DR TOM - Detox Worksheet for Base Hits 3 - 2020 Q&A

1. **Sylva Dvorak for Trauma Recovery:** https://drsylvadvorak.com/

2. **Link to our Clinical Services Team:** https://thedr.com/clinical-services/

3. **The two detox programs Dr. Tom Recommends:**

   - True Cellular Detox ($1,000): https://detoxwebclass.com/2020-obryan-webclass?afmc=vx
   - Diane Kazer's Warrior Cleanse ($97): https://mo595.isrefer.com/go/twcp/thedr/

4. **Castor oil packs** are a powerful tool that require less than **2 minutes** to prepare, and can be worn over the abdomen for just an hour a day (or overnight), your **secret weapon** for gut health! Click here for our special VIP offer with Dr. Marisol. Poop better, sleep better, cleanse better, stress less and digest well. **Click here** and use the code **TOM10** to save 10%.

5. **AirDoctor** - What's in the air you breathe? Dust, dust mites, pollen, mold, chemicals, smoke, pet dander, airborne germs, bacteria, and viruses - not to mention dead skin! Filtering-out irritants and contaminants in your home can have a huge impact on your health. Indoor air can be up to 100x more polluted than outdoor air, according to the EPA. While sheltering in place **AirDoctor** removes virtually 100% of the airborne particle pollution, and the vast majority of toxic ozone and volatile organic compounds (VOC). https://www.airdoctorpro.com/?src=affiliate&aid=64957

6. **AquaTru Water Filter** - The first and only countertop reverse osmosis water purifier that is certified to create bottled-quality water from your tap. AquaTru's exclusive, patent pending Ultra Reverse Osmosis® Technology is the gold standard in water purification technology. AquaTru is certified to remove 82 toxic chemicals including: Lead, Chromium 6, Chlorine and Chloramine, Fluoride, Pesticides and Fertilizers, PFOA and PFOS.

7. **MyGreenFills Non-Toxic Home Products** - Dr. Tom asked us to share his Q&A with Steven Ezell, founder of MyGreenFills. Here's the video, and below are som2e great discounts to support your better, less toxic life and home.

   - **Laundry Detergent: MyGreenFills**
   - **Truly Free Aloe Hand Soap** contains no harsh chemicals and is guaranteed to get your hands clean and super soft even after multiple hand washes a day.
   - **The Truly Free cleaner** exists because the mainstream store-bought cleaners are toxic… even some of the "eco-friendly" cleaners are not Truly Free of harmful chemicals.
   - **TrulyFree Fruit & Veggie Wash** - Are chemicals, pesticides and herbicides on your family's produce? Yes :-(

8. **Please watch Dr. Tom's video on E3 Advanced (to break down B3 Toxins, Wheat, etc.) -** One capsule before every meal helps: support complete pulverization of gluten proteins, normal digestive function, proper immune response to gluten proteins, optimal health by supporting normal gut microflora, the proliferation of beneficial bacteria and inhibit other bacteria. There are a lot of gluten digesting products out there, but they take 3+ hours to work, and thus, do not stop the inflammation that develops from the exposure.

9. **Here is the powerful list of products mentioned on the call to support your detox efforts!** You can find all of these products, and more, here: **Check out my Private Label Line and use the Discount Code BH3 to save 15%** on all of these private label products during this course.

   - **GS Sensitivity Support Packs**
   - **GS Immuno Restore Powder**
   - **GS Dual Detox**
   - **GS Broccoli Seed Extract**
     - **30 count**
     - **120 count**

10. **This is the Certified Gluten Practitioner Program:** http://certifiedglutenpractitioner.com/

    And THIS is Dr. Tom's NON practitioner "CGP Program". This gives that super high level info (but no certification): **https://gg110.infusionsoft.app/app/orderForms/CGP-Non-Practitioner-Course**

11. **Here are the Zoomers** https://store.thedr.com/lab-tests/

12. **DetoxiGenomic® Profile.** https://store.thedr.com/product/detoxigenomic-profile/

13. **House Plants Handout:** http://thedr.com/houseplants/

14. **We would like everyone to enjoy free access to The Gluten Summit - just register here - and yes, you can share this with others** https://thedr.com/tgs/

15. **Stinky Homework -** Dr. Tom asked everyone to please watch his videos on the **Smell Test** he helped develop - that smell is a powerful indicator of toxicity.

We are working on getting a special discount for a great sauna for everyone. Stay tuned for that. The list of Sauna benefits for humanity seems endless. Hundreds of studies and clinical trials can be found reporting impressive improvements in… Arthritis, Sleep Disorders, Mood Disorders, Thyroid Disorders, Acne, Obesity, Autism, Cancer,

Cellulite, Heart Disease, Radiation Related Illnesses, Crohn's Disease, Rheumatoid Arthritis & Fibromyalgia, Scars & Wound Healing, Strokes, Menopause, Depression, Asthma, Eczema And Psoriasis, Colds, The Flu, and More!