



The Optimal  
Detox &  
Gut Reset  
**Masterclass**

THE MANUSCRIPT

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**DISCLAIMER:** The information contained in this document is for educational purposes only and not intended to treat, diagnose, cure, or prevent any disease. You should always seek the advice of your physician or otherwise qualified healthcare provider with any questions you have regarding a medical condition before undertaking any diet, exercise, supplement, health program, or other procedures discussed in this Detox Fundamentals Sheet.

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Hello my friends! Welcome to the **Detox Fundamentals**. This document will give you a brief overview on to what toxins there are, what are ways to beat them and how [[you can unlock our masterclass community and access all my material.](#)]

The Content in this Fundamental Sheet and also my Masterclass is subject to continual review. Expect new guidelines, updates both for videos and booklets every few months.

Should you have any personal queries or require direct assistance, please don't hesitate to contact me privately via email or the telegram group.

I'm here to support you on your healing journey.

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# DETOXIFICATION FUNDAMENTALS

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**D**etoxing? What is that even good for? Doesn't our Liver do the job?

Our modern environment is overwhelming for our bodies. Junk food and low quality food full of pesticides and GMO modifications, fluoridated tap water that is contaminated with toxins and medications, toiletries and skincare full of chemicals. All of these and more are slowly poisoning our bodies.

Our liver and our lymphatic systems are the main detoxification systems, but they are completely overwhelmed and unable to get rid of these substances. Many of them are bound in our organs, deposited in fat tissue and brain tissue or growing inside our cells like parasites and bacterial biofilms.

## What are the main toxins?



The 6 main toxins we are regularly exposing ourselves to are

1) **Parasites:** 30-60% of people have an active parasite infection. Hard to get rid of due to disrupted gut membranes and often reinfections due to contaminated food and water. Likely the cause of chronic diseases like Crohns.

2) **Bacteria:** 33% of people suffer from chronic mucus due to bacterial biofilm in the naso-oral pathways. Often antibiotic-resistant due to year-long mutations

3) **Viruses:** Incidence of chronic virus infections like EBV and Herpes is increasing due to reduced immune system function. Believed to cause many chronic diseases like MS.

4) **Microplastics:** Every year we consume 130.000 microplastic particles. This exposure increases oxidative stress and causes neurotoxicity, metabolic disorders and false immune responses.

5) **Chemicals:** Skincare products, fluoridated table salts and toxic tap water expose us to an array of toxic chemicals like phthalates, BPA, fluoride and many more every day.

6) **Heavy Metals:** Rice, Fish and Algae and Babyfood are all highly contaminated with heavy metals. They cause longterm neurological diseases and short-term brain-fog and fatigue.

## How can we detox?

Detoxing has to be done regularly, as we always accumulate toxins. It is impossible to live toxin-free in the city. I personally do a full detox every 3 months. That's why it's integral to have a holistic detox protocol that gets rid of the big 6 toxins as efficiently as possible. [\[unlock here\]](#)

I also recommend reducing toxin accumulation in the meantime. That's why a scientific detoxification always consists of 1) Prevention and 2) Detoxification.

### 1) Prevention

Prevention can be done by reducing toxin exposure in everyday life and by integrating toxin reducing measures into our routines.

#### Examples of reducing toxin exposure:

A. Stop eating raw fish to reduce the risk for parasites

B. Stop eating pesticide ridden conventional strawberries and opt for organic

C. Stop drinking Tap water with fluoride, medications and heavy metals and use a water filter or spring water instead

D. Stop using conventional toiletries and skincare

E. Stop eating toxic junk food

F. ...And many more

## 2) Detoxification Protocol

My detoxification protocol clears up all toxins in 10 days by a smart and affordable (around 70 dollars) combination of herbs, foods and supplements. It focuses both on eliminating all toxins, but also restoring the gut membrane to reduce future toxin accumulation.

### Examples of singular detoxification agents

A. For Parasites, we can use Papaya Seeds and Honey. We also need to kill parasite eggs and flush and bind parasites to stop their nesting.

B. For Viruses like chronic herpes and EBV, L-Lysine as well as vitamin d can be used help.

C. For the Gut, aloe vera juice and plant fibers, e.g. from celery work wonders.

D. For Fluoride, we need iodine.

E. For Heavy metals, we need chelating agents like activated charcoal.

F. ...And many more

To unlock lifelong knowledge and also gain personal assistance by me and my community, you can join my Optimal Detox and Gut Reset Masterclass now. You will receive Video modules by me, my Manuscript, my E-Book and more.

**[\[Click here to get more information on the detox masterclass and reserve your spot to a toxin-free live.\]](#)**