

BODY BURDEN:

THE TOXINS WE CARRY

ACTION GUIDE

Welcome to Your Body Burden Action Guide

I'm so glad you decided to download this companion guide to the Body Burden documentary.

Before you dive into the action steps in this guide, I want to make sure you've had a chance to watch the full documentary first. The insights and strategies in this guide will make much more sense after you've seen the complete story unfold.

If you haven't watched the documentary yet, please take the next hour to do so. It will change how you think about environmental toxins and what environmental medicine doctors are actually finding in their patients.

If you received this guide from a friend and haven't seen the documentary, you can watch it free at BodyBurdenMovie.com.

The documentary follows my investigation into environmental medicine: the science behind toxin accumulation, the doctors measuring it, and the cases of patients who reversed chronic illness by addressing their total body burden. I went in as a citizen journalist asking whether these claims held up. The film documents what I found.

This guide is designed to help you take action on what you've learned, without feeling overwhelmed by where to start. I recommend beginning with the **Total Body Burden Quiz** at the end of this document. It will help you identify your highest-risk areas and prioritize which action steps to focus on first.

Ready to begin lowering your body burden? Let's dive in.

Nick Pineault, AKA "The EMF Guy"

Citizen Journalist & Producer, Body Burden



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5 Key Lessons from the Documentary

1) Stop Focusing on Just One Toxin – Your Body Burden is the Real Problem

As Dr. Bauerschmidt explained in the documentary: "Take the chemicals, you add some mold, you add some EMFs, all of a sudden you got a problem. Sooner or later, there will be that straw that breaks your camel's back."

Getting healthy is not about finding the one thing making you sick; it's about reducing the total toxic load overwhelming your body's natural detox systems. That being said, additional testing can help you uncover which toxins or toxicants are measurably high, and should be a priority during your detoxification process.

2) "Normal" Test Results Don't Tell the Whole Story

Standard blood tests often miss toxins stored in your tissues. Nick's lead levels came back 34 times higher than a healthy adult's standard urine baseline, and mercury 29 times the same baseline. These results only showed up after heavy metal urine provocation testing (from Doctor's Data).

If you have mystery symptoms, you may need deeper testing to uncover what's really going on.

3) Conventional Medicine Misses the Environmental Connection

Most of conventional medicine fails to recognize that environmental toxins – including EMFs, heavy metals, and pesticides – can worsen or be the culprit behind chronic disease.

No matter what treatment route you decide to take, everyone can benefit from lowering their body burden by fixing their environment first (home, office), and also by engaging in safe detoxification strategies.

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4) Lowering Your Body Burden and Feeling Better is Possible, But It Takes Time and Consistency

Your body did not accumulate toxins over a year, but over decades – so it's unrealistic, and possibly dangerous, to expect these toxins to come out during a "7-day detox."

Real recovery takes months to years, but many people feel better after a few weeks.

In Nick's case, it took at least 3 months before he started feeling any different. He felt a massive difference after a session of chelation therapy, but it took 6 to 7 additional months of focus and consistency to finally feel a huge difference in his motivation, ability to concentrate, energy levels and mood.

5) Everyone Can Benefit from Environmental Medicine

Environmental medicine goes above and beyond conventional or even most functional medicine, and focuses on fixing the environment first and foremost. Most homes and workplaces are increasingly toxic and keep your body in a constant state of stress.

A combination of cleaning up your environment and supporting your body's natural abilities to detoxify can help everyone, no matter their age or current state of health.

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5 Low-Cost Action Steps to Start Lowering Your Body Burden Now

1) Start Sweating Regularly

Sauna is best – any type of sauna is better than no sauna. As you saw in the documentary, this was one of Nick's most powerful detox tools.

How to do it right:

- Wipe the sweat off as much as possible during your session to prevent reabsorption of toxins
- Rehydrate properly with electrolytes afterward
- Keep your heart rate low during sauna sessions using these target ranges:

TARGET HEART RATE (BEATS PER MINUTE):

Age 20 = 120–132 | Age 30 = 114–125 | Age 40 = 108–117 | Age 50 = 102–111 | Age 60 = 96–105 | Age 70 = 90–97

(Information by Dr. Vicky Rizothanassis ND)

2) Improve Your Lymph Flow

The lymphatic system helps remove waste, toxins, and excess fluid from your body. Unlike your circulatory system, it doesn't have a heart to pump it – it relies on movement and pressure changes.

Simple strategies:

- General movement: stretching, yoga, jump rope
- Use a rebounder (mini trampoline) – the Juvent platform (coupon EMFGUY for $300 off) featured in the documentary is incredible, but any bouncing movement helps, including skipping rope
- Try dry brushing before showers
- Consider manual lymphatic drainage with a trained practitioner

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3) Ensure Regular Bowel Movements

Constipation is a huge issue preventing you from excreting everyday toxins. People who do not have regular bowel movements should *not* engage in advanced detoxification strategies before this is fixed.

What you can do:

- Colon hydrotherapy can help people who struggle with constipation
- Work with a practitioner to find the root cause of your constipation

4) Do Not Wear Shoes Inside Your Home

Studies show that shoe soles harbor millions of bacteria, including dangerous pathogens like MRSA, E. coli, and C. diff, which can survive on floors for days.

Beyond bacteria, shoes track in lead dust from deteriorating paint (especially dangerous for children), outdoor allergens like pollen, and hazardous lawn chemicals including fertilizers and pesticides that pose health risks ranging from irritation to increased cancer risk.[1]

Simple solution:

- Adopt a "no shoes indoors" policy
- Use indoor-only slippers or go barefoot
- This single habit significantly reduces your indoor toxic load

5) Keep Mold at Bay

As Nick discovered, mold toxins were a major part of his body burden – even though he felt "healthy."

Prevention strategies:

- Control moisture: Fix leaks promptly, dry wet areas within 24-48 hours
- Maintain indoor humidity between 30-50% using fans, dehumidifiers, or open windows
- Improve airflow: Keep interior doors open, reduce clutter that traps moisture
- If you suspect ongoing mold exposure at home, consider hiring a mold inspector

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BONUS: Turn Off EMF-Emitting Devices

This is my main line of work for the last 10 years. Most people underestimate how much EMF exposure constitutes one of the worst types of environmental toxins they're exposed to daily.

Why this matters:

- EMFs can negatively impact sleep quality[2], a critical phase of daily detoxification
- EMFs can make other environmental toxins more stressful, creating toxic synergy[3]
- These action steps are 100% free of charge!

What to do:

- Turn off all sources of wireless in your bedroom at night – including your Wi-Fi router
- For a better understanding of EMFs, consider reading *The Non-Tinfoil Guide to EMFs*
- Remember: Start with 1-2 of these strategies and build consistency before adding more. Your body needs time to adapt to increased detoxification.

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Total Body Burden Quiz

Take a few minutes to complete this assessment from Deeper Healing honestly – it's designed to help you identify which environmental toxins might be contributing most to your body burden.

Your scores will guide you toward the most important action steps for your specific situation. Remember, this isn't about perfection; it's about awareness and taking the first steps toward reducing your toxic load.



CLICK HERE TO TAKE THE QUIZ NOW.

This assessment is for educational purposes and should not replace professional medical evaluation. Consult with a qualified healthcare provider for personalized recommendations.

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Finding Professional Help: Environmental Medicine Doctors

There's a lot you can do by yourself to start lowering your body burden using the strategies outlined in this guide. However, if you are struggling with a health condition, be very careful engaging in extensive detoxification strategies without professional guidance.

People who suspect they have a very elevated body burden should seek the help of an environmental medicine physician who can advise them on the right strategies to use, and gather more information about their specific toxic load through clinical testing.

As you saw in the documentary, Nick's heavy metal levels were 34 times higher than a healthy adult's standard urine baseline, and mercury 29 times the same baseline. This is something that required careful, supervised chelation therapy rather than DIY approaches.

How Can I Find an Environmental Medicine Doctor in My Area?

We recommend visiting the websites of the following environmental medicine organizations to find a local practitioner:

American Academy of Environmental Medicine

- https://www.aaemonline.org/find-a-practitioner/

Professional organization of physicians specializing in environmental medicine

National Association of Environmental Medicine

- https://www.envmedicine.org/find-a-provider

Network of healthcare providers trained in environmental medicine approaches

Deeper Healing Medical Center (Featured in the Documentary)

- https://deeperhealing.com

This is the clinic where Nick filmed his experience and where patients from around the world come for comprehensive environmental medicine treatment.

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Remember: Environmental medicine goes beyond conventional and even most functional medicine by focusing on fixing *your environment* first and foremost. These practitioners understand that most homes and workplaces are increasingly toxic and keep your body in a constant state of stress. They can help you create a personalized plan that combines environmental cleanup with safe, effective detoxification protocols.

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Ready To Start Reducing Your Body Burden? You Do Not Have To Figure It Out Alone.



Nobody skips detox because they don't care. They skip it because the moment you start looking into it, you drown.

Sauna or chelation. Coffee enemas or glutathione. Juice fast or elimination diet. Ten experts, ten answers, and no idea what to actually do on a Tuesday morning.

That is the problem I brought back to Dr. Michael Bauerschmidt after we finished filming. I sat down with him session after session with one goal: build the simplest detox education anyone has ever put together.

So here is my ask. Leave everything you think you know about detox at the door.

Body Burden Solution is not a 7-day miracle cleanse. There is no such thing. It is Dr. B walking you through what you are actually exposed to, what to stop doing first, and the simple daily actions that genuinely help your body clear what it is carrying.

Small things, done *consistently*. That is what moves your body burden.

LEARN MORE ABOUT THE COURSE

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Sources

1. https://health.clevelandclinic.org/wearing-shoes-in-the-house-is-a-bad-idea
2. https://www.scientificamerican.com/article/mind-control-by-cell/
3. https://www.sciencedirect.com/science/article/abs/pii/S0040162512003216

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