

Guiding your body gently through a full recovery

Your body is incredibly adaptive and when given the right tools, it knows exactly how to heal. Together, we're supporting your system to break the cycle of lingering symptoms and clear out any residual bacterial imbalance or parasite load that may still be affecting your gut, energy, and overall wellbeing.

1. Herbal Support – Vitaklenz

We'll be using Vitaklenz for a period of three months. This herbal blend gently targets unwanted microbes and parasites while supporting your body's natural cleansing systems.

2. Binder & Mucosal Support

To help mop up endotoxins and soothe the gut lining, we'll include:

Psyllium Husk: a gentle bulking fibre to bind and sweep out toxins.

Slippery Elm: coats and protects the mucosal lining, offering relief from irritation.

Activated Charcoal: optional binders to use short-term for flare-ups or when detox symptoms increase (only under guidance)

These will assist in safely eliminating debris and reduce the likelihood of reabsorption.

Important: Always take binders away from medications and supplements (at least 1–2 hours apart) and drink plenty of water to keep things moving.

Morning

- Vitaklenz: Take on an empty stomach, ideally 20–30 minutes before breakfast with a full glass of water
- Avoid food, psyllium, or other supplements during this window

Mid-morning or early afternoon

- Psyllium Husk: Take at least 1.5 to 2 hours after your Vitaklenz dose
- Mix with water and drink immediately, followed by another glass of water
- Keep it away from meals, supplements, and medications for best binding effect

Second Dose of Vitaklenz

If you're doing a split dose (morning and evening), just apply the same rule:

Keep at least 1.5–2 hours between Vitaklenz and Psyllium.

3. Foundational Nutrition

Food is your daily medicine. Your detox plan involves having

- Three balanced meals per day
- Quality protein with every meal (e.g. fish, organic chicken, eggs, legumes)
- A broad selection of vegetables for fibre, antioxidants, and gut motility
- 30ml of healthy fats at each meal (e.g. olive oil, avocado oil, flaxseed, hemp oil)

This style of eating supports blood sugar balance, hormone production, and toxin elimination.

4. Parasite-Cleansing Foods to Add Daily

These foods help create an environment where pathogens cannot thrive:

- Raw garlic (crushed, added to meals after cooking)
- Pumpkin seeds (add to smoothies or salads)
- Pineapple and papaya (contain digestive enzymes that break down parasite coatings)
- Clove and cinnamon (anti-parasitic spices—sprinkle onto meals or in tea)
black pepper, turmeric, ginger, garlic, thyme, fennel, oregano, cayenne pepper,
(make a homemade spice tea)
- Fresh parsley, coriander, and bitter greens (support detox pathways)
- Fermented vegetables (such as sauerkraut, if tolerated)
- Apple cider vinegar in warm water before meals

These support both the digestive environment and microbial balance.

5. Supplement Support – Coming Next Visit

At your next appointment, we'll assess progress and layer in additional support as needed. This may include:

- Targeted probiotics to restore microbial diversity
- Liver support nutrients such as NAC, glutathione, or milk thistle
- Gut repair nutrients (e.g. L-glutamine, zinc carnosine, aloe vera)
- Nervous system and sleep support if stress or fatigue remain