



Cleanse Your Way to Health

It is not natural to be ailing in health and yet most everyone today past the age of thirty-five to forty is not in good health. Even young children are growing up obese before they reach the age of fourteen.

This is an astounding fact and obviously there is something wrong with our present habits of living.

We find that many, without taking a second thought about it pollute their bodies with chemicals, drugs, pesticides, wrong foods, cigars and cigarettes, and alcoholic beverages. Most do not realize the effects these things will have on the body as the years pass us by.

Often times we are vulnerable to our circumstances while doing the best we can.

Due to the toxins our bodies are exposed to every year it is recommended by many health professionals to cleanse the system periodically.

Benefits

Cleansing helps to start the process of restoring the body and mind back to health. It aids the body in a variety of ways:

1. General cleansing of the digestive system, lymphatic system, and glandular system.
2. Toning of all cells and glands, and rejuvenating or revitalizing the body.

3. Elimination of hardened materials in joints and muscles in conditions such as arthritis and gout.

4. To assist one trying to lose weight.

5. For those who need to gain weight, it helps to normalize metabolism of the thin person and revitalize and cleanse the digestive system so food can be assimilated better.

6. To cleanse the blood vessels of plaque and build good blood. There are a variety of different cleanses you can choose from as are outlined in many books and on other web sites.

Some Things to Expect

When you begin to cleanse the system, it only stands to reason that you may have a reaction as your body begins to release stored toxins. Some people do not experience any ill effects from cleansing; called a "healing crisis". But is important to know what you could experience so you are not surprised if it occurs.

1. Hunger the first day or so. The first few days are usually the hardest for most people, so be patient. This can be somewhat combated by drinking liquids every hour. Usually if you are taking a colon bulking agent, such as psyllium husks, you will not feel hungry.

2. You may experience some dizziness or headaches as the toxins are starting to move into the system to be eliminated. Taking colon hydrotherapy, steam baths, massage therapy and lots of liquids can help to keep the toxins moving out of the system quicker.

3. An initial drop of energy with a feeling of sickness coming on with acute symptoms again classified as a healing crisis. There are a number of different methods which can be used for cleansing the system. The very best approach is to know and understand the condition and strength of yourself or the family member or person you will be assisting, to determine which method is best.

Juice Cleansing

Juice cleansing is a method of cleansing the body with only liquids. Juice cleansing solely should be supervised, and after consulting your health care professional.

Juice cleansing helps the process of

restoring the body to health as well as rejuvenates the system. It eliminates dead cells and toxic waste products that cause sickness and sluggish feelings.

Juice fasting is safer than a water fast because poisons in the body are released into the blood stream more slowly. Juices also contain the rebuilding and regenerating elements the body needs that cannot be found in water.

The juices you use can vary from apple (unfiltered), orange or other citrus juices, grape (purple), carrot or any mixed vegetable juice or even teas.

Depending upon the constitution of the person cleansing, it is not recommended to extend a juice cleanse beyond five to seven days without a break in between.

When coming off of a juice cleanse, you want to gradually introduce food into the system so as not to over burden it. NEVER eat cooked food right away. Gradually introduce fruits the first day or so, then vegetables, then small portions of cooked foods.

Enhancing Your Cleansing Experience

Most cleanse programs can be made more effective by using other methods or therapies to aid the body to eliminate from its organs such as:

1. Skin - steam bathing, skin brushing, salt glows, herbal skin combinations.
2. Lungs - deep breathing exercises in the open air, but not too deeply as you can injure yourself and cause pain or damage, herbal lung formulas.
3. Bowels - colon hydrotherapy, slant board exercises, colon bulking agents, herbal formulas.
4. Kidneys - lots of fluids, herbal formulas.
5. Liver - poultice over the liver area, skin brushing, internal herbal formulas, liver flush with lemon juice and olive oil.
6. Lymph - massage therapy (lymph drainage), mini trampoline exercises, skin brushing, herbal formulas.

Cleansing Herbs

There are a variety of different herbs that aid in cleansing the system as outlined in "*Natural Healing with Herbs*". Listed below are just a few.

Burdock Root - skin and blood cleanser, diuretic and diaphoretic, improves liver function, antibacterial and antifungal properties.

Cayenne or African Bird Pepper - blood purifier, increases fluid elimination and sweat.

Chaparral - strong blood cleanser.

Dandelion Root - liver and blood cleanser, diuretic, filters toxins, a tonic.

Echinacea - lymph cleanser, improves lymphocyte and phagocyte actions.

Garlic - blood cleanser, lowers blood fats, natural antibiotic.

Ginger Root - stimulates circulation and sweating.

Goldenseal Root - blood, liver, kidneys, and skin cleanser, stimulates detoxification.

Licorice Root - detoxifies, biochemical balancer, mild laxative.

Oregon Grape Root - skin and colon cleanser, blood purifier, liver stimulant.

Parsley Leaf - diuretic, flushes kidneys.

Prickly Ash Bark - for nerves and joints, anti-infectious.

Red Clover Blossoms - blood cleanser, the best tasting there is.

Sarsaparilla Root - blood and lymph cleanser, contains saponins, which reduce microbes and toxins.



The information provided here is for educational purposes only, it is not intended to diagnose, treat, or cure any disease or take the place of therapy provided by your physician.

Copyright © 2009 Herb Time Plus
All Rights Reserved

