

Cleansing; Helping Rid the Body of Toxins

There are two types of cleanse.

1. *Colon Digestion Cleanse* which is for 30 days. This one is gentler and it might be best to start with if you have never done a cleanse before.
2. *Total Body Cleanse* which usually takes about 6 weeks. You will feel great when it is all done.

Doing a cleanse twice a year is a great way to promote health.

Some people will do a gallbladder/liver cleanse during a total body cleanse.

This is more challenging, but if you have already done a cleanse, you can probably handle it.

Consider doing the colon cleanse for your first time, then consider the total body cleanse for another time. It's less intimidating.

A cleanse helps with the aches and pains and often during a cleanse joint pain will disappear and stay away till your body needs another cleanse.

General Cleanse Principles & Practices;

To start with for either one of these types of cleanse.

1. Try your best to skip all dairy except butter during the cleanse.
2. Skip (or at least try to avoid it during the cleanse.)
 - a. Red meat
 - b. Flour and
 - c. Sugar
3. Drink lots of water as you are trying to purge your body of toxins etc.
4. Expect to feel sluggish for the first few days of a cleanse.
 - a. If sluggishness is a problem, try taking **Solaray or Gaia Herbs Brand Ginseng** capsules 2 in the morning and 2 around 2 pm.
 - b. Do not take it with caffeine wait 30 minutes before or after caffeine.
5. **Gaia Herbs or Solaray Ginger** is good for digestive upset any time.
 - a. Ginger caps will help settle the digestion 2 caps every 4 hours if needed.
6. Take **Yerba Prima Psyllium husk powder**.
 - a. Take the yerba prima three times a day in water or juice.
 - b. If you take the capsules you will need to swallow 10 to 15 caps three times daily.
 - c. (It gets difficult to swallow them as they start to swell up as you are taking them, So I Suggest the taking the powder form.)
 - d. Take this the entire duration of the cleanse.
7. Aloe Juice, **Whole Leaf Organic Aloe Juice**.
 - a. Start with a 1/2 cup for 3 days then move to a 1/4 cup three times a day for the remainder of the cleanse.
 - b. This should help the colon keep moving and help the entire digestive track to heal any areas where the colon has had a pocket of debris stuck to it the colon wall or open a raw spot after the colon gets it moved out so the aloe will help the colon to heal.
8. **Magnesium caps** are good if you get backed up/constipated.
 - a. If your colon isn't moving along or it is sluggish, and you get backed/constipated...

- b. Use your fist starting on the outer side of your right leg at the top of the leg run your fist firmly along till you reach the side of your knee.
 - c. This is your colon meridian
 - d. If you feel any knots along the way you can stop and massage them.
 - e. Do this about 10 to 20 times; it will cause your colon to move.
 - f. Using a good lotion on the side of the leg where are running your fist along
 - g. The oily lotion will help if your skin becomes irritated.
9. **Solaray or Gaia Herbs** Senna leaf caps are good if you still are not moving the colon along/constipated.
10. During a cleanse you should have about three bowel movements a day.
- a. Take as much magnesium as necessary to keep the stool moving along.

For Colon cleanse:

1. **Renew Life Cleanse Smart Kit.**
 - a. Start this after three days of taking the aloe.
 - b. If you are doing the total body cleanse, then take this for 2 weeks then after doing the total body cleanse for 2 weeks finish the last two weeks of the cleanse.
 - c. If you are only doing the colon cleanse continue till you have completed this box.
2. **Solaray or Kal Brand Charcoal caps**
 - a. Every other night at bedtime take 3
3. **Solaray or Gaia Herbs Pau D Arco**
 - a. Take 2 caps three times daily for the entire duration of the cleanse.
 - b. This will help to kill fungus or candida living in the body.
4. **Renew Life Men's Complete Ultimate Flora 90 billion Probiotics.**
 - a. Take one with your fiber in the morning and evening.
 - b. Take during the entire duration of the cleanse.

Total Body Cleanse:

1. **Renew Life Total Body Cleanse Kit.**
 - a. Follow the directions on the box.
 - b. When it is complete you can finish the last two weeks of the Cleanse Smart box.
 - c. After this is complete, you may slowly add flour dairy and meat back into your diet if done to quickly, it will make you feel pretty sick.
 - d. You can further the cleanse along by drinking vegetable and/or wheat grass juice each day
 - i. The wheat grass juice should advance slowly as it pulls lots of toxins out of the body.
 - ii. I do think drinking it for the time you are doing the cleanse it should help.
 - iii. They do make capsules.
 1. If you take the caps just follow the directions on the bottle.
2. **Nordic Naturals or Carlson Labs Fish Oil**
 - a. 2 soft gels daily unless taking aspirin or blood thinners, if on thinners remind your provider
3. **Solaray Vitamin C** At least 4 grams (1 cap is equal to 1000 mg) daily in divided doses, ideally as 4 times/d or about every 6 hours or so.

- a. Take the Vitamin C to bowel tolerance
 - b. We each have our own individual bowel tolerance, above this tolerance loose stool will develop.
 - c. Vitamin C must be taken several times per day (at least twice, ideally 4 times or about every 6 hours) at the highest tolerable dose.
4. Liver/Biliary Cleanse
- a. Drink only unfiltered Apple Juice for three days with
 - i. One serving a day of grains
 - ii. One serving a day in the form of a raw salad with no protein and only lemon juice & olive oil as a dressing.
 - b. On the evening of the third day before going to bed. use a straw and drink
 - i. four ounces of olive oil and
 - ii. 4 ounces of grapefruit juice.
 - 1. Expect to need to alternate back and forth between the olive oil and the juice so you can get it down.
 - 2. If you need more juice, then go ahead and drink it so you do not feel like you just had a fried oily meal.
 - iii. Using a straw will bypass the tongue for the olive oil.
 - iv. When you go to bed sleep on your right side.
 - v. Expect to feel ill when you wake up.
 - 1. A coffee enema first thing in the morning can also help.
 - 2. For your first meal try and do a vegetable juice or the grains or raw salad to calm everything down.
 - 3. Most people pass gall stones (they are tiny and green).
 - c. If you choose to do the liver/biliary cleanse, use any three days and continue taking all the cleanse items during the additional gallbladder cleanse.
 - i. Do not take anything the last night time dosage of the olive oil.
 - ii. If you have meds to take, please take them three hours earlier so your body can absorb them better while you do the olive oil.
5. Other options while doing a cleanse; 1/4 cup of Bragg's Raw unfiltered Apple Cider vinegar with
- a. The juice of 2 lemons
 - b. Add water and a teaspoon of honey or molasses and
 - c. A cayenne pepper capsule once daily.
 - d. Use a straw to drink it bypass the tongue and teeth as these have a lot of acid and can remove the enamel on your teeth.
6. When you are done with your cleanse It is good to take
- a. 1 probiotic daily
 - b. 2 grams of Fish oil twice daily and
 - c. Vitamin C 4 grams daily/or to bowel tolerance to help your system stay healthy.
7. Lymphatic Cleanse;
- a. **Yerba Prima Makes a skin brush.** If you start at your feet and move it across all of your skin always brushing towards the heart will increase lymph drainage and the circulation to improve.
 - b. Lymphatic massage. (most massage or spa places offer this).

- c. A regular deep tissue massage is also good while you are doing any type of cleanse.
8. Sauna and infrared red sauna help people with fungal, mold toxin exposure.
 9. Salt Rooms are also very good for you.
 - a. You sit in a room where the walls are made of Himalayan salt also the floor is made of it also.
 - b. You sit in a lounge chair for an hour.
 - c. You enjoy listening to gentle music and it helps stress and cleansing.
 - d. In some countries the schools have salt rooms and when a child goes to the school sick room with a cold the nurse has them sit for thirty minutes and they generally feel better.
 10. Once at the end of your cleanse or at any time take a hot bath with himalayan salt about 8 to 16 ounces .
 - a. Stay in the tub for an hour and add hot water as needed.
 - b. This will help your largest organ the skin.
 - c. This salt is pink .
 - d. After doing this the first time, don't be surprised if the water is dark.
 - e. Do this after the second week of your cleanse.
 11. Intermittent fasting, avoiding all solid foods or as tolerated for 1-3 days can also help purge the body of toxins.
 12. All the items I suggested can be done on a slower method if it is to strong for your system.
 - a. Tolerance & thoroughness is more important than speed.
 - b. Your bowels will release a lot of stuff you have never seen before.
 - c. The web sites below are on the cleansing products and methods.
 - d. The items listed above is a bit of everything listed in these websites.

<https://themastercleanse.org/>

A shorter cleanse with no supplements just the lemon juice maple syrup and cayenne. It is tough but it does work.

<http://www.renewlifecleansing.com/food-guidelines/>

Renew life cleansing.

<https://yerba.com/our-products/>

Yerba prima products. Bentonite clay.

Yerba Prima product information. <https://yerba.com/our-products/>