

Dr. Ted's Gentle and Safe Detox Protocol for People Affected by the East Palestine Train Derailment

Detoxification is a process that helps eliminate toxins from the body, which is essential for maintaining good health. Unfortunately, people who have been exposed to chemicals, such as those released from the East Palestine train derailment, may have an increased risk of health problems due to the accumulation of toxins in their bodies. Therefore, it is important to focus on a safe and gentle detoxification protocol that can help reduce the chemical burden and promote better health.

First and foremost, it is important to understand the types of chemicals that were released during the train derailment. Some chemicals, such as vinyl chloride, can potentially be dealt with by the body. However, there are also so-called forever chemicals, like dioxins, that are more difficult to get rid of and can cause long-term damage to the body.

To do so, we need to think of this process in 2 different steps: short-term detoxification and living a healthy lifestyle to reduce exposure to toxins and avoid increasing the chemical burden.

Detox Basics

My current recommendations for detoxifying the body is through a protocol of N-acetylcysteine (NAC), liver support herbs, and a good multivitamin. Vinyl chloride detoxification happens in the liver in 2 phases, where Phase 1 breaks down vinyl chloride into the 2 main metabolites chloroethylene oxide and chloroacetaldehyde through the enzyme CYP2E1. Unfortunately, these chemical intermediates can be more damaging than vinyl chloride itself. The second phase of detoxification in the liver involves glutathione, for which NAC is one of the main building blocks. If the second phase of detoxification is not working well, the intermediate metabolites can build up and cause extra damage.

There are two ways to remedy this. One is to take NAC or glutathione (which is difficult to absorb orally). The other way to help this process is to slow the first phase of detoxification with things like grape seed extract, resveratrol, garlic, and licorice root. If we slow the first phase and enhance the second phase, it is most helpful for safely detoxifying vinyl chloride. My preference is to focus on assisting phase 2 detoxification, but some people, may need a little extra symptomatic relief but slowing phase 1 detoxification.

My Detox Protocol (Preferably for 3 Months)

1. NAC 500-600mg taken 2-3 times a day
2. Liver Support by Vital Nutrients: 1-2 caps – 2 times a day
3. Basic Nutrients 2/Day by Thorne: 1 cap – 2 times a day with breakfast and lunch

As with any food or supplement you ingest, there could be side-effects. NAC is generally safe and well tolerated even at high doses. The most common side-effects associated with high oral doses are nausea, vomiting, and other gastrointestinal disturbances, and therefore oral administration is contraindicated in persons with active peptic ulcer. Very infrequent, anaphylactic reactions due to histamine release can occur and should be taken seriously. These reactions can consist of rash, itching, swelling, rapid heart rate, and changes in blood pressure. If you have any of these symptoms, please go to the emergency room. Also, see our other detox article for other symptoms to consider and pay attention to during detoxification.

In order to provide these supplements to people wanting to do the detox, I have received 1,000 bottles of NAC donated by Dr. Ben Lynch and Seeking Health, along with 100 bottles of NAC and 50 bottles of Liver Support from Vital Nutrients. You can receive these supplements, by going to my website at OhioND.com/detox. You will be able to order one free bottle of NAC to be picked up at my Boardman office or you can pay \$5 shipping to have it mailed to you. All of our Liver support has been given out at a Health and Wellness Distribution at the Way Station of East Palestine on 3/18/23. In order to get Liver Support and Basic Nutrients 2/Day, I am offering a 30% discount, along with free shipping. If you order these products with a bottle of NAC, we can mail out the NAC for free also.

Healthy Eating

Eating a healthy diet is crucial to reducing exposure to toxins and avoiding the accumulation of chemicals in the body. It is especially important to avoid animals/fish that may have been exposed to the chemical release in the air and water in and around East Palestine. Our bodies tuck these forever chemicals into our fat cells to try and protect our bodies from them. Similarly, animals that have been exposed to these chemicals also store them in their fat cells. I've heard accounts by a mentor of mine, Dr. Walter Crinnion, one of the founders of environmental medicine, that the EPA monitors chemical residues in the environment by purchasing butter off the shelf in different areas of the country, as areas that have been exposed to more toxins will have a much higher concentration of toxins in the butter. Likewise, the fatty portion of all animal products will accumulate these toxins.

Pure Air

People in close proximity to the derailment may have chemical residues on and in their houses. High-quality air purifiers could be a way to filter the air and protect the home's occupants from these chemicals. A filter with lots of carbon, like the Austin Air Bedroom Machine, can absorb these chemicals and help purify the air.

Pure Water

Drinking plenty of water is important for flushing toxins out of your body. However, it's equally important to make sure that the water you're drinking is free from harmful contaminants.

There are several methods for filtering water to remove contaminants. Distillation, carbon filtration, and reverse osmosis are all effective methods for removing chemicals from water. A combination of these methods is often the most effective approach.

The Waterdrop G3 with UV water sterilizer is a great option for ensuring that your drinking water is pure and free from harmful contaminants. This nine-stage filtration process removes over 99% of all contaminants in your water, including lead, chlorine, and other harmful chemicals. This system contains multiple layers of carbon filtration, along with a good reverse osmosis membrane, and then as the last step, it is sterilized with UV light to kill off any potential microbes that could be left. But there is also research into UV light as a way to break down chemicals like vinyl chloride. I'm not saying that this will be good enough to destroy all of the vinyl chloride that may be in your water, but it may help to eliminate any stray molecules that make it through the rest of the filtration process. If you have well water, you will need to have a whole house prefilter to ensure there is a TDS (total dissolved solids) of less than 500 ppm for the Waterdrop G3 to work effectively.

In conclusion, the East Palestine train derailment has exposed individuals to chemicals that can cause long-term damage. A safe and gentle detoxification protocol can help lower the chemical burden and get the body healthier. It is important to live a healthy lifestyle to reduce exposure to other toxins and not continually increase the chemical burden. The detox protocol of NAC, liver support, and multivitamin can help detoxify vinyl chloride and some of the other chemicals released. Avoidance of chemicals to protect the body from further damage is also important. Pure air and pure water are also important to remove chemical residues from homes and flush out toxins from the body. It is important to consult with a healthcare practitioner before starting any detox protocol.