

# The PFAS Detox It comes out in Ionic Foot Baths

Presented by Dr. Daniel M. Williams, MD, PA

Founder, [MindshiftCare.com](http://MindshiftCare.com)

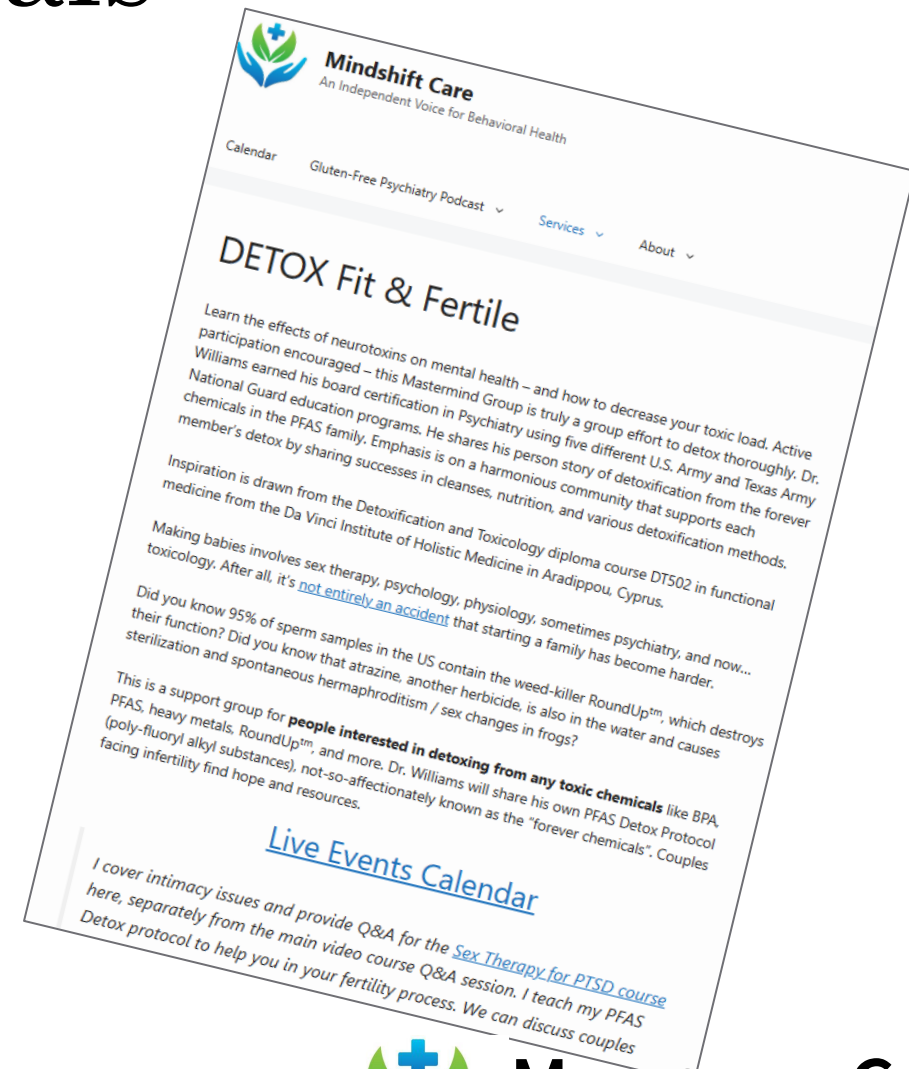


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# PFAS = “forever chemicals”

- But not if we can learn to detox!
- Sync to Google Calendar to get meeting reminders.



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# The PFAS Detox

## STAGE 1:

Limit exposure. Filter water all the time.

Ionic foot baths or sauna.

[Educate yourself.](#)

## STAGE 2:

Ketosis to kill fat cells storing toxins.



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# I tested my drinking water at work and home

## MATERIALS

- [Hand-crafted copper foot basin](#) from India
- [Ionic Cleanse Detox machine](#) from Better Health Company, round double coil array. Model BHC-CTRL-01, 24 W, 2A, 12V DC.
- [One gallon per session of distilled water](#), steam distillation from Premium Waters, packaged 05/27/24 12:06, best by 05/27/2025.
- [GreenPan anodized ceramic cooking pot](#)
- [Pink Himalayan salt](#), 1/4 cup per session



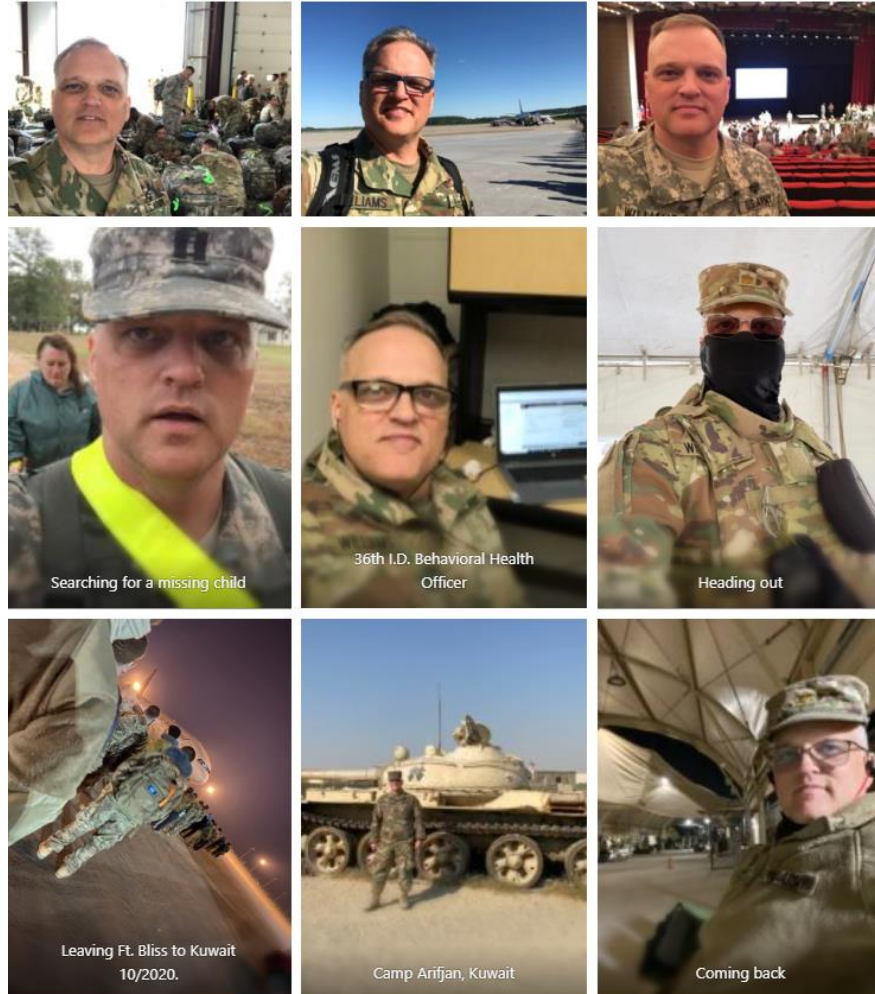
# I tested my drinking water at work and home

## METHODS

- An initial serum PFAS level was obtained using the [PFASure test](#) from [Any Lab Test Now](#).
- One 30-minute foot bath session was conducted with the Ionic Cleanse Detox Machine using distilled water with 1/4 cup of pink Himalayan salt.
- Water sample testing was conducted on both the clean and dirty foot bath water using [SimpleLab](#).



# What are your exposure risks?



Occupational exposures.

Exposure in the womb.

Don't drink the water.

# Test yourself

## LAB ORDERS

Mindshift Detox Protocol Lab Codes: Z13.88, CPT 82542, CPT 827.35

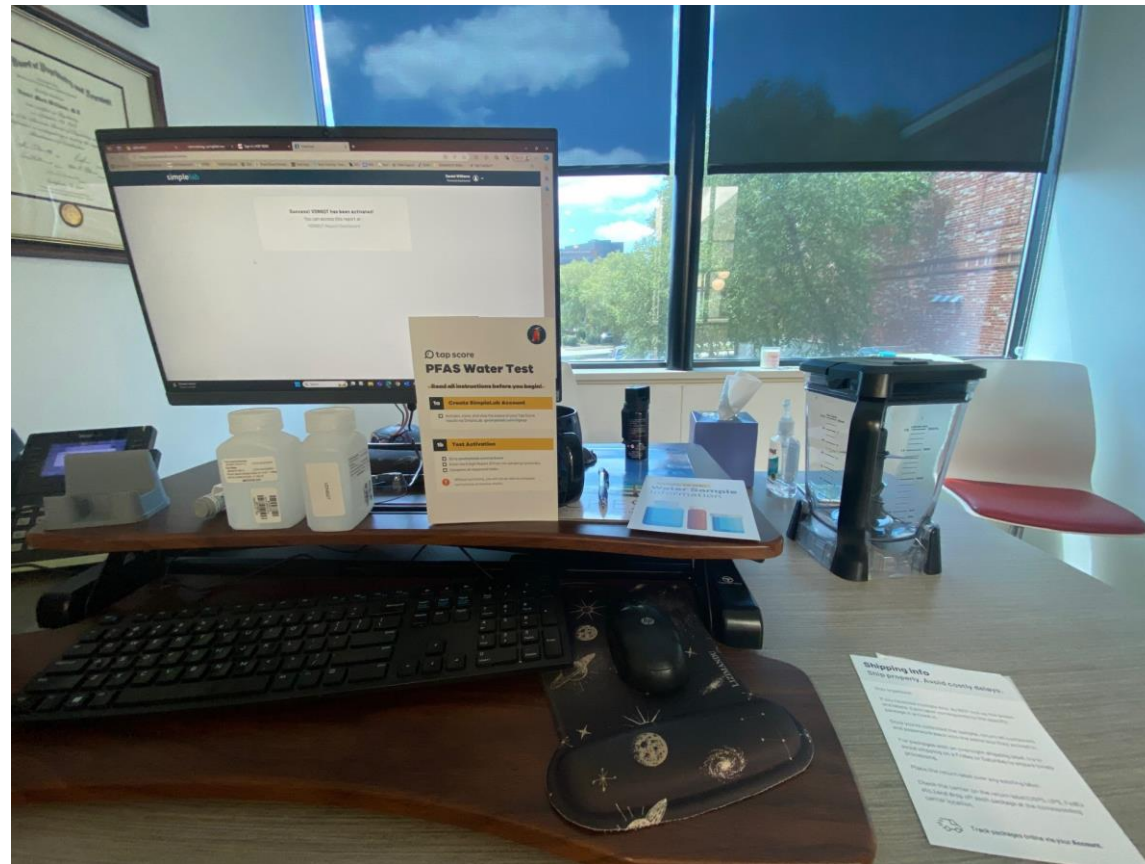
- ✓ Heavy metals (arsenic, cadmium, chromium, lead, mercury, aluminum)
- ✓ Fluoride
- ✓ Polyfluoroalkyl Substances (PFAS)
- ✓ Bisphenol A (BPA, TBBPA)
- ✓ Para-hydroxybenzoic Acid (Parabens)
- ✓ Glyphosate (RoundUp™)
- ✓ Botulinum toxin



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# Test your water at work and home.





# Multiple ways to connect:



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## Mastermind Groups


These free meetings consist of people working together in harmony with definiteness of purpose in order to solve a common problem. [New to Mastermind Groups?](#) Here's our active Mastermind Groups for different purposes:

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### [Live Events Calendar](#)

- The 100-Day Mindshift.** This is the live Q&A with me, Daniel Williams, MD, the author of all of the Mindshift video courses. My business model is to provide all of the training videos to the world for free, resulting in a global, mental health Mindshift. These courses are for everyone because they teach self-directed, holistic life-building. Topics cover *Anxiety Reduction*, *Sex therapy for PTSD*, *Pet therapy for PTSD*, and training for professionals and caregivers. Law enforcement, military, first responders of all types and veterans, this is your solution to on-the-job "fix yourself".
- Relapse Prevention.** Live support for **any addiction** or medical condition that results in *Dopamine Dysregulation Disorder*. If you were to watch all of my videos in one sitting, you might want to binge on something. If so, the Relapse Prevention group is here for you. My unique approach combines elements of 12-Step Recovery with holistic discussions of radical self-care, earthing science, filtering neurotoxins, detoxification and how to get medications that contain no gluten. Speaking is optional. It starts with a brief presentation and then opens up for group discussion.
- DETOX Fit & Fertile.** This is a support group for **people interested in detoxing from any toxic chemicals** like BPA, PFAS, heavy metals, RoundUp™, and more. Dr. Williams will share his own PFAS Detox Protocol (poly-fluoryl alkyl substances), not-so-affectionately known as the "forever chemicals". Research shows that we're all being feminized and sterilized because so [many toxins act like estrogen](#). Making babies involves sex therapy, psychology, physiology, sometimes psychiatry, and now...toxicology. Did you know 95% of sperm

Search



Daniel M. Williams, M.D., P.A.

Three Appointment Types:  
[Medication Management](#)



**GLUTEN FREE PSYCHIATRY**  
PODCAST

# A Free, Virtual IOP Experience

- Relapse Prevention
- Anxiety Reduction
- Pet Therapy for PTSD
- Sex Therapy for PTSD
- Psychotherapy for PTSD

**Core Curriculum: How to Mindshift**

*Mindshifting is the simultaneous changing of neural networks and harmonic emotional frequencies at will. This course intuitively guides you to forcefully recreate physical, mental, spiritual, and emotional balance. Benefits include improved mental perseverance, problem-solving skills, and grace under fire.*

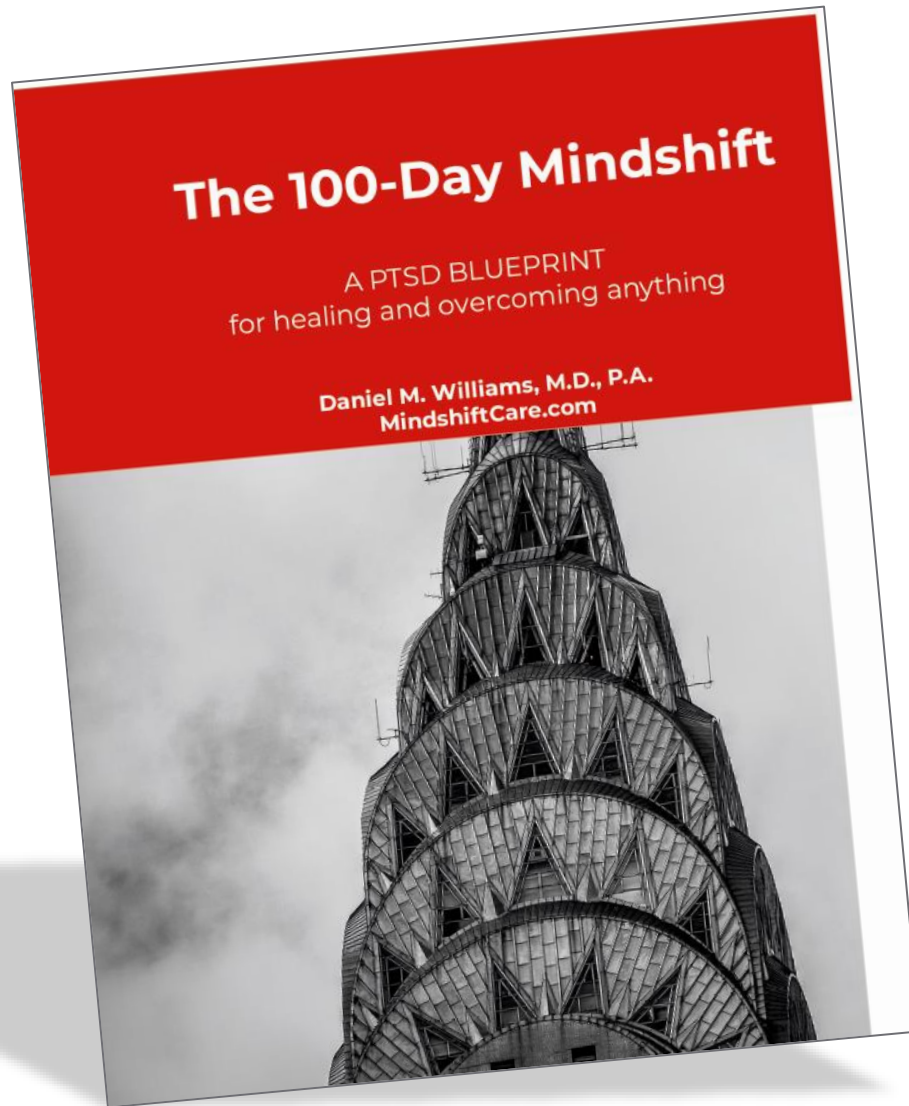
**Mindshift;** noun, verb. Definition:

- 1) To therapeutically change the active firing of neural networks, mental intention, and harmonic frequencies simultaneously.
- 2) To upgrade knowledge rapidly. For example, scheduling a date night to watch [ground-breaking mental health documentaries](#) so your family can grow together. (If your significant other won't cooperate, see if they're interested in [Pet Therapy](#) or [Sex Therapy](#) videos. You're welcome.)
- 3) Advanced problem solving.
- 4) Urban Dictionary 11/4/2011 "A shift in your mindset caused by creating something out of a fine balance between insights and innovation, leading to a MindShift. A MindShifter is one who professes such change." (I guess I'm a Mindshifter, then. Are you? Do you want to become a Mindshifter with me?)



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Use this [healing guide](#) as a journal while you study our video programs at your own pace.

- Watch [free videos](#) in any order
- Join a [live discussion](#) with the author

# Virtual Intensive Outpatient

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Texas-  
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