

**Navan Daily Detox Plus zeolite - April 27, 2020**  
**A Product Review by Gabriel Cousens M.D.**

It's no secret to any health-aware person, living in the US or around the world, that industrial and naturally occurring toxins are actively poisoning our air, our water, our food, and our bodies. As early as 2003, a joint study by Mt. Sinai School of Medicine, Commonwealth, and the Environmental Working Group identified a total of 167 hazardous compounds in the blood and urine of American adults (with an average of 91 per person tested), including 76 known to cause cancer, 94 that are toxic to the nervous system, 82 that damage the lungs, 86 that affect hormone function, and 79 that cause birth defects.

A study by the Environmental Working Group in 2004 found a total of 287 industrial chemicals in babies' umbilical-cord blood, including 180 known to cause cancer, 217 that are toxic to the brain and nervous system, and 208 that cause birth or developmental defects in animals. Obviously, this was a signal for me as a holistic physician to find an easy and subtle detoxification system for both adults and children.

In addition, I began to search for a detoxification system for prospective mothers to enable them to bring non-toxic babies into the world. It's important to note that the breast milk of women who have an organic plant-source diet has only 1-2% of the pesticides, herbicides, and heavy metals.

As a holistic physician since 1973, in general for adults, but also specifically for the Head Start program, over which I was the mental health supervisor, it was clear, through hair analysis, that many of these children had lead in their systems. Other research suggests that one of the reasons for hyperactivity and attention deficit disorder is some level of heavy metal and pesticide/herbicide toxicity.

I became quite aware of the degree of heavy metal toxicity and chemical poisoning that people in general suffer from, and I used a variety of blood, urine, and hair tests to detect these toxins. Although there is independent research suggesting that as many as 25 percent of Americans are estimated to suffer from some degree of heavy metal poisoning, particularly from mercury, lead, cadmium, and arsenic, my more refined testing showed that, practically speaking, of the 27 heavy metals, pesticides, herbicides, and toxins I tested people for, the vast majority had an average of about 23 of these toxins in their bodies.

A one-week juice fast would often reduce this number of toxins to an average of 13, which was simply not enough for me; plus, it's hard enough to get people to do a one-week fast. Using a variety of detox and oral chelation treatments, I was able to slowly, over time, reduce the number of toxins and heavy metals, but this was a slow and somewhat expensive process. Aside from these levels of explicit toxic exposure and radiation, we have also, over the years, been exposed to a significant amount of viral exposures such as Ebola, H1N1, SARS, annual influenza, and, most recently, COVID-19, and who knows what else after that.

Our immune systems, besides being compromised by viral attacks, are further compromised by heavy metal, pesticide/herbicide toxicity, poor nutrition, and unhealthy lifestyles, and most of us suffer from an excessively acidic pH level, which creates an internal environment where viral, bacterial, and fungal infections can thrive. The most effective diet to help alkalize the system is a plant source, vegan, at least 80% live-food diet, which is what I recommend; however, a good diet alone is only marginally effective in getting heavy metals, pesticides, and herbicides out of the body.

In 2008, my quest for a simple, non-invasive, inexpensive heavy metal, pesticide/herbicide, and viral detox system led me to a substance called zeolite, a naturally occurring, negatively charged mineral, with a unique crystalline structure that naturally captures these toxins and allows them to be safely excreted from the system.

Zeolite is formed from the fusion of volcanic lava and ocean water, and combines the four elements – air, earth, water, and fire. It actually has been used for 800 years throughout Asia as a traditional remedy to promote overall health and well-being, and for 30 years in the U.S. in animal feed. It has also undergone 25 years of pharmaceutical research in the U.S. with humans. The Clinoptilolite form of Zeolite is included on the Food and Drug Administration's GRAS list (Generally Recognized As

Safe) and, thus, is considered to be "completely safe."

**Rik J. Deitsch, a nutritional and research biochemist, was amazed by the potential of natural zeolite for detoxification, which was recognized by the grant of a patent in 2001 (U.S. #6,288,045).** He first used it in his role as a research product developer for several zeolite companies. His premier product based on activated Clinoptilolite emerged in 2007 but through a variety of corporate licensing changes his proprietary production method was lost, as was its detoxification potency, and I stopped recommending it.

Fortunately, to my joy, as we desperately need an effective detox modality for heavy metals, pesticides, herbicides, viruses, and other pathogens, Rik Deitsch has created a new, even better form than what he created in 2007.

This zeolite form is truly micronized and activated using a unique proprietary technique. He uses special machinery he's developed to accomplish this micronization under high pressure and has actually reduced the size of the zeolite particles from 2 microns down to .39 microns. This special methodology also cleans up the "zeolite shell" so that it's empty and thus capable of chelating out more toxins, including heavy metals, volatile organic gases, and nitrosamines, as well as stabilizing a healthy pH level. In this way the detox power of Rik's process is obviously increased.

What we can say about how this zeolite works is that zeolite has a chelation-like effect in removing heavy metals, pesticides, herbicides, and other positively charged toxins from the system. Zeolite's negatively charged crystalline structure is what makes this possible. The zeolite acts as a negatively charged "cage" or shell, which attracts and binds these positively charged toxins. Once bound to the zeolite, they can be completely excreted from the body within a few hours.

One of the benefits of binding toxins in this manner is that they are 100 percent excreted. Heavy metals, pesticides, and herbicides all leave the system; they do not get deposited elsewhere in the body. Forty percent of zeolite binds heavy metals in the gastrointestinal tract, and 60 percent binds toxins in the bloodstream and at the cellular level. Zeolite's binding power was proven during the Chernobyl disaster, when tons of it were used to remove radioactive cesium and strontium-90 before they contaminated local water systems. Acting primarily as a chelator, zeolite trapped these radioactive minerals within its crystalline cage structure.

Zeolite also appears to remove toxins from the body in a hierarchical order. It first acts strongly to remove mercury, lead, cadmium, and arsenic. This first phase may take one to four weeks or longer. Zeolite then removes second-priority toxins, including pesticides, herbicides, and plastics. Zeolite appears to increase the rate of glucuronidation in the liver, activating phase II of the glucuronidase function. This in turn removes pesticides, herbicides, and xeno-estrogens from the body, releasing them through the urine. Interestingly, it also appears to neutralize the aflatoxin poison.

The proposed mechanism for how zeolite, and, specifically, Daily Detox Plus (Rik's most advanced formulation of zeolite) blocks viral replication is that during viral replication within the cell, the virus is assembled with various parts in a viral production line. Some particles are positively charged, and some are negatively charged. The zeolite traps positively charged viral protein precursor replication components in its zeolite shell, which is then excreted from the body. When this happens, the virus is not able to complete its replication process, and thus the replication of viruses is blocked by the zeolite. In this way, zeolite may play an important role as a broad-spectrum antiviral. This explains why zeolite seems to block the development of many viral infections, including herpes virus 1, coxsackievirus B-5, echovirus 7, and adenovirus 5. Theoretically, this could also apply to a mechanism that could act to block COVID-19 viral replication, although at the time of writing there is no scientific test capable of verifying this potential.

As an example of this, there are forty anecdotal cases of herpes zoster which have reportedly been cured, with the sufferers becoming pain-free in one to three days after beginning to take zeolite. Anecdotal testimony also reports that it is effective in alleviating or curing the flu, colds, hepatitis C, viral or heavy-metal induced multiple sclerosis, and rheumatoid arthritis. Zeolite's action as an antiviral appears to function as a preventative effect which builds up over time, beginning after approximately four to six weeks of use, when heavy metals, pesticides, and herbicides have been mostly eliminated.

There is anecdotal evidence, however, that in some cases its antiviral effect seems to be immediate. Zeolite also is a unique antioxidant. A traditional antioxidant works by absorbing excess free radicals into its system because it has an unpaired electron. In contrast, zeolite traps free radicals in its complex structure, inactivating and eliminating them. In this way, it acts as a complement to traditional antioxidants.

In addition, zeolite buffers the system towards slight alkalinity by establishing pH levels of 7.35 to 7.45, which is the optimum pH for the human body. The body's pH level influences both immunity and brain function. An acidic blood pH (7.34 or lower) creates a precondition for cancer. In an acidic environment, brain cell function can also be impaired, causing depression, anxiety, stupor, paranoia, delusions, hallucinations, or even psychosis.

Zeolite also appears to balance the immune system, either up- or down-regulating it as needed. Although the precise mechanism for this is not entirely understood, this function is clearly very important in a world in which most people's immune systems are seriously compromised.

Because zeolite so powerfully removes various types of toxins from the body, it naturally increases energy and well-being. Users report improvements in mental clarity and a sense of peace, wellness, and happiness. These are what we term positive secondary effects.

For example, clearing out heavy metals allows the body's magnesium stores to work efficiently with adenosine triphosphate (ATP), the biological source of energy in the body. When this interaction is occurring optimally, people have more energy and experience greater well-being. One study has demonstrated that zeolite also appears to increase serotonin levels, which is known to help alleviate some forms of depression.

Zeolite also shows promise as an effective detoxifier for women who plan to become pregnant. I have long since added it to my protocol for the 10-day detoxification program for prospective mothers. In two women who completed the program, whom I monitored for toxins, the toxins dropped - in just seven days - from 12 in one, and 13 in the other, to only 2 in each of them. Toxins in their liver and brain tissue also dropped to an average of only two.

Based on centuries of use in Asia and anecdotal accounts of its use by pregnant women, zeolite appears to be safe even for women who are pregnant or breastfeeding. However, its safe use in pregnancy has not been tested in double-blind studies, and no claims for safe use in pregnancy can be made.

Zeolite is commercially available in a purified and activated form, in the Daily Detox Plus product. There have been no reports of adverse side effects, except one: because of its natural action to absorb water, zeolite may cause dehydration. As the zeolite removes heavy metals, it changes the net charges throughout the body - thus removing electrolytes. (All ions in the bloodstream are electrolytes - even heavy metals.)

The reduction in electrolyte content forces the de-volumizing of the blood and the loss of fluid. Replacing the ions with healthy electrolytes will certainly minimize this reaction - which is why people take electrolytes to begin with. It is therefore important to drink sufficient water (approximately eight glasses a day) both before and while taking Daily Detox Plus to ensure adequate hydration, especially during warm weather of Spring, Summer and early Fall.

There is only one contraindication: Daily Detox Plus is contraindicated for anyone taking any medication containing heavy metals, such as lithium, or containing platinum, which is found in some cancer medications. Before taking Daily Detox Plus, check with your doctor to determine if your current medication contains heavy metals or platinum.

**General Recommended Dosage:** The general adult dosage of Daily Detox Plus is 10 drops three times a day, at any time, with or without food. It can be taken with or away from meals.

As a support for cancer prevention or as an addition to a cancer treatment program, 10 drops four times a day is suggested. Zeolite remains active in the body for five to seven hours, and then needs to be replenished. After four to six weeks of use (at 10 drops three times a day), a maintenance dosage of 10 drops two times a day can be taken, with the amount increased if there is ever any viral, chemical, or other exposure. Children can be given 2 drops, three times a day, as a general

dose.

I personally have tested Daily Detox Plus, and I am very pleased with it and take it four times daily. I feel that everyone living in the industrial world should be taking it on a regular basis. This product is very different from the type of supplements that add to well-being, but are not essential. Daily Detox Plus is simple, elegant, extraordinary, and vital for healthy living in today's toxic world.

I believe this most unique, natural substance is an alchemical gift from God to help us face our present-day health challenges due to ecological ignorance or, as they are called in Ayurveda, prajna prathara or crimes against nature.