5)**
    - One scoop a day for 30 days
    - Avoiding foods as listed on your labs
    - Avoiding artificial foods, sugar, etc...(see list above)
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#### 5. RE-INTRODUCTION OF FOODS

- **The foods on the avoid list ... avoid these "forever"**
- **The foods on the moderate list (that you avoided for the 2 weeks) ...**
  - Pick 1 food a week to reintroduce (from your moderate list)**
  - The reason for 1 week at a time is b/c of "*delayed allergy response*"**
  - we are looking to see if the moderate foods hurt or not hurt you**
  - The only way to know is to "try" since these moderate foods can go either way**
  - Example:**
    - on Monday, you pick "almonds" to reintroduce from your "moderate list"**
    - within minutes or hours or days it "hurts" you, now you know this is a food you need to avoid**
    - the next week (now week 2) you reintroduce "eggs" and ... nothing happens (meaning it did not "hurt you") now you know this is a food you can have**
    - week 3 you reintroduce \_\_\_\_\_ it will either hurt or not hurt you and so on until all "moderate foods" have been reintroduced**
    - now you have the foods you can have finalized**
- **keep in mind...if there is ever a food you are simply not interested in having, then by all means, don't have it.**

#### 6. Candida Albicans

- **If you tested + for candida**
- **Taking Candididal (a nutraceutical to help correct candida) Dr. Alvarez will Rx this and is available in office**

*The following: is for those on our “Brain Healing” protocol:*

<http://www.elevation-sportsmed.com/brain-health-eh/> *for more information.*

#### 7. EHT (brain health and healing)

- After “detox protocol” Take one capsule EHT / day with a meal
  - Can take 2 – 4 weeks for the therapeutic effects of EHT to “kick in”
    - Remember: EHT is healing the TAU receptors and microtubules in the brain, the body needs time to get the support from the EHT in the brain
    - Everyone heals at a different rate, in general younger people quicker than older people
    - Be patient and give it time ... **stay consistent with your diet and EHT**
    - Recommended to take EHT monthly as long as possible
    - This is healing and maintenance of the brain
    - As we age, the brain does break down (stress, oxidative damage, etc...)
    - This will help fight the brain aging process
    - This will help keep the brain signals “firing” as functional as possible
    - Your brain is the most important structure since it literally functions everything
    - Stick with your diet (avoid foods from your “avoid list”) pro-inflammatory foods will hurt you including your brain and body
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#### ○ EHT one capsule / day for KIDS:

- You may crush the EHT and mix in the drink or apple sauce or anything creative you come up with)

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If you would like / need Additional supports for the gut and detoxing, the following is  
“AMAZING” FOR THE GUT AND YOUR OVER ALL HEALTH: (see website on the literature for each product)

- **Probiotic:** absolutely essential for gut health, strong immune system
- **Greens First:** a powerful superfood: greens, vegetable, fruit blend with
  - Pre and probiotics
  - Digestive enzymes
  - Antioxidants
  - One scoop is over 15 servings of fruits and vegies
- **Drainage**
  - A maintenance detox formula (6 drops by mouth before bed)

**For more information visit**

[www.elevation-sportsmed.com](http://www.elevation-sportsmed.com)

click on the tabs on the left (Gut health, brain health, food allergy testing, etc...)

Text / call Dr. Alvarez 303-521-0130 or email [elevation.sportsmed@gmail.com](mailto:elevation.sportsmed@gmail.com) for questions or  
to schedule an office visit / follow up

**See webpage for additional PDF download on the products**