

# **Hompes Method**

## **Practitioner Training Level II**

### **Lesson Twenty-Three**

### **Supporting Phase I Detoxification**

# Phase I Support - Introduction

- Phase I pathways require many nutrients and it's pertinent to ensure your clients/patients are obtaining those nutrients from whole food sources. There's no substitute for whole foods but when the gut is compromised it may be pertinent to rev up the phase I pathways.

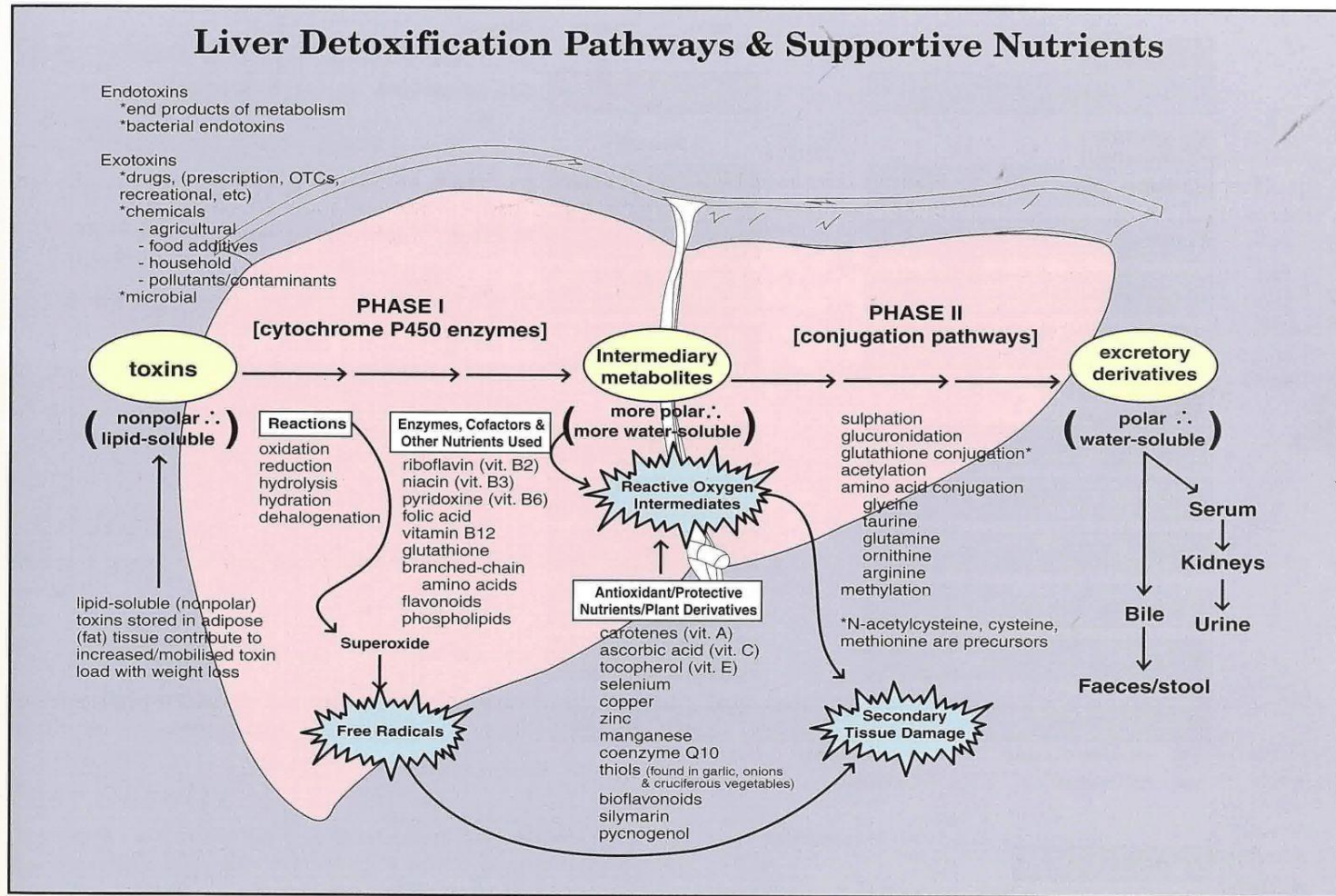
# Phase I Support - Introduction

- It's unwise to provide phase I nutrients prior to supporting and up-regulating phase II. Simultaneous up-regulation of both pathways may be ok in some people. Antioxidant support for phase I and intermediate metabolism can be very helpful.

# Phase I Support - Introduction

- As with phase II, it's wise to evaluate your client/patient medication list to check whether they are taking substances that affect (induce or inhibit) phase I.

# Phase I Nutrients



# Phase I Nutrients

- Phase I nutrients simplified:
  - B vitamins
  - Specific minerals
  - Antioxidants
  - Amino acids
  - Energy production!
    - Glucose, amino acids, fatty acids, CoQ10, iron, copper, magnesium, carnitine, B vitamins, lipoic acid

# B Vitamins

- Most reputable companies produce high quality B-vitamin formulas (Thorne, DFH, ARG, Seeking Health, Biogenesis, etc.) We'll cover the specifics in a more in depth fashion when we look at B vitamin metabolism in the organic acids test.

# Minerals

- I haven't come across any practitioners who supplement with individual minerals for the purpose of up-regulating phase I. Selenium, magnesium and iron are often used, but with other goals in mind (magnesium for general wellbeing, iron for anemia and selenium for mercury detoxification and antioxidant support).



# Minerals

- The consumption of fresh fruit, veg, high quality meat, fish and seafood, plus bone and mineral broths and the use of a broad spectrum mineral supplement are recommended.

# Amino Acids

- We're not necessarily talking about the same amino acids that support phase II. General amino acid support will assist phase I both directly and via enhanced cellular energy production. Whole food, bone broth and collagen/gelatin are ideal. Vegetable protein sources such as pea and rice are ok in some people. High quality whey can also be ok for some.

# Antioxidants

- Vitamins, A, C, E (possibly D)
- CoQ10
- Selenium
- Flavonoids
- Catechins
- Resveratrol
- Pycnogenol
- Ellagic acid
- Astaxanthin
- Curcumin
- Glutathione
- Get your clients eating as much fresh fruit and veg as they can, organically grown where possible.

# Antioxidants

- We'll look at individual antioxidants in more detail in a separate lesson – in today's installment we'll just look at some of the broad spectrum combination products I've found to be effective.

# General Detox Support (Phases I & II)

- **BioCleanse** is designed to support both Phase I and Phase II detox pathways. It provides balanced proportions of protein, carbohydrate and fat to support healthy blood sugar levels.



# General Detox Support (Phases I & II)

- **ClearVite** is designed to help provide nutritional compounds and botanical extracts considered pivotal to support neutralizing and expelling toxins. Phase I and phase II are supported, along with vitamin, mineral and botanical antioxidants.



# General Detox Support (Phases I & II)

- **Optimal Detox** is pea & rice protein, taurine, glutamine, glycine, evap. cane juice, sunflower oil, fiber complex (inulin, beta-glucans, oat), IgG protein isolate, MCTs, arabinogalactan, Aminogen, OncoPLEX (SGS broccoli seed extract), potassium citrate.



# General Detox Support (Phases I & II)

- **Paleocleanse** is pea and rice protein. It supports both phases of liver detoxification & contains a very comprehensive array of herbal hepatics, alternatives and cholagogues to promote optimal liver function and elimination.





# General Detox Support (Phases I & II)

- **Select Cleanse:**
  - Supports phase I, phase II and has antioxidants to help protect against the clearance of intermediate compounds.



# General Detox Support (Phases I & II)

- **ProtoClear** has phase I and Phase II plus antioxidants:
  - Selected B vitamins
  - Modified Citrus Pectin
  - Medium chain triglycerides (MCTs)
  - Protein, CHO & fats help to sustain energy production.



# General Detox Support (Phases I & II)

- Each individual Detox Support Packet contains:
  - Detox Antiox
  - LV-GB Complex
  - Amino D-Dox.
  - It's very convenient for busy people and travelling.



# Using the Powders

- I'd use the comprehensive powder formulas / detox packets in people on a limited budget, who can't afford to split down the protocols into separate chunks. I'd start really slowly and build-up the dose. I'd also consider using the formulas for busy people, athletes and folk who travel a lot.

# General Liver and Gallbladder Support

- Nice product for gently supporting liver and gallbladder function:
  - Vitamin C
  - Dandelion root
  - Milk thistle seed extract
  - Ginger root
  - Phosphatidyl choline
  - Taurine
  - Beet root



# General Liver and Gallbladder Support

- Supports LV/GB function & bile flow:
  - Vitamin A
  - Vitamin B6  
Folic Acid
  - Vitamin B12
  - L-Methionine
  - Taurine
  - Inositol
  - Milk Thistle
  - Ox Bile 75 mg  
Greater Celadine
  - Dandelion Root
  - Fringe Tree (bark)
  - Artichoke
  - Beet Extract



# General Liver and Gallbladder Support

- **Liver Support II** is a combination of herbs traditionally used for liver support. It has the Ayurvedic herb picrorhiza that's been shown to increase bile production prostaglandin formation. It is hepatoprotective and has liver cell promoting effects. Liver Support II also contains silymarin and curcumin.



# Combination Antioxidants

- **Detox Antiox** contains C, E, biotin, Zn, Mn, Mb, NAC, leucine, ALA, polyphenols, curcumin, grape seed extract, phosphatidyl choline.





# Combination Antioxidants

- Ultimate Antiox Full Spectrum contains A, C, E, acerola, acerola, curcumin, garlic, ginkgo, quercetin, rutin, clove, sweet basil, sage, rosemary, Polygonum, lutein, lycopene.



# Combination Antioxidants

- **Support Antiox** contains A, C, E, Mg, Mn, Ca, Se, lemon bioflavonoid complex, ALA, grape seed extract, rutin, coenzyme Q10.



# Combination Antioxidants

- **Oxy Quench** contains A, C, E, Mg, Zn, Se, Mn, berry extracts, NAC, TMG, polyphenols, ALA, grape seed extract, milk thistly, quercetin, curcumin, coQ10.



# “Whole Food” Powders

- Fibre blend, hemp, pea & rice, protein, beta glucans, beet, carrot, tomato, parsley, broccoli, cauliflower, barley grass, chlorella, spirulina, NAC, glutamine, quercetin, acerola, berry extracts, grape seed extract, tumeric, aloe vera, probiotic blend.



# “Whole Food” Powders

- PaleoReds:
  - Acai, pomegranate, acerola, strawberry, blueberry, raspberry, cranberry, apple, carrot, beet, grape seed extract, elderberry, enzyme blend.
  - Note: PaleoGreens also available.



# “Whole Food” Powders

- Greens First:
  - Greens, berries, fibre, barley grass, spirulina, chlorella, enzymes, probiotics, resveratrol, acerola, green tea, quercetin, milk thistle, cinnamon, aloe, turmeric, kelp.



# “Whole Food” Powders

- Reds First:
  - Carrot, beet, tomato, broccoli, spinach, lycopene, lutein, berries, pomegranate, pear/apple pectin, mango, papaya, watermelon, pineapple, peach, currant, elderberry, grape seed extract, noni, kiwi, bilberry, guava, acerola.



# Antioxidants – Vitamin C

- You'll typically need to give your clients and patients more vitamin C than they get from whole food and the aforementioned combination products. 1,000-2,000mg is typically considered optimal and supports antioxidant status and adrenal function. You may even need to give more than this. A typical glass of fresh orange juice only contains around 50-75mg!



# Antioxidants – Vitamin C

- Vitamin C supports immune system function, collagen repair and formation, joint function, energy production, antioxidant protection, detoxification, and more enhances hormone production and function.

# Antioxidants – Vitamin C

- Controversy exists regarding vitamin C. Supplements tend to be ascorbic acid (acidic form) or buffered vitamin C compounds such as calcium ascorbate. These substances aren't the same as vitamin as it's found in nature.

# Antioxidants – Vitamin C

- ½ tsp Potent C-Guard contains:
  - l-ascorbate vitamin C 1,584 mg (corn free)
  - Potassium 99 mg
  - Calcium 40 mg
  - Magnesium 16 mg
  - Zinc 600 mcg
    - Minerals are all ascorbate



# Antioxidants – Vitamin C

- **Liposomal Vitamin C** - All contents of Optimal Liposomal C are absorbed via liposomes - extremely small substances - 300 and 400 nanometers. The small size allows the Liposomal Vitamin C to be completely absorbed.



# Antioxidants – Vitamin C

- Many vitamin C products contain bioflavonoids, which recycle vitamin C.

**Esterol**, for example:

- Vitamin C 1350 mg
- Rutin 100 mg
- Quercetin 50 mg
- Proanthocyanidins 5 mg



# Antioxidants – Vitamin C

- **Innate C Complete Powder** is a full spectrum formula that incorporates “Food State” vitamin C and whole food concentrates. C does not work alone but rather as a synergistic network that contains an array of supportive phytochemical compounds, enzymes and cofactors.



# Supporting Phase I - Summary

- I prefer to increase phase I activity using whole foods, while supporting phase II with broths and gelatin/collagen. A further phase II product to support conjugation (esp. glutathione) can then be added.

# Supporting Phase I - Summary

- If people are struggling with getting enough fruit and veg, one of the combination products should be considered – powdered greens and berries, for example, rotated with something like Paleocleanse.



# Supporting Phase I - Summary

- If organic acid markers indicate the need for additional antioxidant support (high oxidative stress markers), large doses of vitamins C and E, along with broad spectrum antioxidant formulas can be incorporated (ideally supported first with whole foods!).

# Supporting Phase I - Summary

- If detoxification markers – especially glucarate - are elevated and B-vitamin markers in the organic acids test are also elevated, additional B-vitamin support through a broad spectrum product will likely be of benefit.

# Supporting Phase I - Summary

- All the time you are making sure your client/patient is minimising exposure, working to optimise nutrition, reducing as much life stress as possible and working on digestive function.

# Thank You!

- As always, thanks a million for tuning in. I hope this session has been helpful. Next time we'll look at the specifics of removing certain xenobiotics, before moving on to heavy metal detoxification strategies.