

A microscopic view of green, fibrous structures, possibly algae or fungi, with several blue, spherical particles attached to them. The background is a dark, blurred green.

MYCOTOXIN RESCUE

PROTOCOL

I S A A C E L I A Z M D

YOUR ESSENTIAL MYCOTOXIN RESCUE PROTOCOL

by ISAAC ELIAZ, MD, MS, LAc

Healing from mycotoxins can feel like a full-time job. And that's without even addressing the biggest hurdle in mycotoxin recovery—your environment.

Moving homes, replacing your belongings, all while embarking on a complex detox program that might make you feel worse (aka a detox crisis) depending on your genetic pathways...these were the uphill battles I saw my own patients struggling with on the rocky road to mycotoxin recovery.

That's why I developed this Mycotoxin Rescue Protocol—to give my patients much-needed relief from mycotoxins more quickly, safely and effectively—so they could tackle the bigger things, like their environments.

But the amazing truth is, after following this simple program many of my patients found they could get better without having to move homes and replace all of their belongings.

That's because this safe and simple, clinically-recommended protocol helps remove mycotoxins from the body, AND heal the damage they've done— while reducing immune system reactivity, mast cell activation, and

overactive inflammation responses at the source.

And it can work regardless of your genetic detox pathways, current or past health issues, or toxic body burden.

Hi, I'm Dr. Isaac Eliaz. As an integrative physician with over 25 years of clinical and research experience in detox and complex conditions, I've seen how mycotoxins impede healing, and cause debilitating symptoms that can turn your life upside down.

Early on, I found that many patients were too sensitive to tolerate in-depth detoxification, because they would get a herxheimer reaction, aka a detox crisis.

Maybe you've experienced a detox crisis yourself when trying to address mold and mycotoxins: Your body is so full of toxins that you can't eliminate them quickly enough. This allows toxins to recirculate, and causes symptoms to flare up dramatically.

That's exactly why I developed this foundational Mycotoxin Rescue Protocol, to get to the root of mycotoxicity and its Pandora's box of related issues, allowing the body to detoxify and recover, without a major detox crisis.

Today, I'm excited to be bringing these advanced solutions from my decades of research and clinical practice, directly to you. As a sponsor and speaker at the Mycotoxin and Chronic Illness Summit, it's my goal to provide you with the solutions that I've seen work with my own patients to address mycotoxicity at the root—and get your life back.

This simple, versatile Mycotoxin Rescue Protocol can be taken alone to safely detox the body and repair from mycotoxin damage—OR, it can be added to other mycotoxin detox products and programs to enhance efficacy, avoid detox crisis reactions, and reduce your sensitivity to your environment.

ABOUT ISAAC ELIAZ, MD, MS, LAc

Dr. Eliaz is a leading expert in integrative medicine, with a focus on detoxification, mycotoxins, and complex conditions. He is a respected clinician, researcher, keynote speaker, and best-selling author of *The Survival Paradox*. Dr. Eliaz partners with leading institutes including Harvard, NIH, and Columbia, to co-author studies on advancements in integrative medicine. He is Medical Director of Amitabha Medical Clinic in Santa Rosa, California.

BLOCKING ALARM PROTEIN GALECTIN-3—THE KEY TO SUCCESSFUL MYCOTOXIN RESCUE

The key to this simple and safe Mycotoxin Rescue Protocol, is targeting a molecule in the body that I've been studying for decades—the alarm protein Galectin-3. Galectin-3 is the upstream pilot light for uncontrolled inflammation, cytokine storms, mast cell activation, biofilm formation, dysbiosis—basically every trigger for debilitating mycotoxin symptoms.¹

I've been researching Galectin-3—and how to address it—in partnership with Harvard, NIH, and other renowned research institutes, for close to three decades. Thousands of published studies now show how Galectin-3 directly drives our most serious inflammatory conditions—including mycotoxin illness.

Research shows Galectin-3 levels are significantly higher in people with mycotoxin illness, fueling uncontrolled inflammation, biofilms, and immune dysregulation.^{2,3}

In this protocol, I'll show you how to easily stop Galectin-3 and reverse the damage it has done—so you can get to the root of mycotoxin illness, along with nearly every other chronic, inflammatory condition.

In addition, this Mycotoxin Rescue Protocol contains a powerful detox binding solution that not only mops up a broad range of biotoxins and environmental toxins, but also helps repair and rebalance your gut, protect neurological health, and provide essential nutrients to heal from mycotoxin damage.

You'll also receive additional dietary guidelines that can be included with this simple two-step protocol, to deliver foundational support so you can feel better faster.

Ready to feel better? Let's get started.

STEP 1:

ADDRESSING GALECTIN-3 AND MYCOTOXINS WITH CLINICALLY-PROVEN PECTASOL MODIFIED CITRUS PECTIN

There are binders...and then there's PectaSol. In my clinical and research experience, and in consulting with other providers, PectaSol is the top foundational solution for mycotoxins and related issues.

In a class of its own with over 75 peer-reviewed studies and 25+ years of patient success, PectaSol is clinically proven to tightly bind and safely eliminate toxins from the body—while at the same time, delivering a multitude of unparalleled benefits to defend and restore long-term health and physiological function at the cellular level.*4

PectaSol Helps Bind Mycotoxins AND their Upstream Inflammatory Triggers

In addition to tightly binding and safely removing heavy metals, radioactive elements, and biotoxins, PectaSol is the most-researched blocker of Galectin-3.

From cytokine storms⁵ and mast cell activation⁶ (MCA), to the upregulation of damaging compounds like TGF-B and Matrix Metalloproteinase-9 (MMP-9)⁷ that wreak havoc on membranes and tissues like gut wall and blood-brain barrier, Galectin-3 is the trigger for numerous uncontrolled pathogenic processes related to cell danger response.⁸ Galectin-3 also forms the backbone of the biofilm structure, sequestering pathogens and toxins

and evading your immune system.⁹

When we bind and deactivate Galectin-3 with PectaSol, we can achieve powerful results for addressing mycotoxicity:

- calm overactive immune and inflammation responses
- reduce MCA and hypersensitivity to environmental triggers
- block mycotoxin biomarker MMP-9 to protect against toxin redistribution
- help reduce or eliminate Herxheimer reactions
- break up biofilms
- allow other approaches to work better, including antimicrobials
- promote optimal immune surveillance and activity
- help protect and restore healthy cell, membrane, organ and tissue function

These foundational benefits add to PectaSol's safe and superior toxin binding actions, resulting in broad-spectrum, comprehensive benefits for rebalancing health and total-body function in the presence of mycotoxin-related issues.

See page 10 for the Complete Mycotoxin Rescue Dosing Protocol

STEP 2:

GI DETOX AND GUT-BRAIN BALANCE WITH GLYPHODETOX

Environmental toxins like pesticides, heavy metals, and many others can directly fuel mycotoxin symptoms, and even trigger the production of additional mycotoxins in the body. A broad spectrum detox binding formula is essential to address not only mycotoxins but also the range of environmental pollutants and other biotoxins that contribute to uncontrolled inflammation, immune dysregulation, detox crises and more.

GlyphoDetox is a first-in-class pesticide and biotoxin binding formula featuring 5 powerful positive and negatively charged binders that provide targeted detoxification support for pesticides including glyphosate, agricultural and environmental neurotoxins such as fluoride and bromide, as well as mycotoxins and biotoxins in the gut and circulation.*

GlyphoDetox Binds and Removes Toxins and Helps Repair Gut and Neurological Function

Multi-action binders in GlyphoDetox target a wide range of toxins that can contribute to mycotoxicity and mycotoxin issues— mycotoxins and biotoxins, pesticides including glyphosate, heavy metals, and environmental toxins—allowing them to be tightly bound and safely eliminated.

These ingredients also provide essential nutrients for prebiotic nourishment and microbiome rebalancing, bowel motility and regularity, gut wall integrity, mineral replenishment, glutathione production and healthy liver function, thyroid defense, and healthy neurological function.

INGREDIENTS

Fulvic acid—Antioxidant and mineral-rich humic substance with powerful mycotoxin and pesticide detoxification properties in the gut and circulation. Supports healthy inflammation and immune responses, microbiome balance, gut wall integrity, antioxidant activity, and neurological function.¹⁰⁻¹²

Glycine—An amino acid that defends neurological health against toxin exposure, boosts glutathione production and supports healthy liver detoxification. Supports gut wall integrity and repair. Glycine also competes at key receptor sites in the body to prevent pesticides like glyphosate from being stored as glycine substitutes.^{13,14}

Organic Icelandic kelp—Binds to toxins including glyphosate in the gut, supports bowel regularity and gut wall integrity, nourishes microbiome, provides essential mineral support for neurological health, defends thyroid function, supports healthy immune and inflammation responses.^{15,16}

Unmodified citrus pectin—Binds toxins including mycotoxins, pesticides and heavy metals in the gut, supports bowel regularity and gut wall integrity, provides powerful prebiotic microbiome nourishment.^{17,18}

Alginate from seaweed—Provides targeted binding support for heavy metals, pesticides, and biotoxins in the gut, helps break up biofilms, prevents reabsorption of toxins into the circulation, provides powerful prebiotic microbiome nourishment.¹⁹⁻²¹

See page 10 for the **Complete Mycotoxin Rescue Dosing Protocol**

MYCOTOXIN RESCUE KIT

PECTASOL + GLYPHODETOX

This simple 2-step protocol is easy to follow, and provides a wealth of clinical benefits to address mycotoxicity and long-term health—for broad-spectrum, multi-targeted support.

- Binds and eliminates a broad range of of myco, bio, and environmental toxins
- Limits and prevents Herxheimer reactions (aka “detox crisis”)
- Modulates immune reactivity — reduces mast cell activation (MCA) and cytokine storms
- Regulates inflammatory signals upstream — reduces TGF-B, CRP, IL-6, others
- Breaks up biofilms and mops up toxic byproducts
- Enhances efficacy of other treatments
- Prevents toxin uptake and storage in organs and tissues
- Blocks mycotoxin biomarker MMP-9 to prevent toxin migration and redistribution
- Balances neurological function
- Supports optimal cell, organ, and tissue repair and function

MYCOTOXIN RESCUE PROTOCOL DOSING

How do I take these products?

Dose Escalation Timeline	Products	Morning: 30 min before breakfast	Evening: 1.5 hrs after dinner
Days 1 - 3	PectaSol	1 scoop	
	GlyphoDetox	2 capsules	
Days 4 - 7	PectaSol	1 scoop	1 scoop
	GlyphoDetox	2 capsules	2 capsules
Days 8+	PectaSol	1.5 scoops	1.5 scoops
	GlyphoDetox	2 capsules	2 capsules

For best results, increase to full dosing over the first week. Wait at least 30 minutes before / 1.5 hours after meals to take these products.

How long will I need to take these products?

While timing and results vary, many people with mycotoxin issues report feeling better and less reactive to mycotoxins and cofactors, within 1-3 weeks when using the Mycotoxin Rescue products. Depending on your unique health profile and treatment plan, resolution of mycotoxin issues can take 18 months or longer. As always, working under the guidance of a qualified practitioner can allow you to create the optimal protocol for your health needs.

DIETARY GUIDELINES FOR MYCOTOXINS

In addition to the Mycotoxin Rescue Protocol, dietary interventions are another foundational pillar for optimal recovery from mycotoxin issues including immune dysregulation, poor gut function, and chronic inflammation. Following these dietary guidelines can help you reduce exposure to mycotoxins in your food, calm inflammation, and improve your immune and detox capacity—translating into fewer symptoms and improved well-being overall.

FOODS TO AVOID

Experts emphasize the importance of avoiding certain foods that are found to contain high levels of mycotoxins:

- Wheat
- Dairy
- Peanuts, walnuts, cashews, brazil nuts
- Alcoholic beverages
- Processed meats
- Bulk dry goods (grains, legumes, dried fruit)
- Packaged fruit juices

In addition, avoiding inflammatory foods is essential to reduce inflammation in the gut and systemically. These foods include:

- Refined sugars and carbohydrates
- Processed and packaged foods
- Oxidized oils (found in fried foods, packaged goods, and other sources)
- High sugar fruits like mango and pineapple

FOODS TO EMPHASIZE FOR OPTIMAL MYCOTOXIN RECOVERY

- Organic, gluten-free and low-starch grains and “pseudograins” like quinoa, amaranth, buckwheat, brown rice
- Organic, pasture-raised meats
- Raw seeds including flax, sunflower, chia, and pumpkin
- Cruciferous vegetables including cabbage, broccoli, cauliflower, kale, radish, and others
- Low-starch vegetables including cucumber, celery, fennel, peppers, onions, leeks, garlic, asparagus, lettuce, microgreens
- Healthy fats including unrefined coconut oil, raw olive oil, avocados and avocado oil

Addressing mycotoxins and rebuilding your health requires a solid foundation of targeted strategies to address inflammation, modulate the immune system, detoxify your body, and repair the damage to your gut, neurological system, and vital organs. This Mycotoxin Rescue Kit covers all of these aspects, for comprehensive support.

With these straightforward solutions, we can address the key factors that contribute to mycotoxin symptoms, and create a new baseline to help you achieve—and exceed—your health goals, for optimal vitality and long-term wellness.

MYCOTOXIN RESCUE

KIT



[CLICK TO GET STARTED TODAY](#)

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