



Principles of Cleansing & Detox

Traditional Chinese Medicine recognizes the cycles of the body and how they correspond to the seasons. Every seasonal change is a time to “clean house” and prepare for the coming changes in one’s internal and external environments.

The liver, colon, and tissues of the body can become overloaded with toxins from improper nutrition, including a lack of fiber, stress, processed foods, chemicals, and other environmental stressors including “natural ones” such as molds and pollens. Additionally, unwanted “tenants” may take up residence in our bodies due to the “welcome mat” we have put out for them due to modern, unclean living. When this happens, we may or may not notice anything at first, but eventually the following symptoms may appear:

- Skin disorders-- acne, rashes, eczema, psoriasis, toe nail fungus, athlete’s foot, thrush, etc.
- Allergies-- runny eyes and nose, hives, rashes, itching skin, swelling, inflammation, digestive upset, etc.
- Headaches, nausea, motion sickness, morning sickness, PMS, irritability, etc.
- Digestive disorders-- reactions to foods, constipation, diarrhea, bloating, gas, belching, etc.
- Frequent illness-- colds, flu, upset stomachs, sneezing, sinus infections, vaginal yeast infections, bladder infections, etc.
- Itching-- skin, crawling sensation under skin, rectal or vaginal itching, etc.



All of these reactions are the body’s way of saying, “It’s time to clean house!”

So, how does one go about cleansing & detox? There are many options, so it is important to consider the following factors when making the decision that is best for you:

- Age-- children & the elderly need to cleanse slowly and gently (**NOTE:** Never cleanse when pregnant or nursing)
- General health-- cleansing takes energy, so the body must have adequate reserve energy to weather the stress. Frail health may react strongly to cleansing, however, if you are in a health crisis such as cancer, then you may need to just “bite the bullet” and cleanse aggressively. Download [“Preventing & Fighting Cancer Holistically”](#) for more information.
- Resources-- food, supplements, or both? It depends on your budget.
- Motivation & consistency-- do you have the motivation and commitment to stick with a longer protocol, or are you someone who would just rather get it over with as quickly as possible?

Cleansing can be an expensive proposition, but it doesn’t have to be. Ideally, if we cleanse on a quarterly basis each year, drink plenty of water (1/2 your body weight in ounces per day, other liquids can be included with the exception of sugary, processed drinks), and eat a “clean” diet (meaning the highest quality of whole



foods, mostly plants that we can comfortably afford) as a lifestyle, then cleansing will not really be a big deal-- kind of like keeping up with daily chores vs. leaving it all to do once every few months-- can you imagine?

Here is a list of a few of my favorite cleansing & detox protocols:

- **Juicing & Smoothies:**

- There are many good resources out there on juicing and the benefits of a juice fast. I believe smoothies are even better since none of the beneficial fiber is wasted. My only caution here is that you really watch the sugar content of juices and smoothies! Some vegetables like carrots are high in sugar, and even higher are fruits. A single glass of juice could contain as much as 5 apples-- that is anywhere from 50-120 grams of sugar per glass, without any fiber to slow down the release of sugar into your blood stream. It is like diabetes waiting to happen and wreaks havoc on endocrine health. Download my **FREE** eResource: "[Anatomy of the Perfect Smoothie.](#)"
- Simply drinking the juice of a lemon in hot water every morning is a good place to start!

- **Colon Cleanse:**

- [CleanStart](#) by Nature's Sunshine (NSP)-- This is a complete cleansing program that includes:
 - [Psyllium Hulls](#)-- for fiber which is important to add bulk and brush out the colon.
 - [Cholorophyll](#)-- a deodorizer
 - [Bentonite](#)-- absorbs toxins that are released during cleansing
 - [LBSII](#)-- contains [Cascara Sagrada](#), and several other herbs which stimulate peristaltic action of the bowel and encourage liver detox. **NOTE:** If you have IBS, colitis, Crohn's or another bowel disorder, Cascara Sagrada is not recommended. Omitting LBSII from this protocol and adding a soothing herb such as [Slippery Elm](#) may be more suitable. [Senna](#) is another herb from which you would do well to steer clear.

- **Gall Bladder & Liver Detox:**



- [NSP Red Beet Root Formula](#)-- increases bile production and flow which promotes increased bowel movements
- [NSP Liver Cleanse Formula](#)-- contains Red Beet Root in addition to other herbs that stimulate bile production and support the liver
- [NSP Milk Thistle Combination](#)-- releases toxins from the liver while protecting it from absorbing those same toxins through the compound Silymarin
- [Betafood by Standard Process \(SP\)](#)-- great product at a low cost that is based on Red Beet Root
- [SP LivCo \(MediHerb line\)](#)-- Milk Thistle and Schisandra protect the liver, while Rosemary Leaf and Milk Thistle promote cleansing and digestive support.
- [2-Day Gallbladder & Liver Cleanse](#)-- **FREE** eResource on my website

- **[NSP Heavy Metal Detox:](#)** Cilantro, kelp, and magnesium absorb heavy metals and expel them from the body. Any plant from the sea, which is high in Salt and Iodine, contains powerful detoxifying agents!



- **Candida Cleanse:**

- [SP Lactic Acid Yeast \(LAY\)](#)-- contains a BENEFICIAL yeast which converts carbohydrates into lactic acid to create a healthy acidic environment in the gut which kills candida. Candida and other pathogens thrive in an alkaline environment. **NOTE:** There are over 600 different types of yeast. Lactic Acid Yeast is a mycelium cyroyeast which is NOT the same as candida yeast. Also, LAY is NOT derived from lactose-- lactic acid is formed in muscles during exercise and when good bacteria in the gut ferment carbohydrates-- it is a good thing, not related to milk!
- [SP Zymex](#)-- competes with candida for carbohydrates, using them to encourage beneficial bacteria growth in the gut which crowds out candida and other unhealthy bacteria. **NOTE:** Zymex is made from another type of beneficial, fermented yeast, different from Lactic Acid Yeast.
- [SP Spanish Black Radish](#)-- speeds the elimination of toxic candida die-off from the body, preventing gas which may be typical during a candida cleanse.
- American Biotech Labs SilverBiotics- Superior to colloidal and ionic silvers, SilverBiotics is composed of fine particles of silver which are suspended in deionized water with a resonant frequency that enables the product to steal electrons from pathogens, thus providing immune system support.
- [NSP Yeast/ Fungal Detox](#)-- a powerful blend of anti-fungal herbs including Pau d'Arco (my favorite), oregano, garlic and Echinacea. Caprylic acid has a similar function to SP Lactic Acid Yeast.
- [NSP Candida Clear](#)-- a complete 14-day kit including Yeast/ Fungal Detox + more Pau d'Arco and enzymes which help to establish a healthy digestive tract and prevent further infestation of candida.
- doTERRA [Oregano](#) + [OnGuard](#) Essential Oils-- potent anti-fungals, these essential oils are 50-70 times more powerful than the herbs from which they are derived.

- **Parasite Cleanse:** Parasite cleanses are best done in cycles so that both mature parasites as well as eggs are exterminated and purged. Parasites are most active during a full moon, so the time of month to begin a parasite cleanse is also a consideration. For more information about this topic, visit [Dr. Hulda Clark's website](#).

- [NSP Para-Cleanse](#)-- This is a 10-day cleansing program that contains a powerful combination of several anti-parasitic combinations: [Black Walnut ATC](#), [PawPaw Cell-Reg](#), [Herbal Pumpkin](#), [Artemisia Combination](#)
- [NSP Pau d'Arco](#)-- my favorite herb of all time!
Properties: Alterative, Analgesic, Anodyne, **Anti-bacterial**, **Antibiotic**, Anti-diabetic, Anti-dotal, **Anti-fungal**, Anti-inflammatory, **Anti-microbial**, **Anti-neoplastic**, Antiseptic, **Anti-tumor**, **Anti-viral**, Astringent, Bitter tonic, Blood purifier, Digestive, Diuretic, **Fungicide**, Hypotensive, **Parasiticide**. (Source: *The Little Herb Encyclopedia: The Handbook of Nature's Remedies for a Healthier Life*, by Jack Ritchason, N.D.; 3rd





edition, 1995.) Download my **FREE** eResource on [“How to Make an Herbal Tincture”](#) or watch this [tutorial video](#).

- **Detox Bath:**

- **IF COMPOSITE URINE & SALIVA pH IS ALKALINE:** Combined with Epsom salts, Raw Apple Cider Vinegar (Read my [Blog](#) for even more little-known uses for Apple Cider Vinegar) soothes and heals irritated skin conditions including eczema, insect bites, fungal infections, and acne. Add 1



cup of ACV and 2 cups of Epsom salts to a warm bath, then soak for 40 minutes BEFORE going to bed. Resting after soaking will help your body to recover and repair as you may feel achy from due to a due to the elimination of toxins. Don't worry-- this is normal-- many people feel a little “under the weather” when cleansing! If you do experience aches or any other flu-like symptoms, you may want to soak 1-2 times per week and [contact me](#) to add [Spanish Black Radish](#) by Standard Process to your regimen, which serves to speed the elimination of toxic candida die off from the body. If you want to jazz things up a bit, throw in some

herbs, spices, or essential oils (diluted with a carrier oil such as fractionated coconut oil, olive oil, almond oil, or jojoba)-- [Lemongrass Essential Oil](#) is great for skin ailments. [Order it here](#).

- **IF COMPOSITE URINE & SALIVA pH IS ACIDIC:** Add 1 cup of Baking Soda and 2 cups of Epsom Salts to a warm bath, then soak for 40 minutes BEFORE going to bed. See notes about achiness.
- **Sea Salt** can also be used in a healing bath alone or in combination with any of the ingredients listed above. An **ionic foot cleanse** utilizes the power of salt to pull toxins from the body through the pores of the feet. These are amazing!

- **Other Resources:**

- Light Therapy-- [Light Beam Generator](#), Biomat, infrared sauna
- Holistic Cancer Treatment Centers:
 - Dr. Nicholas Gonzalez
 - Gerson Clinic
 - Rubio Cancer Center
 - Download [“Preventing & Fighting Cancer Holistically”](#) for more information.

Side Effects of Cleansing & Detox:

People who have never cleansed before are often surprised by how they may feel, thinking there must something wrong because they don't feel like their old selves. Feeling “under the weather” is normal during cleansing-- it is hard on the body, and remember that poisons and toxins are being expelled-- much like when you have the flu. The sensible thing to do with a cold or flu is to encourage the expulsion of those toxins, not trap them inside. The same is true with cleansing and Detox....but we must do it a pace that comfortable for you.



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Here are a few of the side effects you may be feel during a cleanse:

- Flu-like symptoms, including nausea, aches and pains, even headaches, hot/ cold flashes/ sweats
- Skin conditions may worsen at first
- Fatigue
- Digestive upset
- “Brain fog”-- feeling “spacey,” memory problems, unclear thinking

Often referred to as a “[healing crisis](#)” or Herxheimer reaction, the side effects of cleansing and detoxification may closely resemble how you feel when suffering from a virus or bacteria and may vary in intensity. You can expect to have increased bowel movements (3-5 per day is normal), but you should be able to control them. If you are going more than 3-5 times or feel that life is being interrupted, then it is okay to back off and slow down by cutting back on dosages of cleansing supplements. But, whatever you do, press on! Be in touch with me to let me know how things are going and if you have any concerns. We can slow down the process so that it fits into your lifestyle rather than ruling your life! For more information about the side effects of cleansing and Detox, check out this resource on [Homotoxicology](#).

One more **VERY IMPORTANT NOTE**: It is imperative to drink PLENTY of water and to use a [kidney support](#) product while cleansing. The kidneys are processing extra toxins, so keeping things flowing is crucial!



L'chaim-- To Life!

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Interested in learning more about the right cleansing protocol for you?

Contact me for a free 15-minute phone consultation!

Also, download my eBook on The Principles of Cleansing & Detox: [“A Clean House.”](#)