



1



# "vitamin" A Detox/Toxicity Group, Based On Works of G Smith + G Genereux



**Will Nevil**

Moderator · December 25, 2022 · 🌐



Staple foods

Lean beef or poultry

Barley

Beans (preferably not canned)

Soaked rice

Soaked Oats

Peeled gourds

Bananas

Peeled apples

Quinoa

White roots (white carrots)

***Anything low in Vit A, phenols, C, copper, dietary fat***

Occasional foods

**(less clean)**



1



Romaine lettuce

Sourdough bread

Butter (sparingly)

Almonds

White corn

Celery

Sunflower seeds

Unsoaked rice

Lemon

Iceberg lettuce

Prohibitive foods (much less often)

**(more toxic than not)**

Black eyed peas

Cauliflower

Cabbage

Berries

Grapes

Raisins

Alcoholic drinks

Mushrooms

Seed oils (incl coconut and avocado)

Fatty creams

Fructose

Olives

Black Pepper

Onions

Garlic

Leeks

Cherries

Coffee

Avocado

Asparagus

Broccoli

Borderline foods



1



Ginger

Coconut oil/water

Cilantro

Nuts

Excess fats

Peas

Toxic foods (never eat)

**(never eat)**

Eggs

Chocolate (copper)

Dairy foods

Tomatoes

Peppers

Eggplant

Oranges

Orange carrots

Fatty Duck

Fatty Goose

Pork

Sweet Potatoes

Liver/organs

Pumpkin

Corn

Kale

Dark leafy greens

**Spicy** foods

Pharma guidelines

Find the drug here,

<https://www.ncbi.nlm.nih.gov/books/NBK547852/>

If you have a question about a drug or supplement, go on pubmed or scholar.google.com and search for

“<ingredient> liver injury”

Go to remedies

Activated charcoal - internal, topical/baths

Magnesium - topical/baths



1



Slows Liver Production  
 Aspirin  
 Small dose Vitamin C  
 Small dose fructose  
 Quercetin, HQC  
 Ivermectin

Never use  
 Ibuprofen  
 Acetaminophen  
 Psychotropics  
 High dose Vit C

Supplements (start slow)  
 Use the following at the maximum EFFECTIVE dose as tolerated:  
 Zinc picolinate, magnesium malate, sodium chloride, potassium gluconate, molybdenum,  
 selenium, milk made lactoferrin (not whey).

Use based on symptoms:  
 Vit K's, Probiotics (bifido, lacto), magnesium oxide (to help poop), Taurine, B1, B2, B12 (as  
 antidotes, will turn toxic eventually).

**Discussion**   **Featured**   **People**   **Media**   **Files**   **Reels**

B complexes, copper.



NCBI.NLM.NIH.GOV

**LiverTox**

LiverTox® provides up-to-date, unbiased and easily accessed information on the diagnosis, cause, frequency, clinical patterns and management of liver injury attributable to prescription and nonprescription medications and...

26

81 comments   Seen by 171

Like

Comment

Share

Top comments



Write a public comment...



Joe Baker's Remedy Report

Thanks for compiling this list!

Like   Reply   Share   4m



1



**Joe Baker's Remedy Report**

Would it be better to say Egg yokes. I think the egg whites are ok. I had some boiled egg whites today . I had what might have been a conditioned response. something just under my right side of my rib cage contracted VERY tightly.... I've had this happen maybe 50 times before. This time responded differently. Usually I arch backwards to stretch my abdomen to get over what I always thought was a cramp. this time I knew it wasn't a heart attack because it was on the right side, so I thought I would endure the pain and let it squeeze to perform it's work. It took perhaps a minute and I was fine. I seem to recall a follow up squeeze a while later.

I suggest the idea of a conditioned response because the body may be familiar with receiving a bunch of vitamin A when tasting/touching/sensing the egg whites.

Like Reply Share 4m



**Cindy Jones Caudy**

**Will Broox Nevil** I'm new to this group and vitamin a research. I have Crohn's disease and I'm positive that I'm vitamin a toxic.

I'm curious about two supplements. Why no b complex? And I have to take digestive enzymes. Would enzymes made from porcine... **See more**

Like Reply Share 9w



**Sapphire Sky Dufresne replied · 6 Replies**



**Kerttu Pieni**

My family members use ibuprofen sometimes for headaches. What could I recommend to them instead?

Like Reply Share 13w



**Debbie Egleston replied · 5 Replies**



**Liubov Serova**

"never use" is a strong line

so what would you do if the headache is super intense?... **See more**

Like Reply Share 13w



**Will Nevil replied · 8 Replies**

**View 23 more comments**

