

Whole Body Cleansing

Cleansing the Body From Within

The body heals from within out, from the head down and in reverse order of how the illness began. -Herring's Law of Cure

The secret to vibrant health, youth and vitality is in cleansing the body and mind and then adopting a lifestyle that includes clear thoughts, natural foods, pure water, fresh air sunshine and exercise. Learning to cleanse the body and the mind is an essential part of healing. When the body is burdened with toxic waste material, it will be tired and have low immune function. When body is clean, it can absorb the essential nutrients it desperately needs to heal and repair.

Tissue Cleansing Through Bowel Management

Cleansing the body of morbid waste has been done throughout the ages and by people of all walks of life. Those who have practiced tissue cleansing have often saved themselves from severe illnesses they could not be healed through any other means. Unfortunately, in today's modern society, many know nothing about the healing miracles that can come from cleansing the body. Dr. Bernard Jensen, Dr. Max Gerson, Victor E. Irons, Dr. Norman Walker, Dr. Herbert Tilden, Dr. Paul Bragg, Dr. John Harvey Kellogg and many others were pioneers in the field of tissue cleansing and have written remarkable case studies in which patients with terminal diseases were able to get well by cleansing the colon and tissues of the body. Dr. Jensen's Tissue Cleansing Through Bowel Management, had guided thousands of people through cleanses and brought remarkable healing results. In addition, Dr. Gerson's book, A Cancer Therapy, presents case study after case study of chronically ill patients who completely regained their health through good nutrition and cleansing.

What is tissue cleansing? Tissue cleansing involves following a seven - to ten-day program in which one eats whole, natural organic foods (mostly vegetables), that have been prepared as soft as possible or made into a soup for easy digestion. During the cleanse you will have purified water, herbal teas, broths and raw vegetable juices. In addition, they lie on their backs, in a comfortable position, on a special tissue cleansing system each day. Cleansing the colon allows the body to release old fecal matter that has often been held for years! There have been times parasites of all sorts have been evacuated, both living and dead. Those who experience this usually feel tremendous relief, especially if they are, and have been, chronically constipated for years.

Ridding the bowel of Toxic Waste

Ridding the colon of toxic waste material allows the other organs such as the liver to have a place to release toxins. Cleansing the intestinal villi allows for better absorption of nutrients. Toxins accumulate in the body for various reasons. When we eat three meals a day, the bowel should move three times a day, Colons can become very impacted with old rubbery fecal matter when you do not have bowel movement on time. During a cleanse this matter, which can look like pieces of an old, black tire, will be very visible. Dr. Rich Anderson, in Cleanse and Purify

Thyself, Book Two, calls this old rubbery material “mucoid plaque” and describes it this way:

Mucoid plaque appears to develop in the presence of acids wherein the mucus is secreted and coagulates. It can then compound with other elements, forming an increasingly firm substance. For those who have followed the standard American lifestyle and diet, which are acid producing, it is common for mucoid plaque to form over the glycocalyx (normal thin layer covering the microvilli in the intestines where nutrients are absorbed) of the small intestine, as well as in the stomach and large intestine. In most cases the layer (or layers) has become intermingled with a variety of damaging toxic constituents. These may include drugs, noxious fecal compounds, heavy metals, pesticides and more depending on what the person eats. . . . Mucoid plaque contributes toward a high percentage of pathological problems, as well as premature death.

Dr. Anderson goes on to say about mucoid plaque that, “This profile weakens intestinal function, causes interference of nerve meridians, and development of bowel disease. . . . Clinical studies have shown that intestinal mucins are frequently altered in such a way as to trigger the evolution of epithelial cells into cancer cells. . . . Gastric carcinomas have also been shown to develop from intestinal metaplasia that has mutated for mucoid plaque.

Where Do Toxins Come From?

When people live in polluted cities, or if they smoke, the lungs become laden with tar and soot. Some of this eventually gets carried by the blood into the liver and intestinal tract. Most of the foods and water people ingest today are laden with chemicals, and not all of them are eliminated. Jeffrey Anderson, M.D., and Jerry Stine, in their article “Detoxing From Toxins,”⁷ stated that: . . . (There are) contaminants that are ingested not by design, but primarily because of contaminated food and water. This category includes food additives, pesticides, agricultural contaminants in meats and dairy products, and heavy metals in fish. Water may contain chemicals and their by-products, pesticides, and heavy metals as well.

Faulty digestion can keep food from being properly processed and sent out of the body. Undigested food remains in the body and creates fermentation, putrefaction and free radicals, which cause us to age way before our time. In addition, parasites feed on undigested waste materials as well as starch and sugar. It is not uncommon for people to have a tapeworm, hookworm, or liver flukes (and these are only a few)! No wonder people are fatigued and can't think clearly. Their bodies are toxic. All of the blood of the body flows through the colon by osmosis and will either pick up nutrients that nourish the body or toxins that can cause exhaustion and disease. Cleansing the colon eventually helps to cleanse all tissues of the body and can greatly improve the quality of the blood that circulates throughout the body, including the brain.

The Leaky Gut Syndrome

A lot has been written about the leaky gut syndrome or hyperpermeability. It is a common condition that occurs when there is inflammation and holes or openings appear in the lining of the gut. Toxic by-products from foods leak through the lining of the gut and are carried to the liver and throughout the body. A proliferation of harmful bacteria can begin to make their way through the holes in the gut and out into the body. Specific areas may be affected by these toxins. They can cause food sensitivities, allergies, skin disorders, headaches, fatigue, irritable

bowel syndrome, diarrhea, brain fog, lowered immune function, chemical sensitivities and painful inflammation of the joints.

There are many causes of hyperpermeability. Some of these causes include malnutrition, longtime use of processed foods, not enough friendly bacteria in the intestinal tract, allergies, parasites, certain medication, ulcerative colitis, Crohn's disease, celiac disease and cancer. If leaky gut persists, the liver will become overloaded with toxins, and the immune system will become severely compromised. Hugo Rodier, M.D., in *10n Most Common Diseases*, tells about a landmark study in the journal *Immunology Today* (1994: 15: 504), stating that "the immune system (remember 60 percent of it is found in the G.I. tract), the nervous system, and the hormonal system are virtually inseparable!" He goes on to say:

Probiotics (friendly bacteria) have developed a symbiotic relationship with humans, they number about 100 trillion, and their main function is to keep more noxious organisms from colonizing our guts. In other words, they are forgotten soldiers keeping us from being overcome by constantly mutating pathogens in our toxic environments.

If the "bad guys" predominate, a breakdown in the intestinal lining integrity occurs. And this is also true in all "mucosal" barriers throughout the body! This inflammation enhances their penetration across the epithelial (lining) barrier. This is the so-called "Leaky Gut Syndrome."

The Miraculous Healing Benefits of Tissue Cleansing

If one is plagued with the leaky gut syndrome, arthritis, skin afflictions, lowered immune function, liver toxicity, parasites, Crohn's disease, ulcers, colitis, chronic fatigue, allergies or excessive mucus and many other disorders, cleansing the colon and subsequently all of the bodily tissues can help immensely. During the ten days, a special mucus cleanse is followed for three days, a kidney and bladder cleanse for two days and a liver cleanse for one day. When the colon is clean and reinforced with a healthy flora, all of the other elimination channels will cleanse themselves as well. The four elimination channels are the lungs, kidneys, skin and colon. Lung congestion, kidney infections and skin afflictions such as psoriasis, acne and dandruff have all healed beautifully during a cleanse. When the cells and tissues of the body have been cleansed they can function much more efficiently and energy will return to a tired body. The blood of the body will be rich with nutrients when it leaves the intestinal tract and can deliver life-giving food to each organ of the body. The intestinal tract will be strong and take its rightful place as a large part of the immune system again. This is why it is vital to eat healthy foods after cleansing or the cells will become bogged down with toxic overload again. A clean, healthy body receiving the proper nutrients from natural whole foods, pure water, fresh air, sunshine and exercise will feel vibrant and wonderfully alive!

So let's wake up from our habitual lifestyles of stuffing our bodies with fast foods filled with salt, grease, sugar and chemicals and choose our foods more lovingly and consciously. And let's learn from an age-old truth that one can't put clean water into a dirty vessel! Tissue cleansing has been used effectively to bring good health for centuries and is still available to those today who wish to live healthier, happier lives.

Cleansing Excess Mucus From the Body

There are millions of people in our world today who suffer from excess phlegm in the back of their throats, sinus congestion, sinus infections, stuffy noses, allergies, watery eyes, lung congestion, asthma and bronchitis. Many of our children suffer from runny noses and sinus congestion. More and more children suffer from ear infections and are wearing polyethylene tubes in their ears in order to drain the excess fluid from the inner ear through the eustachian tubes. There are other children and adults who have excess mucus appearing in their stools. They often suffer from constipation, bloating after a meal, digestive disorders, gas and burping. To remedy all of these problems, people are taking decongestants, expectorants, antihistamines, cough suppressants, pain relievers, laxatives, antacids, and antibiotics. In the United States alone, 250,000,000 aspirins are swallowed each day! Unfortunately, medications treat the symptoms and may suppress the mucus or phlegm for a time, but if the cause is not discovered and treated, the problem will persist.

The sad thing is most people haven't a clue as to what is causing the excess mucus production in their bodies. They desperately want it to go away in order not to be so miserable and to be able to get on with their lives. Since the discovery of antibiotics, Americans have relinquished the responsibility of their health to "quick fixes" and indeed, antibiotics can save a life. However, antibiotics have been given for everything including the common cold virus, on which it has no effect. Bacteria are growing stronger because of the excessive use of antibiotics. There are many antibiotic resistant bacteria today. In addition antibiotics kill both harmful and beneficial bacteria, such as acidophilus, lactobacillus and bifidus, that play a vital role in the work of our immune systems. Other medications have long lists of side effects that people may have to endure as well. It is time we take a long look at how we are living our lives if we want to stay well and healthy. It is time to discover the cause of our problems in order to be able to heal them.

What is Mucus and What Causes it?

First let us understand what mucus really is and what it does in our bodies. According to The American Medical Association Encyclopedia of Medicine:

mucus is the thick, slimy fluid secreted by mucous membranes. Mucus moistens, lubricates and protects those parts of the body lined by mucous membrane, such as the alimentary and digestive tracts., mucus prevents stomach acid from damaging the stomach wall and prevents enzymes from digesting the intestine, it eases swallowing and lubricates food as it passes through the alimentary tract, it moistens inhaled air and traps smoke and other foreign particles in the airways (to keep them out of the lungs), and it facilitates sexual intercourse.

So mucus in and of itself is helpful and plays an important role in good health. What causes the excess mucus which occurs when people have sinus congestion, lung congestion, phlegm in the back of the throat and mucus in their stools? There are several causes. When the body becomes too acidic, the mucous membranes produce mucus to protect the delicate tissues from the acids. The body tissues become over-acidic when there is undue stress, lack of sleep, not enough purified water, a lack of fresh air, sunshine and exercise and the consumption of foods that form high levels of acid. As a general rule, everyone is genetically unique and each of us has different requirements based on inheritance, age, position in life and what we have been eating. Most people need to eat more of the alkaline-forming foods, which are fresh fruits and vegetables and

fewer of the acid-forming foods, which are grains, dairy products and meats. Processed foods that are high in starch, soda pop, all sweets and alcohol are acid-forming in the body as well. In addition, they have no nutritive value. A large percentage of the American diet is composed of starches, dairy products, meat, salty foods, fried foods, sweets and soda pop. Most packaged foods contain hidden sugars and starches. Americans have consumed so much wheat that many people have formed allergies to gluten (the gluey part of wheat). Pasteurized cow's milk contains lots of fillers and no living enzymes to facilitate digestion. Many people have developed allergies to milk or simply cannot digest it. Allergies create inflammation, and allergies to foods produce gas and swelling in the gut, causing the body to produce mucus to protect the membranes.

Good health depends upon proper digestion and absorption of nutrients. The small intestine is lined with villi or finger-like projections that increase the surface of absorption area in the small intestine up to a thousandfold. This area of absorption can be dangerously compromised by any condition that irritates the lining of the small intestine. There are also specialized immune cells called immunocytes that line the small intestine. These immunocytes secrete IgA, a crucial component of the mucus lining that makes up our first line of defense. Inflammation destroys these important immune cells, opening the door to intestinal infections, bacteria, viruses, yeast, fungal organisms and parasites.

What to Do to Rid the Body of Excess Mucus

If an individual is suffering from excess mucus, phlegm, sinus congestion, lung congestion, allergies, gas, bloating, or mucus in the stool, it would be wise to adopt a more wholesome diet high in vegetables and lower in the acid-forming foods. Processed foods, foods high in gluten, salt, sugar, pasteurized milk products, fried foods, caffeinated drinks, alcohol and sodas should be avoided. Rest, fresh air, sunshine and exercise reduce inflammation and over-acidity in the body and are vital components of good health. Cleansing the colon is also very beneficial. Three days of our ten-day colon and tissue cleanse includes a specific mucus cleanse. This mucus cleanse incorporates alkalizing foods like vegetable broths high in potassium as well as herbs that help to expel mucus from the body. It includes raw vegetable juices that cleanse and purify the lymph fluids, blood and liver, and help the body become more alkaline and to free it of mucus. We also make sure the intestinal tract is re-inoculated with beneficial bacteria such as acidophilus, lactobacillus and bifidus.

Reasons for cleansing the Kidneys and Bladder

Avoiding kidney and bladder infections is good reason to cleanse the colon, kidneys and bladder. We want to keep our kidneys functioning well because they help to regulate the acid/alkaline balance that is crucial to health. They also help to regulate blood pressure.

The kidneys are a major elimination channel. When the kidneys are toxic, the skin must pick up some of their elimination responsibilities. Acne, dandruff, psoriasis and eczema often clear up when the kidneys are cleansed.

Another reason to cleanse is the prevention of kidney stones. If you have ever passed a kidney stone, you know the severe agony they can cause! People with stones are often advised to have them removed surgically or by laser expulsion.

What Causes Kidney Stones?

The kidneys filter minerals from the blood, including uric acid, calcium, phosphorus, magnesium and sodium. Most kidney stones are composed of calcium, while some are composed of uric acid or magnesium and phosphorus. Over time, when the kidneys have too many of these substances to filter, these minerals settle and turn to stones. Heavy minerals can even harden the arteries which enter the kidneys directly from the aorta, the main artery of the body leading directly from the heart. When this happens, the blood pressure will rise. The same materials that harden in the kidneys can harden in all the arteries of the body, causing arteriosclerosis (arteries hardened by calcification).

It is difficult for the kidneys to filter water that is heavily laden with inorganic minerals. People who live in areas where the water is high in limestone will begin to notice a chalky white ring in their bathtubs and teapots. If the water is filled with iron, a rust-colored ring will appear. Heavy minerals in water will clog up a steam iron. We do not need these indigestible hard materials in our bodies!

When people consume large amounts of pasteurized cow's milk and cheese that are devoid of enzymes to help digest it, the minerals are sent through the kidneys and spilled out in the urine. People who eat heavy loads of protein will lose calcium through the urine. A body overburdened with processing protein ends up not utilizing calcium. Calcium is vital for health and prevents bone deterioration, but we need to absorb it rather than spilling it out into the toilet!

Ways to Absorb Calcium and Avoid Getting Stones

Natural sodium helps to hold calcium in the bone where it belongs. Uric acid crystals also end up having to be processed through the kidneys as a by-product of heavy meat consumption. Vegetables, vegetable juices are high in absorbable organic sodium and calcium.

Cleansing the Liver and Gallbladder

There are many ways to cleanse the liver and gallbladder. Liver cleansing after the bowel has been cleansed, so the liver has a place to dump its toxins. If the bowel is toxic and you start cleansing the liver, the body will suffer from toxic overload. This can cause headaches, nausea and even vomiting as the body tried to find a way to get rid of the liver toxins. When the bowel is clean, it can work more efficiently to carry the toxins from the liver out of the body through the rectum. Dr. Jeffrey Bland states in *Optimal Digestion: New Strategies For Achieving Digestive Health*,:

The overgrowth of bacteria or yeast in th GI tract nay create toxic overload that can stress detoxification. When overgrowth occurs, the liver may be less able to detoxify other incoming substances that would normally go unnoticed. The buildup of these toxins in the body cab result in general toxicity or in specific illness. For example, research has found that an overgrowth of E. Coli bacteria is frequently present in the stool of patients with food sensitivities or Crohn's disease. The toxic by-products of bacteria and yeast are passed on to the liver for processing.