

Original

MĀCUJ  Method

# The Complete Guide

To the original hair-follicle cleansing method.



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# Disclaimer

This Original Macujo Method guide is interactive and contains clickable images, buttons, & links for ease of use and accessibility.

**This guide & the products listed are intended for adults 18+.**

These products are designed to be used by individuals that wish to make a lifestyle change in an attempt to remove toxins from the body.

Statements concerning the use of these products have not been evaluated by the Food and Drug Administration (FDA). The products listed are not intended to diagnose, treat, cure or prevent any disease.

Consult a medical professional & dietitian, we are not medical professionals or dietitians. Always consult your physician prior to using any cleansing product or participating in a detoxification program.

Products mentioned in this guide may be harmful or deadly if used incorrectly. Hazardous uses include, but are not limited to: improper ingestion, eye contact, skin contact, or inhalation.

**Follow all relevant material safety label warnings & instructions.**

# About



Created anonymously online by one of our customers years ago, the Original Macujo Method is a potent hair-cleansing method used to remove toxins & metabolites from hair using everyday over-the-counter products, along with a now-discontinued Nexxus formula that Toxin Rid cloned; now enhanced with added potency and a larger bottle!



## Spotting Fakes

As time goes by, many have tried to hijack the Original Macujo Method and call it their own, we've seen it all. Don't be fooled by anonymous characters pretending to be the creators of a home remedy.

Look for the clear warning sign of a **registration or trademark symbol** to create a false sense of authority and mislead those in need of a solution. These authoritative symbols are not officially approved, and nobody owns the Original Macujo Method.



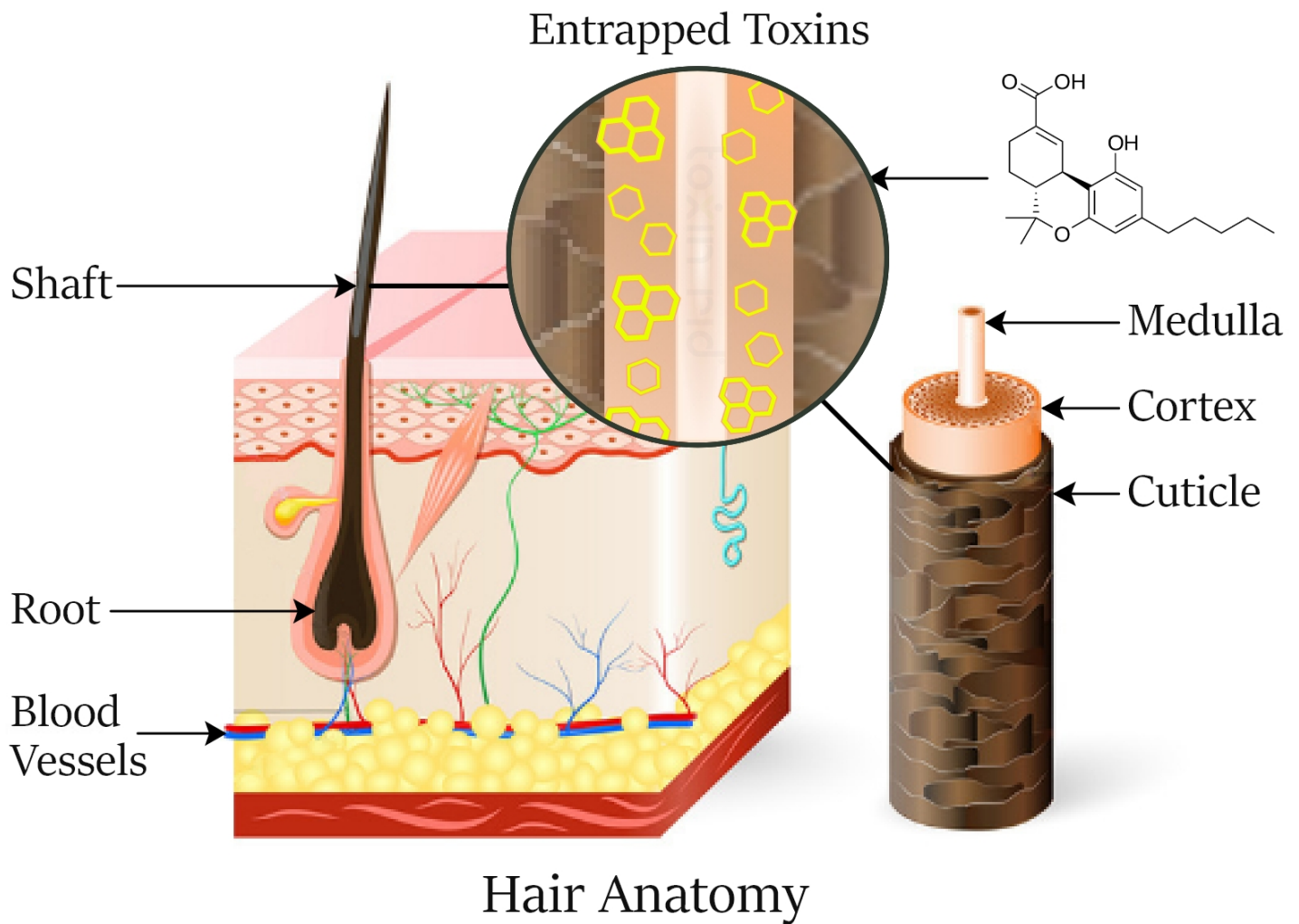


# Toxins & Hair

When you're exposed to toxins, they are absorbed into the bloodstream. This moves the toxins throughout the body. The liver and other organs then break down these toxins into different forms, known as metabolites.

Hair follicles contain tiny blood vessels that metabolites can travel through, incorporating the toxins into the growing hair. As the hair grows, these toxins are trapped within the hair shaft, protected by the hard outer layer of hair called the cuticle.

The Original Macujo Method works by opening the cuticle, allowing some of those entrapped toxins to be rinsed away with every wash.



# Hair Follicle Tests

To test hair for toxins, a small amount of hair is usually cut close to the scalp. Each hair shows a timeline of toxin exposure, with the oldest part of the hair at the tip showing past exposure, and the newest part closest to the root of the hair showing the most recent exposure.

The hair sample needs to be about 1.5 inches (3.8 centimeters) long. This length is equal to about 90 days of hair growth. In cases where head hair is too short, hair from other parts of the body like the armpit or chest might be used instead. (However, these areas are harder to detox.)

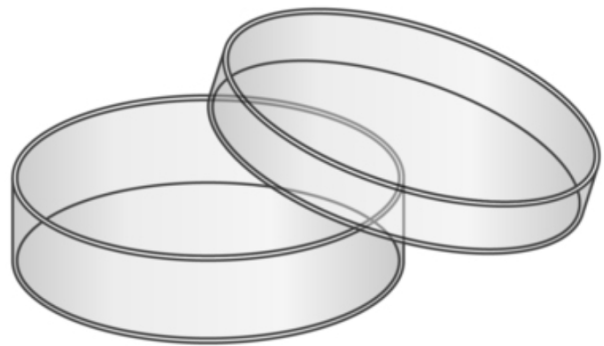
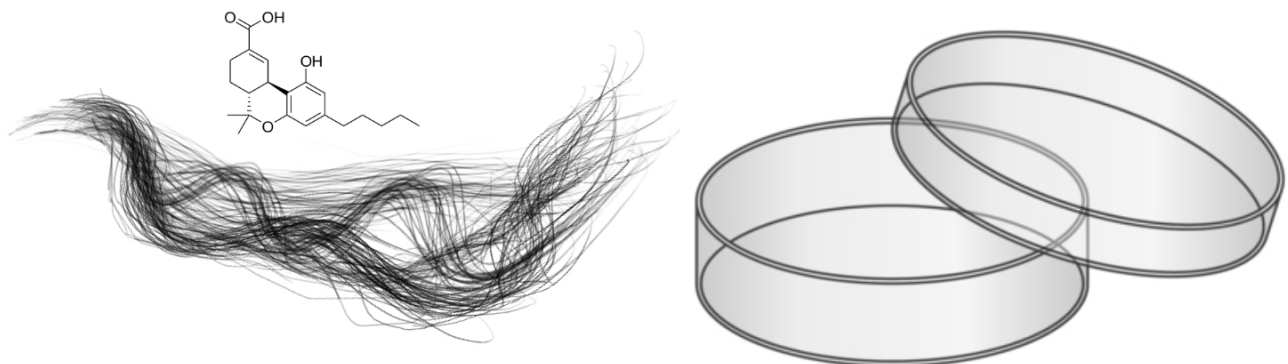
Next, the hair is put into a specialized chemical solution that breaks down the hair and releases any trapped toxins.

By proactively getting to this step first, this is where the Original Macujo Method can help.

*Requires ~1.5 Inches = 90 Days of use.*

*Taken typically from the crown.*

*Submerged in solution to release toxins.*



# Products

## Essential



### Old Style Aloe Toxin Rid Shampoo [View](#)

This specialized detoxification shampoo is specifically designed to open the outer cuticle, removing weeks worth of toxin exposure and buildup within the hair. Each bottle is the result of rigorous research, and developed by experienced chemists & toxicologists, boasting the highest efficacy in toxin removal for a healthier scalp and hair.

Delivers deep cleansing chelating action that effectively removes residual buildup, environmental pollutants, chemicals, chlorine, hard water minerals, and hair-dulling impurities using advanced microsphere technology to provide gradual release.



### Zydot Ultra Clean [View](#)

Designed to remove medications, toxins, pollutants, chemical buildup, and other impurities from within the hair shaft. Shampoos away external barriers such as hair spray, styling and finishing products, and everyday dirt and grime buildup to expose the inner hair. Penetrates the hair shaft's inner structure to dissolve, release, and remove the chemicals and medications bonded within the hair shaft. Best used on the day you need to be your cleanest.

## Essential Cont.



[View](#)

### Tide Liquid Laundry Detergent

Contains biodegradable surfactants (anionic and nonionic) and enzymes. Surfactants are chemical compounds that decrease surface tension, stripping oils. Enzymes help break down complex molecules.



[View](#)

### Clean & Clear Essentials Deep Cleaning Astringent (Orange or Pink Version)

This version contains 2% Salicylic Acid, check the ingredients. Intended to cleanse by removing dirt, oil, and providing exfoliation. Exfoliation helps by removing the outer layer of dead skin cells.



[View](#)

### All-Natural Vinegar

Vinegar can help remove product buildup, excess oil, and residue from shampoos and conditioners. Its antimicrobial and antifungal properties may also help alleviate dandruff and soothe an itchy scalp.

## Secondary



### Shower Cap

Protects your eyes and face from drips.  
Helps remove toxins more reliably.

[View](#)



### Rubber Gloves

Prevents skin irritation and drying.

[View](#)

## Extra



### Goggles

Protect your eyes and face from drips.

[View](#)



### Fine Tooth Comb

Ensure thorough coatings.

[View](#)



### Skin Protectants

Protect your skin from drips & rashes.

[View](#)



# Instructions

## Time Needed

One complete wash can take up to an hour, and it is recommended you complete 1 - 3 full washes (Steps 1-7) each day, with at least a few hours between washes to avoid a rash, for up to 5 days. That's a total of 5 - 15 full washes before you need to be clean. Although this process is certainly time-consuming, it is the most comprehensive and potent hair cleansing method out there. For the best results, complete as close to your experiment as you can.

## Stop All Toxin Consumption

The sooner you avoid exposure to any and all toxins, the better. This includes recreational drugs like alcohol & nicotine, and any unnecessary medications.

### 1. Rinse and Vinegar

Wash and rinse your hair thoroughly with warm water. Once your hair is sufficiently rinsed, massage the vinegar into it. Do not rinse.

### 2. Clean and Clear 30 min

Massage clean and clear around your scalp, mixing with the vinegar. Be sure to massage as thoroughly as possible to get complete scalp coverage. Once you're done, put on a shower cap and let it sit for 30 minutes to an hour.

### 3. Rinse

After 30 minutes have passed, do a thorough rinse and comb through your hair.

## 4. Aloe Toxin Rid Shampoo



Wash your hair with our Toxin Rid Shampoo, following the instructions on the bottle. Complete two washes, rinsing it out between washes.

## 5. Tide Laundry Detergent



Wash your hair with the detergent. Be careful and avoid letting the detergent get into your eyes. For extra safety, goggles can be used. Rinse the detergent out completely once you're finished scrubbing.

## 6. Zydol Ultra Clean

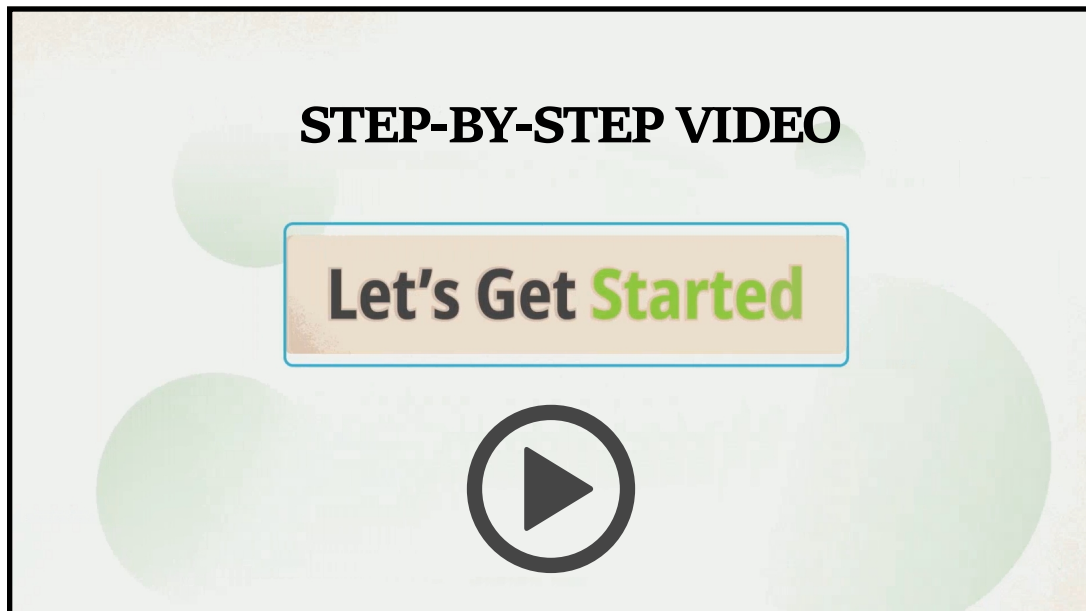


Wash your hair with the Zydol Ultra Clean shampoo, following the instructions on the box & each individual packet. If you only have one box, save it till the day you need to be the cleanest and do it last.

## 7. Rinse and Repeat



Repeat steps 1-7. If you want to remove all toxins, you'll need to repeat these steps at least 1 - 3 times each day for up to 5 days. That's a total of 5 - 15 full washes before you need to be clean.



# Tips

## Body & Facial Hair

Cutting your head hair to 1.5 inches (38 mm) can remove any toxin exposure over ~90 days old, and give you less to detox. Be careful not to cut too short, or the facility will be forced to take longer body hair samples. Cleaning body hair is possible, but much harder than head hair. If you're worried they might take body or facial hair, trim or shave it very short, ensuring your head hair is the longest possible sample they can take.

## Recontamination

To prevent your hair from getting recontaminated with toxins, avoid, clean, or change anything that touches your hair. This includes hats, hair ties, combs, towels, hair straighteners or curlers, pillowcases, etc.

## Scrub Don't Scrape

Be careful not to scratch or cut your scalp with your nails or a comb. It WILL sting. Focus on coating your hair with your finger tips, not scraping your scalp with your nails.

## Skin Protectants

Consider applying an ointment such as Vaseline or Aquaphor around your entire hairline, as well as ears, neck, and any other areas exposed to drips & runs, especially if you are attempting multiple washes in one day. This will protect against dry skin & possible rashes.

## Timing

If toxins are still present in your bloodstream, and you can't pass a home urinalysis test, try to complete your cleanse within a week of your test as your hair will continue to grow with those toxins present. If you can pass a urinalysis, it is considered a permanent cleanse until you reintroduce toxins.

# Testing Yourself

The only way to be completely sure that you're clean is to test yourself at home. You can find home hair & urine tests on [www.ToxinRid.com](http://www.ToxinRid.com)

## Toxin Rid Home Hair Testing Kit [View](#)



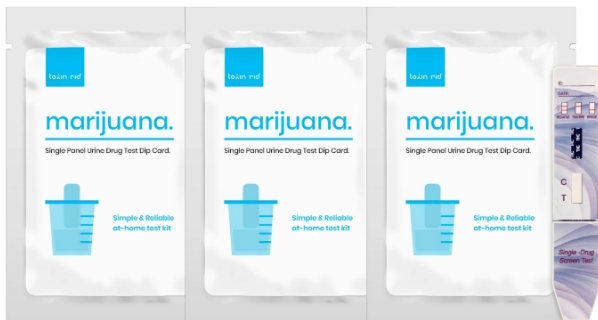
100% Confidential



90 Day History Detection

- Collect hair sample.
- Prepare sample for mailing
- Mail to laboratory using the prepaid shipping label enclosed.
- View results online in 3-5 days

## Single Panel Testing Kit (THC) [View](#)



10 min

Results in 10 minutes.



Two Lines - This means it's **negative**.



One Line - This means it's **positive**.



No Lines - Invalid result.

If you are still not able to pass a urinalysis, the toxin is still passing through your bloodstream into your hair. If this is the case, ensure you do not allow your hair more than a week to grow back between finishing the Original Macujo Method and taking your test. If you're able to pass a urinalysis, it is considered a permanent cleanse until you reintroduce toxins.

## Testing for something else?.. [View](#)

# FAQ

## What is the Original Macujo Method?

Created anonymously online by one of our customers years ago, the Original Macujo Method is a potent hair-cleansing method used to remove toxins & metabolites from hair using everyday over-the-counter products, along with a now-discontinued Nexxus formula that Toxin Rid cloned, called the Old Style Aloe Toxin Rid Shampoo. [See page 1.](#)

## I haven't ingested toxins in \_\_\_ days/months, do I still need to worry?

In short, yes; especially for hair tests. Toxins may be trapped within hair indefinitely. The only way to be sure you're clean is to test yourself. [See page 10.](#)

## How effective is the Original Macujo Method? Does it work?

It certainly works! The Original Macujo Method can remove upwards of 90% of foreign toxins in your hair. Anyone claiming anything more is not being realistic. Detoxing hair is extremely difficult; there's a reason hair testing is used despite how expensive it is.

## How long does it take to complete the Original Macujo Method?

One complete wash (Steps 1 - 7) can take up to an hour, and it is recommended you complete 1 - 3 full washes each day for up to 5 days.

## How long does the cleanse last? Is it permanent?

If you are able to pass a urinalysis after cleansing your hair, it is a permanent cleanse. This is in no way a "mask". If you are still not able to pass a urinalysis, the toxin is still passing through your bloodstream into your hair. In this case, your cleanse will last up to 2 weeks before your hair is incorporating too many toxins once again. [See page 9 "Timing"](#).

## Is the Original Macujo Method safe?

Yes it is safe. Follow the precautions & warnings for each individual product involved. Avoid getting any in your eyes, ears, and mouth. [See "Disclaimer"](#).



# Contact



*Website*

[www.OriginalMacujoMethod.com](http://www.OriginalMacujoMethod.com)



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