

# Foundational Protocol



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# Your detox journey starts with the Roadmap to Health



There is a proper order to follow when it comes to supporting detoxification and getting well. Our Roadmap to Health breaks down this order into easy-to-follow steps or phases.

The Roadmap to Health allows you to move through your detox journey with more ease, energy, and clarity. As a result, you'll get the results you're looking for, faster.

Following the Roadmap to Health properly prepares the body for detoxification by first supporting the mitochondria and opening drainage pathways. This helps minimize unwanted reactions and ensure the body has sufficient energy to detoxify.

This step-by-step process targets different areas of the body at each stage of detoxification, so that the underlying root causes of your symptoms can be efficiently addressed.

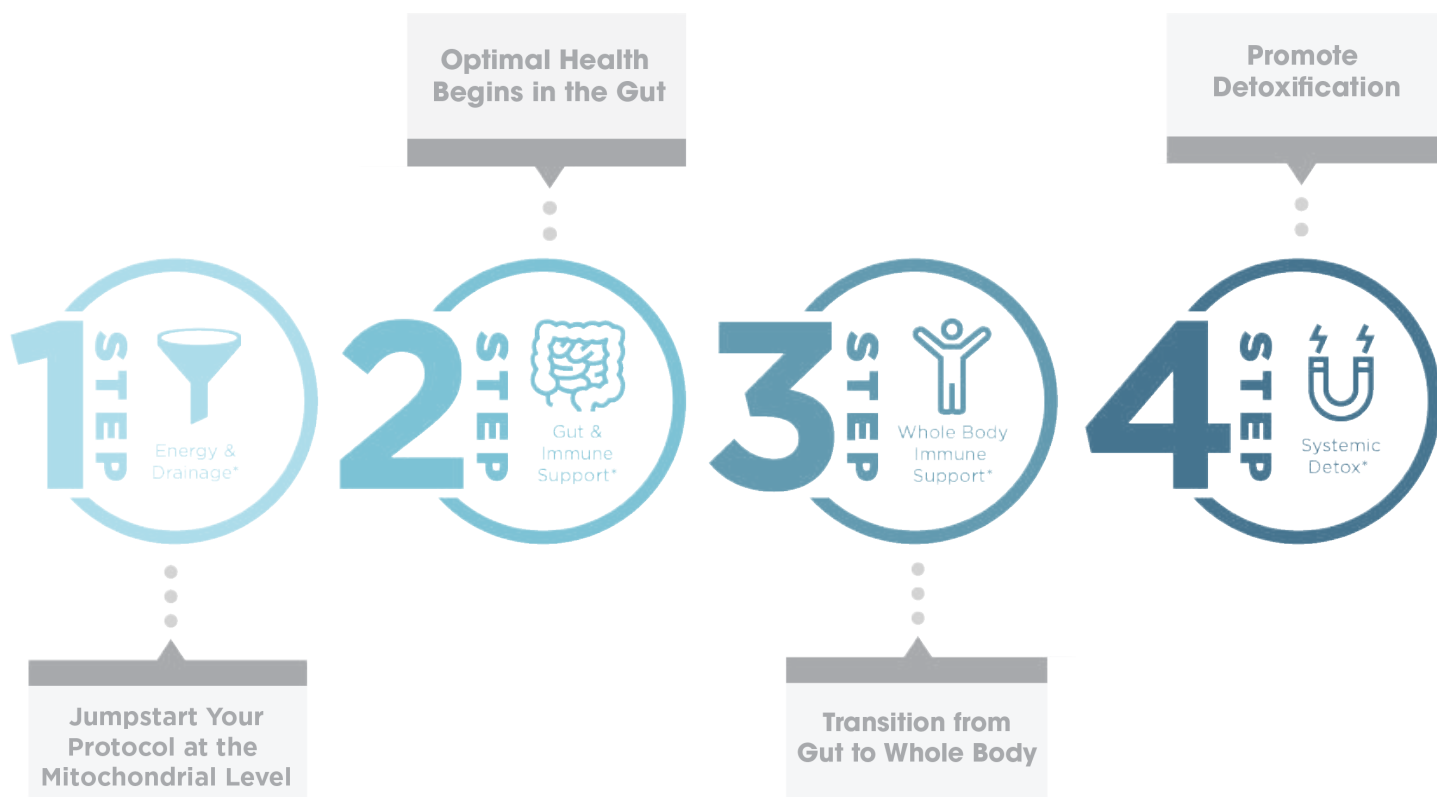


# Roadmap to Health:

## A complete breakdown



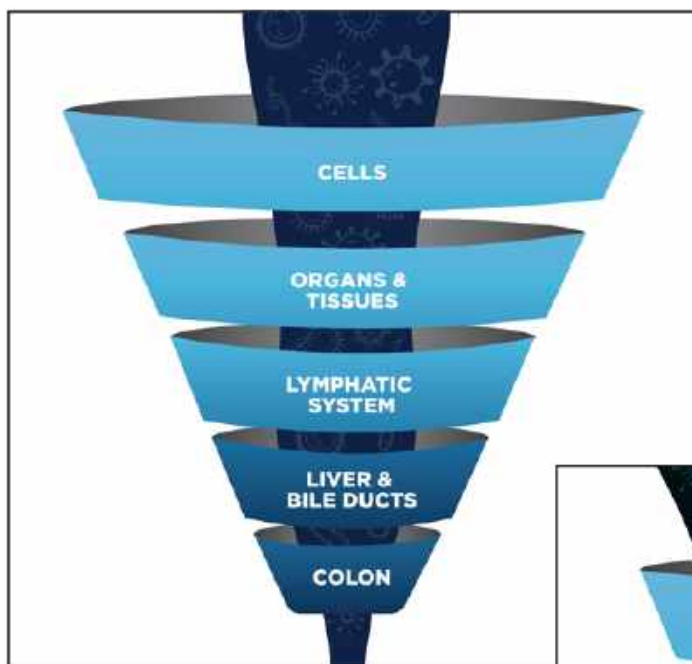
As with any important journey, an effective roadmap is critical to success. Your Roadmap to Health is designed to help individuals understand how to take the trip and what to expect along the way. It will also help in navigating and understanding some of the detours, challenges, and important mileposts of a successful health journey.



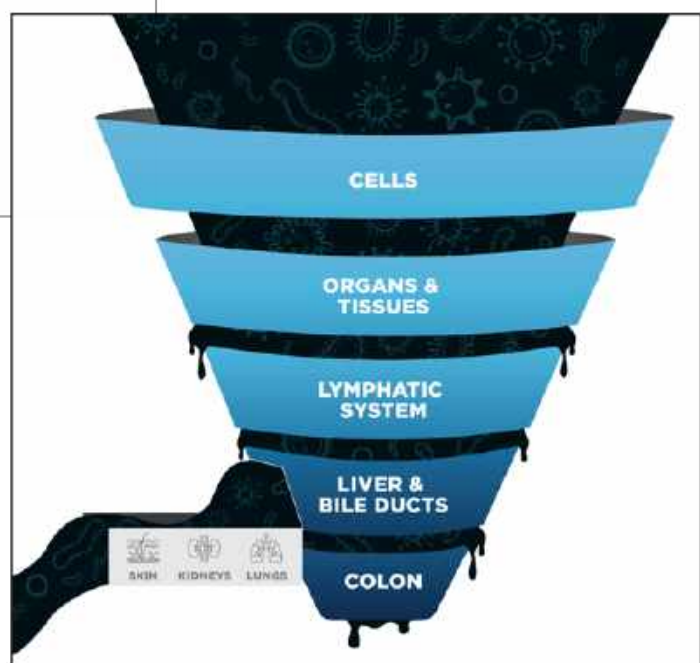
# Your Body's Drainage Funnel



Before beginning any detox protocol, you must first establish healthy drainage pathways. Pushing detox before these pathways are properly open can cause substances to get clogged and stuck in your system, only exacerbating health concerns. This is why supporting your body's drainage funnel is the first step in the Roadmap to Health. It sets the body up for success and helps lessen unwanted reactions while on the protocol.



Optimal Drainage Pathway



Blocked Drainage Pathway

# Protocol Timeline



## STEP 1:

Take for month 1

## STEP 2:

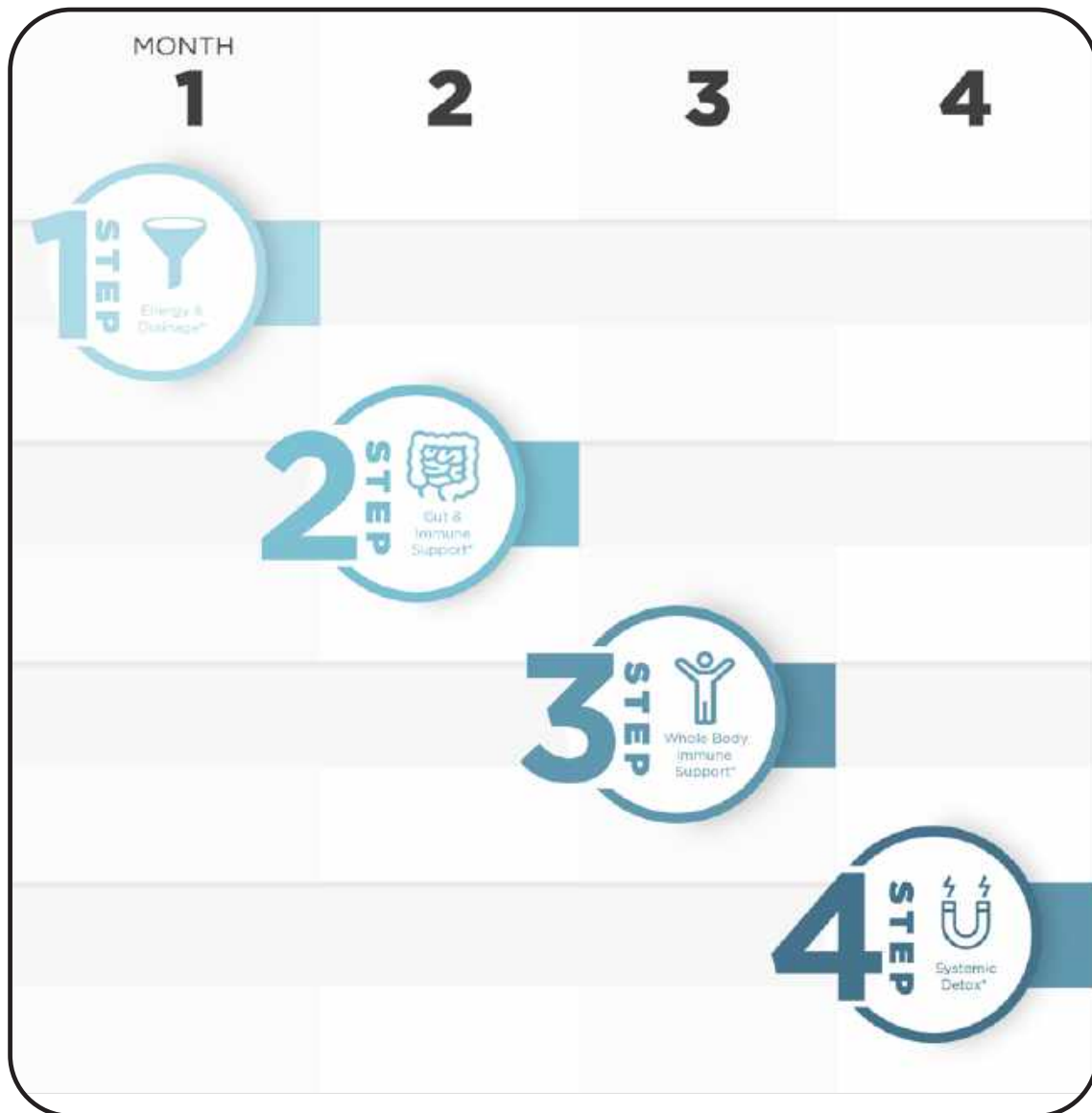
Take for month 2

## STEP 3:

Take for month 3

## STEP 4:

Take for month 4



# Step 1: Energy & Drainage



The products in Step 1 deliver key nutrients for optimizing mitochondrial health and establishing healthy drainage pathways — both of which are essential before promoting periods of detoxification. This also helps make the detox process smoother and encourages sustained energy as your patient or client moves through the protocol.



## Drainage Support



## Gut Terrain Support



## Mitochondrial Support

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
CT-Minerals		10  in water		10  in water	
BC-ATP		2 		2 	
BioToxin Binder		2 		2 	
KL Support		2 		2 	
 = drops  = capsules					

## DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart here.

Continue taking CT-Minerals through Step 2, until the bottle is finished.





# Step 2: Gut & Immune Support



After optimizing ATP production and healthy drainage pathways in Step 1, Step 2 focuses on promoting the body's natural detoxification processes and nurturing the gut microbiome.

Step 2 consists of BC-ATP, BioToxin Binder, Para 1, and Para 2. Para 1, our flagship gut and immune support supplement (made from 100% pure Mimosa pudica seed), encourages the removal of occasional intestinal buildup.



## Detoxification Support



## Gut Terrain Support



## Immune Support

### DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart here.

Continue taking CT-Minerals from Step 1 during Step 2, until the bottle is finished.

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BC-ATP		2☞		2☞	
BioToxin Binder		2☞		2☞	
Para 1	2☞				2☞
Para 2	2☞				2☞
☞ = capsules					





# Step 3: Whole Body Immune Support



Step 3 builds momentum for deeper, whole body cleansing. It consists of Advanced TUDCA, CT-Minerals, Para 1, Para 3, and ViRadChem Binder to continue to promote healthy drainage pathways, encourage the removal of occasional intestinal buildup, and support liver health and bile flow.



## Drainage Support



## Gut Terrain Support



## Immune Support

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
CT-Minerals		10  in water		10  in water	
Para 1	2				2
ViRadChem Binder		2		2	
Advanced TUDCA		1  with food		1  with food	
Para 3		10  in water		10  in water	
= drops     = capsules					

## DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart here.

Continue taking CT-Minerals through the next step until the bottle is finished.



# Step 4: Systemic Detox



Step 4 picks up where Step 3 left off to continue promoting systemic detoxification and healthy drainage pathways with BC-ATP, HM-ET Binder, LymphActiv, and Para 4. BC-ATP returns to optimize energy production and mitochondrial health, while the other three products are introduced to the protocol for the first time.



## Detoxification Support



## Lymphatic Support



## Immune Support

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BC-ATP		2		2	
HM-ET Binder		1		1	
LymphActiv		1		1	
Para 4	2				2
= capsules					

## DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart here.

Continue taking CT-Minerals from Step 3 until the bottle is finished.



# As Part of the Protocol



## Advanced TUDCA

Lends increased support to the liver bile duct system and promotes healthy bile flow, essential for healthy drainage and detoxification.



## BC-ATP

The highly charged organic acids support metabolism and the ATP cycle in being at peak efficiency. These carbons also assist in the body's natural detoxification processes and contribute to a balanced gut microbiome. In clinical practice, BC-ATP is generally well-tolerated by sensitive individuals and may help improve protocol tolerance.



## BioToxin Binder

CellCore's go-to starter binder. It promotes the body's natural ability to detoxify and lends increased support to the gut microbiome, which optimizes digestive function and immune health.



## CT-Minerals

A liquid supplement that provides minerals derived from fulvic acid. Sourced from the soil and decomposed plant life, these naturally occurring minerals are typically easier for the body to digest, absorb, and utilize. This bioavailable formula enhances mental clarity, nourishes tissues, promotes energy production, and supports cellular repair and immunity.



## HM-ET Binder

A later-stage binder, HM-ET Binder promotes the body's natural ability to detoxify in the cells and tissues. It also offers increased support to cellular repair, energy production, immunity, and mitochondrial health, as well as helps protect against life's everyday stressors.



## KL Support

Combines herbs and nutrients traditionally used to support kidney and liver health, including beetroot, collinsonia (stoneroot), gynostemma, marshmallow root, milk thistle seed, NAC, and parsley leaf. As an integral part of the body's cleaning and filtering system, promoting kidney and liver function is essential for healthy drainage and detoxification during the protocol.



## LymphActiv

A blend of eight herbs to support the body's natural detoxification processes and lymphatic motion needed to establish healthy drainage pathways — including astragalus root, chuchuhuasi bark, rhubarb root, sheep sorrel, slippery elm, and soursop leaf. These botanicals also support healthy adrenal and liver function, immunity, and mental clarity.



## Para 1

Naturally gelatinous and made from 100% pure Mimosa pudica seed, Para 1 becomes jelly-like and sticky as it makes its way through the GI tract. This encourages the removal of occasional intestinal buildup, supports the gut microbiome, and promotes the body's natural ability to detoxify.



## Para 2

Formulated with a variety of herbs to support immunity and the gut microbiome, as well as promote the body's natural ability to detoxify. Amla, clove bud, holarrhena, neem, triphala, and vidanga team up to optimize digestion, support bowel regularity, and help maintain a healthy gut bacterial balance.

## Para 3



A liquid tincture with seven herbs — including black walnut hulls, clove bud, epazote, holy basil, and tansy — to support immune function and detoxification beyond the gut.

## Para 4



A blend of 11 potent herbs known for supporting digestion, detoxification, and immunity, including celery seed, cordyceps, holy basil, horse tail, noni root, and sarsaparilla. Together, these herbs also promote a balanced gut microbiome and red blood cell production.

## ViRadChem Binder



A second-step binder that promotes the body's natural ability to detoxify while supporting cellular repair. Acai, artichoke leaf, broccoli leaf, and wheatgrass are added to promote overall system balance and support the body's free radical scavenging systems.



# Add-On Products



## Bowel Mover

Bowel Mover is a natural digestive aid that gently promotes bowel movements, supports intestinal health, peristalsis, and proper digestive function.

## Carboxy



Carboxy is a binder that promotes the body's natural detoxification processes and supports a balanced gut microbiome. It contains short- and long-chain carbons, which can travel to different parts of the body, beyond the gut. This makes Carboxy an ideal detox support supplement for whole body wellness.

## CT-Zyme



Supports digestive function, nutrient absorption, energy production, and immunity with 11 digestive enzymes – including bromelain, cellulase, amylase, and beta glucanase. Together, these enzymes assist the body in digesting high-fiber and nutrient dense foods, such as beans, fruit, grains, lentils, and vegetables.





## GCO

GCO is formulated with nutrients and herbs — including astaxanthin, berberine HCL, cassia bark, and Masson pine bark — to support already existing healthy blood sugar levels, cardiovascular health, digestive function, and metabolism.



## IFC

IFC supports the body's natural defenses and helps protect against everyday stressors. Eleven herbs and botanicals — including astaxanthin, blueberry, bromelain, mulberry, and wheatgrass — team up to support the body's natural detoxification processes and promote system balance.



## S-TRO

S-TRO contains a proprietary blend of adaptogenic herbs — including ashwagandha root, astragalus root extract, maca root, Masson pine pollen, and turmeric root — to support healthy estrogen and testosterone levels in both men and women.

