

# Cleansing Key Points

Cleansing can offer short term or long term benefits. A short term cleanse can help you feel lighter and more energetic. More dedication can improve organ function and help your overall well being.

## Colon cleansing

- € Herbal laxatives
  - € Senna, Cascara Segrada, Rhubarb root, Aloe (over 3 oz.)
- € Fibers
  - € Psyllium, Oat or Wheat bran, Pectin (in unfiltered apple juice), others
- € Minerals
  - € Magnesium
- € Colon Hydrotherapy, generally the most effective
- € Probiotics (like acidophilis) after cleanse for optimum digestive and immune health
- € Benefits
  - € Digestive health and efficiency
  - € Lung health
  - € Skin health

## Kidney cleansing

- € Herbs
  - € Dandelion, Uva Ursi, Asparagus, many others
- € Water is critical

Colon and Kidney cleansing are critical when doing a whole body cleanse. It will allow the junk to get out.

## Liver cleansing

- € Liver functions
  - € Optimizes digestion
  - € Harmonizes emotions
  - € Regulates energy levels
  - € Optimized blood health
  - € Optimizes vision
  - € Optimizes joint health

- € Optimizes sexual health
- € Controls cholesterol levels, and other fats
- € Controls protein levels
- € Benefits nail strength
- € Regulates menstrual rhythms
- € Generally to take the junk, pollution, drugs and poisons and make them safe and ready to eliminate by other organs ...
  - € And making sure that proper levels of the good stuff are in our blood
  
- € Herbs
  - € Bupleurum (short or up to a few months)
  
  - € Milk Thistle, Artichoke, Blessed Thistle, Dandelion (these can be taken long term), and others
  
  - € Dong Gui, Peony root (Bai Shao), Rhemmania (best taken under supervision)

## **Cleansing routine**

- € Spring time is the best time, your body will be more willing to cooperate
  
- € Cautions
  - € Discomfort is common, as you are trying to eliminate the junk it makes you feel uncomfortable. Common complaints are headache, body ache, irritability, sleeplessness
  - € Don't do a cleanse if you are pregnant, breast feeding or menstruation or have a cold or flu
  - € Discontinue if you are having a strong negative reaction: such as severe dizziness, severe headache, stiffness or body ache, uncontrollable diarrhea, stabbing pain or if you are starting to catch a cold or flu (it can make these worse)
  
- € Many options found through books or web sites
  
- € I have a time line for a short cleanse that has the basic outline, it could be modified for a longer cleanse
  
- € It takes at least 2 days to do a good colon cleanse using herbs and fibers
  
- € What to eat
  - € Fasting, water, fruit juices, vegetable juices or broths
    - € Fruits are high in anti-oxidants to neutralize the junk
    - € Veggies are high in vitamins and minerals to minimize discomfort
    - € Lemons and Limes are helpful
  
- or
  
- € Eat light

- € No rich foods with high fat, protein or salt content
- € Raw foods are better during a cleanse
- € Other good stuff to know
  - € Leafy green veggies are the most beneficial veggies for liver
  - € Green and White teas are high in anti-oxidants, be careful of the caffeine, 2 cups of green tea is about equal to a cup of coffee, white tea has no caffeine
  - € Bentonite (Montmorillonite) are helpful to pull junk out of your body into the stool, it is constipating so use with caution
    - € Keep your calories up as much as possible, hard to do on a juice fast
- € Coming off a cleanse
  - € Start to change your eating gradually, large meals or very rich foods are likely to give you a stomach ache

### To optimize the cleanse

- € Using a blend of herbs to both help the liver, kidney and colon and minimize the side effects
    - € Cleansing formula
      - Chai Hu (Bupleurum)**, the primary liver herb used in china, calming, strongly antimicrobial, benefits digestive health, benefits immune health, used in cancer therapies
      - Chuan Lian Zi (Toosendan)**, for pain associated with poor liver function, anti-parasitic
      - Huang Qi (Astragalus)**, supports energy and immune health, benefits kidneys
      - Ju Hua (Chrysanthemum)**, benefits liver, benefits eyes
      - Zhi Zi (Gardenia)**, calms irritability
      - Pu Gong Ying (Dandelion)**, benefits liver, kidneys, strong antimicrobial, neutralizes toxins, benefits eyes, benefits breast health
      - Yi Yi Ren (Jobe's Tears Barley)**, benefits kidneys and bladder, neutralizes toxins, used in cancer therapies
      - Fang Feng (Siler)**, protects the liver from external stress
      - Fu Shen (Poria)**, benefits bladder, calms mind
      - Bai Shao (Peony Root)**, nourishes liver, calms abdominal spasms
      - Gan Cao (Licorice)**, calms abdominal spasms when combined with Bai Shao
  - € Cleanses usually need to be repeated to get the most out of them
    - € Cleansing once a month maximum
  - € Be ware of your needs, it will deplete your reserves when done to strongly
    - € The two most common (though not the only two) treatment methods used by people are:
      - Clearing**, good for colds, cleanses
      - Tonifying**, good for building your reserves
- They work against each other in most cases, you need to listen to your body to

know when to go off a cleanse, when to clear and when to tonify

- € You can benefit from people who want to help you
  - € Friends, neighbors, magazine and newspaper articles
  - € People at this office, I had to say it!
    - € Acupuncture to facilitate the cleanse
    - € Adjustments to the routine or formula to make it fit your needs
  
- € It is a time for quietude, no long days at work, no stressing (which creates more junk your liver has to get rid of), a calm liver is a calm spirit

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