

THE NIAACIN DETOX PROGRAM

SHORT & CONCISE ONE PAGE GUIDE



www.flexyourbrain.com

Written & Created by: Zack McLeod

Flex Your Brain ©2016

The Niacin Detox Program

Written and Created by Zack McLeod at www.FlexYourBrain.com

Overview:

Purpose: A simple and extremely powerful detox method used by doctors to eliminate toxins.

Duration: 2 times a week.

Consult your doctor: With any diet, exercise, or supplement change, you should consult your doctor first before attempting to make sure this is right for you. Everyone is different.

For More Detailed Information:

Visit my more detailed program at www.flexyourbrain.com/the-niacin-detox-program

Niacin Detox Program:

1. **Take Niacin:**
 - a. **First time, take small dose of 50-100 mg with 4-8oz of water on an empty stomach.**
 - b. **Monitor Your Flush** – You should feel and see a sunburn sensation.
 - c. **Next time Increase the Dose** - You build a tolerance to Niacin. Every time you execute the program Increase the dose by 100mg to 200mg.
 - d. **Wait 5-10 minutes after taking the Niacin and then begin Step 2**
2. **Exercise for 20 - 30 min:** The goal here is to get your body in motion as much as you can. Everyone else who does a Niacin Detox says to shoot for moderate intensity. I find that any form of High Intensity Interval Training (HIIT) works the best. You could do something totally different, just as long as you're sweating and getting your body moving.
3. **Sauna for 30 – 60 min:**
 - a. The goal is to get a good sweat going, eliminating as many toxins through the skin. Use a towel to wipe off sweat to encourage the production of more sweat.
 - b. By this time, you've lost a lot of water, vitamins, and minerals through your sweat. While in the sauna, drink water with some Himalayan salt mixed in it.
4. **Shower:** Rinse off sweat to prevent your skin from reabsorbing the toxins. For the best effects, Dr. Yu recommends a cold shower.
5. **Take Activated Charcoal:** Take 4-5 capsules (500 mg each capsule) with 2-4 glasses (8 oz) of purified water.
6. **Remember to increase your intake of Vitamins:** By this time, you've lost a lot of water, vitamins, and minerals through your sweat. Keep drinking water throughout the day.