

WILDFIRE SMOKE SUPPORT PROTOCOL

If you live in Alberta & BC, actually anywhere in Canada or North America, you will have experienced the poor air quality when the forest fires erupt every summer... which might cause you to experience symptoms like dehydration, swelling, headaches, skin issues, sleep disturbances, irritability, constipation or diarrhea, swelling of the neck or thyroid, and IBD flares, to name a few. So naturally you might have also considered **“how can I protect my body and health with smoke?”**

Your body will try to protect itself against the smoke particles by making more tears and mucous. This may cause runny nose, scratchy throat, irritated sinuses and coughing. If the smoke is heavy and lasts for days or weeks, you may also develop a bad cough, sore chest and greener mucus.

The smoke contains chemicals like carbon monoxide, and heavy metals, which cause oxidative stress in the body and immune system. Oxidative stress poisons and damages cells — it can wreak havoc on our health if we don't try to mitigate it.

To help stack conditions in your favor I have put together this list of tools that will help support your body and detoxification pathways. Feel free to print it off and share with others.

- **Organic berries** which are high in polyphenols and antioxidants which will help fight carcinogens by neutralizing free radicals, and protect genes and cells.
- **Organic lemon juice** will help cleanse the digestion tract with its anti clockwise ions aiding in detoxification. The citric acid in lemon juice has been shown to aid the body in removing aluminum.
- **Apple cider vinegar** can not only support the gut and detoxification pathways, but ACV contains malic acid which has been shown to be an effective tool against heavy metals including aluminum. Magnesium malate is also a viable option for malic acid.
- Take **Ceylon cinnamon, turmeric and ginger** regularly. They will help control inflammation and keep your gut bugs strong, who will in turn keep your immune strong. These spices also support the liver's phases of detoxification.
- **Chlorophyll, chlorella and spirulina** all bind to heavy metals and help remove them from your body. As does cilantro these are “chelators”.
- **Cilantro and Parsley** are rich in silica which binds to aluminum and reduces its toxicity effects.
- Take extra **vitamin C** it will help fight the oxidative stress and help manage inflammation. It is also a precursor to our master antioxidant "Glutathione".
- Add some **grape seed extract** to the vitamin C and you have a very effective way to calm the body (including the central nervous system) and fight oxidative stress.
- Take an **Epsom salt** bath in hot water as it will help detoxify the body and remove heavy metals -> but be sure to NOT stay in it longer than 15 minutes, as the research shows we can start to reabsorb toxins through our skin after this time. The hotter the water the more you activate protective heat shock proteins, but be sure to not scald yourself.
- Drink some tablespoons of **MSM salt (Methylsulfonylmethane)** in water as it's a strong chelator. This is a very effective hack or support tool for detoxification.



- Drink some **Bentonite clay, Zeolite or Diatomaceous** earth in water or smoothies — these are strong binders of heavy metals, toxins and help expel them out of the body. Montmorillonite clay is amazing and a great source of silica.
- A good **activated charcoal** (I like capsules) will bind to heavy metals and toxins -> but be sure to take it 40 minutes away from other supplements, herbs and food. The same with the clays above.
- **Colloidal silver** is very effective at promoting health and fighting infections - it's a strong natural antibiotic which can be used to support your bodies resilience.
- **Raw dandelion or milk thistle tea** will help support the liver in removing toxins and help with bile production for emulsifying fat soluble chemicals/toxins. Milk thistle or mothers milk too.
- **Burdock tea** can help purify your blood - this is SUPER important and helpful to the kidneys who filter every drop of your blood 400 times a day!
- **Pure cranberry tea, hibiscus and raspberry leaf tea**, support your kidneys as they filter your blood and support gut, liver and bladder processes.
- **Stinging nettle and holy basil/tulsi tea** can help with allergies around this time of poor air quality.
- **Quercetin and Serrapeptase** can be great too for reducing allergy symptoms.
- If you can get your hands on some **Lithium or Sulphur**, they are very good at binding to heavy metals and moving them through your detoxification pathways.
- **Iodine** applied topically will directly enter the bloodstream and bind to heavy metals, this will also protect your thyroid, which is very sensitive to heavy metals.
- **Borax (homeopathic)** can help support the respiratory system and membrane. And may help the reduce the genotoxic effects of heavy metal exposure. You can add some Borax to your Epsom salt bath too.
- If your toxic exposure or load is increased - then it is wise to try **limit your toxic exposure through foods etc**. Keep alcohol and junk food limited. Buy organic where possible (this will decrease toxic exposure more and increase protective food compounds). Keep carbs low as these will cause your body to retain more toxins, especially carbs high in gluten.
- Try **keep stress under control** too as an increase in adrenaline and cortisol will increase inflammation and weaken your immune system, while slowing down detoxification processes. ACTH will also encourage more fluid retention.
- **Aid circulation** in your body. This will help blood and lymph flow, and move toxins to your detox pathways. Walking is awesome but if you can't get outdoors you can dance indoors, do some rebounding if you have a small trampoline, do a smaller circuit of jumping jacks and high knees sporadically throughout the day or even practice some inversion twice a day. And body brushing!
- **Lots of mineral water and minerals/electrolytes**; if you can saturate the tissues with minerals, you leave no room, or very little room, for toxins and heavy metals to deposit. This is due to molecular mimicry - the good metals displace the bad. Mineral water can also help with flushing and hydration of the cells.
- If you don't like mineral water you can do water with **lemon or lime juice and sea salt**.



- **Sauna** can help with detoxification immensely too, but make sure you are rehydrating and remineralize after too.
- If you can't get to a sauna, then **do something that helps you sweat**. Even a hot shower, bath or hot tub can be helpful. Sweating is the main way we remove metals from the body.
- **Amino acids** are also very important to your liver, gut and immune system. The research show us that amino acids such as glycine, taurine, glutamine, ornithine and arginine are attached to the toxin and made water-soluble for excretion. It is important to make sure you have adequate protein vitamin and mineral intake for the liver to efficiently detoxify the many toxins we are exposed to. A deficiency of dietary protein or amino acids has long been known to impair immune function and increase the susceptibility of animals and humans to infectious disease. Make sure your getting plenty of lean protein (the fat stores toxins, chemicals and hormones). Collagen and powdered bone broth is a great option. Marine collagen and vegan sources for our vegan friends.

NEW and considerable mentions for 2026;

- **Thyroid therapy** - thyroid gland, thyroid hormone or natural desiccated thyroid. The thyroid controls many important aspects of metabolism including detoxification processes and the immune system. Keeping your thyroid functioning well makes sense if you want to protect your health.
- **Bioidentical progesterone** can help to support metabolism and detoxification as it is "pro thyroid". It also can counteract the stress hormones, helping your body deal with stress better. Progesterone is also neuro protective and anti inflammatory.
- **Aspirin** is a powerful anti inflammatory and is also "pro metabolic". The research has shown aspirin to be lung and brain protective when exposed to air pollution. It protects cells at the cellular level and protects against oxidative damage.
- **Methylene blue** may help support mitochondrial function and reduce oxidative stress caused by wildfire smoke. By improving cellular energy production and helping neutralize free radicals, it may offer additional support during periods of heavy smoke exposure. **Important:** Methylene blue is not appropriate for everyone. It should not be combined with SSRIs, SNRIs, MAO inhibitors, or certain other medications due to the risk of serotonin syndrome. People with G6PD deficiency should also avoid methylene blue unless under medical supervision.

I hope you find this helpful and please share. I'm sure there's many people that will benefit from this information too. And no mean comments please, this was put together to be some sort of support tool for people, nothing else. If you have anything to add, please let me know and I will add it.


