



HOW MY FATHER'S CLINICAL RESEARCH UNLOCKED THE SECRET TO CHRONIC PAIN, CHRONIC FATIGUE, OBESITY AND MUCH MORE!

DuPont's slogan from 1935, "*Better Living Through Chemistry*", couldn't be farther from the truth. Our metabolisms were designed to process out most toxins found in nature, such as the poison or venom of plant and animal life; however, over the course of the last two centuries we have been **subjected** to synthetic chemicals, heavy metals, and Persistent Organic Pollutants (POPs) like pesticides, which are **overwhelming** our natural detoxification systems. Although many of these "toxicants" are able to be converted by the liver into water-soluble waste for elimination through your kidneys or colon, most **bind** with your **fat** cells and **bioaccumulate** in [adipose tissues](#) (especially around the belly).

During a 1987 field study conducted in Semič, Slovenia, while treating PCB contamination in capacitor workers, my Father, [Dr. David Root](#), found PCB toxicity to be **200 times** greater in their fat stores than was detected in blood serum tests. The **implications** of this revelation were **staggering**: blood serum tests merely indicated a tiny fraction of the actual **toxic "body burden"**. He and his colleagues published several peer-reviewed [papers](#) on this finding, which have been cited in over 24 other research papers and books over the following decades.

It was discovered that unhandled toxicants are "lipophilic", or fat-loving, and become **sequestered** away in fat cells to protect the vital organs. Some of these lipophilic substances will **remain** in fat for more than **30 years**. LSD, for example, has been shown to persist for more than 50 years!

Of major concern is the **build-up** of fluoride and heavy metals, like aluminum, lead, and mercury, in the **brain**. The brain is 60-70 percent fat, and the blood-brain barrier is **incapable** of preventing access to these harmful materials. Of all the structures in your brain, it is the **pineal gland** that **suffers** the most.

The pineal gland synthesizes and secretes **melatonin**, which is essential for your sleep cycle, overnight restoration, and **cancer fighting**. Fluoride [calcifies](#) your pineal gland causing insomnia or sleeplessness, reduced cognitive function and I.Q., as well as the dreaded **brain fog**.

The body burden of lipophilic "xenobiotics" (meaning substances that are foreign to the body, including fat-soluble, man-made toxicants) is now [proven](#) to be a **leading cause** for most chronic diseases, chronic pain and fatigue, degenerative disorders, and even cancers. The second leading cause is **poor nutrition** and **lifestyle choices**.

OVER-EXPOSED

The Centers for Disease Control (CDC) now [reports](#) over **100,000** synthetic substances are **manufactured** and roughly **1,000** more are **added** each year. Alarming, less than **10%** have been **tested** for human **safety** by a third party, so the only safety studies available have been funded by the patent-holding chemical companies. Of those **biased** studies on individual substances, less than **1%** has been tested in **combinations** to observe negative chemical **reactions**.

Historically, chemical manufacturers were only required to take corrective action once an environmental issue or medical concern reached **socially-unacceptable** levels. Fortunately, legislation is being promoted to **force** chemical companies to **prove** human safety **prior** to public release of their products.

In the meantime, we are **bombarded** by hazardous substances in the air, food, water, textiles, cosmetics, flooring, furniture, and pharmaceuticals we encounter **daily**. In addition to flame retardants and formaldehyde, heavy metals and petrochemical toxins are the most common and the most **detrimental** to health.

Petrochemicals are the **basis** for most common **toxins**. Everything from pesticides, air pollution, personal care products and much more are all petrochemically based. It has been estimated that the **average** woman puts over **168** chemicals on her body every day. Skin is the largest organ of the body; therefore skin **absorbs** the largest amount of toxins. Most of these toxins immediately bioaccumulate in the **subcutaneous** fat, leading to **inflammation** and over-stimulated immune responses.

The Mt. Sinai School of Medicine performed a small, but telling, [research project](#) with 9 volunteers in 2003. Their study found a total of **167** xenobiotics between the study participants, with 94 known to affect the **brain** and nervous system. They each averaged 91 hazardous chemicals, with 79 being linked to **birth defects**. Shockingly **76** found in all nine were **carcinogenic**.

There are **no** acceptable **levels** of xenobiotics, and to this day mainstream allopathic medicine has no safe treatment for reducing your body burden of these illness-causing, fat-stored toxins. Their only therapy, **chelation**, involves **injecting** more **chemicals** into the **bloodstream** to pull certain heavy metals from neighboring fat without providing adequate elimination pathways. Therefore, the process of “enterohepatic recirculation” (where the liver attempts to re-process the original heavy metals along with the new chelating chemicals) creates a potentially **poisonous** condition rather than providing any relief.

YOU ARE WHAT YOU CONSUME

Convenience has created a consumer **catastrophe**. Today it is cheaper, quicker, and tastier to buy fast food than to run to the supermarket for organic produce and grass-fed meat protein to prepare a home-cooked meal. Prepackaged, **processed** foods contain dyes and phosphate additives that magnify taste, texture, and shelf-life. These **carcinogens** also cause rapid aging, kidney failure, and weak bones. Modified foods overstimulate the production of dopamine, leading to salt and sugar cravings while increasing your **risk** of heart disease, dementia, neurological problems, respiratory failure and cancer.

“Round-Up Ready” Genetically Modified Organisms (GMOs) tolerate massive quantities of the herbicide **glyphosate**, which the CDC and USDA have [known](#) for years is, **implicated** in the increase of many medical conditions, including autism spectrum disorders, celiac disease, diabetes, kidney failure, morbid obesity, cancers, Parkinson’s Disease and Alzheimer’s deaths.

[According](#) to MIT research scientist, Dr. Stephanie Seneff, glyphosate is possibly *“the most important factor in the development of multiple chronic diseases and conditions that have become prevalent in Westernized societies.”*

Even our municipal water treatment plants are **incapable** of adequately removing synthetic chemicals, heavy metals, and POPs from the effluent. Globally, over [80 percent](#) of the wastewater generated by society flows back into the **ecosystem** without being treated.

In a landmark 1999-2000 [USGS survey](#), **80%** of water samples from 139 American rivers and streams in 30 states were found to be **contaminated** with drugs, ranging from antibiotics and antidepressants to contraceptives and hormone replacements. Estrogens in the drinking water are [linked](#) with testicular cancer, infertility, and childhood “Gender dysphoria”.

Today, [74.4 percent](#) of our water is **fluoridated**. Fluoride is a compound known as hydrofluorosilicic acid (HFSA). HFSA is a **waste by-product** of the aluminum smelting industry, the nuclear industry, and the process used to create phosphate fertilizers. It used to be considered **toxic waste high in arsenic**, which was **illegally dumped** into rivers and the environment, but is now (more than likely) an **additive** in your family’s water based on **junk science**.

Even if fluoride **actually** prevents dental caries (tooth decay and cavities), it is only effective when applied **topically**. Although research to this end is **biased** and **unsubstantiated**, legitimate research proves that fluoride is a **neurotoxin** and is also **linked** to the **rise** in [endocrine disorders](#), like hypothyroidism, hyperthyroidism, and Hashimoto’s thyroiditis.

Fluoride is the **only** “drug” added, **without** our informed **consent**, to drinking water, and it is impossible to regulate individual doses. If toothpaste containing fluoride is swallowed, you **MUST** call Poison Control to prevent **accidental death** – according to the warning label.

As mentioned before, fluoride is a fat-stored toxin, which causes inflammatory diseases, can cause dental fluorosis (**mottling** of teeth) when over-exposed, and fluoride calcifies the pineal gland. See this [petition](#) to cease HSFA use on the EPA’s website.

EMERGING CONCERNS

Today, the social media buzz is on infants and excessive vaccine schedules. Given the recent [whistle-blower testimonies](#) and [third-party research](#) regarding **contaminated** vaccines and lack of **safety studies**, this concern is extremely valid. Often overlooked, however, is the real danger your toxic body burden presents to your **unborn child**. When planning a family, couples need to consider not only their genetic traits, but their xenobiotic **disburden** to their developing fetus as well. Mothers will **pass** their chemical **contamination** through the placenta and umbilical cord during **gestation**, and then feed their baby toxic breast milk or maybe a **synthetic**, processed chemical **formula**.

[Studies](#) have shown that **breasts** contain the **highest concentrations** of hazardous substances, such as arsenic, cadmium, lead and aluminum. Even in lower exposures of **parts per trillion**, these xenobiotics can lead to endocrine disruption, immune suppression, birth defects, and reproductive **failure**.

In 2005, the Environmental Working Group published their report on “[The Pollution in Newborns](#)” where ten randomly selected samples of **umbilical cord** blood were tested. The EWG study detected **287 chemicals**, most of which are toxic to the brain and nervous system. 208 chemicals are known to cause birth defects, 180 cause cancers in humans or animals, and nine of the cord blood samples tested positive for Bisphenol A (**BPA**) used in **plastics**.

THE SKY IS FALLING!

Even more controversial are [Geoengineering](#) programs by specially-equipped aerosol spraying airplanes, which pollute our air with **nanoparticles** of aluminum, barium, and strontium that our bodies **absorb** through the skin and lungs as well as ingest with our food and water supplies. The term “**chemtrails**” conjures up **conspiracy theories** and incredulity; however, a vapor trail from jet engines lasting longer than 3 minutes is **air pollution**.

Between 1988 and 1996, all [NATO](#) aircraft switched from gasoline-based fuel (JP-5) to kerosene, a diesel fuel (JP-8). The aluminum and barium emissions have now **quadrupled**, along with **increases** in many toxic chemicals. Flight crews [report](#) smelling and tasting JP-8 long after exposures, and many suffer a hearing disorder likened to **dyslexia of the ears**.

According to renowned neurosurgeon Russell Blaylock MD, “nanoparticles of aluminum are not only infinitely more inflammatory, they also easily penetrate the brain by a number of routes, including the blood and olfactory nerves (the smell nerves in the nose). Studies have shown that these particles pass along the olfactory neural tracts, which connect directly to the area of the brain that is not only most effected by Alzheimer’s disease, but also the earliest affected in the course of the disease. It also has the highest level of brain aluminum in Alzheimer’s cases.”

MULTIPLE CHEMICAL SENSITIVITY

When the toxic body burden reaches a certain level (varies by individual), additional bioaccumulations or **casual exposures** to chemical smells, tastes, or skin contact can become the “straw that broke the camel’s back”. These **tipping point** symptoms can include headache, fatigue, dizziness, nausea, congestion, itching, sneezing, sore throat, chest pain, changes in heart rhythm, breathing problems, muscle pain or stiffness, skin rash, diarrhea, bloating, gas, confusion, trouble concentrating, memory problems, and mood changes.

Possible triggers that set off people's symptoms vary a lot, too. They include tobacco smoke, auto exhaust, perfume, insecticide, new carpet, chlorine, and more. Although these feelings and symptoms are **very real**, health experts cannot agree that *Multiple Chemical Sensitivity* (MCS) is an **illness**. Many call it “idiopathic environmental intolerance”, but it is also known as “environmental illness” or “sick building syndrome.”

In May, 1985, my Father presented his report titled, “*Diagnosis and Treatment of Patients Presenting Subclinical Signs and Symptoms in Exposure to Chemicals Which Bioaccumulate in Human Tissue*”, to the U.S. Environmental Protection Agency (EPA) – effectively injecting the MCS issue into mainstream medicine discourse.

RECAP

The problem of toxic body burden is **deeper** than reported...quite literally. Blood tests **belie** the true **extent** of bioaccumulated hazards that slowly and silently **deteriorate** our health. Hazardous substances are **pervasive** in our daily lives, and we’re **conditioned** to accept them. Most inflammatory conditions and degenerative disorders are caused by xenobiotics and poor nutrition. And, to this day, mainstream medicine has **no safe or effective** way to reduce the body burden of lipophilic xenobiotics.

“If You Haven’t Got Your Health, You Haven’t Got Anything” (*The Princess Bride*)

Since the mid-90s, a **cottage industry** has developed around the concept of “detoxification”, or “detox.” Although detoxification has, for many generations, been associated with drug and

alcohol rehabilitation, it has nonetheless come into **popular culture** in the form of **juice cleanses** and **detox diets**. Now a **multi-billion dollar industry**, detoxing is seen as necessary by some and bogus by others.

The **idea** is sound. However, most therapies marketed today serve only to **feed corporate greed** while providing a modicum of support to the liver, kidneys, and GI tract in converting simple toxins into easily eliminated, water-soluble waste. Fat-soluble toxins stored in adipose tissues are **unaffected** by these methods.

Don't just detox, *Get Detoxinated!*TM

Fortunately for all of us, my Father's discoveries and research were conducted while **validating** what is still the **ONLY known modality** for effectively reducing the body burden of xenobiotics. Using sauna bathing, exercise and niacin (vitamin B3), Dad and his colleagues have **empirically proven** an average **30% reduction** in lipophilic toxins which subjectively translates to **78-100% improvement in symptoms**.

Since 1982, my Father has personally **treated** over **4,000 patients** who suffered toxic chemical exposures either at their workplace or from natural disasters. He is **recognized** as the world's **leading expert** in sauna detoxification of lipophilic xenobiotics, and he has spent many years consulting with international government representatives, supervising detox projects both here and abroad, as well as giving lectures at international medical conferences. Most recently, he appeared in the docu-series "*The Real Skinny On Fat*" hosted by Montel Williams and Naomi Whittel.

In 2014 I began to develop his medical protocol into a health and **wellness program**, which we rolled out in December of 2016. We trademarked the word **Detoxination**[®] to differentiate our preventive/wellness therapy from detoxification. This updated protocol reduces the time commitment from 30 days down to just 14, and from 4-5 hours per day down to two. We encourage you to visit our website at www.GetDetoxinated.com to learn more about our **powerful, life improving** Detoxination Program!

Detoxination requires a shift in **mindset** and a better **awareness** of the **threats** that our lifestyle **choices** may present to our health, vitality, and longevity. **Alternative** information and education are keys to **breaking free** of our **social allopathic conditioning** and **taking control** over our own **wellbeing**. Success is achieved by implementing small changes in your daily life.

The first step is to subscribe to our **FREE Weekly Wellness Hacks!**

We have spent **years** researching the issues discussed in this report, compiling healthier **living techniques**, and developing an exciting platform to bring you this **relevant content** on a weekly

basis! Our **Weekly Wellness Hacks** cover profound health topics, links to relevant research, and **hacks** (Tips & Tricks) you can immediately apply to **improve** your **Quality of Life and Health!**

Remember, **everyone** is **affected** by toxins. Here are some **signs** your body is **overwhelmed** by fat-stored xenobiotics:

- Chronic Pain
- Chronic Fatigue
- Insomnia / Sleeplessness
- Bloating and indigestion
- Headaches
- Joint pain
- Weight gain / Obesity
- Brain fog and difficulty concentrating
- Low T / E.D.
- Forgetfulness / Memory Problems
- Constipation or Diarrhea
- Excess gas and foul-smelling stool
- Sinus congestion
- Heartburn
- Food cravings
- Water retention
- Rashes and other skin disorders
- Puffy, dark circles under the eyes

You'll quickly **feel** the **healing effects** when you begin implementing these simple Wellness Hacks into your daily routine. Food begins to **taste and smell better**, you feel the **brain fog** lift, and you **lose** those terrible **cravings**.

Once you subscribe to our *Weekly Wellness Hacks*, you'll receive your account login via email, and each week you'll gain access to the next topic in the Blog section.

Wouldn't you just like to feel better?

We have **solutions!**

Click [here](#) to learn more!

All the best,

Daniel Root

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