

## Advanced Detoxification Protocol

with the daily onslaught of toxins we are exposed to through our air, water, non-organic food, beauty and household cleaning products, it would be wise to integrate a detox strategy such as that discussed by Dr. Yu.

Toxins are stored in our fat and if you desire to lose excess fat then doing this protocol would greatly benefit you.

1. Take 50 mg of niacin and increase slowly so your body gets accustomed to it. To begin do this once a month or more if you feel toxic and work up to 100 mg of niacin.
2. wait 20 minutes, and then exercise for 20 minutes to break a sweat and stimulate circulation.
3. Follow up with up to 60 minutes in a hot sauna, to really sweat out all the impurities.
4. You can finish off by taking either five activated charcoal tablets, or some zeolite clay, which will bind with toxins, allowing them to be eliminated through your GI tract. Just make sure you do not take it in combination with supplements, as these will also be bound up and eliminated.

Below is Dr. Yu's video protocol

<https://www.youtube.com/watch?v=47UyvsCQ-mk>