

The Beauty of Detoxification and Cleansing

by Coach Nadine

Cleansing, detoxifying and assisting the body in the elimination of accumulated toxins provide a way for the whole body system to regain balance, harmony and alignment. The human body is an incredible healing machine and when given the support it needs, will heal itself, since all healing comes from within.

Toxins accumulate from a variety of reasons including but not limited to: stress, the use of antibiotics; improper diet including a high intake of refined wheat, refined sugar, artificial sweeteners, too much of, or a lack of protein; and a lack of stomach acid. One of the prime functions of stomach acid is to facilitate the breakdown of proteins. Low stomach acid may prevent the complete breakdown of proteins, preventing them from being fully assimilated thus leaving food for bacteria to grow. We can detoxify the body and assist it in eliminating those toxins using eliminative herbs that act as laxatives, diuretics, diaphoretics and blood purifiers.

The goals of detoxification and cleansing are to assist the whole body system to realign, regain balance and harmony thus promoting an overall feeling of health and well-being. Many positive affects can be achieved and enjoyed through this process. These might include: increased energy levels; improved mental clarity and function; improved digestion and elimination; enhanced immune system and resistance to infection of illness; and improved blood circulation with healthy glowing skin. A person might also achieve an inner spiritual awareness, heighten senses, and increased levels of joy and happiness.

There are many formulas available to detoxify and cleanse the body ranging from a general point of view to accommodating an individual's specific health condition. (i.e. cleansing the liver, preventing cancer, removing candida overgrowth, improving bowel moments, etc.) The intention of the formula presented here is to provide a general detoxification and cleansing opportunity in any person desiring to achieve an overall sense of well-being by the removal of unwanted toxins.

Detoxification & Cleansing Herbal Combination

Intake form: Capsules. This form was chosen for its ease in delivery.

Mixing Instructions: Fill "00" gelatin or vegetable capsules with a well-blended combination of the powders of the following herbs

Suggested Intake: Detoxification, purification & cleansing programs: 3-4 capsules, 2-3 times per day, with meals. For Routine Maintenance: 2-4 capsules daily with meals.

CHOICE OF HERBS

Dandelion root (*Taraxacum officinale*) 3 parts
Yellow Dock root (*Rumex Crispus*) 3 parts
Chapparral (*Larrea divaricata*) 3 parts
Licorice root (*Glycyrrhiza glabra*) 1 part
Burdock root (*Arctium lappa*) 1 part
Cascara Sagrada bark (*Rhamnus purshiana*) 1 part
Kelp (*Laminaria, Macrocystis, Ascophyllum*) 1 part
Echinacea (*Echinacea augustifolia*) 1 part
Cayenne (*Capsicum annum*) 1 part

VALIDATION OF EACH HERB

Dandelion root ~ strains and filters toxins and wastes from the bloodstream thus primarily acts by purifying the blood. A healthy liver is required to provide effective blood detoxification. Dandelion stimulates bile production and helps the body get rid of excess water produced by the diseased liver. Dandelion extracts are also beneficial to the spleen and improve the health of the pancreas.

Yellow Dock root ~ also primarily affects liver function and the health of related organs, increasing their ability to strain and purify the blood. Yellow Dock also has antibacterial properties.

Chapparral ~ NDGA, the primary constituent in Chaparral reduces inflammation by increasing ascorbic acid levels in the adrenals and inhibits several strains of bacterial, molds and other pathogens. It is used here for its antioxidant and anticancer activity as well as for healing the skin and bone tissue and in preventing pathogenic damage. Though often called creosote bush, Chapparral contains no creosote.

Licorice root ~ stimulates and sustains proper adrenal function in an extremely complex manner by adjusting the concentrations of vital blood salts. Additionally Licorice root protects the blood supply and enhances its purity by protecting the liver from serious diseases.

Burdock root ~ as an alternative Burdock root improves general nutrition and gradually alters the health of the blood. It is also diuretic and diaphoretic thus promotes the excretion of wastes in both the urine and sweat. This powerful herb thus helps cleanse the body of toxins and wastes in three ways. It also has antibiotic and antifungal principals.

Cascara Sagrada bark ~ is the primary laxative in this herbal combination. The laxative in any detoxification blend is meant to aid in the removal of consolidated, bacterial-laden waste matter that accumulates in the large intestine during periods of illness. Cascara eases the passage of this material without producing griping, cramping, diarrhea or constipative rebound.

Kelp ~ is a general nutritive tonic to the blood, supplying essential vitamins and mineral salts. It encourages the action of dietary fiber by supplying nutrients and normalizing bowel functions. Iodine, the primary constituent of Kelp activates and regulates metabolism. Kelp is an important adjunct to any cleansing program since it can bind radioactive strontium, barium, cadmium and zinc, some of our most dangerous pollutants, in the gastrointestinal tract, thus prevents their absorption into the body. *Kelp is neither carcinogenic nor toxic.*

Echinacea ~ is another classical alternative which increases the phagocytic activity of the white blood cells to fight, destroy and eat toxic organisms that invade the body. It increases and stabilizes the red blood cell count and stimulates the elimination of waste products. Echinacea significantly stimulates the body's own blood cleansing system.

Cayenne ~ is used here as a catalyst to stimulate the vital organs to greater activity. It promotes cardiovascular activity, lowers overall blood pressure, and acts directly as a diaphoretic, stimulating excretion of wastes in the sweat.

Additional suggestions: Detoxification and cleansing can be greatly enhanced with dry skin brushing. Brush dry skin immediately before showering or bathing, start with the feet and gently brush up toward the heart. Brush from the extremities toward the center. Brush gently in a circular motion around your abdomen and breast/chest area. A proper dry skin brush is made of vegetable bristles that are neither too stiff nor too soft. It shouldn't scratch, but you should feel some friction against the skin

References

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