

SUNSHINE SHARING

Vol. 16 No. 11

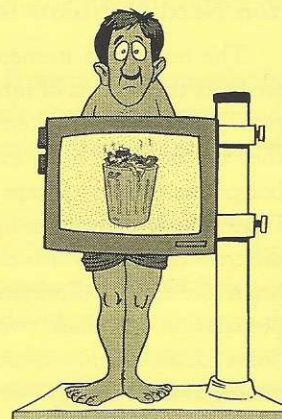
\$1.95

Some Health Problems That May Improve By Cleansing

- Acne
- Addictions (Drugs and Food)
- Allergies
- Arthritis
- Asthma
- Autism
- Autoimmune Disorders
- Backache
- Birth Defects
- Cardiovascular Disease
- Cancer
- Cholesterol (High)
- Chronic Headaches
- Colds and Flu
- Congestion
- Constipation
- Dermatitis
- Dysmenorrhea
- Eczema
- Earaches
- Fatigue
- Fibroids
- Hepatitis
- Inflammation
- Kidney Diseases
- Learning Disabilities
- Liver Disease
- Memory Loss and Senility
- Neurological Disorders
- Obesity
- Overacidity
- Parasites
- PMS
- Psoriasis

It's Time to "Come Clean" Detoxifying Your Body To Improve Your Health

Most people spend a lot of time keeping things clean. We bathe, wash dishes, vacuum our carpets, sweep our floors, take our cars to the car wash, and launder our clothes. However, very few people ever give thought to the idea of internal cleanliness. But, it isn't just the outside of the body and our environment that must be kept clean. We need to be clean on the inside, as well.



Every day the body creates waste products as we consume foods and beverages and burn them for energy. The elimination of these by-products of metabolism is so important that the body has many different systems for breaking them down and expelling them. Were it not for the incredible efficiency of the lymphatic system, the liver, the kidneys, the sweat glands and oil ducts in the skin, the colon, and the mucus membranes of the sinuses and lungs, the body would suffocate in its own waste in a couple of days.

Just because we aren't dead, however, doesn't mean that our eliminative organs are working at peak efficiency. When a furnace, automobile, or any other mechanical device starts to get dirty, its efficiency diminishes. The same is true for the body. If the efficiency of one or more eliminative channels drops just 10 or 20%, it won't be enough to kill us, but it certainly will have a gradual, and cumulative, effect on our energy level and health.

Not being regular is like having the local trash man show up on a sporadic, infrequent schedule to pick up your household garbage. Having a house full of smelly trash because the trash man failed to show up isn't very healthy, but that's pretty much what it's like in the body when the colon fails to eliminate properly on a regular basis.

That's why traditional herbalism and naturopathy have always placed a heavy emphasis on hygiene, not just external hygiene, but internal hygiene as well. Therapies dedicated to opening up and strengthening eliminative channels have been collectively known as "cleansing" therapies, and in this issue of Sunshine Sharing, we'll share with you the secrets of helping your body to "come clean" by detoxifying it. You'll learn what cleansing is, and how to use fasting and supplements to take out the internal trash.

Cleansing 101: Detoxification Basics

Cleansing involves using herbs, supplements, fasting, hydrotherapy or other techniques which increase the body's ability to remove metabolic waste and environmental toxins from the system. It isn't just about improving bowel elimination, although that can be part of the cleansing process. It's really about helping the body neutralize toxins and expel them from the system.

You Need Nutrients to Detoxify

The body uses numerous enzymes to facilitate the process of internal detoxification. These enzyme systems alter toxins so they can be more easily excreted from the body. There are two steps to this process. Phase one detoxification involves about 50 different enzymes which electrically charge toxins (adding or eliminating electrons) in preparation for phase two detoxification. Some toxins do not require phase one processing and are already electrically charged, so they can go directly to phase two.

Phase two detoxification involves enzymes that add chemical groups to toxins (a process called conjugation). The conjugates (or chemical groups which are added to the molecules) include sugars, amino acids, glutathione, methionine, sulfur and acetyl Co-A to make them water soluble so they can be excreted from the body. Most are eliminated through the kidneys, but molecules of high molecular weight are excreted through bile.

These detoxification enzymes need nutrients to work as shown in the table to the right. Because nutrients are needed to activate both phase one and phase two enzyme systems, people who are severely depleted nutritionally can't cleanse effectively. This is why people who are suffering from chronic illness should do a little building up of their nutritional reserves to help them with the cleansing process. The best way to do this is with whole food products such as **Ultimate GreenZone**, **Mineral Chi Tonic**, **Thai-Go** or **pH GreenZone**. Eating more fresh fruits and vegetables will also help strengthen the body for detoxification.

You Need Fiber and Water to Flush Toxins from the Body

Once the body has made toxins water soluble, it has to get rid of them. As mentioned before, the two primary channels for eliminating toxins are the bile and the kidneys. Both require water to work properly, so making certain you are drinking plenty of pure water is vital to cleansing adequately. While individual needs vary, many people find that drinking 1/2 oz. of water per day for every pound of body weight works well. That means if you weigh 128 pounds you would need 64 oz. (2 quarts) of water per day.

When toxins are eliminated through the gallbladder (bile), fiber is needed to bind these toxins in the bowel so they don't get reabsorbed. Most people aren't getting an adequate supply of fiber in their diet, either. So taking a fiber supplement once or twice a day is important for detoxification.

When using a fiber supplement (like **Everybody's Fiber**, **Psyllium Hulls Combo**, **Nature's Three** or **LOCLO**) start slowly. Use about 1/2 teaspoon per day in a glass of water or juice. Stir the fiber in and drink it quickly before it starts to thicken. Follow this with another glass of water.

If your colon is sluggish you may want to take an herbal laxative formula like **LBS II** for a couple of days just to "kick start" the colon. Taking magnesium

and **Vitamin C** will also help the colon move better.

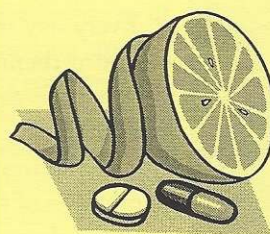
Enzymes and Herbs Will Also Help You "Come Clean"

Digestive Enzymes such as **Proactazyme Plus** or **Hi Potency Protease** will help break down waste material in the digestive tract when taken between meals. They can also be taken with fiber, which helps deliver them to the small intestines where they can break down previously undigested food particles.

A general cleansing formula such as **All Cell Detox**, **Bowel Detox** or **Enviro-Detox** will supply herbs that help the liver produce more bile and the kidneys produce more urine so toxins may be flushed more rapidly from the body. These formulas also aid lymphatic flow and enzyme detoxification systems, making them an important part of any cleansing program.

Nutrients for Detoxification

The body needs nutrients to activate the phase 1 and phase 2 enzyme systems used to neutralize toxins. Here are some of the nutrients it needs for each phase.



Nutrients Used in Phase 1 Detoxification

- | | | |
|-----------------|--------------|---------------|
| • Beta-carotene | • Minerals: | – Zinc |
| • Vitamins: | – Copper | • Choline |
| – B1 | – Iron | • Fatty Acids |
| – C | – Magnesium | • Lecithin |
| – E | – Manganese | • Methionine |
| | – Molybdenum | |
| | – Sulfur | |

Nutrients Used in Phase 2 Detoxification

- | | | |
|--------------|--------------|-----------------|
| • Vitamins: | – Manganese | • Amino Acids |
| – Folic Acid | – Molybdenum | – Cysteine |
| – B-Complex | – Selenium | – Glycine |
| – C | – Sulfur | – L-glutathione |
| • Minerals: | – Zinc | – N-acetyl- |
| – Germanium | | cysteine |
| – Magnesium | | – Taurine |

Sample Cleanses

Now that we've covered some cleansing basics, let's look at a few sample cleansing programs.

A 3-Day "Radiator" Fluid Flush

Just as it's a good idea to have regular oil changes and a periodic radiator flush for your car, it's a good idea to periodically flush the fluids in your body. This cleanse is best done as a three-day juice fast (although it can be done for a longer period of time).

It's best to use fresh fruit or vegetable juices, or water with lemon and maple syrup for this cleanse, although you can also do it with bottled organic fruit juice mixed with **Thai-Go**. Simply drink juice whenever you are hungry, along with plenty of water, while taking the following supplements:

- 2 capsules of a General Cleansing Formula (All Cell Detox, Enviro-Detox or Bowel Detox) three times daily.
- 2 capsules of Proactazyme Plus and 1 capsule of Hi Potency Protease three times daily.
- First thing in the morning and right before bedtime, take one heaping Tablespoon of a fiber blend (Nature's Three, LOCLO or Everybody's Fiber) in a large glass of water or juice. If you have any problems with irritable bowel or inflammatory bowel disorders use Everybody's Fiber and start with 1/2 to 1 teaspoon and slowly work up.
- Drink 1/2 ounce of purified water per pound of body weight each day along with your choice of juice.

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

If the bowels aren't moving by the end of the first day take:

- 1-3 capsules of an LBS II or one fluid ounce of the **Liquid Cleanse** formula before bedtime

If griping or intestinal cramping occurs, then add:

- 400-500 mg. of Magnesium (preferably **Magnesium Complex**) twice daily.

Continued on page 4



Convenient Pre-Packaged Cleanses

Prepackaged cleanses are convenient and easy to use. Here are four you can choose from. With each, simply take the packets as directed on the label.

Tiao He Cleanse

This cleanse contains a liver formula (**Liver Balance**), a general cleansing formula (All Cell Detox), a bulking agent (Psyllium Hulls), a stimulant laxative (LBS II), an alternative (Burdock) and an antiparasitic (**Black Walnut**). It is an excellent basic cleanse, conveniently packaged with all the elements needed to do some pretty deep tissue cleansing. The Chinese Liver Balance formula is outstanding at helping the liver to detoxify and All Cell Detox is the best tissue cleansing formula.

There is one weakness to this cleansing program, however. It doesn't have enough fiber to efficiently carry toxins out of the body, so it is wise for people using this cleanse to add a fiber drink taken first thing in the morning. Also, people need to drink lots of water on this, or any other, cleanse.

CleanStart

The **CleanStart** cleanse comes in two flavors: Apple/Cinnamon and Wild Berry. Its strong point is that it contains a fiber blend that can be mixed with water or juice to absorb toxins. It also contains a stimulant laxative (LBS II) and a general cleansing formula (Enviro-Detox). It is less effective as a deep tissue cleanse, but more effective as a liver and colon cleanse. Again, lots of water should be consumed while on this cleanse.

The only weakness of this cleanse is that the bentonite clay in the fiber drink can be a little harsh for people with inflammatory bowel disorders or a spastic colon. If intestinal griping or cramping occurs on this cleanse, you need a relaxant or antispasmodic agent such as magnesium or lobelia to counteract the cramping. Also, if you have a very sensitive colon you may be better off doing a gentler cleanse using Everybody's Fiber. Overall, CleanStart is a very simple, but effective, cleansing program.

Dieter's Cleanse

This cleanse was targeted to help people who are seeking to lose weight. It contains both cleansing ingredients and fat-burning ingredients. The cleansing products in this program include a general bowel cleansing formula (Bowel Detox), a general cleansing formula (Enviro-Detox), and a stimulant laxative (LBS II). The ingredients designed to help the body break down fat include a general glandular tonic (**Master Gland Formula**), an alternative formula that helps the liver with fat metabolism (**SF**), and the mineral chromium.

The biggest weakness of this cleanse is that it contains almost no fiber except for a small amount in the Bowel Detox formula. So, people taking this cleanse should add a fiber drink in the morning, and, of course, lots of water.

ParaCleanse: An Effective Parasite Cleansing Program

ParaCleanse is designed to help eliminate yeast, worms and other parasites from the colon. This cleanse contains **Herbal Pumpkin** (an antiparasitic formula), **Yeast/Fungal Detox** (a formula which knocks down Candida and other yeast in the intestines), **Artemesia Combination** (another antiparasitic formula), and Paw Paw Cell Reg (a blend which helps kill both yeast and parasites.)

The best way to use this product is to do a colon cleanse first, then do a 10 day ParaCleanse. After the first ParaCleanse wait one week. This allows any eggs present to hatch. Then do a second round of the ParaCleanse. It may be a good idea to take some fiber and a laxative formula like LBS II while on this cleanse as well.

Cleansing 101

Continued from page 3

Break the fast with a light meal of fruits or steamed vegetables. This is a good procedure to do several times per year.

If you don't want to do the juice fast, try one of the pre-packaged cleansing program mentioned on page three.

The "Daily Housekeeping" Cleanse

Doing a periodic cleanse is good, but we also need to maintain. So, just as we need to take out the trash regularly, we need to supply the body with what it needs to stay clean on a regular basis.

Many people have used a once-a-day cleansing program called Ivy's Recipe as a daily cleanse. Ivy's Recipe is shown below. It's easy to modify this recipe to suit in-

Ivy's Recipe

Ivy Bridge, an herbalist in Tustin, California has long recommended a once a day cleansing program called Ivy's Recipe.

- 2 Tbl. of. **Aloe Vera Juice**
- 2 Tbl. **Liquid Chlorophyll**
- 1 heaping tsp. of Psyllium Hulls Combination
- 2 cascara sagrada*

***Liquid Cleanse** could also be taken in place of the cascara sagrada.

dividual needs and tastes. Here's another "daily housekeeping" cleanse:

- 2 Tablespoons of Aloe Vera, **Noni** and/ or Thai-Go
- 2 Tablespoons of Liquid Chlorophyll
- 1 heaping teaspoon of Fiber Blend (Everybody's Fiber, Nature's Three or LOCLO)

These ingredients are blended in a glass of fruit juice and taken first thing in the morning before breakfast. Good juices to use include apple, pear, apricot, peach and pineapple. Orange juice and grapefruit juice usually don't work as well for some reason. Organic juice is preferable. You should also take the following along with the fiber drink:

- 2-4 capsules of a Digestive Enzyme or Enzyme Cleansing Formula (**Proactazyme Plus**, Bowel Detox, or **Small Intestine Detox**)
- 2 capsules of a General Cleansing Formula or Hepatic Formula (All Cell Detox, Enviro-Detox, **Milk Thistle Combination** or Liver Balance)

There are no hard and fast rules here. There are many options available and there is no harm in experimenting with what is best for your body and needs. The important thing is to assist your body in letting go of the burden of toxins it is carrying around. Coming clean by detoxifying your body can help you feel lighter, think more clearly, have more energy, lose weight and get sick less often. Contact the person who gave you this newsletter for guidance in picking the cleansing program that's right for you.

Summary

There's a lot of great information out there about the benefits of cleansing. For further assistance, consult the person who provided you with this newsletter. Their name should appear below. Much of this book was derived from Steven Horne's new book, *Coming Clean*, available through Tree of Light Publishing. You can also consult some of the following sources:

The ABC+D Approach to Natural Healing by Steven Horne

Natural Detoxification by Jacqueline Krohn and Frances Taylor

The New Detox Diet by Elson Haas

The False Fat Diet by Elson Haas

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or comments@treelite.com.

Copyright © 2005 by Tree of Light Publishing (a division of Kether-One, Inc.). Photocopying this publication for distribution is strictly forbidden. If you receive a photocopy of this publication, the distributor of said photocopies is in violation of copyright law.

Managing Editor/Writer: Steven Horne
Assistant Writer/Editor: Mark Montgomery
Associate Editors: Carolyn & Hugh Hughes, Sharon Grimes

Distributed by: