



Do You Need a Good Cleanse?

Take this quiz and find out...

Answer each of the following questions *Yes* or *No*. (Answer key below.)

1. Is your respiratory system frequently congested (sinus congestion, mucus in the lungs, coughing, etc.)?
2. Do you have problems with your skin (acne, rashes, eczema, blemishes, etc.)?
3. Do you wake up in the morning feeling refreshed and invigorated?
4. Do you frequently get headaches or suffer from other chronic aches and pains?
5. In general, is your stool hard and dry?
6. Do your bowels eliminate less than two times per day?
7. Is your urine generally dark colored?
8. Do you work regularly with any kind of chemicals (commercial cleaning products, pesticides, beauty products, paint, etc.)?
9. Do you have problems with swollen lymph nodes?
10. In general, can you pass your stool without straining?

Colon Cleansing: A Simple Secret to Better Health

Every day, our body manufactures waste in the process of metabolism. Every day, we also ingest substances through food, water and air that are potentially harmful for our system. Fortunately, the body has the capacity to deal with this problem. The body rids itself of metabolic waste and chemical irritants through various eliminative systems.

Although medical science tends to discredit the idea of cleansing, natural healers have long stressed the importance of maintaining good elimination for better health. After all, it makes sense that the body will be healthier if waste and toxins are eliminated quickly. In fact, just about any system or machine needs some kind of regular cleaning to run properly.

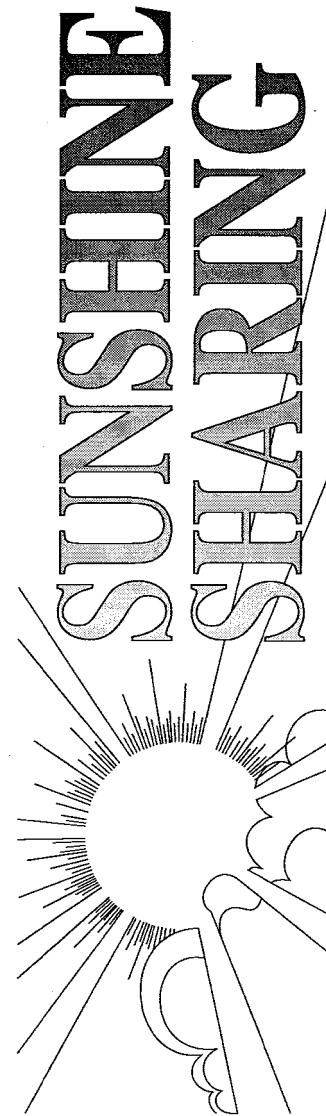
Plumbers know that pipes can get clogged and drains need to be cleaned. Auto mechanics realize that oil and other fluids need to be regularly changed to keep engines running smoothly. Even electronic equipment needs to be cleaned periodically to keep dust from damaging circuits. It makes sense that this is also true for our bodies.

Most of us strive to keep the outside of the body clean, but few pay much attention to keeping clean on the inside. Most people who have done some internal cleansing, however, have noted numerous improvements in their general health.

Unfortunately, many people think that the solution to better elimination is to simply take a laxative (herbal or otherwise). This is simply not the case. Cleansing is about two things. One is minimizing your exposure to toxins in the first place and the other is using herbs, supplements, hydrotherapy, fasting or other natural means to improve the function of eliminative organs.

Whole books have been written about the topic of cleansing, but in this month's Sunshine Sharing we'll discuss just a few of the key points of doing a good cleanse. We'll also introduce you to some easy and convenient cleansing programs you can try.

Answer Key: Score 1 point for answering "No" to questions 3 and 10. Score 1 point for answering "Yes" to all other questions (1-2 and 4-9). Evaluating your score: 6-10 points means your system is really clogged and you would benefit by using one of the cleansing programs described inside. 3-5 points means your system is slightly clogged, you would probably find some "daily housekeeping" cleansing helpful (see page 2). 1-2 points = you're in great shape, keep up the good work.



Your guide to better health the natural way.

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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.

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How to Do a Cleanse

Cleansing is the process of getting rid of what is no longer useful to us, so doing a cleanse simply involves supporting the body's natural detoxification systems to eliminate metabolic waste and environmental toxins more efficiently. Generally, this means using herbs that have been found historically or scientifically to improve liver and kidney function, bind toxins, increase lymphatic flow, open the sweat glands and encourage elimination from the bowels. It may also involve destroying harmful organisms (yeast, bacteria or parasites).

Water

The most important tool for cleansing is water. Most people do not drink enough water. Experts suggest we should have about 1/2 ounce of water per day per pound of body weight. On a cleanse, one might need a little more. The quality of water is also important. Drink the purest water you can find.

Fiber

The second most important tool for cleansing is fiber. Dietary fiber binds toxins in the intestinal tract and bulks the stool to promote normal and healthy elimination. Most Americans do not get enough fiber in their diet, so a good fiber supplement like **Psyllium Hulls Combination** or **Everybody's Fiber** is important for maintaining normal elimination.

Detoxifying Herbs

The third tool needed for a good cleanse is a blend of herbs that support the liver, kidneys, colon and lymphatics. The liver utilizes enzyme systems that neutralize toxins and prepare them to be flushed through the kidneys or colon (via the gallbladder). Water and fiber then carry these toxins away.

Many good herbal formulas for supporting this process are available. A few good examples are **All Cell Detox**, **Chinese Liver Balance** and **Enviro-Detox**.

For people with extremely sluggish elimination, an herbal laxative may also be helpful. **LBS II** is a popular choice. However, herbal laxatives should not be used long term because people tend to become dependent on them. For long term problems with sluggish elimination, consider using **Gentle Move**. (See page 4.)

Depending on your specific needs, herbal and nutritional formulas that help destroy yeast, parasites or bacteria may also be used as part of a cleanse. Formulas are also available to assist the body in ridding itself of more specific toxins such as heavy metals.

Diet

Traditionally, a cleanse has involved fasting or at least partially fasting. In fact, fasting for 24 hours on just water one day per month is a good practice for general health.

A modified form of fasting is the juice fast, where a person consumes nothing but fresh, raw vegetable and/or fruit juices for three days. A popular version of this is the master cleanse, promoted by Stanley Burroughs, where a person drinks natural lemonade made with fresh lemons and sweetened with real maple syrup.

However, since most cleansing programs last two weeks or more, it is better to adopt a semi-fasting state during the cleanse. Simply avoid all refined and processed foods during the cleanse and eat lots of fresh fruits and vegetables. This aids the cleansing process by not burdening the body with more cooked, processed foods and chemical additives.

The nice thing about making this a time to clean up one's diet is that cleaning out the body tends to reduce one's craving for junk food, anyway. So, by the time one has finished the cleansing program it will be easier to maintain a healthy eating program.

Other Helps

Cleansing can also be aided by various forms of hydrotherapy. For instance, enemas and colonics can be helpful as long as they aren't overdone. Sweat baths, steam baths or saunas are also useful as they encourage detoxification through the skin. Foot soaks or foot spa baths are also helpful to the detoxification process. Discuss these options with your natural health care practitioner.



Daily Internal "Housekeeping"

Doing a complete cleansing program (*like those described on page 3*) is like doing a major clean-up job in your home, washing walls and carpets while throwing away things you no longer need. However, we also do little housekeeping chores every day to keep our homes clean, such as washing dishes, vacuuming or putting away clothes.

Our body also needs to do its daily cleaning for us to stay in good health. We can help our body do its "housekeeping" by taking some supplements that keep the colon and eliminative organs working properly. This prevents the build-up of toxins in the first place.

Drinking plenty of water and making sure we get enough fiber are the most important aspects of daily cleansing. Most of us need at least a half-gallon of pure water each day.

Most people also need a fiber supplement like **Psyllium Hulls Combination** or **Everybody's Fiber**. This is best taken in the morning before breakfast with water or juice. Fiber will help to prevent toxins from being absorbed into your body and will help you maintain healthy cholesterol and blood sugar levels. It will even protect you against colon cancer and other chronic diseases.

In addition to the fiber, you may also want to consider taking digestive enzymes such as **Proactazyme Plus** or **Protease Plus** with your fiber. Enzymes break down toxins and undigested food to keep your intestinal tract healthy. They also boost your immune system.

If you have problems with regularity, take 2-3 capsules of **Gentle Move** in the morning with your enzymes and fiber. **Gentle Move** will help improve your bowel tone when you take it regularly. (See page 4.)

Pick the Program That's Right for You

Doing a cleanse is easy with a pre-packaged cleansing program. Here are four great cleansing programs. Choose the one that's right for you.



Harmonize Your Health with a Comprehensive Cleanse

The **Tiao He Cleanse** is one of the best basic cleansing programs in the marketplace. It is not a harsh cleanse, but is still very effective.

The Tiao He Cleanse gets its name from the Chinese herbal formula Tiao He, sold under the trade name *Chinese Liver Balance*. Tiao He means to "mediate harmony," referring to the formula's ability to harmonize the function of internal organs by helping to ease congestion in the liver.

Besides the Chinese Liver Balance (Tiao He) formula, the cleanse contains *All Cell Detox*, a general cleansing formula. It also features *LBS II*, a stimulant laxative herbal blend and *Psyllium Hulls*, a dietary fiber.

Two single herbs, *Burdock Root* and *Black Walnut Hulls ATC Concentrate*, complete the program. Burdock root is a traditional blood purifier that has been used to clear up skin conditions and toxic conditions in the blood and lymph, including cancer. Black Walnut has antiparasitic and antimicrobial action.

The Tiao He Cleanse not only helps improve colon transit time and clean out the colon, it also aids liver detoxification and improves kidney and lymphatic drainage. It stimulates digestion and even has a mild parasitic action.

This 14-day cleanse contains convenient packets you can carry with you in your pocket or purse. It is even more effective if you add more fiber to the cleanse. Take 1-2 heaping teaspoons of a fiber blend like Psyllium Hulls Combination or Everybody's Fiber first thing in the morning along with a large glass of water.

Taking an enzyme formula like Proactazyme between meals will also enhance the action of the cleanse. And, remember to drink plenty of water during the cleanse, at least 1/2 ounce per pound of body weight per day.

Get a Clean Start on Your Health with this Basic Cleansing Program

A simpler and more basic cleanse is **CleanStart**. This program contains a fiber packet with psyllium hulls and hydrated bentonite. The fiber can be mixed with water or juice and taken before both breakfast and dinner. It comes in two flavors, *Apple Cinnamon* and *Wild Berry*.

CleanStart contains *Enviro-Detox*, a liver detoxifying formula that helps the body get rid of environmental pollutants. It also contains *LBS II*, the stimulant laxative formula. Both of these formulas are also in a convenient packet that can be taken at the same time as the fiber.

CleanStart is a two-week cleansing program. It is great for people who are just getting started on the path to improving their health with herbs and supplements. It is not a good cleanse, however, for people who suffer from inflammatory bowel disorders or autoimmune conditions.

Need to Lose Weight? Here's a Great Cleanse to Help You "Let Go of It"

A good cleanse can be a very effective aid in weight loss. **Dieter's Cleanse** is the perfect cleanse to help you get started on your weight loss program. Besides the *LBS II* and *Enviro-Detox* found in CleanStart, Dieter's Cleanse contains *Bowel Detox*, *LIV-A*, *Chromium* and *MasterGland*.

Bowel Detox is a fiber and enzyme formula that helps cleanse the colon, while LIV-A is a formula for supporting liver function. Chromium helps to balance blood sugar levels during the cleanse and MasterGland helps balance glandular function to support increased metabolism and weight loss.

Dieter's Cleanse is also a conveniently packaged two-week cleansing program. It is best used to kick-start a good weight loss program. Like the Tiao He Cleanse, it also works best when taken with extra fiber.

Need to Get Rid of Some "Bad Guys?" Here's the Cleanse for You

A final cleanse to consider is the **ParaCleanse**. This parasite cleanse contains two antiparasitic herbal formulas, *Herbal Pumpkin* and *Artemesia Combination*, along with *Paw Paw Cell-Reg* and *ATC Concentrated Black Walnut Hulls*. It is a great cleanse to knock down intestinal bacteria and parasites.

A good way to do this cleanse is to start with one round of the Tiao He Cleanse to remove toxins and improve bowel function. Then, do one round of the Para-Cleanse program. Take a one-week break and then do a second round of Para-Cleanse. This program has helped many people regain their health after exposure to various parasites.

If you need help deciding which cleanse is right for you, talk to the person who gave you this newsletter.

Additional Help and Information

Cleansing is not for everyone. People who are feeble, weak or elderly, pregnant or nursing mothers, and young children should not do cleanses. If you have questions about cleansing or how to do a cleanse, talk to the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources for more information:

Coming Clean by Steven Horne (www.treelite.com)

Colon Cleanse: Simple Secret to Better Health DVD with Steven Horne and Kimberly Balas (www.treelite.com)

The Master Cleanser by Stanely Burroughs

The Colon Health Handbook by Robert Gray

The New Daily Detox by Elson M. Haas, MD

Do You Have Problems With...

- | | |
|-------------------------|-------------------------|
| Allergies? | Edema? |
| Arthritis? | Excess Weight? |
| Asthma? | Fatigue? |
| Autoimmune Disorders? | Frequent Colds? |
| Body Odor? | Frequent Headaches? |
| Bowel Problems? | Liver Disease? |
| Chronic Sinus Problems? | Psoriasis? |
| Eczema? | Respiratory Congestion? |



If so, a good cleanse may be of help. Learn more inside...

Gentle Move

Cleansing the colon isn't accomplished by just using herbal laxatives. Laxatives can be helpful during a cleanse to ensure that waste products move rapidly from the body, but they are not the long-term answer to maintaining colon health.

Gentle Move is a mild alternative to stimulant laxatives. It helps to hydrate the colon and improve bowel tone to promote natural elimination. It can be used to wean someone off stimulant laxatives and restore normal tone to the colon.

The key ingredient in Gentle Move is magnesium hydroxide, a salt of magnesium that attracts water to the bowel. This helps hydrate the stool and make it easier to pass. Gentle Move also contains triphalia—a blend of three fruits that has been used as a gentle laxative, bowel tonic and blood purifier in India for thousands of years—and ginger, yellow dock, marshmallow and slippery elm.

The triphalia blend contains all the flavors (or tastes) used in Ayurvedic medicine, so it is considered a harmonizing or balancing remedy and is safe for long term use. Besides normalizing colon function, it improves liver function, protects the liver against environmental toxins, improves digestion, helps expel mucus from the system and enhances circulation.

Gentle Move provides a mild laxative action while tonifying and improving colon health. It is a great formula to wean people from stimulant laxatives. It is a safe bowel formula for people who suffer from inflammatory bowel disorders. It is also a good formula for long term use in people with chronic constipation problems.

A safe long-term dose of Gentle Move (for maintenance of normal bowel function) is 2 capsules once or twice daily. People who have serious constipation problems will need to start with a higher dose, about 6-9 capsules daily. As bowel function improves, the dose can be reduced.