

PROPER CLEANSING PROCEDURE

SESSIONS ARE RECOMMENDED TWO TO THREE TIMES PER WEEK UNTIL THE PROBLEMS ARE ERADICATED. THIS IS BECAUSE THE BODY IS DETOXIFYING 48 HOURS FOLLOWING THE SESSION. BY THE THIRD DAY THE IMMUNE SYSTEM IS STRONG AGAIN, AND THAT DAY OR THE FOLLOWING DAY THE TREATMENT PROCESS CAN CONTINUE. MOST ILLNESSES ARE CAUSED FROM LIVING ORGANISMS, SUCH AS DESTRUCTIVE BACTERIA, VIRUSES OR PARASITES. THESE ORGANISMS MUST BE DESTROYED IN REGULAR CONSECUTIVE SESSIONS UNTIL THE ILLNESS IS ALLEVIATED. IF TOO MUCH TIME ELAPSES BETWEEN SESSIONS THEY WILL CONTINUE TO REPOPULATE. IN MOST CASES ONE TO FOUR SESSIONS ARE ALL THAT IS NEEDED TO ERADICATE THE PROBLEM AND BRING THE BODY BACK TO BALANCE. THE PROPER DIAGNOSIS IS ESSENTIAL, AND THE PROPER VITAMINS, NUTRITION, AND EXERCISE ARE ALWAYS RECOMMENDED FOR SUPPORT AND OPTIMUM EFFECTIVENESS. OF COURSE SEVERE LONG STANDING ILLNESS MAY TAKE LONGER. (See Q's& A's.)

DURING A SESSION, HUNDREDS OF MILLIONS OF MICROORGANISMS ARE DESTROYED AT THE SAME TIME. SEVERAL HOURS LATER THEIR MEMBRANES DISINTEGRATE AND LARGE AMOUNTS OF TOXINS ARE RELEASED INTO THE SYSTEM. SOMETIMES, MORE TOXINS ARE RELEASED THAN THE BODY CAN ELIMINATE WITH OUT SOME EXTRA SUPPORT.

THESE TOXINS CAN CREATE ALMOST ANY SYMPTOM AND TEMPORARILY AGGRAVATE CURRENT SYMPTOMS. UNLESS THESE TOXINS ARE FLUSHED OUT OF THE BODY RAPIDLY, THEY CAN INTENSIFY A SYMPTOM OR CAUSE NEW ONES. HOWEVER, IT IS POSSIBLE TO ELIMINATE THESE SYMPTOMS ENTIRELY BY FOLLOWING CLEANSING PROCEDURE BELOW:

THE ENTIRE CLEANSING PROCEDURE SHOULD BE COMPLETED WITHIN 24 HOURS OF EACH SESSION. THE SOONER FOLLOWING THE THERAPY SESSION THE BETTER YOU WILL FEEL.

Cleansing Procedures:

- **Drink Pure Water**
- **Movement**
- **Colon Cleanse**
- **Detoxifying bath, with skin brushing**
- **Additional Support**

1) Drink Pure Water: Only drink purified, distilled or spring water, **no tap water**. Drink 8-10 glasses of water, sipping throughout the day. The importance of water intake should not be underestimated. This water flushes out toxins, and eases potential stress on major organs, such as your liver and kidneys.

2) Movement: Take a walk, jump on a rebounder, dance, do yoga, stretch, get

your body moving to engage your sweat glands, your skin is the largest eliminative organ of your body.

3) Colon Cleanse: We recommend doing a colon cleanse **within 24 hours of each session using one of the following**; (unless otherwise specified.)

- **Colonic:** by a certified colon therapist
- **Oral Colon Purge:** Drink one of the following: 2 heaping tsp. sea salt in 4 cups of warm to hot water, or 1 bottle of magnesium citrate
- **Enema:** Cleanse your colon with one of the following enema ingredients: Organic *caffeinated* coffee, or Chamomile Tea using purified water with fresh lemon juice. Plan on making a full quart and 1/2. Use half of the solution, then use the other half the 2nd time you fill. * note instructions below

Chamomile tea enema formula (Recommended after 4 PM)

- a. 2 c. chamomile tea, b. juice of a small lemon, c. 4 c. purified water

Coffee enema (Recommended first thing in the AM on an empty stomach before 4 PM.) Coffee stimulates the liver, kidneys and gallbladder to release stored toxins and waste, enhancing their function, as well as an excellent colon cleanser. Not recommended ongoing if the body is in an over acid state.

Coffee enema prep:

Combine 4 Tbsp. of freshly ground organic coffee with 1 1/2 quarts purified water in a glass or stainless steel pot. Bring mixture to boil, turn heat down to a low simmer for 10 minutes. Pour mixture through a coffee filter or fine mesh strainer. Make sure your liquid is grind free. After straining you may add 1 Tbsp. of black strap molasses to the coffee while the mixture is still hot. This will help you retain the coffee. (When introducing this mixture into the body it should be a little warmer than body temperature. Add hot or cold purified water as needed.) Pour contents into enema bag. Attach hose and open clamp for just a second to release air out of the line, letting a short flow of mixture into the sink.

Hang enema bag on your bathroom towel rack, approx. 3-4 ft from the floor, to insure proper flow. Lay a towel on a cushioned floor mat. Lay on your back and insert the lubricated enema nozzle carefully into the rectum. Place your feet on the wall and hoist yourself up at a 45-degree angle. This will help the fluid go deeper into your colon. Release hose clamp taking liquid into your bowel in increments, as much as possible, without expelling it. When half of the fluid has gone into the colon, clamp the hose valve and remove from the rectum. Relax and breathe. After a few moments lay on your left side, resting again for a few moments and then lay on the right side. **Hold up to 10 minutes total if possible.** Release.

When you feel that you have emptied sufficiently, take a 10- minute break Then continue as before repeating the above process, with the remainder of coffee.

After colon cleanse: Be sure to clean your enema bag and tube completely. Take (probiotics) acidophilus orally, using acidophilus supplement, or 2 tbsp. of yogurt., and bifidus rectally inserted, Or if available use probiotic supplement capsules for both purposes. Followed by a vegetable or spirulina green drink to re-alkalize the PH. in the body.

4) Take a Detox Bath for 20-40 minutes, using one of the following:
(beneficial option: skin brush prior to bathing, brush towards the heart)

- * SEA BATH
- * 1 PT. EPSON SALTS or SEA SALTS
- * 1 QT. ORGANIC APPLE CIDER VINEGAR

Brush your skin with a special brush designed to sloughs off dead skin cells. The bath can be repeated as often as desired for heavy toxic feelings in the muscles without any negative side effects. it is extremely important to do this, as well as **all cleansing protocols within 24 hours of your session.**

5) Additional Support

- * Take **activated charcoal** 2 capsules, (520 mg) before each session, and the following morning on an empty stomach. (Not to be taken with food or vitamins within 1 ½ hrs)
- * Take a dose of **potassium, acidophilus, and electrolytes** following the sessions. Example: banana or handful of raisins, 2 T of yogurt (& lemon water during the day.)
- * Following day flush the toxins by drinking 3-4 glasses of fresh **lemon water**.
- * **Digestive enzymes** should be taken with every meal for optimum digestion and assimilation. (Do not drink liquid 1 hour before or after each meal.)
- * If you are being treated for **Candida Albicans** and are symptomatic, take 3-4 tablets of **yin chiao** (available at health food stores) 3 times a day and as needed to cover up the symptoms of the “die-off”. Relieving headaches, irritability, sugar craving, and allergy symptoms.

Optional: Take a good colon cleansing formula, add some fiber into your diet, ground flax seed is a good option. Choose to eat lightly, freshly squeezed vegetable based juices, salads, steamed vegetables, light protein if you desire it. Primarily eat vegetables, snack on apples, enjoy fruit and smoothies. Drink your required water, rest and nurture yourself by eating cleanly. Do not eat any deep fried or heavily processed foods. Choose whole grains instead. Eat organic, stay away from GMO foods, (Genetically modified organisms.)