



DR. PAUL'S

“PFAS”

(Per and Polyfluoroalkyl)

DETOX PROTOCOL™

Energy Creator Edition – No External Probiotics

This protocol is designed to help reduce PFAS (“forever chemical”) load using a strategic cycle of mobilization, binding, elimination, and mineral replenishment. It integrates Dr. Paul’s Detox Kit—NGB (Natural Greens Balance), Super Colon Clenz, and Eliminator (Parasite Formula)—with a glutathione-based detox strategy and plant-based prebiotic foods. This edition aligns with the philosophy that we are the creators and converters of energy, nourishing our internal ecosystem without introducing foreign probiotics.

Phase 1 – Morning: Mobilization & Protection

- N-Acetyl Cysteine (NAC) – 600 mg
 - Alpha-Lipoic Acid (ALA) – 300 mg
 - Glutathione – 500 mg
 - Vitamin C – 1,000 mg (Fruit or herb based)
 - Green tea extract or matcha – catechins for Nrf2 activation
- *Take on an empty stomach — wait 30 min before breakfast. *

Phase 2 – Mid-Morning: Alkalization & Mineral Support

- NGB (Natural Greens Balance) – 3 tsp in 100% juice or water
 - Extra Chlorella – 2–3 g
 - Prebiotic-rich foods: ex. raw asparagus, chicory root (inulin), Jerusalem artichoke, green banana/plantain
- *Take with food. *

Phase 3 – Midday: Detox Enzyme Support

- Milk Thistle (Silymarin) – 300 mg standardized
- Turmeric (Curcumin + black pepper) – 500–1,000 mg
- Super Colon Clenz – Gentle herbal colon cleanse (Cape aloes, cascara sagrada, barberry, garlic, fennel, cayenne, peppermint) Take as recommended

*Supports colon peristalsis and prepares for deeper elimination. *



Phase 4 – Afternoon: Parasite & Gut Clearing

- Eliminator (Parasite Formula) – 2 capsules

(Wormwood, garlic, cascara sagrada, chaparral, fennel, slippery elm, lobelia, black walnut, cloves)

*Take after Super Colon Clenz for synergistic cleansing. *

Phase 5 – Evening: Binding & Final Sweep

- Sea Vegetable Blend (½–1 tsp) – ex. kelp, bladderwrack, purple dulse, nori, sea moss
- Psyllium husk or modified citrus pectin – 5–10 g in water
- Activated charcoal – 500 mg (take as recommended)
- Optional prebiotic evening food: ex. cooked yams/sweet potatoes, leeks/onions (lightly cooked)

Take binders 90 min after last food/supplements.

Daily Flow Summary:

1. Morning: Glutathione & co-factors – mobilize toxins
2. Mid-Morning: NGB + minerals + prebiotics – replete & bind
3. Midday: Super Colon Clenz + detox herbs – move toxins
4. Afternoon: Eliminator (Parasite Formula) – clear parasites
5. Evening: Sea veggies + fiber binders (activated charcoal or bentonite clay) – final sweep

This protocol is not intended to diagnose, treat, cure, or prevent any disease “Just Food For Your Soul”. This is provided for educational purposes only. Please check with your doctor and/or your healthcare professional first especially if you are pregnant, nursing, or on medication and have a chronic condition. All detox strategies should be adapted to the individual’s health needs once properly assessed. Best if following the 5 phases in conjunction with the Circadian Rhythm times.

Available on www.Drpaulherbs.com/downloads

*As always make sure you drink plenty of water. Half the body weight in ounces. Spring water, bottled at the source is highly recommended.

“If You Are Breathing, You Got A Shot”!!

– Dr. Paul Hopkins, N.D.

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