

DETOXIFICATION AND AFA by David Darbro, MD

How Do I Begin Taking AFA?

Before I answer that question allow me to share with you some important concepts that will help you in your efforts to improve your health.

How you begin and what dose you use depends on how toxic you are. One size doesn't fit all. Please don't take offense when I imply that you are toxic. You may not think that you are toxic. But if your health isn't what you want it to be you are either lacking something you need or you have something in your system that your body doesn't want. There are only two possibilities for poor wellness. I'm betting that if you are suffering poor health the major reason is because you are toxic. You may want to fill out the Toxicity Questionnaire to give you a little insight on that score.

I am afraid that we are all toxic in one way or another as we live in the quagmire of 21st century pollution. If you have lived in a glass bubble all your life you may not be as toxic as the rest of us, but you never the less are suffering the consequences of some toxicity.

Of course, if your health isn't what you want it to be and if you indeed are toxic you obviously need to detoxify. I believe that many if not all of man's modern day ailments stem from the fact that cells and tissues are burdened with toxic elements. This means we are simply being poisoned into poor health.

If you begin to work to remove the poisons from your body that are responsible for causing your poor health, it is possible that this cleaning up process may make you feel worse. Why is that?

Here is an important concept to understand.

The body has been designed to sweep the dirt under the rug to hide toxic chemicals, metals, etc. from the blood system. If heavy metals like mercury or lead, etc. were left in the circulatory system they would kill us. The body has to hide free radical producing toxic substances from sensitive areas. This means they generally are stuffed in the fatty parts of the body—where they are put out of circulation. Where are these hiding places? Brain, cell membranes, thyroid, adrenal, and fat cells for starters. Of course, these toxins do damage where ever they land. It is a matter of lessening the damage wherever possible.

Survival is the number one body priority. Toxin disposal is a life or death matter. Thus, it is reasonable to realize that the body is designed to stuff or hide or put away toxic elements wherever and as expeditiously as it can.

House Cleaning and Possible Consequences

To get the body back into health we have to do house cleaning. Body cleaning can result into what has been called a dynamic body change or a detoxification reaction.

Look at AFA as a food that not only helps your body release its dormant stem cells, but also contains the tools the body can use to detoxify. When we clean house (or really, clean our body) we may experience a variety of signs and symptoms, including:

- Headache
- Constipation
- Rash (caused by dumping stuff out through the skin)

- Flu like symptoms
- Bad breath
- Fatigue (your energy is being used to clean house--work is in process)
- Achy muscles, joints or bones
- etc.

We do not know the extent of your toxicity burden right now so it is wise to start our repair and body cleaning slowly and gradually increase the dosage as your body is ready. There is a subjective test “Toxicity Questionnaire” on our Home Page for your personal use.

Imagine You Are In Training:

The concept involved is the same as training to run the mini marathon. We can over train and do too much too soon or we can under train and not do enough. Either of these approaches are ineffective and will keep us from attaining our desired goal of running and finishing the mini marathon. The key to success is to train at the right pace and intensity. We do not want to strain ourselves and lose time or under train and never get to the level of proficiency to finish the race. It is work, but good work. Remember no sweat no gain.

Tuning Into Your Body:

The key and the lesson to learn is to be tuned into *your* body as you begin taking this complete food so that *you* determine the daily dose. AFA Concentrate which will not only give your body the good nutrients that the body can use in and of itself to purge the bad harmful toxins whatever they may be, but it also contains useful molecules such as chlorophyll and phycocyanin that themselves are detoxifiers.

Important Concepts:

1. Drink lots of water. (alkaline is the best--that is where Barley life is a helper).
2. Keep the bowels open--a couple of 1/4 pounders a day easily passed is ideal.
3. Walk daily
4. Read the Bible daily.

So... How Do I Begin Taking AFA?

Start with one-half (1/2) the suggested dose. Example: if the suggested dose is (2) then start with just (1). Wait and see how you do.

If you do not get a detox reaction, then take another one-half (1/2) dose in 4 hours.

Wait another 4 hours.... if you do not get a detox reaction, then take a full dose.

Follow the above pattern until you can hum along with a full dose three times a day.

What To Do If I Detox Too Quickly?

If you have manifestations of detoxification.... rejoice. That is good news. You could say that you are a work in progress. Your body is doing what it is supposed to do.

Well, you can either stick it out and suffer through it over the days it takes to clean house or you can cut back on the dose.

Even if it means taking only 1/2 dose a day. Slow detox is better than no detox at all. Remember AFA is a whole food. When we think of it as being similar to concentrated carrots you will get the idea. Natural foods, the way the Designer meant them, are beneficial and not detrimental.

When Should I Take The AFA?

I prefer before meals...maybe 30 minutes. Some folks prefer eating a light snack with the dose. It really is up to you. Remember...this is a food. Everything in AFA has been designed by the Creator for food for the body.

Some take a dose at bedtime as it helps them sleep. Others notice the opposite. Again you do what is best for your God given body.

When Can I Expect Results?

It depends on how much repair is needed to get things right.

It is possible to see initial results in 15 minutes, or 24 hours or a month or several months.

If your body is seriously damaged, extensive rebuilding is necessary. Think of Hurricane Katrina and its devastation or a tornado suddenly swooping through a city blasting it into shambles. Time is required for cells and tissues to rebuild. Stem cells are your rebuilders. The more stem cells you get into the blood stream the faster the building process can occur.

Faith Required

This job of repair is going to require faith:

- Faith in the truth that your body has been fearfully and wonderfully designed.
- Faith that the Designer has used a plan to build your body down to the smallest detail.
- Faith that your “doctor within” knows what to do with your resources and body potential.
- Faith that the “doctor within” knows when to fix what and is working on your behalf to restore your health.
- Faith that if you do your part to help the “doctor within” that wellness is attainable when enough time is given.
- Faith in knowing that work *is* being accomplished even though you may not *feel* it is being accomplished.
- Faith that the God given “doctor within” knows best

A word of encouragement: If we remain steady at the helm and never give up, are patient and do our part, then by God’s grace we will improve our health and wellness.

Is It Worth It?

We must all come to the grips with reality. What price would we put on health? Ask yourself this question. How much would you pay to avoid that stroke or heart attack or cancer that could be heading your way? Every minute someone has a stroke or heart attack. One out of three of us will be diagnosed with cancer.

How much would you pay to regain your health once you lose it? I think of a multimillionaire who had a stroke a few years ago and now spends his time in a facility waiting to die. His millions are absolutely useless to him. The truth is that our health is our wealth. We must be proactive in guarding it. We must be vigilant to block those who put dollars and power before people who are trying to take away our inalienable right to life, liberty and the pursuit of happiness. Is better health worth working at it in the first place and is it worth fighting for?

Your answers to these questions will determine how you live the rest of your life.

Dr. David