

## **Detox Handout from Dr. Ted Suzelis for the Community impacted by the Norfolk Southern Train Derailment**

This handout is created specifically for people who were exposed to the toxic chemical release from the Ohio train derailment of Feb 3, 2023, from our upcoming book: *Toxic to Terrific: The step-by-step detox guide to safely remove dangerous toxins from your body and life* at the request of Dr. Ted Suzelis, [OhioND.com](http://OhioND.com). We apologize that our book is not published yet, but we have created these resources for you to get you started.

We have deep compassion for what you are going through in dealing with this disaster, and we hope that we can bring you some clarity and comfort in knowing what beginning steps you can take to support your family's health. All of us living today are constantly exposed to more toxic chemicals than we even know about! And in combination, we have no idea what they are doing to us. Can you help your body get rid of toxins before they cause permanent damage? Yes! The steps below will give you a gentle introduction to detoxification (detox) that you can do every day.

**When NOT to Detox** – Please do NOT detox when you are acutely sick, have cancer, lack part or all of any critical organ of elimination, before surgery, when pregnant or breastfeeding, or when stressed. If you are in any of these situations and you do want to do some gentle detoxification, please consult with your doctor to get approval for the detox methods that you want to use.

**Before beginning any detox** - If you think you may have been exposed to toxic chemicals and now have new or more intense old symptoms, please see a doctor immediately. It is important to get a doctor to document the changes you are experiencing and do any necessary tests. It's helpful to write down all of your current symptoms and rank them first in order of importance to you, then give each symptom a severity number from 1 to 10, (with “1” being a very mild symptom and “10” being the worst ever.) Next, write down the frequency of the symptom, (like “3 times a day” or “twice a month”.) Do this again after detoxing to see changes over time. Before starting, you also want to get baseline testing done. Ideally, this should include a full blood workup, or at a minimum, test for anemia, elevated white blood cells, liver enzymes, and vitamin D levels.

### **How to Do a Gentle Detox**

- 1) Take a detox ‘stay-cation’ -- treat yourself well while you detox:
  - a) Give your body a rest by getting more sleep.
  - b) Treat yourself to fun non-alcoholic beverages – Drinking alcohol reduces your liver’s ability to carry out its normal functions, such as detoxifying.
  - c) Avoid sugar while detoxing.
- 2) Foods to avoid for detoxing - Normally, we say to eat locally, but you may want to avoid buying food from farms that have been exposed to the chemical toxin cloud. Important note: There are four foods/beverages to always avoid while detoxing (because they inhibit liver enzymes): All citrus fruits, especially Grapefruit, Red Wine, Beer, Green Tea, Carrots, Celery, and Parsley.

- 3) Get your elimination pathways going! The following is a list of things you need to start right away to begin detoxing:
- a) **Breathe Deeply** - [HealwithNature.com/how-to-detox-by-just-breathing](https://healwithnature.com/how-to-detox-by-just-breathing)
  - b) **Hydrating Liquids** - [HealwithNature.com/what-are-the-best-liquids-for-detox](https://healwithnature.com/what-are-the-best-liquids-for-detox)
  - c) **Gently Move Your Bowels** - [HealwithNature.com/how-to-gently-move-your-bowels-to-accelerate-detox](https://healwithnature.com/how-to-gently-move-your-bowels-to-accelerate-detox)
  - d) **Sweat Toxins Out** - [HealwithNature.com/how-to-sweat-toxins-out](https://healwithnature.com/how-to-sweat-toxins-out)
  - e) **Take high-quality supplements** - Start with the basics: B-Complex, Vitamin A, Vitamin C, Vitamin D, Vitamin E, Magnesium, CoQ10, and Zinc citrate. These will give your body what it needs to support detoxing. Here's a video we created: [HealwithNature.com/supplement-quality](https://healwithnature.com/supplement-quality)

**What to Expect with a Successful Detox** - We do NOT believe in the “no pain, no gain” school of thought, or “it’s got to get worse before it gets better”. After or even during a cleanse that is done properly you can expect to feel: more energy, resolution of pains, clearer thinking, improved memory, decreased appetite and cravings, improved bowel movements, increased urination, increased (intentional) sweating, deeper breathing, greater flexibility, and more restful sleep.

**What to watch out for** - Here is a list of symptoms that may be signs that you are eliminating too fast: headache, abdominal bloating or cramping, discomfort or pain behind or between your shoulder blades (acupuncture gallbladder point), restlessness, insomnia, bad breath or bitter or metallic tastes in your mouth, a new presentation or spreading of existing eczema or dermatitis, or persistent itching or hives. Please take 2 days off from detoxing and see your doctor if any of these symptoms persist.

The following are highly unlikely and unusual signs and symptoms that may indicate a dangerous situation. You should NEVER get these symptoms. If you do, there is something wrong, so please go immediately to a physician: worst headache in life, new and persistent pain in any part of the body, but most concerning in the abdominal area or chest area, shortness of breath, difficulty breathing or swallowing, boils, blisters, or weeping sores, palpitations or heart arrhythmias, dizziness, fainting or incoherent speech, bloody diarrhea, blood in the urine, or nose bleeds.

**How to find a Detox Specialist** - <https://healwithnature.com/how-to-find-a-doctor>

**How to Test & Purify Your Home** – <https://healwithnature.com/test-and-purify>

**Children’s Vulnerabilities** - <https://healwithnature.com/a-toxic-start-to-life>

**About our book** - *Toxic to Terrific: The step-by-step detox guide to safely remove dangerous toxins from your body and life* - <https://healwithnature.com/books>

For a medical emergency: call 911. Do NOT delay or forego seeking treatment for a medical condition or disregard professional medical advice based on the content of this handout. Always seek the advice of your physician or other qualified healthcare professional regarding any health questions you might have and before acting on any content in this handout, especially if you are pregnant, nursing, taking medication, or have a medical condition. This handout is not intended to be medical advice or instructions. This information is shared for educational purposes only and is not meant to diagnose, treat, cure, or prevent any illness or disease and no physician-patient relationship is, or is intended to be, created.