



Cleansing

A Periodic Herbal Cleanse is an Important Part of any Health Program

Like a furnace or an engine, the body takes in fuel (food) and oxygen, then burns it to create energy. And, just as this process produces waste in an engine or a furnace, it produces waste in the body. The less efficient the digestive and metabolic processes, the more waste will be generated.

Just as engines need oil changes and radiator flushes, the body occasionally needs a cleanse to clear up accumulation of waste products. This is especially true in modern society where we are exposed to a wide variety of chemicals and environmental toxins every day.

In the state of disease, metabolism is always impaired and excess waste is being generated. The eliminative organs are overburdened, and there is an accumulation of waste material (or toxins) in the system. When the body tries to clear this excess accumulation of waste through various channels of elimination, this gives rise to the various symptoms of acute disease.

For example, if the body removes toxins through the bowel, the result will be nausea, vomiting and diarrhea. When the body eliminates waste through the skin, rashes, pimples, hives, acne, dandruff, itching and body odor result. When the body removes waste products through the respiratory tract, foul breath, a runny nose, watery eyes, sneezing, post-nasal drip, earache, sore throat and congestion occur.

Most people seek to "cure" disease by suppressing or arresting these eliminative functions. However, if any of these channels become blocked, waste must then be removed by burdening another eliminative channel. Rather than trying to suppress disease symptoms, we need to aid the cleansing process by helping the body eliminate obstructions.

Herbs have long been used to help cleanse the body in various ways. Cleansing herbs are simply herbs that strengthen the body's own detoxification methods. For example, diuretics increase the flow of urine through the kidneys, laxatives aid bowel elimination, expectorants and decongestants help clear mucus and debris from the lungs, blood purifiers or alteratives help to remove toxins from the blood via the liver and lymphatics, while sudorifics increase perspiration through the skin.

Many people think that cleansing is simply a matter of getting the bowels to move. This isn't really the case. Cleansing isn't just making the bowels move, or even opening up all of the channels of elimination. Cleansing is a process of allowing the body to cleanse its tissues, to break down old material and eliminate or recycle it.

The best way to initiate this type of cleansing in the tissues is to fast. Fasting means abstaining from food for a period of time.

A 24-hour fast once per month is a good basic health-building practice. For most people, it is best to fast on some kind of juice. One excellent program, called the master cleanse, involves fasting on water with lemon and real maple syrup. This is an excellent way to flush the liver and the kidneys.

While it isn't necessary to fast completely to do a cleanse, it does help to at least fast from refined foods and chemicals and focus on eating only whole foods. However, even if a person isn't willing to make any changes to his or her diet, an herbal cleansing program can still be beneficial. Herbal cleansers can also be used with fasting or mild food diets for even more dramatic results.

Here is a basic cleansing program, that can be modified to meet individual needs. The basic components are:

- 2 capsules of All Cell Detox OR Enviro-Detox three times daily.
- 2 Proactazyme Plus with each meal
- At breakfast take one heaping Tablespoon of Nature's Three or Irritable Bowel Fiber in a large glass of water or juice.
- Drink 6-8 glasses of Nature's Spring (or other purified water each day)

This cleanse supplies the main items needed in a cleanse. Optionally, you can add the following:

If the bowels move less than 2-3 times daily add:

- 2-4 capsules LBS II before bedtime.

If the bowels still do not move, then switch to Senna Combination. If intestinal cramping occurs, then add:

- 2 capsules of Magnesium Complex twice daily.
- If yeast/bacterial infections may be a problem then add:
- 1 capsule Yeast/Fungal Detox per day
 - 1 tablet High Potency Garlic twice per day

If parasites may be a problem add:

- 2 capsules Artemisia Combination twice daily and/or
- 2 capsules of Herbal Pumpkin three times daily.

This cleanse should be done for a maximum of two to four weeks. These are only basic suggestions, both the amounts and the products may be varied to account for individual circumstances. Convenient pre-packaged cleansing programs like the Tiao He Cleanse, ParaCleanse with Paw Paw and CleanStart are also available. Consult with an herb specialist to work out a program that is right for you.

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