



# **BODY BURDEN:**

HOPE FOR DEEPER HEALING

## **ACTION GUIDE**

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& DEEPER HEALING

# 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 60 minutes to do so. It will completely change how you think about your health challenges and give you hope for what's possible.

**If you received this guide from a friend** and haven't seen the documentary, you can watch it free at [BodyBurdenMovie.com](https://BodyBurdenMovie.com).

The documentary follows my personal journey of discovery – from thinking I was in good health to uncovering shocking levels of heavy metals and mold toxins in my body, and then the year-long transformation that followed. You'll also hear incredible success stories from patients who reversed "mystery" illnesses by addressing their total body burden.

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 Assessment 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 & Advocate for Safe Technologies*



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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 shocking discovery – lead levels 34X normal and mercury 29X normal – 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.

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

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.

# 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](#) (use coupon EMFGUY for \$300 off) featured in the documentary is incredible, but any bouncing movement helps
- Try dry brushing before showers
- Consider manual lymphatic drainage with a trained practitioner

### 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 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.<sup>1</sup>

#### **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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<sup>1</sup> <https://health.clevelandclinic.org/wearing-shoes-in-the-house-is-a-bad-idea>

## BONUS: Turn Off EMF-Emitting Devices

This is my main line of work for the last 8+ years as a citizen journalist. 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<sup>2</sup>, a critical phase of daily detoxification
- EMFs can make other environmental toxins more stressful, creating toxic synergy<sup>3</sup>
- 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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<sup>2</sup> <https://www.scientificamerican.com/article/mind-control-by-cell/>

<sup>3</sup> <https://www.sciencedirect.com/science/article/abs/pii/S0040162512003216>



# Total Body Burden Assessment

Take a few minutes to complete this assessment 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.

## MOLD & FUNGAL EXPOSURE

### Current Living Environment

- ☐ Lived in a home built before 1980
- ☐ History of water damage/flooding in home
- ☐ Visible mold in home (bathroom, basement, attic)
- ☐ Musty odors in home
- ☐ Poor ventilation in home
- ☐ High humidity levels (>50%)
- ☐ Live in humid climate year-round

### Work Environment

- ☐ Water damage at workplace
- ☐ Poor ventilation at work
- ☐ Work in basement or underground facility
- ☐ Work with organic materials (paper, wood, fabric)

### Symptoms Associated with Mold

- ☐ Chronic fatigue
- ☐ Brain fog/cognitive issues
- ☐ Chronic sinus congestion
- ☐ Skin rashes or irritation
- ☐ Joint pain
- ☐ Respiratory issues
- ☐ Mood changes/depression

**Mold Risk Score:** \_\_\_/18

## HEAVY METALS EXPOSURE

### Dental History

- ☐ Silver amalgam fillings (current or past)
- ☐ Multiple dental procedures
- ☐ Root canals or crowns

### Occupational/Environmental

- ☐ Work in manufacturing, mining, industrial setting
- ☐ Live near industrial area or major highway
- ☐ Use well water (untested)
- ☐ Eat large fish regularly (tuna, swordfish, shark)
- ☐ Use aluminum cookware or foil regularly
- ☐ Live in home built before 1978 (lead paint)
- ☐ Work in airlines or high chemical use work (hairdresser, etc.)
- ☐ Military service or exposure to Agent Orange
- ☐ Lived near coal power plant or incinerator

### Symptoms Associated with Heavy Metals

- ☐ Memory problems
- ☐ Fatigue
- ☐ Headaches
- ☐ Digestive issues
- ☐ Mood changes/irritability
- ☐ Muscle weakness
- ☐ Skin problems

**Heavy Metals Risk Score:** \_\_\_/19

## CHEMICAL EXPOSURE

### Household Products

- ☐ Use conventional cleaning products daily
- ☐ Use air fresheners or scented candles
- ☐ Use pesticides/herbicides in home or garden
- ☐ Use conventional personal care products
- ☐ Dry clean clothes regularly
- ☐ Use non-stick cookware
- ☐ Smells bother you
- ☐ Store food in plastic containers

### Environmental

- ☐ Live near agricultural area
- ☐ Live downwind from industrial facility
- ☐ Recent home renovation or new construction
- ☐ New furniture or carpeting in past 2 years
- ☐ Spray lawn treatments or pest control

### Occupational

- ☐ Work with chemicals, solvents, or paints
- ☐ Work in salon, print shop, or dry cleaner
- ☐ Healthcare worker exposed to disinfectants
- ☐ Work in agriculture or landscaping

### Symptoms Associated with Chemical Exposure

- ☐ Headaches with chemical odors
- ☐ Skin sensitivity
- ☐ Respiratory irritation
- ☐ Fatigue after chemical exposure
- ☐ Nausea with strong scents
- ☐ Multiple chemical sensitivities

**Chemical Exposure Risk Score:** \_\_\_/23

## AIR QUALITY

### Indoor Air

- ☐ No air purification system
- ☐ Live with smokers
- ☐ Use gas stove without proper ventilation
- ☐ Home has attached garage
- ☐ Poor ventilation/windows rarely opened
- ☐ Use scented products regularly
- ☐ Pets in home (dander/allergens)

### Outdoor Air

- ☐ Live in urban area with poor air quality
- ☐ Live near busy roads or highways
- ☐ Live near airport
- ☐ Live in area with frequent wildfires
- ☐ Work outdoors in polluted environment

### Symptoms Related to Air Quality

- ☐ Breathing difficulties
- ☐ Chronic cough
- ☐ Sinus problems
- ☐ Allergies worse indoors
- ☐ Fatigue in certain environments

**Air Quality Risk Score:** \_\_\_/17

## FOOD CONTAMINATION

### Diet Patterns

- ☐ Eat conventional (non-organic) produce daily
- ☐ Eat processed foods more than 3x/week
- ☐ Eat farm-raised fish regularly
- ☐ Eat non-organic meat/poultry regularly
- ☐ Consume foods with artificial colors/preservatives
- ☐ Eat foods stored in plastic packaging daily
- ☐ Use microwave for cooking/reheating food

### Food Sources

- ☐ Shop primarily at conventional grocery stores
- ☐ Eat at restaurants more than 3x/week
- ☐ Consume imported foods regularly
- ☐ Eat canned foods more than 2x/week

### Symptoms Related to Food Toxins

- ☐ Digestive issues after eating
- ☐ Food sensitivities
- ☐ Skin breakouts related to diet
- ☐ Energy crashes after meals
- ☐ Chronic inflammation

**Food Contamination Risk Score:** \_\_\_/16

## WATER QUALITY

### Water Sources

- ☐ Drink unfiltered tap water
- ☐ Use well water (untested in past year)
- ☐ Live in area with known water contamination
- ☐ Drink bottled water stored in plastic
- ☐ Shower in unfiltered water
- ☐ Use water from old pipes (house built before 1986)

### Water Treatment

- ☐ No whole-house water filtration
- ☐ No drinking water filter
- ☐ Water tastes or smells of chlorine
- ☐ Water has visible sediment or discoloration

### Symptoms Related to Water Quality

- ☐ Skin/hair problems after showering
- ☐ Digestive issues potentially related to water
- ☐ Fatigue that might be related to hydration

**Water Quality Risk Score:** \_\_\_/13

## ASSESSMENT SUMMARY

### Total Risk Scores

- **Mold & Fungal Exposure:** \_\_\_/18
- **Heavy Metals Exposure:** \_\_\_/19
- **Chemical Exposure:** \_\_\_/23
- **Air Quality:** \_\_\_/17
- **Food Contamination:** \_\_\_/16
- **Water Quality:** \_\_\_/13

**Overall Total Body Burden Score:** \_\_\_/106

### Risk Level Interpretation

- **Low Risk (0-25):** Minimal environmental toxin exposure with few concerning symptoms
- **Moderate Risk (26-50):** Some environmental exposures present; consider targeted interventions
- **High Risk (51-75):** Significant toxin burden; comprehensive detoxification program recommended
- **Very High Risk (76-106):** Extensive environmental exposures; immediate professional evaluation/intervention needed

### Recommendations

1. **Immediate Actions:** Address highest-scoring categories first
2. **Professional Consultation:** Contact Deeper Healing at 866.442.HEAL - Consider environmental medicine practitioner if total score >50
3. **Testing Recommendations:** Laboratory assessments based on exposure patterns
4. **Environmental Modifications:** Prioritize changes in living and work environments
5. **Detoxification Support:** Implement appropriate protocols based on risk assessment

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

# 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 34X and 29X normal – 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:

### **Deeper Healing Medical Center (Featured in the Documentary)**

- Visit <https://deeperhealing.com> or call 866.442.HEAL

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

### **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*



**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.

## Struggling with a High Body Burden? You Don't Have to Do This Alone.



If your Total Body Burden score has you concerned about what's been building up in your body over the years, you're not alone. Most people are shocked to discover how many environmental toxins they're exposed to daily – and how few "detox" programs actually address the real culprits.

**Body Burden Solution: Detox Made Simple with Dr. B** gives you the systematic approach to safely reduce the specific toxins identified in your assessment. Environmental medicine expert Dr. Michael Bauerschmidt will show you evidence-based protocols that target heavy metals, mold toxins, chemical pollutants, and other environmental burdens – not just surface-level cleanses that barely scratch the surface.

Stop guessing about what your body needs. Get the roadmap based on decades of clinical experience.

\*\*\*[CLICK HERE](#) LEARN MORE\*\*\*

## 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>