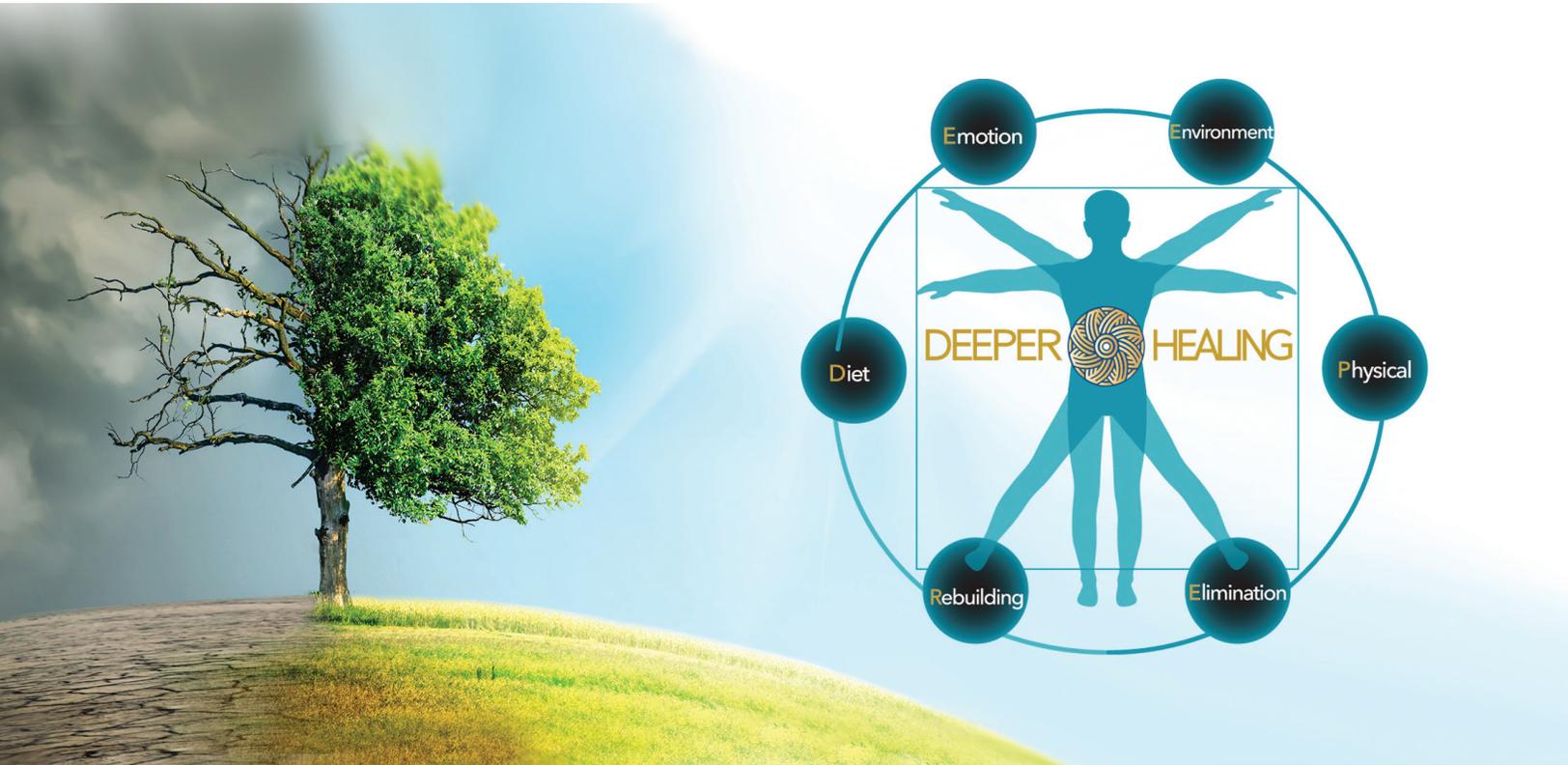


DEEPER HEALING

FOR A LIFE “WELL” LIVED



A PRACTICAL GUIDE TO LIVING “WELL” IN TOXIC TIMES

dr. michael bauerschmidt



we dive deep

the deeper healing philosophy

We believe in the **bodies ability to heal** itself.

We believe that to experience **lasting results** you must get to the **root cause** of (dis)ease and the body must do the healing.

We believe that lasting answers are dependent upon **moving beyond symptoms** and discovering what is underneath. We recognize that there are many ways to be sick but not that many ways to get sick. #readthatagain

We believe that in these toxic times it is vital to work for your health and wellbeing.

If you are not working for your wellness then you are passively (and often unconsciously) getting ill.

This guide will help you avoid the common pitfalls.

Wishing you a life "well" lived,

A handwritten signature in black ink, reading "M. Bauschmidt MD". The signature is fluid and cursive, with the letters "M" and "B" being particularly prominent.



dr. michael bauerschmidt

BIOGRAPHY Dr. Michael Bauerschmidt is a rare physician indeed. Highly educated and deeply experienced, he brings a unique approach and immeasurable wisdom to the fortunate patients that he cares for. People consult with Dr. B from great distances because he is unique – an experienced board-certified MD who treats the whole person and does the detailed medical detective work. A physician who has honed his skills over time and uses cutting-edge treatments and programs to heal the body *naturally*.

BACKGROUND Dr. Bauerschmidt received his Medical Degree from the Ohio State University, was residency trained in Family Practice and board certified in Emergency Medicine. Dr. Bauerschmidt spent more than 22 years in Emergency Medicine, including Medical Director of Emergency Services at Imperial Point Medical Center in Ft. Lauderdale, FL. He received his MBA from the University of South Florida and his undergraduate (Cum Laude) from the University of Toledo. Dr. Bauerschmidt is a member and past President of the American College for the Advancement in Medicine (ACAM) and is certified in Chelation Therapy by ACAM. He completed a year-long Fellowship in Environmental Medicine under the most esteemed practitioners. Currently Dr. Bauerschmidt is the National Medical Advisor for LiveO2 and is well-known for his use and design of a powerful cellular cleanse protocol using LiveO2 (LiveO2.com) with other modalities.

FORK IN THE ROAD Dr. Bauerschmidt's personal and professional life were transformed after a debilitating car accident and illness due to mold exposure. These experiences caused him to abandon the traditional medical model and dig deeper, to focus on preventing disease and resolving the root cause of chronic problems, *naturally*. He is well known for his work on hard-to-treat cases and specializes in Functional & Environmental Medicine: environmental illness, chronic inflammatory and autoimmune conditions, multiple chemical sensitivities and allergies, natural pain management and a wide range of brain disorders.

Dr. Bauerschmidt's philosophy of treating the whole person and understanding the root cause of illness is supported by his training as a Life Coach, through the Coaches Training Institute and Certified by the Physician Coaching Institute. The culmination of all of his life's work, personal and professional experience has led him to create this proprietary DEEPER Healing model.

The culmination of all of his life's work, personal and professional experience has led him to create this proprietary DEEPER Healing model.

diet

Eating well has never been more work. Our grandparents called organic, non-gmo, non-chemicalized food, well, just food. Growing your own clean non-gmo food in clean organic soil would be best, second to buying local organic farm to table but as this is not always possible just do your best. Do not stress as it doesn't serve you. A wise grandmother said this, "Spend money on quality food or spend it on the doctor later, might as well eat well." Common sense said simply. This is a quick guide to help you navigate our modern eating world.

Eat a heavily plant-based diet, as a general rule you need lots of variety of plants and vegetables. The type and quantity are actually color coded for you. The bottom line: stick with whole, fresh, organic foods as much as possible. You also want to eat something from every color fruit and vegetable, every day.

DIRTY THIRTY

*These foods have been found to have the **highest** amounts of pesticide residue and /or glyphosate and should be purchased/consumed organic*:*

Strawberries	Grapes	Broccoli	Oats	Sugar Cane
Spinach	Celery	Orange	Flax	Rice
Nectarines	Tomatoes	Cucumber	Alfalfa	Peanuts
Apples	Sweet bell peppers	Melon	Tritcale	Dry Beans
Peaches	Potatoes	Banana	Barley	Lentils
Pears	Hot Peppers	Non-organic soy	Wheat	Peas
Cherries	Cauliflower	Non-organic corn	Sorghum	Non-Organic Canola

CLEAN DOZEN

*These foods are **least** likely to be contaminated with pesticides and glyphosate:*

Avocados	Onions	Asparagus	Kiwi
Pineapples	Sweet peas frozen	Mangos	Cantaloupe
Cabbage	Papayas	Eggplant	Grapefruit

KEEP IN MIND The pesticides found on leafy greens and hot peppers are also concerning. Wash well and try to buy organic. If you cannot buy organic there are still 3 ways to minimize your exposure. First, if you can peel it, you are eliminating virtually all *topical* pesticides/herbicides (systemic pesticides and herbicides cannot be removed in this way). For those fruits or vegetables that cannot be peeled (berries, etc.) washing them with ozonated water will break down virtually all pesticides and related compounds. Note water **MUST** be filtered as our public water supplies have almost as many toxicants as the fruits and vegetables we are washing. Another option is washing the produce with a mixture of 1 Tbsp white vinegar, 1 Tbsp of lemon juice in 8 oz of filtered water. This will remove 85% or so of pesticide residue. Frozen fruits and vegetables lose a lot of nutritious value unless flash frozen. Whenever you process a food (freeze it, can it, press it, heat it) or in any way tamper with it, you lose nutrients! Consider growing your own (inside or outside)!

meat

Simply stated, I am very careful about source and condition. Quality, treatment/condition, feed, and medication all matter. I do not eat factory-farmed meat. Period. Only eat quality meat. Grass fed. Organic. Wild game is fine.

fish

I am a diver and fisherman, I love the water and all creatures in it. Sadly, we have polluted our waters to the extent that it is unhealthy now. It is my educated choice now to avoid. All I can say is many patients with heavy metals (and all the health issues associated) have nothing but lots of sushi eating in their history. If you're going to eat fish here is the guide I once used.

LEAST MERCURY

Anchovies	Haddock (Atlantic)	Plaice	Squid (Calamari)
Butterfish	Hake	Pollock	Tilapia
Catfish	Herring	Sardine (if canned, BPA free in olive oil)	Trout (Freshwater)
Clam	Mackerel (N. Atlantic, Chub)	Scallop	Whitefish
Crab (Domestic)	Mullet	Shad (American)	Whiting
Crawfish/Crayfish	Oyster	Shrimp	
Croaker (Atlantic)	Perch (Ocean)	Sole (Pacific)	
Flounder			

MODERATE MERCURY *Eat six servings or less per month*

Bass (Striped, Black)	Halibut (Atlantic, Pacific)	Monkfish	Skate
Carp	Jacksmelt (Silverside)	Perch (Freshwater)	Snapper
Cod (Alaskan)	Lobster	Salmon (Wild Caught Alaskan only)	Weakfish (Sea Trout)
Croaker (White Pacific)	Mahi Mahi	Sablefish	

HIGH MERCURY *Eat three servings or less per month*

Bluefish	Grouper	Mackerel (Spanish, Gulf)	Sea Bass (Chilean)
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HIGHEST MERCURY *Avoid eating*

Mackerel (King)	Orange Roughy	Swordfish	Tilefish
Marlin	Shark	Salmon	Tuna (Bigeye, Ahi)

basic eating plan & food list

Breakfast: Raw vegetables & protein

Lunch: Raw vegetables & protein

Dinner: Cooked vegetables & either protein or complex carbohydrate

Snacks: Fruit (organic) or nuts

PROTEINS

Bacon (uncured, nitrate-free)**	Elk	Mussels	Rabbit
Beef **	Fish (wild caught, see fish list)	Oysters	Sausage (uncured, organic)**
Buffalo**	Goose	Pastrami (uncured)**	Scallops
Caviar	Ham	Pepperoni (uncured)**	Shrimp
Chicken (organic)	Hummus*	Pork	Squid
Clams	Jerky (uncured, organic)**	Protein Powder (good quality whey* or pea	Turkey (organic)
Cornish Game Hen	Lamb**	pea/rice	Veal**
Duck	Liver (Beef, Chicken ,Lamb,)**	Quail	Venison
Eggs (pastured, organic)*	Lobster		Wild Boar

*If not on an elimination diet or known food allergen **Choose grass-fed organic meats as much as possible

NUTS & SEEDS

Most Nuts & Nut Milks & Nut Butters*

Almonds, Almond Butter*, Almond Milk*	Chia Seeds	Pistachio	Walnuts
Almond Flour	Coconut, Coconut Milk*	Hemp Seeds, Milk*	Pumpkin Seeds
Brazil Nuts	Coconut Flour	Macadamia Nuts	Sesame Seeds
Cashews, Cashew Butter*, Cashew Milk*	Filberts	Natural Nut Butters*	Sunflower Seeds
	Flax Seeds	Pecans	Sunflower Butter*
	Hazelnuts	Pine Nuts	Tahini

*choose nut milks and nut butters with no added sweetener

VEGETABLES

Acorn Squash	Carrots	Garlic	Pumpkin
Alfalfa Sprouts	Cauliflower	Ginger	Radish
Artichoke	Celery	Green Beans	Rutabaga
Arugula	Chicory	Herbs (fresh, dried)	Sea Vegetables
Asparagus	Cilantro	Kale	Snow Peas
Bean Sprouts	Collard Greens	Leeks	Spinach
Beets/Beet Greens	Cucumber	Lettuce	Squash (all)
Bok Choy	Dandelion	Mushrooms	Swiss Chard
Broccoli	Daikon	Okra	Thyme
Broccoli Rabe	Endive	Onions/Shallots	Tomato
Brussel Sprouts	Escarole	Parsley	Turnips
Butternut Squash	Eggplant	Parsnips	Water Chestnuts
Cabbage (all)	Fennel	Peppers (all)	Wax Beans

FRUITS

Apples	Cranberries	Lychee, fresh	Pomegranates
Apricots	Figs, fresh	Nectarine	Prickly pear
Avocado	Grapefruit	Orange	Raspberries
Bananas	Grapes,'	Peach	Star Fruit
Berries (all)	Honeydew	Papaya	Watermelon
Cantaloupe	Kiwi	Pear	Tangerine
Clementine	Lemon	Pineapple	Tangelo
Cherries	Lime	Plum	Watermelon

FATS

Avocado	Coconut Butter	Flax Oil	Olive Oil
Avocado Oil	Coconut Oil	Ghee	Palm Oil
Almond Oil	Chile Oil	Mayonnaise*	Sesame Oil
Butter (grass fed, organic)	Grapeseed Oil (cold pressed)	Olives	Walnut Oil

*no soybean oil or sugar

Complex Carbohydrates

Amaranth	Buckwheat	Corn (organic)	Sweet Potato
Ancient Grains	Jerusalem Artichoke Pasta	Oats	Teff
Brown Rice	Pasta from approved grains	Quinoa	Wild Rice

Condiments

Apple Cider Vinegar	Chicken Broth (organic)	Hot Sauce	Salsa
Balsamic Vinegar	Coconut Aminos, Braggs	Mustard (stone ground)	Sea Salt
Beef Broth (organic)	Dill Pickles	Red Wine Vinegar	Tamari
Capers	Extracts (Vanilla/Almond)	Rice Vinegar	Vegetable Broth (organic)

Approved Sweeteners

Blackstrap Molasses
Coconut Nectar

Honey (raw & organic, preferably local)
Xylitol (if no IBS or digestive issues)
Stevia
Yacone Syrup

Chocolate

70-80% Cacao, Organic Dark Chocolate
Cacao Powder (organic - make chocolate with coconut oil & approved sweetener)

Foods to Eliminate (*Permanently*)

Artificial Sweeteners	Processed & Cured Deli Meats
Diet Sodas	Nitrates, Nitrites
High Fructose Corn Syrup	MSG
Health Bars (most)	Sugar

Foods to Eliminate For Now

Soy	Wheat	Most Beans
White Flour	Peanuts	
White Potatoes	Dairy	
White Rice	Dried Fruit	

emotions

I think we can all agree that stress is bad. It has been linked to cancer, heart disease, autoimmunity, memory issues and the list goes on and on. In fact, I would go so far as to say that there is not a single, current disease that stress doesn't cause or make worse. But what does emotional stress have to do with oxidative stress? The answer to that is found in our stress response also known as our "Fight or Flight".

Whenever we perceive a stressful situation or event our body pulls the fire alarm in our brain. Once we pull the alarm a whole cascade of events follows that are designed to insure our SHORT TERM Survival at the expense of our LONG TERM Health. Power is diverted to our heart, lungs and muscles and away from our brain, immune system, digestion and anything else not needed to live for the next minute. When we are literally in fear of our lives this is a very good thing. However, that same fire alarm gets pulled each and every time we get frustrated, angry or try to control things that we have no control over (like traffic, taxes and the boss having a bad day). So each and every day we have the potential to shut down our systems that are designed for growth and repair. And what is worse, because of the increased energy demands of survival we also increase our oxidative stress. Talk about more bang for your stress buck!

SO WHAT CAN WE DO? Let's try a little exercise that I have found helpful. Remember the last time you said to yourself or out loud something about "having to do this" or "should be doing that". Didn't it feel uncomfortable? Weren't you secretly saying "I would rather be doing"?

When you force yourself by the power of your own words you are activating the fire alarm in your brain. Imagine for a moment trying to "make" somebody do what they didn't want to; like a 6 year old to take a bath or brush their teeth. It is a struggle, right? Now imagine that same child at age 16 getting ready to go out on a date. Are you having any trouble getting them cleaned up? Same difference applies when you substitute "I choose to" or "I want to" whenever you find yourself saying "I need to" or "I ought to". I also know that there will come a time when you try this trick and you say to yourself "I choose to pay bills or go on errands or tackle the tough job at work" and can't keep a straight face because there are lots of things you would rather "choose". You can still keep your hand off the fire alarm in your brain by stopping...to... breathe. That's right, breathe. Remember counting to ten before you get angry? Same principle applies. Breathe with me...inhale for a count of four, hold for a count of four, exhale for a count of four, hold for a count a four, repeat four times. You have now chosen to do the task you would rather not, just 64 seconds later. The hand has been kept off the fire alarm, the stress response remains quiet and you still get the job done. Looks like a win-win from here. Try it. I have not had a single patient tell me it hasn't worked for them.

In our Medical Center, we use our Brain Reset, MicroCurrent Neurofeedback to help with a wide range of mental issues.

environment

We are awash in a sea of toxicants! **Over 250 pounds of chemicals are pushed onto each American citizen each day.** :(From pesticides and herbicides on our food; heavy metals, VOCs, particulate matter (SMOG) in our air; contaminated drinking water; we cannot get away from it! Individually, none of these toxicants are going to kill us as our body is remarkable in its ability to heal. Collectively, however, is another story. Picture a rain barrel. Under ordinary conditions it fills and empties on its own. During the monsoon however, it fills to overflowing and runs into our foundation and basement causing all kinds of trouble. In this instance when our toxicant rain barrel overflows our mitochondria are the ultimate losers. Our mitochondria are the engines that produce our energy. When they don't work well, we don't work well. Just like when your car engine isn't tuned it produces more by-products of combustion. When your mitochondria aren't tuned they produce more free radicals increasing oxidative stress in the most vulnerable part of your body...your engine.

From a toxicant standpoint we are in the middle of a perpetual hurricane! We are being hammered with the driving rains of air, water, soil and food pollution on a daily basis, yet there is hope. Hope is spelled: A.V.O.I.D.A.N.C.E.

water

Our body is mostly water and aside from oxygen one of the most necessary things needed to survive. Sadly our water is very polluted, from the streams to the oceans. With my patients I take them to EWG and have them put in their zip code to see specifically how bad their local water is.

<https://www.ewg.org/tapwater/>

This is always a big eye-opener for everyone. No one is protecting you. Only you are. Please make sure you are filtering your water. While reverse osmosis is the most effective way of clean water it is also the one that wastes the most water; taking as much as 8 gallons to produce 1 gallon of clean water. RO also removes EVERYTHING, meaning that you have to be sure to supplement your mineral intake with any RO system. There are several whole house systems that work, my favorite being a combination Granulated Activated Charcoal (GAC) with a RO system under the sink for cooking and daily use. If you are renting or cannot afford a whole house system, use a counter model that can be used for families of 2- 8, at a very reasonable price. Here is a link: <https://www.shareasale.com/r.cfm?b=909835&u=2337437&m=67662>

If you do not have a whole house system be sure to add a chlorine filter for your shower to avoid the trihalomethanes (like Chloroform) that occur as a byproduct of water treatment. If you are fortunate enough to be on a well, be absolutely certain you have your water tested yearly. You would be amazed what can work its way into an aquifer from a long distance away. We can share links for this.

DRINKING Use glass or metal bottles, no plastic even BPA free. We like the Grayl handheld for on-the-go use. www.Grayl.com

Breathing, being alive 101. Sadly our air is very polluted, even worse in heavily populated, urban areas or areas with high industrialization. Fresh air is good but many cannot take advantage of fresh air because of climate and location. The way our homes are built they are very air tight. It is very important to use an air filter as indoor air pollution is actually much worse than outdoor air pollution. Considering that we breathe the equivalent of 10,000 – 15,000 liters of air a day. By comparison to what we eat, drink and slather on our bodies this amounts to about 6 liters. Air is by far the source of our greatest exposure. Indoors we are subjected to off gassing from paint, carpets, carpet backing, non-stick cookware, fragrances, fire retardants in our furniture and cleaning products just to name a few.

The answer is a good, high quality air filter system that is designed to turn over the air in any room 3x in an hour. As an example if you have a 10 x 10 x 10 ft room you want to change 3000 cubic feet of air every hour (1000 cu ft 3x). So you want a system that can handle 50 cu ft a minute. Any system should have a HEPA filter as well as a proper charcoal and granular system to remove those things that are most bothersome in your home. There are several high quality air filtration systems available on line. Some of the names I trust are IQ Air, Foust, or AmAirCare. Please be sure whatever filter you pick it is a solid state construction to reduce poor filter effectiveness due to "blow by". If you cannot afford the big units please at least get a MERV 7-8 or above rated filter for your HVAC system (furnace/air conditioner).

SOLUTIONS

This is an home air filter that I recommend:

https://enviroklenzairpurifiers.com/enviroklenz-mobile-air-system-promotion/?ap_id=DHLife
CODE DHLIFE Gives a 5% discount and (3) additional EnviroKlenz Air Cartridges which is (2) years' worth of filters and saves about \$300 dollars.

We offer a personal air filter for use when traveling or going out by Wein for sale in the office.

Dr. B on the power of a personal air purifier: <https://vimeo.com/403324543>

Dr. B on the power of using a nebulizer: <https://vimeo.com/403454284>

everyday life tip

FRAGRANCE Artificial fragrances are toxic, spread through the air and last longer than you think. Do not use artificial plug-ins and other artificial scents. Use fragrances from flowers or pure essential oils.

toxins + hormone disruptors

Hormones can be disrupted by chemicals and toxic metals in three ways:

- they can act as imitators of the hormone
- they can block the action of the hormone on the cell and/or in the cell
- they can interfere with the manufacturing of the hormone

Here's just a short list of toxic chemicals/metals and what you can do to avoid them.

BPA (BISPHENOL A) Mode of Action: estrogen imitator, increases breast cancer, heart disease, obesity and is the cause of early puberty. **Source:** plastics, canned foods, receipt paper, recyclable #7.

Special Note: Many "BPA Free" containers now use BPS instead of BPA. BPS has similar properties to BPA, is less biodegradable, more heat resistant, and more light resistant. It may, therefore, cause even more health and environmental damage over time. **Avoidance:** use glass or stainless steel whenever possible, avoid handling cash register receipt paper.

DIOXIN Mode of Action: disrupts signaling and affects the immune and reproductive systems. Exposure while pregnant can permanently affect sperm production in prime reproductive years in male children.

Source: byproduct of industrial use, forest fires and volcanoes. Now commonly contaminates animal feed.

Avoidance: use only organic, grass fed meat, butter, milk; free range eggs and wild caught fish.

ATRAZINE Mode of Action: estrogen mimic can turn male frogs into egg bearing females, source of breast tumors. **Source:** commonly present in drinking water due to its heavy use as an herbicide in corn production. **Avoidance:** water filtration is a must.

PHTHALATES Mode of Action: blocks the action of the hormones causing disorders in the thyroid, increasing insulin resistance leading to obesity and diabetes. It also decreases testosterone and sperm counts.

Source: plastic food containers, children's toys, fragrances, soaps, anything marked as #3 on recyclable materials. **Avoidance:** carefully read labels especially avoiding anything that says "fragrance", DEHP, DDP, BBzP, vinyl shower curtains, fabric softeners, air fresheners, soaps, shampoos, detergents, etc.

PERCHLORATE Mode of Action: competes with iodine therefore affects metabolism and thyroid function in adults and brain development in infants and young children. **Source:** rocket fuel. Unfortunately this has permeated our environment to the degree that it is virtually impossible to avoid. **Avoidance:** as noted above it is impossible to avoid however supplementing your diet with iodine will be very helpful.

PFC (PERFLUORINATED CHEMICALS) Mode of Action: blocks hormone receptors and interferes with the body resulting in low sperm quality, low birth weight infants, kidney, and thyroid disease. **Source:** nonstick cookware, wrinkle free clothing, stain resistant carpet. These are nonbiodegradable. **Avoidance:** use stainless steel or porcelain covered cookware, organic cotton clothing, replace carpeting and padding with tile or wood (NOT vinyl). Do not let children crawl or lay on carpet.

PBDES (POLYBROMINATED DIPHENYL ETHERS) **Mode of Action:** Imitates thyroid hormone and disrupts thyroid activity within the cell. This can lead to lower IQ, fatigue, and other hypothyroid symptoms. **Source:** These are the chemicals that are found in fire retardants, so are present in furniture, carpet padding, computers, televisions, and other electronics. These chemicals have been found worldwide in human breast milk and even in polar bears.

Avoidance: Given the persistence and widespread use of these chemicals, they are virtually impossible to avoid. However, you can reduce exposure by using a vacuum cleaner with a HEPA filter as well as a good quality indoor air filter to reduce house hold dust (these chemicals attach to the dust and are dispersed in the air). Also NEVER reupholster old foam furniture or pads and replace carpet and pads with tile or solid wood flooring.

ORGANOPHOSPHATE PESTICIDES **Mode of Action:** interferes with hormone to cell communication decreasing testosterone and thyroid levels. **Source:** commercially grown fruits and vegetables.

Avoidance: use only organic fruits and vegetables. If you cannot afford organic or it is not available peeling the fruit or vegetable eliminates virtually all insecticides and herbicides. If you cannot peel washing in a solution of 1 teaspoon of white vinegar, 1 teaspoon lemon juice in 8 ounces of filtered water will remove approximately 85% of pesticide residue. Ozone water will destroy virtually 100% of topical residue.

GLYCOL ETHERS **Mode of Action:** interferes with hormone to cell communication resulting in shrunken testicles. Exposure in children results in increased allergies and asthma. **Source:** everything from brake fluid to cosmetics. **Avoidance:** read labels and avoid anything labeled EGBE or DEGME or carries the name 2-Butoxyethanol or Methoxyglycol.

LEAD **Mode of Action:** Harms almost every organ system in the body causing lower IQ, permanent brain damage, hearing loss, miscarriage, hypertension, kidney and nervous system damage AND it lowers sex hormone levels and interferes with our stress response hormones by disrupting signaling between the brain and the adrenal glands. **Source:** Crumbling paint, contaminated water (*think Flint, MI.*) contaminated soil, aviation grade fuel. **Avoidance:** If you live in a home built before lead paint was taken off the market carefully get rid of any crumbling or old paint. Keep your home clean and dust free with a good quality indoor air filter and use a quality water filter capable of removing lead and other toxic metals. Eating a healthy diet rich in nutrients can reduce the amount of lead you absorb, especially in children.

MERCURY **Mode of Action:** Inhibits the manufacture of hormones in the hypothalamus, pituitary, thyroid, adrenal, testis and ovary. Also, blocks the hormone receptor sites on the cells. **Source:** Coal burning power plants, forest fires and volcanoes. Mercury is found in every body of water in the world (fresh and salt) and therefore the most common source for humans is contaminated seafood. **Avoidance:** see the fish info.

everyday life tips

DIET
EMOTIONS
ENVIRONMENT
PHYSICAL
ELIMINATION
REBUILDING

No is protecting you, be very choosy and learn to be an educated shopper...things like cosmetics, soaps, anti-perspirants and hair products (not to mention nails); there are lots of chemicals that can fill up your rain barrel. You would be well served to learn to read labels and become familiar with what you are rubbing and applying to your skin or cleaning your teeth and home with. Now, you could go back to school and become an Environmental Scientist or you can do what I do...use EWG.org. The Environmental Working Group has already done the job for you with pages that rate the safety of cosmetics, soaps and sunscreen. It is in my "favorites" and they are a group I support with contributions.

CLEANING PRODUCTS Toxic cleaning products negatively affect all. You can read the labels to see how toxic they are and most people do not use them according to directions anyway. Use natural non-toxic cleaners or go old school like your grandparents with vinegar, lemon and alcohol. Watch for toxic laundry soap as well, your skin is one of your largest organs.

MAKE-UP/PERSONAL CARE when buying cosmetics and personal care products, most of them are a heap of untested chemicals. You don't want that on your skin. Dark hair dye often has metals in it, use natural hair dye and clean nail polish.

PESTICIDES/HERBICIDES If you don't want to eat it or breath it in don't use it. Go natural and organic for all.

INSECTICIDES Things that kill little creatures kill you too, just much more slowly.

MICROWAVE Microwave popcorn is toxic. Use the stove top or air popper. Go old school. We use coconut oil and high quality salt. Beware of plastic in the microwave. I hardly use one. I'm a fan of these new air ovens, they work quick, use no oil and because they use air they crisp well.

TEFLON (NONSTICK) POTS/PANS Most non-sticks are toxic with chemicals you don't want near your family. Do not use.

CARPETING Avoid chemicalized and non-natural rugs and mostly rugs in general.

PAINT Always use low VOC paint

FURNITURE look for natural materials. Beware of fire retardants and toxic foams including memory foam and avoid stain resistant. Prefer wood or metal.

SLEEP We spend half of our lives in bed. Most mattresses are very toxic. Please buy a mattress that is non-toxic and not full of chemicals. Use bedding and pillows that are natural, like organic bamboo or cotton. Here is a mattress we recommend:

Organic Ones

<https://refer.plushbeds.com/admin>

EXERCISE Regular exercise that you enjoy. It's a must. Make exercise a regular part of your life. A good night's sleep, quality food and regular exercise... it is that simple. Find something that you enjoy so that is never a "have to."

SYMPTOMS Maybe you already feel bad: fatigue, brain fog, body aches, poor sleep or some nagging problem that gets a "your lab is fine, here take this anti-depressant" response from your health care practitioner. Those symptoms are likely the result of increased oxidative stress with resultant hormone instability or quite possibly the other way around... hormone instability with resulting oxidative stress. There is a rule of sorts in functional medicine that reads *if the gut is inflamed, nothing works right*. I have seen this to be ever so true in practice as the gut is often involved on some level with most every problem. So while you may not know what to look for in your labs to help sort the problem, we can help.

What does that look like? For starters you need to take a few weeks and avoid the foods that are particularly irritating or are difficult to digest. So, I would like for you to eliminate (notice I did not say avoid) the following: cow's milk, gluten (which means pretty much any baked goods), legumes and alcohol. At the same time begin a regimen of Glutamine 5,000 mg every morning to assist in healing the intestinal lining. If you are glutamate sensitive use MSM 2,000 – 5,000 mg every morning. You also want a good quality digestive enzyme that includes betaine HCl, ox bile as well as pancreatic enzymes to take with each meal. Next, a probiotic is almost always needed. Use one that has a balance of Bifidobacterium and lactobacillus with or without saccharomyces. Finally, a good fiber is essential. If you have problems with diarrhea you want one with more insoluble fiber, constipation more soluble fiber. This will get you started on the right path. Do this for a month and see if you don't notice a difference in how you feel and in your "regularity."

HYDROCOLONICS We are fans of colonics for wellness and for those that have gut issues. It is important to find a quality practitioner for these. Do your research.

elimination

MOLD Avoid mold like your life depends on it. It does. Vigorously check before renting or buying and stay on top of any moisture issues. Do not allow time for mold to destroy you, your belongings and the residence.

TOXIC CHEMICALS We have normalized toxic. In fact, often sold as “healthy” to be cleaning with toxic chemicals. If you are unsure, read the label, they usually tell you how poisonous they are. Avoid RoundUp and other toxins on your lawns. Public awareness has been raised on these issues from lawsuits but are still sold everywhere and commonly used. Do not expose your family.

EMF Electro Magnetic Frequencies are hurting us all silently. Do what you can to give your family a space to unplug. The best is to get rid of your wifi and go back to the old hard wired existence of the early 90s. If you can't then... have your wifi on a timer that goes off overnight. Keep devices off your heads and use wired headphones. Absolutely keep your phone on Airplane mode at night while you sleep.

SYMPTOMS You have probably heard that our liver is responsible for “detoxification”. Here is a news flash: our liver doesn't detoxify it biotransforms. It takes something we can't excrete and turns it into something we can excrete. There are many enzymes and co-factors involved in these systems and also some genetic issues that enable these systems to work together effectively. Many, if not most, of us have some issue with one or both of these systems.

In general there are a few supplements that can reliably help your body avoid absorption or improve excretion. Here are my general recommendations: Magnesium 220 mg or more of elemental magnesium twice a day, Liposomal Glutathione 1 tsp a day (Readisorb is my favorite), Buffered Vitamin C 5-10 gm a day, Activated Charcoal 250 mg with your major meal and organic Green Tea three 6 oz cups a day or the equivalent of ECGC. However, the VERY BEST assist to elimination is good old H2O. Filtered water in the amount of ½ ounce of water per pound of body weight is good. It is said “The Solution to Pollution is Dilution”, so drink up!

rebuilding

Now that you finished a program of improving your health by getting rid of what you don't need how do you maintain and continue to improve on your own? Well, I almost hate to say this but here I go...keep doing what you are doing AND be sure to add or continue a good night's sleep, regular daily exercise, meditation, yoga or other form of stress reduction. If you still are not achieving the level of health and vitality you desire and deserve then some guidance from a health professional knowledgeable about a good foundation in nutrition and cleansing would be in order. Call the office. We are here to help guide on your path to Deeper Healing.

summary

It is not easy but completely worth becoming aware and making the changes in this guidebook. It can literally mean the difference between life and death and having quality of life while alive. I share with you what I have learned the hard way from living in this toxic modern world and treating patients for decades. What is normal is not normal. *My wish for you is a long life, lived "well."*

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