

Detoxification: Cleaning from the Inside Out

Welcome to all my new subscribers and Happy New Year to my faithful Improving Health Naturally friends! This issue is a follow-up to part 1 and 2 on Cleansing from the Inside Out. In part 1, I addressed "autointoxication" - self poisoning by not keeping a healthy colon for the toxins to "get out" of your system. All cleansing programs begin with pulling the plug that blocks the passage of waste. Part 2 addressed colon anatomy, fecal matter and colonic. Please note links for archived issues below.....

In this issue, I plan to show you a natural way to "clean" your colon; and subsequently, your entire system for optimal health and vibrancy. So, how do I clean my colon you ask? I am so glad that you asked! Below are some basic guidelines I recommend.

Eat as many raw or very lightly steamed vegetables as possible. Try a fresh vegetable juice fast for 3 days (no longer than this because extended fasts will cause you to lose lean body mass and lead to wasting of your vital organs). For more optimum cleansing, try the Nine-Week Cleansing Program.* The body needs a lot of roughage to help in the cleansing process. Salads are an easy way to get some of the roughage needed (no salad dressing, only olive/flax oil and garlic or fresh herbs). Eat NO red meat as this severely slows the digestion and cleansing process! Abstain from cokes, coffee, candy, dairy and all refined products. Fresh fruit is very good, but remember to eat it as a meal in itself, alone. Fruit digests so quickly that if it is eaten after a meal, it will sit in the stomach and start to ferment while it is waiting for your meal to digest. Drink lots of pure water while cleansing to help flush out the impurities. Get plenty of aerobic exercise to increase movement of the lymph glands which will also help to move the toxins out of the body.

And, by all means, since fruits and vegetables are known to be great cleansers and detoxifiers, take your Juice Plus+ during this cleanse and ALWAYS! Preferably fruit capsules in the morning, since your body is in a natural cycle of cleansing in the a.m.; and vegetable capsules in the afternoon for detoxification and healing. Remember, you are getting the "nutritional essence" of 15 servings of fresh, raw fruits and vegetables in those 4 capsules/day!!!

*A Food Only Nine-Week Cleansing Program: A simple nine-week cleansing program that I recommend (there are several to choose from) is to eat three servings of fruits, 5-9 servings of vegetables, and one serving of a whole grain each day for three weeks. During the next three weeks, continue with the fruits, vegetables, and grain and choose, in addition, three consecutive days during the three week period in which you eat only fruits and vegetables. During the last three weeks, continue with the fruits, vegetables, and grain, and choose three consecutive days during which you have only liquids. The liquid diet can consist of fresh fruit and/or vegetable juices (using a juicer or blender) and vegetable soup or broth (see recipe below).

Alkaline broth: chopped potatoes, zucchini, celery, beets, Swiss chard, green beans, carrots, parsley and fresh or dried herbs of your choice, to taste. Place ingredients in a large pot, cover with pure water, and simmer. For a fresher, chunkier broth, cook only until vegetables are slightly tender. Put the entire mixture into a blender and whirl until pureed consistency. This is nice to put in a thermos and sip throughout the day as an antidote to an acid-forming, stressful schedule!

Fruits, in general, tend to accelerate cleansing. If your cleansing is going too fast and you are experiencing uncomfortable symptoms, use more vegetables and less fruit. During the first three to five days, some people may experience symptoms of a cold or flu. If you have these symptoms and they are severe or persist for more than five days, then consult with your health care professional. Any fasting or cleansing program should be monitored carefully, because a drastic cleansing can release toxins too quickly and cause severe reactions.

AFTER you have cleansed the bowel, you can go on to cleansing the gallbladder and liver where toxins tend to back-up if your colon isn't functioning properly. NEVER cleanse your gallbladder and/or liver without FIRST cleansing your colon. The toxins MUST have a way to exit the body and if your colon is congested, you will create severe autointoxication...all those toxins recirculating...you don't want to do that!!! You want them OUT!!!

Gall Stone and Liver Cleanse: This 3-day cleanse is done with fresh juices. You eat NO FOOD! You need to drink at least 8 glasses of PURE water. Day 1: 6 oz. apple juice and 2 oz. beet juice mix together. Drink SIX

glasses throughout the day. Day 2: 4 oz. apple juice mixed with 4 oz. beet juice, drink SIX glasses throughout the day. Day 3: 2 oz apple juice mixed with 6 oz. of beet juice; drink SIX glasses throughout the day. Then in the evening, drink 4 oz. of pure expeller-pressed olive oil blended with 3-5 garlic cloves and 1 inch piece of ginger (put oil, cloves and fresh ginger root in blender or Vita Mix and blend), drink this mixture, followed quickly by 1/4 cup grapefruit juice. Go to bed right after this and SLEEP ON YOUR RIGHT SIDE. If you have stones, you will most likely pass them the next morning...watch for them in your stool! At the end of each day, you can also do a coffee enema, as coffee stimulates the liver. Again, if you have serious health issues, I recommend you consult your healthcare professional for monitoring during this process. "Arousing the dead" can be serious and you want to make sure that your system is ready to handle this cleansing program.

That's it for this issue. Next month (since your colon will be clean), we will discuss how to restore the "good bacteria" to your gut for maximum nutrient absorption and assimilation with probiotics, the "good" guys!

Your partner in colon health, Dr. Carol Watson, RN, ND