

## **Chinese Herbal Formulas That Support Safe and Effective Release of Toxins**

With the intensive use of chemicals and pesticides in the past century, we are all now living in an environment that is contaminated by millions of different types of chemicals and pesticides. Arsenic-based pesticides and heavy metals such as mercury or lead are especially poisonous. It is almost impossible to inhale air, drink water, and ingest food that is toxin free. After many years of exposure to these environmental toxins, our body can become toxified and generate many health issues with numerous different symptoms.

The Wei Detox™ program employs Chinese herbal formulas that help facilitate the organs including the digestive tract, lungs, heart, blood and lymphatic systems, the urinary tract and female or male reproductive system to release the accumulated toxins, assist the liver in processing the toxins to non-toxic compounds, and support the kidneys to filter the toxins out the body. The herbal ingredients also help support the repair of any injury or damage to the organs caused by the toxins and improve its functionality. With the use of Wei detox products, our body will become free of toxins and our health will be elevated to the next level.

## **14 Day Detox Program for the Digestive Tract, Liver, and Kidneys**

The Wei Detox™ 14-day Program consists of the digestive tract, liver, and kidney detox using three products including WeiDetox-GI™, WeiDetox-Liver™, and WeiDetox-Kidney™. The detox is a two-week program which begins with the digestive tract detox for the first 7 days, followed by the liver and kidney detox together for the following 7 days.

## **28 Day Detox Program for the Blood, Lungs, Heart, Lymphatic, and Female or Male Reproductive System**

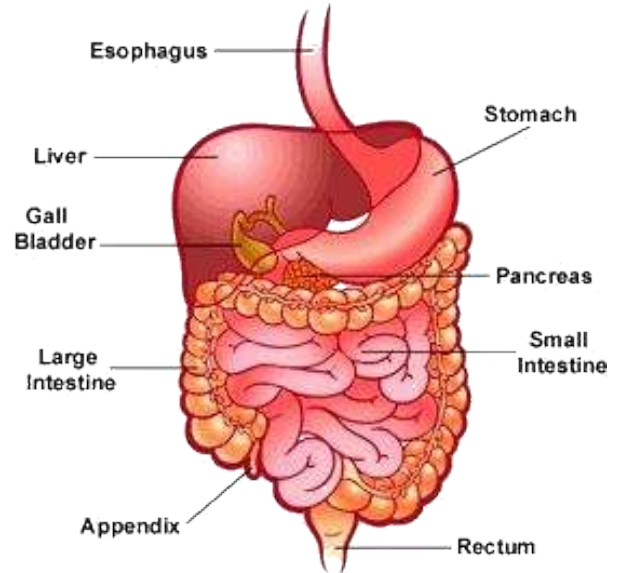
If the toxins have not accumulated to a level which affects other systems, the GI, liver, and kidney detox should yield satisfactory results when the toxins are released. However, if the toxin level is kept too high for an extended period, toxins may have accumulated in other systems. In this case, the 28 day Wei Detox program is needed. In the 28-day program, each organ will be detoxed with the liver and kidneys being detoxed twice.

The program begins with the GI detox for the 1st week followed by liver, kidney and lung detox on the 2nd week; and the blood, heart, and lymphatic system on the 3rd week. The 4th and final week of the detox involves the male or female reproductive system detox together with the 2<sup>nd</sup> detox of the liver and kidney. Since almost all of our organ's toxins released from the detox process will be dumped into our blood circulatory system, a second detox of the liver and kidneys is necessary during the 4th week to support the liver and kidneys in processing and secreting out these toxins.

## Digestive Tract Detox

Toxins from our food can build up in the digestive tract and cause changes in the bacterial balance in the gut with an overgrowth of pathogenic or unfriendly bacterium. These pathogenic germs produce bacterial toxins which in combination with the chemical toxins accumulated in our guts can affect our health in many different ways. They can cause not only digestive tract distress but also symptoms in many other organs. They can irritate the lining of the digestive tract causing inflammation. Irritation to the stomach lining can cause gastritis and stomach lining degeneration, which affect food digestion and nutrient absorption with symptoms of stomach pain, nausea, vomiting, bloating, belching and B12 deficiency. Irritation to the intestinal lining can cause increased intestinal permeability with symptoms of leaky gut and food allergies.

These toxic agents can also irritate the enteric nervous system, one of the main divisions of the autonomic nervous system, which governs the functioning of the digestive tract including the coordination of rhythm of the intestinal muscles contracting and relaxing as food moves through, ion secretion and absorption, and GI blood flow. When the stomach muscle contractions are disturbed, the lower esophageal sphincter can remain open and allow stomach acid to flow up into the esophagus causing heartburn or acid reflux. If the irritation causes the pyloric sphincter to become too loose, the muscular contraction of the stomach can prematurely propel partially digested food out of the stomach. This may generate a symptom of ever-present hunger, cravings for food, and compulsive eating. Interference to the enteric nervous function of the small and large intestine can cause the enteric nerves to overstimulate intestinal contraction. This results in an under-absorption of liquids and minerals with symptoms of diarrhea. Toxin irritation of the enteric nerves can also cause the nerves to under stimulate intestinal contractions and cause over-absorption of water and result in constipation.

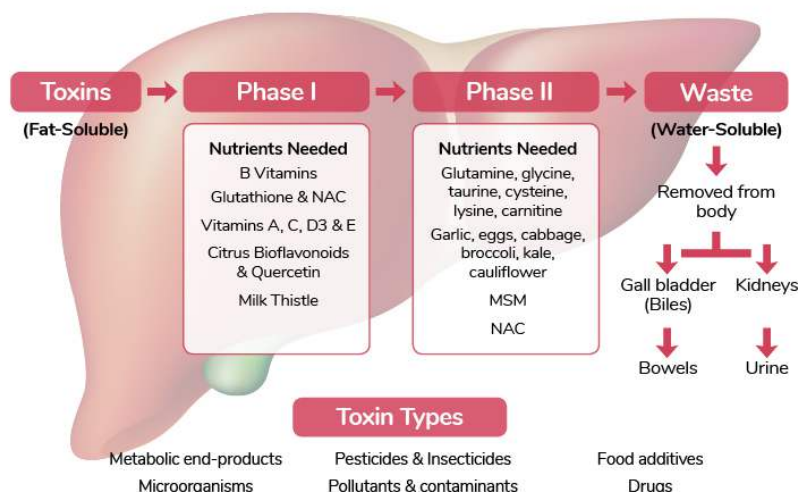


The detox program begins with digestive tract detox using the WeiDetox-GI™ product. The herbal ingredients in WeiDetox-GI™ helps balance the microbiome in the digestive tract, recalibrate the immune response, and balance cytokine levels (Heat and Toxin clearance from the gut in TCM). WeiDetox-GI™ also contains herbs that nurture the GI tract and helps repair any injuries to the gut lining and enteric nerves (Yin Nurturing of the gut in TCM). They also help restore the enteric nerve function to regulate the proper rhythm of the gut muscle contractions and balance the water and ion absorptions (restoring the Qi of the digestive tract in TCM). After the GI detox, there should be better digestive and GI health.

## Liver Detox

The liver is supposed to help detoxify the blood by converting toxic substances into less toxic or non-toxic substances. These toxic chemicals are usually fat-soluble and after liver processing, the resulting nontoxic products are usually water-soluble. These water-soluble compounds are supposed to be secreted out by our kidneys. If the intestinal permeability is increased due to toxin irritation, the blood from the portal vein circulation system can be contaminated with excessive amounts of bacteria, toxins, and undigested food particles. When the contaminated blood circulates to the liver, they can overwhelm the liver and cause the liver to become distressed as well as

# LIVER DETOXIFICATION



inflamed. The distressed liver will have a reduced capability in converting toxins to non-toxic substances and allow the toxic compounds to circulate throughout the body. Our brain is the most sensitive organ to these toxins and the irritation to the brain causes reduced stress tolerance, mood swings, anxiety, anger, irritability, insomnia, and headaches. The undigested food particles in the blood can interfere with our brain function and cause learning disabilities and difficulty concentrating.

The liver detox uses the WeiDetox-Liver™ product. WeiDetox-Liver™ helps clear the toxins accumulated in the liver and relieve irritation of the liver (Liver Heat clearance in TCM). The herbal ingredients also facilitate repair of any injuries caused by the toxic compounds (Liver Yin nurturing in TCM). The herbs also help restore liver function and allow an enhanced capacity for liver conversion of the toxic chemicals and liver clearance of the toxins and pathogens in blood (enhancing Liver Qi in TCM). With the liver cleaned, the patient can expect increased stress handling capabilities, better emotional stability, and relief of other symptoms associated with liver toxicity.

## Kidney Detox

After the brain, the kidney is usually affected the most by the toxins that are not cleared out by the liver. Our bodily wastes are mainly secreted by the kidneys; therefore, the kidneys encounter almost all the toxins coming from the entire body. If the liver does not promptly convert toxins, they can irritate the kidney and cause kidney inflammation. Distressed kidneys have decreased efficiency when secreting metabolic waste molecules, liquid, and balancing the minerals. The retention and accumulation of our own metabolic wastes, liquid, and mineral imbalance can cause more profound distress to our body than the toxic chemicals. People may experience restlessness, waking up at night without falling back to sleep, and water retention. The toxic effect of the metabolic wastes on the nerves can cause hot flashes and hearing loss.

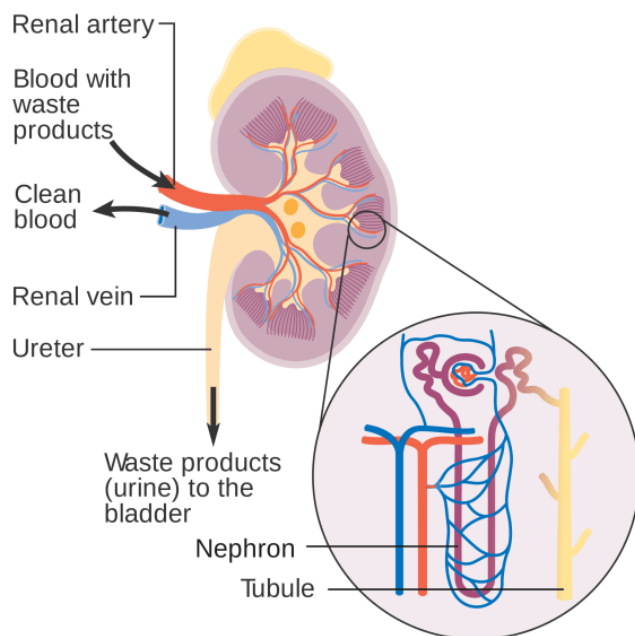
These wastes can also further damage the microcapillaries structure causing poor microcirculation. Because our joint cartilage tissue and spinal discs do not have blood vessels, they rely on the diffusion of nutrients supplied through microcirculation. The joint and disc structure will be poorly supported when microcirculation function is compromised, which will result in early degeneration of joints and discs. Our hair follicles are very sensitive to these wastes and hair loss is a commonly associated symptom. Mineral imbalance can disturb muscle contractions for both skeletal muscle and smooth muscle which controls our internal organs such as heart and gut. Low potassium levels due to kidney toxicity can cause extreme fatigue, muscle spasms, and weakness.

Kidney toxicity can also cause retention of calcium in the blood which is also very harmful and can cause muscle weakness. High calcium levels are very dangerous. Even slightly higher calcium levels can cause excessive muscle relaxation in the form of muscle weakness and tiredness. Skeletal muscle weakness can result in easily injured muscles and frequent muscle pain. Muscle weakness can also cause joint instability and make joints more easily

injured and trigger early joint degeneration. The retention of uric acid, one of the waste molecules, can result in the deposition of uric acid in the joints and can cause joint damage with symptoms of frequent joint pain.

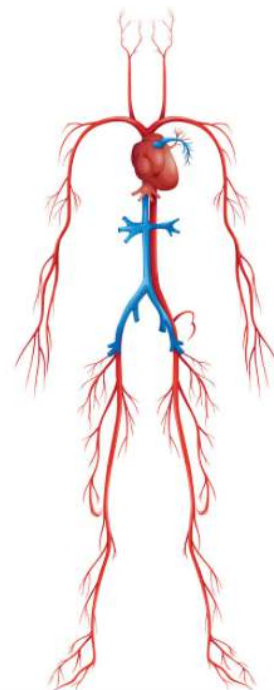
Toxic chemicals will become less toxic or non-toxic substances after being converted by the liver. The chemical modification processes are usually carried out by liver enzymes which incorporate a  $-CH_3$ ,  $=O$ , or  $-OH$  group into the toxic compounds. The chemically modified end products are water-soluble so the kidney will be able to filter them out of the system. When liver function is enhanced, the liver will actively convert the accumulated chemical toxins but the end products can still overload the kidneys which has been weakened by previous toxic chemical exposures.

Therefore, the kidney detox using WeiDetox-Kidney™ product is recommended together with the liver detox. The herbal ingredients in the WeiDetox-Kidney™ will help clear the toxins accumulated in the kidney and adrenal gland, relieve toxin irritation (removing Kidney Heat and Toxin in TCM terms). The herbal ingredients also help enhance microcirculation to repair injury and restore the structural integrity of the microcapillaries in the filtration units of the kidney and other areas of the body (Kidney Yin nurturing in TCM). The enhanced microcirculation will help improve joint and spinal disc structure and repair damage. The herbal ingredients also help restore and enhance kidney and adrenal function to increase the kidneys' capacity of waste filtration and mineral balancing (enhancing Kidney Qi in TCM). The kidney detox will help boost energy levels, enhance muscle strength, and improve the health of joints and spinal discs.



### Blood Circulation System Detox

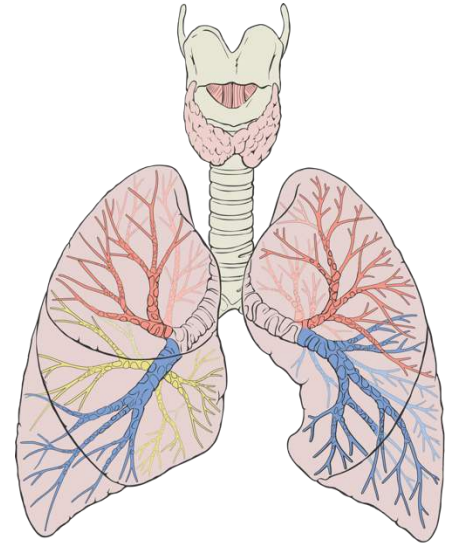
Our blood circulation system is very delicate. Toxins circulating in the blood can make the immune cells within the blood sensitized and over-reactive to environmental allergens with overproduction and accumulation of pro-inflammatory cytokines which promote inflammation. This immune hypersensitivity can cause allergies and asthma with symptoms including hay fever, sneezing attacks, rashes, itchy eyes, and canker sores. The toxins and pro-inflammatory cytokines can affect the endothelium of the blood vessel walls and disturb one of its critical functions: the production of nitric oxide (NO). Nitric oxide is a blood thinner that prevents thrombosis, or blood clot formation. Too little NO can cause poor circulation and ischemia due to the thrombosis. However, too much NO can cause increased blood vessel permeability and excessive bleeding. Damage to the endothelium can trigger the formation of atherosclerosis. Atherosclerosis is silent but, at severe levels, can cause serious conditions including stroke and heart attack.



The blood circulation system detox uses the WeiDetox-Blood™ product. The herbal ingredients in the WeiDetox-Blood™ help clear toxins and balance cytokine levels in the blood to help the white blood cells resume their normal sensitivity to environmental stimuli (to Cool down the Blood or remove Heat in the Blood in TCM). The herbal ingredients in the WeiDetox-Blood™ also help clear toxins in the blood vessels and eliminate irritation to the endothelium of the blood vessel walls. This will help the endothelium resume normal production of NO (nurturing the Blood in TCM). The herbal ingredients also help repair damage to the blood vessels and remove toxin buildup (Clearing Blood Stasis in the blood vessel or Moving Blood in TCM). The blood detox will help recalibrate the immune system and enable a normal response to the environmental allergens, improve blood circulation, and enhance vascular health.

### Lung Detox

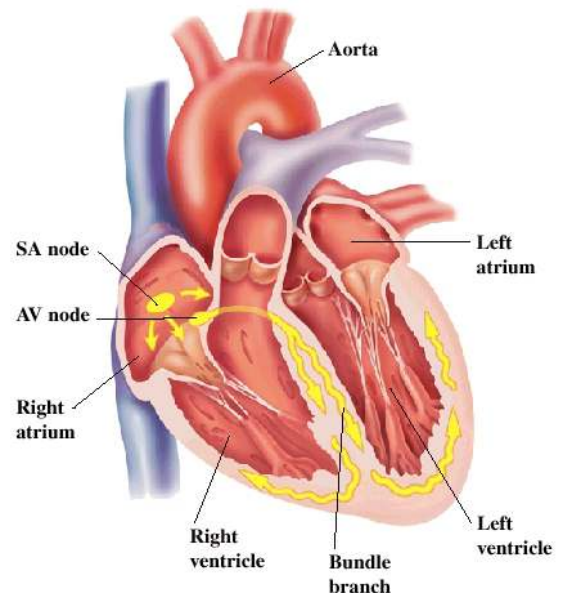
Our lungs are another organ most affected by air pollution. The lungs can be affected not only by the toxins in the blood but also by air pollutants. The irritation can cause bronchi inflammation with symptoms of chronic cough, excessive phlegm or mucus, and a frequent need to clear the throat. The toxins can also cause lung tissue damage and cause shortness of breath. The toxins will also suppress the function of the immune cells inside the lungs and result in poor immunity and frequent colds or illnesses.



Detox of the lungs uses the WeiDetox-Lung™ product. The herbal ingredients in the WeiDetox-Lung™ help clear the toxins accumulated in the lungs and relieve irritation to the bronchi and lung tissue (Lung Heat clearance in TCM). The herbal ingredients also facilitate repair of any injuries caused by the toxic compounds and pollutants (Lung Yin nurturing in TCM). The herbs also help restore and enhance the immunity of the lungs to strengthen their ability to fight against inhaled pathogens (enhancing Lung Qi in TCM). With the lung detox, the patient will have a better airway circulation, stronger lung function and enhanced lung immunity.

### Heart Detox

When toxins accumulate in the heart it can affect the heart muscle and the sinus node and interfere with their electric conduction causing a disrupted heartbeat. Our heartbeat is supposed to be generated from the sinoatrial node as an electrical signal that conducts through the heart and stimulates heart muscle contractions. Interfering with this delicate process by toxins may disturb heartbeats. It can result in the electric impulse being initiated from the cardiac muscle rather than its normal sinoatrial node causing a premature beat, skipped beat or rapid heartbeats. Toxication to the heart muscle can cause a sluggish contraction in responding to the electric stimulation and results in a slowed heartbeat. When the heart muscle is not contracting properly, it can't pump blood effectively. A severely disturbed heartbeat affects the blood pumped by the heart and may cause a shortage of oxygenated blood to your body and heart resulting in symptoms of shortness of breath and/or chest pain.

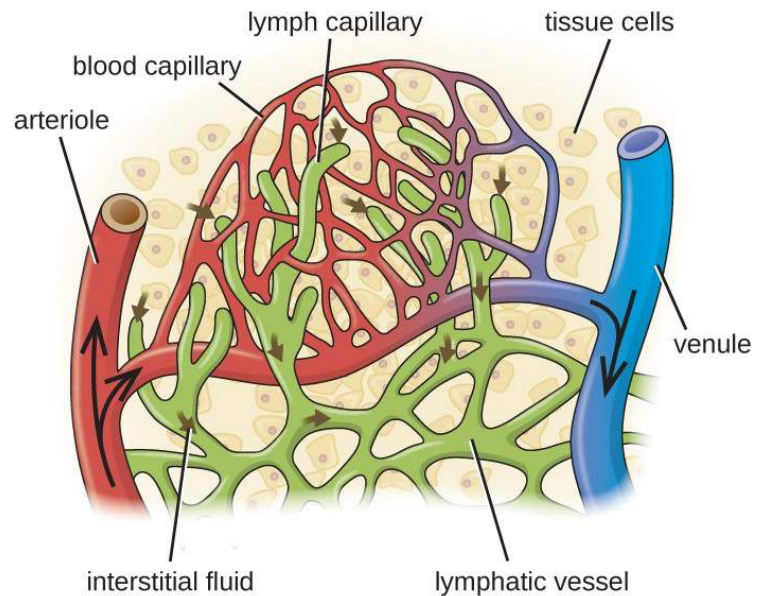


The heart detox uses the WeiDetox-Heart™ product. The herbal ingredients in the WeiDetox-Heart™ help improve blood flow to the heart muscle and clear toxins, metabolic wastes from the heart and reduce irritation to the heart muscle (nurturing Heart Yang and removing Cold Damp from the heart in TCM). The herbal ingredients also help nurture the sinus node and the hearts electrical system to improve the function of the electric conducting system and stabilize heart rhythm (nurturing Heart Qi and Heart Yin and calming the Mind in TCM). With the heart detox, the patient will experience peace of mind and become refreshed from the inside out.

### Lymphatic System Detox

Our lymphatic system is the body's primary waste collection system. It consists of a large network of lymphatic vessels that carry lymphatic fluid which eventually joins the blood circulation. The lymphatic capillaries, the close end collecting terminals collect the lymph fluid from the extracellular space. The lymph carries metabolic waste, cellular debris, pathogens, and excess fluid from the muscles, the brain, and other organs. The lymph will pass through the lymph nodes for filtration before entering into the lymphatic vessels. The lymph nodes are oval shaped nodules that contain millions of white blood cells which destroy pathogens and cancer cells in the lymph. However, lymph nodes have no detoxification ability. The wastes in the lymph fluid will be pumped to the blood circulation system and then cleared out by the liver and kidneys.

Toxins in the lymph fluid can irritate the lymph vessel and the lymph node and cause less efficient lymph fluid recycling and clearance of pathogens and abnormal cells. Accumulation of wastes in the lymph vessel can cause symptoms of fatigue, sluggishness, and body or leg heaviness. Poor quality inner ear fluid can interfere with its function and cause symptoms of ringing in the ear and dizziness. High levels of toxins or metabolic wastes in the lymph fluid can also interfere with white blood cell function and reduce its efficiency in killing pathogens and abnormal cells. The white blood cells host-pathogen recognition function can also be interfered and they may mistakenly attack the body's own tissue causing an autoimmune condition such as rheumatoid arthritis.



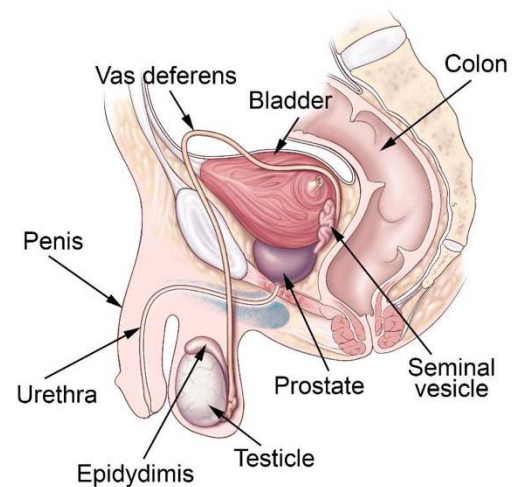
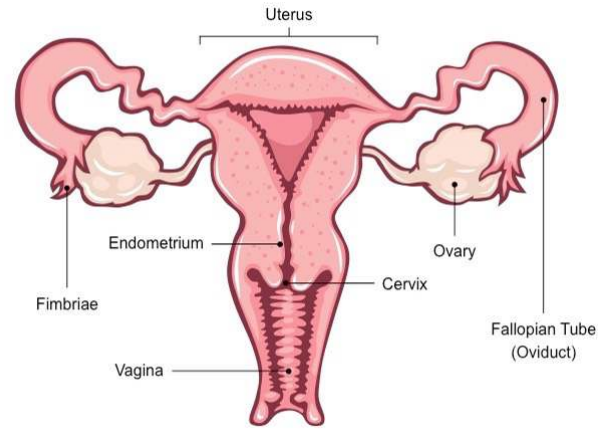
The lymphatic circulation system detox uses the WeiDetox-Lymphatic™ product. The herbal ingredients in the WeiDetox-Heart™ help clear the toxins from the lymphatic vessel and enhance lymphatic circulation (clear Spleen Damp in TCM). The enhanced lymphatic circulation will help the lymph fluid within the lymph vessel to be pumped into the blood circulation promptly. The herbal ingredients also help improve the efficiency of the collecting terminals of the lymphatic vessels and enhance lymph recycling from the tissues (clear Phlegm Damp in TCM). With the enhanced bodily fluid collection, the metabolic wastes and toxins in the body's tissue can be recycled promptly to the lymphatic system allowing our tissues and organs to be soaked in a fresh fluid environment. The herbal ingredients also help improve lymph node function and enhance its capacities in clearing the pathogens and abnormal cells (clear Blood Stagnation in TCM). With the lymph detox, the patient will experience an increase in energy and enhanced well-being.

## Female and Male Reproductive System Detox

Toxin irritation to the female reproductive system can cause inflammation of the uterus and the genital tract with symptoms of genital itch, discharge, and menstrual cramping. When muscles and nerves in the bladder are toxicated, urination control can be interfered with and can generate symptoms of frequent or urgent urination, and urine leakage.

Toxins in the male reproductive system can cause the prostate to become irritated by the toxins and develop chronic inflammation and symptoms of difficulty urinating, frequent or urgent urination, and urine leakage.

The female and male detox uses WeiDetox-Female™ and WeiDetox-Male™ products. The herbal ingredients in the WeiDetox-Female™ will help clear the toxins from the female reproductive system, and relieve their irritation (clear Uterine Heat in TCM). The herbal ingredients in the WeiDetox-Male™ will help clear the toxins from the prostate, and relieve irritation (clear Lower Jiao Damp Heat in TCM). The herbal ingredients in the WeiDetox-Female™ and WeiDetox-Male™ also help clear toxins from the urinary tract especially the urinary bladder and relieve the irritation to the bladder (clear Bladder Damp and Heat in TCM). The products also help enhance immune function to help repair damages to these organs (Qi enhancement in TCM). The toxin removal from the female genital tract will help improve menstrual regularity and enhance women's health. The toxin removal from the prostate will help improve urination and enhance prostate health. Patients will feel rejuvenated and youthful with the female and male detox.



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