

Book References for "BE TOX FREE"

by Nadia Beyer

(for further reading & research)

Toxicology/ Toxic potential of various substances:

- Agency for Toxic Substances and Disease Registry (ATSDR): Datenbank über Toxizität, Vorkommen und Wirkung von Umweltgiften: <https://www.atsdr.cdc.gov>
- <https://www.bfr.bund.de/de/start.html>: Suche nach Stichwörtern/Schadstoffen
- The cocktail-effect/ synergistic effects of toxins, EMF, endotoxins etc.:
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 - o <https://www.pan-uk.org/the-cocktail-effect/>
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 - o <https://www.arte.tv/de/videos/069096-000-A/umwelthormone/>
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 - o <https://www.ernaehrungs-umschau.de/print-artikel/12-04-2017-herstellungsbedingte-toxine-in-lebensmitteln-food-borne-toxins-teil-2/>
- Heavy metals:
 - o <https://go.quicksilverscientific.com/backtobasics>
 - Back to Basics: Metals Toxicity Webinar: https://www.youtube.com/watch?v=9JZ31he-Edg&list=PL_KysCUEWYD_qG4EdATApI9Onio9TdC2p&index=10
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Biotransformation/ The 3 phases of detoxification:

- The Detoxification Enzyme Systems by DeAnn J. Liska, Ph.D.
<http://www.altmedrev.com/archive/publications/3/3/187.pdf>
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Detoxification in general:

- Books in german:
 - Gifte im Alltag: Wo sie vorkommen. Wie sie wirken. Wie man sich dagegen schützt. Dr. Max Dauderer. Verlag C.H.Beck
 - Entgiftung: Effektiv bei vielen Krankheiten. Dr. Joachim Mutter J: OM – Zs. f. Orthomol. Med. 2016; 4: 5–15
 - Lass dich nicht vergiften! Warum uns Schadstoffe chronisch krank machen und wie wir ihnen entkommen. Dr. Joachim Mutter. GU Verlag GmbH
 - Amalgam – Risiko für die Menschheit: Quecksilbervergiftungen richtig ausleiten. Dr. Joachim Mutter. Fit fürs Leben Verlag in der Natura Viva Verlags GmbH.
- Videos:
 - Dr. Christopher Shade:
 - Videos/webinars from quicksilverscientific: <https://go.quicksilverscientific.com/backtobasics>
 - <https://180nutrition.com.au/180-tv/dr-christopher-shade-interview/>
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 - <https://articles.mercola.com/sites/articles/archive/2014/05/04/detoxification-program.aspx>
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 - Webinar-recordings of the laboratory Genova Diagnostics: <https://www.gdx.net/livegdx>

Detoxification of the brain:

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Improved detoxification through nutrients and secondary plant products (also see under general nutrition links):

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 - Nährstofftherapie: Orthomolekulare Medizin in Prävention, Diagnostik und Therapie. Volker Schmiedel, Thieme Verlag

Detoxification through sauna (and Vitamin B3 = Niacin):

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Toxin-Binders (zeolite, bentonite clay, chlorella & Co.):

- Videos:
 - o Use of toxin binders and cholegogues in detoxification: protocols:https://www.youtube.com/watch?v=Opj4O6Lv404&list=PL_KysCUEWYD_qG4EdATApl9Onio9TdC2p&index=20
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