

# BINDERS; THEIR AFFINITIES AND BENEFITS



# BINDERS

When looking to use binders, it's good to be aware of what affinities they have. If you know you're dealing with a mercury issue e.g. you've had a diet high in tuna and you have mercury fillings, then it will be useful to know which binders are especially effective at drawing mercury from the body. If for example you are working on healing your gut, a binder which has gut healing properties could be a good addition to include.

Here we will discuss the benefits and affinities of the following binders, to help you decide which to use. Like probiotics, it's still a good idea to rotate binders so you maximise the toxins, chemicals and metals you detoxify from.

- Zeolite powder
- Bentonite clay
- Diatomaceous earth
- Enterosgel
- Activated charcoal
- Chlorella



# BINDER BENEFITS

- They bind toxins so are great to take during a detox as they help to minimise detox symptoms and herxheimer reactions
- They can be used even when not detoxing as they are effective on their own at removing toxins from the body and mopping up excess toxins circulating in the blood
- Due to their different affinities, they can be used to target specific toxins in the body
- They are great to use in certain situations - such as after consuming alcohol or if you suspect food poisoning - as they will bind to these toxins and offending bacteria, to safely remove them from the body

## Considerations

- Always start with a small dose e.g. 1/2 tsp and slowly increase from there
- Leave at least 1 hour between when you take a binder and when you take supplements or herbal tinctures
- Leave at least 2 hours if you take medication
- When taking binders increase your water intake and stop if they slow up your bowel movements



# AFFINITIES

## **Zeolite powder**

This has an affinity for lead, cadmium, mercury and arsenic, which helps draw these from the body. Zeolite provides alkalising minerals such as calcium, potassium and magnesium to improve the internal terrain and balance the pH. One study also found that after 12 weeks, zeolite significantly increased the integrity of the intestinal wall.

## **Bentonite clay**

Its electromagnetic charge stimulates and revitalises latent cell energy. BC is one of the few that have the ability to both adsorb and adsorb well. It promotes the health and cultivation of helpful gut bacteria while drawing toxins and metals - that can promote bad bacteria - out of the region. The result is improved nutrient absorption, digestion and a stronger immune system.



# AFFINITIES

## **Diatomaceous earth**

Food grade diatomaceous earth (DE) is a gentle abrasive that's also highly absorbent, and it's almost entirely made of silica - an important component of human ligaments, cartilage and musculature. It's believed to act like razor blades for parasites and other harmful organisms that come into contact with it, so doubles up as an anti-parasitic. It's also one of the cheapest binders so great for those on a budget!

## **Enterosgel**

Enterosgel is an oral intestinal adsorbent based on organic minerals with adsorption capacity towards some toxic and harmful substances in the gut (e.g. endotoxins, enterotoxins), physically binding them to its surface. It also has gut healing properties and is recommended for those who suspect leaky gut or who need gut repair. It's also the go-to product for anyone that gets a case of diarrhoea.



# AFFINITIES

## **Activated charcoal (from coconut shells)**

Activated Charcoal (AC) is used in hospitals for anyone who has been poisoned because it's such an effective way to remove toxins (and poisons) from the body. Charcoal is a great all rounder and useful to take when detoxing. A Fathi Moussa toxicology study fed mice activated charcoal mixed with olive oil (because olive oil can spread throughout the body very easily)—and what they found is that the charcoal cleaned out the bodies of the mice and increased their life span by 95%.

## **Chlorella**

This tends to be one of the most commonly used as it can be found in supermarkets and health food stores. This can be effective but I caution that lots of water sources that this is collected from are contaminated - so make sure you check the source of your chlorella. It's also suspected that chlorella can "drop" toxins/metals/chemicals before removing them from the body and so they only get moved from one part of the body to another.

