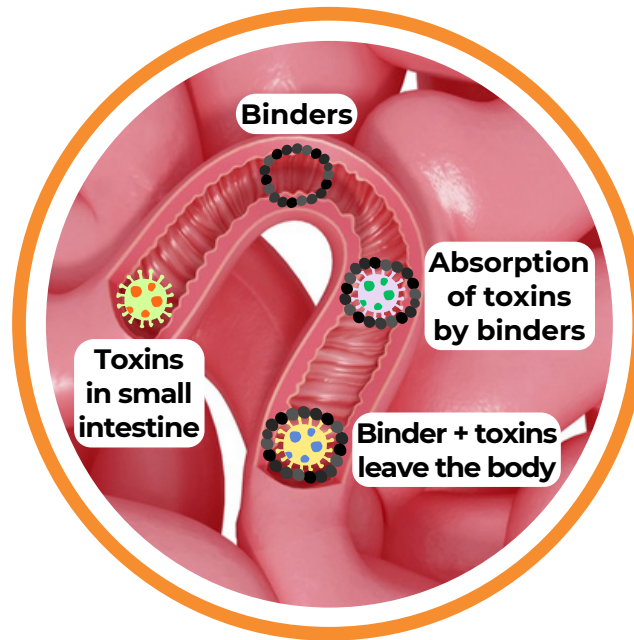


Transforming Autism Workshop 2.0: A Live, Interactive Event

Best Binders to Remove Toxins

By Luminara Serdar



Best Binders to Remove Toxins

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The reason to use binders is to pull toxins out of the gut to prevent recirculation throughout the body. And, for some binders, to pull toxins out of body cells.

Everyone is exposed to toxins daily in food, air water and the environment in which we spend our time (home, school, etc).

Please note that different binders work for different toxins present in the body and cells. While one may be effective for one person, with big behavior shifts, it may not have much of an effect on another person.

I recommend working with a professional who can provide diagnostic tests and assessments for your child to determine which binders and supplements will work best for your child's individual body's needs.

Please consult with your doctor, nutritionist, naturopath or other professional for the appropriate dosage of binders and all supplements, which will depend on age, weight and sensitivity.

Supplements may be purchased through the links below.



For the supplements listed in the Fullscript online dispensary, you'll need to create an account if you don't already have one.

Go here to set up your account:

<https://us.fullscript.com/welcome/autismtransformed>

Best Binders to Get Out Toxins

By Luminara Serdar

Binder	Purpose	How to Use	Cautions
<p><u>Activated Charcoal</u></p> 	<p>Stays in gut and binds toxins: some mold toxins, organic pollutants, pesticides, herbicides, toxins from certain pathogens.</p>	<p>Take 2 hours away from food, medication, supplements.</p>	<p>Will bind vitamins, minerals, nutrients, medications, poisons so must be taken on an empty stomach.</p>
<p><u>GI Detox</u></p> 	<p>Blend of binders that helps remove from the gut pathogen and mold toxins, metals, helps dismantle biofilms in the gut.</p>	<p>Take 2 hours away from food, medication, supplements.</p>	<p>Will bind vitamins, minerals, nutrients, medications, so must be taken on an empty stomach.</p>

Binder

Purpose

How to Use

Cautions

Chlorella



Blue-green algae that helps bind metals like mercury and lead, and biotoxins in the gut.

May be taken with food or on an empty stomach.

As with any binder, start slowly and build up in dosage.

Biotoxin Binder*



Fulvic and Humic acid based compound that binds biotoxins in the gut and also travels throughout the body to bind biotoxins all over the body.

May be taken with food or on an empty stomach.

As with any binder, start slowly and build up in dosage.



Modified Citrus Pectin



The pith and inner membranes of grapefruit that binds heavy metals like mercury, cadmium, lead, aluminum in the gut and throughout the body.

May be taken with food or on an empty stomach.

No cautions. This is typically an 'easy' binder to handle for sensitive systems.

Binder	Purpose	How to Use	Cautions
<p><u>ATRS Zeolite</u></p> 	<p>Lab-made nano-particle size zeolite that is like a cage that pulls heavy metals like mercury, aluminum, cadmium out of the body cells.</p>	<p>May be taken with food or on an empty stomach.</p>	<p>With this spray, start slow, with just one spray. It may take many months to see an effect from this slow pulling of metals out of the body cells and brain.</p>
<p><u>Biosil</u></p> 	<p>Special form of silica that helps bind aluminum from body cells.</p>	<p>May be taken with food or on an empty stomach.</p>	<p>As with any binder, start slowly and build up in drops. This has a lot of sulfur in it, so may not be pleasing to the palate (tastes like sulfur in eggs.)</p>

***Indicates my all-time favorite binder. To order from CellCore, create an account using Luminara's practitioner code: WGGDK83P.**

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