

HEALTH TIDBITS

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Greetings Everyone! ...and Happy Holidays!

The New Year is coming! Most of us seem really motivated January 1st to do something positive to improve our health and start the new year with a bang! So this newsletter is going to be filled with ideas to help you do just that.

CLEAN OUT THE GUNK!

One of the best ways to begin to invigorate the body and renew cellular health is to clean out toxins so that all body systems can work better. There are several ways to do this depending upon how motivated you are and how willing you are to change your eating habits and swallow certain foods and supplements that are known to aid in the process. However, one must be careful when taking his/her body through a cleanse and speed should not be a determining factor. Also, depending upon the type of cleanse you do (and severity), different body systems will feel the impact. For example, there are detoxification programs for:

1. Colon and bowel
2. Bladder and Kidney
3. Lung and Mucous congestion
4. Liver and organs
5. Lymphatic system
6. Skin cleansing
7. Blood cleansing (for heavy metal toxicity, alcohol and drug addictions)

SHOULD YOU DETOXIFY?

The body uses the above systems to eliminate or neutralize toxins on a regular basis. Toxic acids are normal products of cell catabolism. Disease begins when toxins overload our "self cleaning systems". In a world where more than 2 million synthetic substances are known, 25,000 are added each year and over 30,000 are produced on a commercial scale, there is no way we aren't exposed no matter how healthy we try to be. Many chemicals are so widespread they work their way into our bodies faster than they can be eliminated. *This doesn't*

even count the second hand smoke, caffeine, and alcohol overload, or daily stress that is an increasing part of our lives. As the body becomes increasingly toxic, proper oxidation cannot take place in the tissues. Without oxygenation, we lack energy and a tired body continues the downward spiral. Sick people are always tired people!

The molecular structure of some chemical carcinogens interacts with our DNA. If you study how easy it is for cancer to take hold in your body then you can see how easy it is for long term exposure to these chemicals can result in metabolic and genetic alterations in the cells. The World Health Organization research indicates that environmental chemicals cause 60-80% of all cancers.

So....yes! We should all take our bodies through detoxes on a regular basis. There is nothing wrong with doing a 3-day detox once a month.

BENEFITS YOU CAN EXPECT FROM A GOOD DETOX:

1. Clean out the digestive tract and accumulated waste and bacteria
2. Clear excess mucous and congestion
3. Purify the liver, kidney and blood
4. Enhance mental clarity
5. Be less dependent on sugar, caffeine, nicotine, alcohol or drugs
6. Stomach will have a chance to reduce to normal size
7. Release hormone secretions coupled with essential fatty acids from fresh plant sources can stimulate and strengthen your immune response

Remember: *Cleansing must come first before you can expect to rebuild diseased tissues.*

HOW LONG DOES A DETOX TAKE?

Again, it depends on which method you chose. It can take 24 hours to 10 days. But the time factor is important because you will want to plan your mind and body for the experience ahead.

WHAT WILL HAPPEN -WILL I GET SICK?

Well, of course that will depend on how toxic you are, if you are suffering from disease, the type of cleanse you choose and how fast you

decide to go through the process. **I would advise you to speak with someone like myself or another natural healing professional before undertaking a detox.**

A detox works by *self-digestion* – that means that the body decomposes and burns only the substances that are damaged, diseased or unneeded, such as abscesses, tumors, excess fat deposits, and congestive wastes. Even a relatively short fast accelerates elimination and can cause dramatic changes as masses of accumulated waste is expelled. For that reason, people who are sick should either not do a detox or at the very least do an “easy on the body” cleanse. This is why you might want to speak to an informed professional before deciding which type of detox is best for your current situation.

You could experience a “healing crisis” during a cleanse. That means you may reverse out of a disease state – you might experience a slight upset stomach or a headache or a release of mucus, if too many toxins are released. It is not recommended that you do an all liquid diet if you are trying to detox from heavy metals or chemicals because they can enter the bloodstream too fast and heavily for your body to handle. Eat solid cleansing foods to release these type of toxins more slowly and safely

WHAT ABOUT A WATER FAST?

Juice, herbal tea cleanses are better because they help deeply cleanse the body while rejuvenating the tissues. Water fasts can release toxins into the elimination channels too rapidly causing your body to essentially be “repoisoned”

Vegetable and juice fasts are alkalizing, so they neutralize uric acid and other inorganic acids better than water. Juices support better metabolic activity too.

DIFFERENT TYPES OF CLEANSSES:

1. You can start with a 24 hour detox. These are great to do when you notice a cold coming on, unexplained low energy, poor skin or congestion. It is one of the best ways to have quick recovery from a cold or flu. You can still go on with your normal activities. The night before eat a green leafy salad to give your bowels a good sweeping. The next day only drink fresh juices, herbal drinks and water. Drink 8-10 glasses of water to hydrate and flush wastes and toxins.

2. You can do a 3 day juice, herbal tea program over a long weekend following up with a light salad or a morning fruit bowl. But leave out all proteins and fats from the diet.
3. 11 day cleanse: This one really works, but you need to be psyched to come off all protein and fat.

Day 1-3. Drink only juices, herbal Teas and water. Drink one glass of juice every 4 hours.

Day 4-6 add fruits.

Day 6-11 – make a vegetable soup Using all fresh veggies. Eat as much as you want. You can add a fresh salad for lunch. If hungry between meals, eat fruit have a glass of fruit juice.

Some people prefer to start their cleanses by taking an enema or using herbal laxatives to speed elimination through the colon.

BENEFITS:

Especially after a longer detox, you may notice renewed energy, some weight loss, less bloating, improved digestion as you slowly add foods back, feel less dependent on sugars, caffeine, nicotine, alcohol and drugs. You will feel healthier, more mentally alert, less spacey, more emotionally balanced.

BEST CLEANSING FOODS:

For best results use organically grown fruits and vegetables.

1. Fruits and juices eliminate wastes quickly and help reduce sugar cravings.
2. Fresh vegetable juices carry off excess body acids, and are rich in vitamins, minerals and enzymes
3. Chlorophyll rich drinks and green superfoods like spirulina, chlorella and barley grass help stabilize and maintain the acid/alkaline balance of the body – drinking chlorophyll is like giving yourself a mini blood transfusion because it is similar in molecular structure to our own plasma.
4. Herb teas and mineral drinks provide energy and cleansing at the same time, without having to take in solid food for fuel.
5. Sea greens act as purifiers and have superior nutrient content. They are

a rich source of complex carbohydrates and provide a full spectrum concentration of all the carotenes, chlorophyll, enzymes, amino acids and fiber.

POTASSIUM JUICE:

This is the single most effective juice for cleansing, neutralizing acids and rebuilding the body. It is a blood and body tonic that provides rapid energy and system balance:

For one 12 oz glass:

Juice in a juicer 3 carrots, 3 stalks celery, ½ bunch spinach, 1 TB snipped, dry sea greens, ½ bunch parsley.

If you don't have a juicer make a potassium broth in a soup pot. While not as concentrated or pure, it is still an excellent source of energy, minerals and electrolytes:

For a two day supply:

Cover with water in a soup pot 3-4 carrots, 3 stalks celery, 1/2 bunch parsley, 2 potatoes with skins; ½ head cabbage, 1 onion, ½ bunch broccoli, 2 TB snipped sea greens. Simmer Covered for 30 minutes, strain and discard solids.

ENEMAS – YUCK!

None of us probably want to think about having one, but guess what? They are an important part of a congestion cleansing detox and **THEY WORK!!!!** They release old, encrusted colon waste, discharge parasites, freshen the GI tract, and make the cleansing process easier and more thorough. Enemas accelerate the cleanse for better results. They are especially helpful during a healing crisis or removing drug residue. Migraines and skin problems like psoriasis are relieved with enemas. Adding herbs to the enema water serves to immediately alkaline the bowel area.

Herbs for Specific Enemas: Use two cups strong brewed tea to 1 qt water per enema.

1. **Garlic:** helps kill parasites, harmful bacteria, yeast overgrowth, and cleanses mucus congestion. Blend 6 garlic cloves to 2 cups water and strain. For small children use 1 clove garlic.
2. **Catnip:** is effective for stomach and digestive conditions, and for childhood diseases. Use 2 cups brewed tea to 1 qt water
3. **Pau d'Arco:** normalizes body pH, especially against immune deficient diseases like chronic yeast and fungal

infections. Use 2 cups brewed tea to 1 qt water.

4. **Wheat grass:** boost immune response; helps eliminate blood toxins; stimulates liver and colon.
5. **Aloe vera juice enemas:** heal tissues in cases of hemorrhoids, irritable bowel and diverticulitis.
6. **Lemon Juice enemas:** rapidly neutralize an acid system, cleanse the colon and bowel.
7. **Coffee enemas:** detoxify the liver, stimulate both the gall bladder and liver to remove toxins, open bile ducts, increase peristaltic action, and produce enzyme activity for health red blood cell formation and oxygen uptake. Use 1 cup of regular brewed strong coffee to 1 qt water. Also effective for migraine headaches.

PROCEDURE FOR EFFECTIVE DETOX ENEMA:

Place warm solution in an enema bag. Hang the bag about 18 inches higher than the body. Attach the colon tube, and lubricate the attachment with vaseline, vitamin e oil or my healing salve if you have any. Expel a little water to let out air bubbles; lying on your left side, slowly insert the attachment about 3 inches into rectum. Never use force. Rotate attachment to ease insertion. Massage abdomen as solution is entering the body. Slowly remove tube and remain on left side for 5 minutes (if possible). Then try and move to a knee chest position with your body weight on your knees. Try and massage the abdomen again for a few minutes. (The massage loosens old fecal matter)

Sorry to tell you this, but sometimes sticky grey brown mucous, small dark crusty chunks, or tough ribbony pieces are usually loosened and expelled during an enema. Depending how toxic your body or if you have had chronic constipation, you may have to take several enemas before you see no evidence of these kind of substances.

EXERCISE HELPS DETOXIFICATION:

- Exercise speeds up removal of toxins through perspiration. Sweating helps expel toxins through the skin, your body's largest organ of elimination.
- Exercising to the point of perspiration offers *overheating therapy* benefits too. Tests show that when athletes sweat, for example, they excrete potential cancer

- causing elements, like heavy metals and pesticide PCBs from their bodies.
- Exercise stimulates removal of toxins from the respiratory system through deep breathing. It helps build a stronger diaphragm and elasticize your lungs.
 - Exercise stimulates metabolism
 - Exercise uses up stored body fat
 - Exercise stimulates circulation right down to the capillaries...even forming new ones; lowers blood pressure and increases blood flow.
 - Exercise stimulates the lymphatic system. **Lymphatic fluid depends solely on exercise for circulation.** Good lymph function is critical to your body's ability to cleanse itself.
 - Exercise reduces stress by increasing the body's oxygen levels.
 - Exercise transports oxygen and nutrients to your cells while carrying away toxins and wastes to your elimination organs.
 - Exercise stimulates dopamine levels – the “feel good” neurotransmitter in the brain. This is different than endorphins and not be confused with serotonin.
 - Strength training boosts bone density, increases lean body mass and increases your Basal (resting) metabolic rate or BMR.
 - All exercise increases cell insulin-sensitivity and increases glucose tolerance, meaning you store glucose as glycogen (muscle fuel), better with less insulin secretion. This is especially beneficial for Type II diabetes. The more you exercise, the more your cells want to uptake glucose from the bloodstream.
 - Intense exercise causes a growth hormone release and stimulates the adrenal glands. HGH is literally the “fountain of youth” hormone, healing and repairing all tissues.

EXERCISE SUGGESTIONS DURING A CLEANSE:

First of all, if you are doing an intense cleanse, you may need to take a few days off from exercise and/or do simple body stretches. During the rest of your cleanse – low impact exercises such as walking or swimming would be best. You might want to speak to a professional about the level of exercise best for

you especially if you haven't been on any kind of regular program.

DETOXING HERBS/SUPPLEMENTS TO AID/SUPPORT A CLEANSE:

Along with juices and herbal teas and fresh vegetables/fruits, there are some excellent herbal remedies to assist in the detox/cleanse process. All of these can be purchased from Nature's Sunshine or ordered from me at wholesale prices. These are the ones I am going to use in January to support my own detox program:

1. **All Cell Detox:** a great blend designed to help detoxify and strengthen the elimination functions of the colon, kidneys and liver, purify the blood and neutralize acidity. All Cell Detox is also good for reducing and inhibiting the development of foreign masses such as cysts, fibroids, polyps, tumors and cancerous growths.
2. **Enviro-Detox:** is a synergistic formula to cleanse and strengthen the detoxifying organs of the body; Intestines, kidneys, liver, lungs, skin. These organs bear the burden of filtering and eliminating toxins that are ingested through air borne pollutants and exposure to chemicals (including beauty supplies, car products, cleaners, drugs and alcohol, food additives, impure water, etc.) It also supplies friendly flora to the colon.
3. **BP-X:** an excellent blood purifying formula – stimulates the production of digestive fluids, enzymes, promotes urine flow to eliminate toxins via the kidneys, strengthen the immune system. Significant results for acne, arthritis, constipation, diarrhea, fevers, hepatitis, gallbladder, inflammatory skin diseases, lymphic infections, parasites, and in some cases tumors.
4. **Liver Cleanse Formula:** strengthens the liver and gallbladder function, reduces congestion and inflammation and stimulates bile flow. Improves digestion and detoxification, increases urine flow to flush

toxins; enhances spleen function, fights infection, provides expectorant and laxative effect.

5. **Lymph Gland Cleanse:** used to fight infections of the digestive, lymphatic and respiratory systems –strengthens immune response. Increase the production of mucosal fluids to flush toxins from the lymphatic system. Good where there are cysts, fibroids, tumors or excessive mucus of any kind.
6. **Bowel Detox:** intestinal cleansing and promotes intestinal health – provides dietary fiber and bulking agents *Helps loosen old fecal matter on the intestinal walls and then absorbs these toxins to be eliminated.* Improves transit time and elimination of waste materials.
7. **Red Clover Blend:** Blood purifying agent for healing any type of inflammatory skin condition, lump or tumor, bronchitis, dry cough, inflamed lungs. Eliminates toxins from the bloodstream.
8. **Red Beet Root Formula:** enhances internal cleansing by moistening mucus membranes and stimulating the body's detoxing process. Promotes circulation, urine flow, breakdown and elimination of toxins, facilitates liver function, nourishes the body during a fast.
9. **Liquid Chlorophyll:** purifies the blood; dilates blood vessels thereby improving circulation; provides a mild antibiotic effect which destroys bacterial overgrowth; stimulates peristaltic action of the colon; relieves inflammation; natural deodorant – eliminates body odor and bad breath; inhibits gum infections; eliminates water retention
10. **Dieter's Cleanse: is a blend of several of the herbs in the above listed formulas.** This is a safe and effective herbal formula to eliminate toxins and wastes, improve glandular function and liver support. Provides packets to be used three times a day.

For those of you who are not Nature's Sunshine reps and want to use any of these products, let me know and I will drop ship them to you wholesale along with a chart for how to use them. Those of you using Juice Plus will still want to continue using your JP during the cleanse/detox process.

Ok – this newsletter is running longer than most that I write, so I will stop here.

I hope I have encouraged most of you to start 2006 by doing a cleanse or several cleanses throughout the year. Please let me hear from you if you have questions or want support.

For those living in the central Florida area, Nature's Sunshine is hosting a one day seminar in Orlando— topics to be covered: weight loss, blood sugar imbalances, digestive health, female concerns, cardiovascular health; the role of fiber, probiotics, enzymes. The cost is \$75.00 for the day. You can register by calling 800-223-8225. I am going and would love to have some partners. You will receive a ton of educational materials.

**HAPPY HOLIDAYS TO YOU ALL
AND MAY YOU HAVE A HAPPY,
HEALTHY AND PROSPEROUS
NEW YEAR!!!**

Thanks again for your support.