

The Hubbard Detox Protocol:

<http://detoxacademy.org/pdfs/childtox.pdf>

1. Initial medical exam and diagnostics as indicated clinically.
2. Incremental dosages of nicotinic acid (niacin, Vitamin B3) to promote turnover of fatty acids
 - a. The starting dose is normally 100 mg and increases over treatment period (on average two to four weeks).
 - i. Lower niacin starting at 25 mg, with incremental increases may be necessary
 - b. Niacin can cause a sense of flushing/itching/skin irritation due to the release of histamine.
 - c. Vitamin C at high doses is a natural antihistamine that allows higher doses of Niacin to be tolerated
 - i. Too much Vitamin C intake causes loose stool
 - ii. Vitamin C must be dosed more than once daily, ideally 3-4 times daily
 - iii. An alternate dosing form involves pouring crystalline vitamin C into a container and drinking it throughout the day
 - iv. During acute infection, higher doses of vitamin C will be tolerated without loose stools, but as infection resolves, stools will loosen again, indicating that the Vitamin C requirement has lowered.
3. Running (or if unable, alternate aerobic physical therapy exercise as prescribed by the physician) to promote deep circulation.
 - a. Normally 20 to 30 minutes
4. Alternating periods in a low temperature, ventilated sauna to promote sweat and sebaceous gland excretion
 - a. Treatment intervals reduced to maximum of fifteen minutes for children and those with smaller body sizes having more rapid core temperature increases
5. Proper cool downs as needed with replacement of water, salts, and minerals
6. Polyunsaturated vegetable oil administered orally to reduce enterohepatic recirculation. Normally a few tablespoons a day taken with food.
 - a. Reduced oil doses may be needed to avoid gastric distress
7. Replacement and balance of vitamins and minerals.
 - a. Multi-vitamin with B-Complex "one a day" taken twice daily
 - b. Liquid mineral supplements once to twice daily (more needed for growing children)
 - c. Powdered vitamins (not pills) at less than adult doses made palatable in fruit juice mixes
8. Adequate fresh vegetables and fiber in diet.
 - a. Clinical Nutritionist/Dietician consultation may be beneficial
9. Adequate sleep.
10. Extra supervision for clinically fragile/unstable to monitor:
 - a. Dehydration
 - b. Overheating
 - c. Inadequate salt or mineral replacement
11. Routine blood & urine test screening as clinically indicated.
12. Stress avoidance.