



***DR. HELEN  
TOXIN BINDER PROTOCOL***

TARGETING OCHRATOXIN & CITRININ

CAPTURE. CARRY. CLEAR.

## WHAT THIS DOES

This protocol helps your body:

- Bind mold toxins (especially ochratoxin & citrinin)
- Prevent reabsorption
- Support safe elimination through the gut

## BEFORE YOU START

- ✓ You must have 1–2 bowel movements daily
- ✓ You must be drinking enough water

If not, address this first.

## HYDRATION

- Drink  $\frac{1}{2}$  your body weight (lbs) in ounces daily
- Optional: coconut water (8–16 oz/day)

<b>YOUR DAILY ROUTINE</b>	
MORNING (EMPTY STOMACH)	BREAKFAST
<ul style="list-style-type: none"><li>• Probiotic + gut support (as prescribed)</li><li>• Warm lemon water</li><li>• Wait <b>30–60 minutes before eating</b></li></ul>	<ul style="list-style-type: none"><li>• Oregano oil + black seed oil</li><li>• NAC (as prescribed)</li></ul>
MIDDAY (EMPTY STOMACH)	PRIMARY BINDER (MOST IMPORTANT) Chlorella <ul style="list-style-type: none"><li>• Start: 500 mg</li><li>• Increase to: 1,000–1,500 mg</li><li>✓ Best for ochratoxin &amp; citrinin</li><li>✓ Supports toxin removal + nutrition</li></ul>
EVENING (OPTIONAL SUPPORT)	ADDITIONAL BINDER: Multi-binder (clay + charcoal blend) OR Activated charcoal (as needed) <ul style="list-style-type: none"><li>✓ Helps capture additional toxins</li><li>✓ Especially helpful if symptoms flare</li></ul>

## IF YOU FEEL WORSE (DETOX SYMPTOMS)

You may experience:

- Headache
- Fatigue
- Brain fog

Take activated charcoal at bedtime

Increase water

## BOWEL SUPPORT (IF NEEDED)

- Magnesium glycinate (night)
- Chia or flax seeds
- Vitamin C

✓ Goal: 1–2 bowel movements daily

## IMPORTANT RULES

- Do NOT take binders with food
- Do NOT take with medications
- Take binders 2–3 hours away from everything

## WHY THIS WORKS

Ochratoxin and citrinin can recirculate in the body.

This protocol:

- ✓ Binds toxins in the gut
- ✓ Prevents reabsorption
- ✓ Allows your body to eliminate them safely


We are not forcing your body to detox.

We are removing what's blocking it so your body can finally heal.

## HOW LONG?

Follow this protocol as directed during your program phase.

Adjustments will be made based on your progress.



Best results happen when you:

- Follow your nutrition plan
- Stay hydrated
- Keep your bowels moving daily
- Stay consistent