

**CLEANSE
& PURIFY
THYSELF**

Revised for the 21st Century

*Deep, Effective Intestinal Cleansing
for
Transforming the
Body, Mind, and Spirit*

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Transforming
the Body, Mind, and Spirit*

Richard Anderson, Honorary ND and NMD

Christobe Publishing
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For more information, browse our website at
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Dedication

To those who read this book, are encouraged by it, and demonstrate the wisdom and strength to cleanse and purify as they strive for honesty, integrity, and love. Though we may not have met, we are brothers and sisters, friends and more. I pray that you will be rewarded along your path with experiences of love such as this story records. Together we work to make this world a better place to live.

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Pierluigi Marignani, M.D.

Associate Clinical Professor of Medicine, Yale University, School of Medicine. New Haven, Connecticut; Office: Ansonia, Connecticut

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Intestinal Sections

Michelle Fridkin, Tucson, AZ

Introduction

Deep, Effective Intestinal Cleansing

The *Cleanse and Purify Thyself* book series presents a method of self-healing and achieving exceptional health Mother Nature's Way: through complete intestinal cleansing and digestive rejuvenation.

The intestinal tract and digestive system serve as the hub of the entire body. All organs, glands, and even our brain, heart, and cells are totally dependent on a well-functioning digestive system.

The purpose of this book is to encourage you to cleanse yourself and then – yes, *then* – to replace what has been dislodged with unconditional love and joy for everyone and everything. This is neither medical advice nor a prescription, just good, uncommon sense. You clean out your home, you clean out your car, but it is far more important and beneficial to your well-being to clean out yourself, from the inside out.

Some will use cleansing to help heal their body; some will use it to sharpen their minds; others will use it to achieve their highest potential: to love all life unconditionally.

Chapter 1

How My Cleansing Journey Began

“There is a principle which is a bar against all information, which is a proof against all argument, and which cannot fail to keep a man in everlasting ignorance. That principle is condemnation before investigation.”

—Herbert Spencer, philosopher-biologist and originator of the expression “survival of the fittest”

If an angel appeared and showed you the way to vibrant and long-lasting health, would you turn your back on it? Of course not. You would probably want to share that good news as well.

Fortunately, we live in a country that guarantees freedom of speech. Everyone is welcome to use any system of health and healing they choose, yet we are continually reminded to consult traditional “medical professionals” on matters of wellness. Yet because the current healthcare system makes money on sick people, not on healthy people, information related to natural and inexpensive approaches is limited. After all, if everyone were healthy, the current system would fade away and there would be little use for this book.

For much of my life I had many health problems, including rheumatic fever, heart murmurs, ongoing ear infections, asthma, gastrointestinal problems, and more. Then a tumor developed in my upper gums which left me with long-lasting fatigue, memory problems, and depression, putting me on the verge of death. I began to study medicine in the hopes of solving my problems, and my search led me to colon cleansing. I started out with the most common colon-cleansing products found in health food stores which claimed “no negative reactions.” After a month I was worse than ever: tired, depressed, and angry. I hadn’t noticed a single positive

result. I dropped the products too discouraged to use any more cleansing programs until an herbalist I knew convinced me to try hers. It turned out to be the first decent cleanse I used.

I'll never forget the first time I saw mucoid plaque come out of me. It was early evening on the fourth or fifth day of this seven-day cleanse and I was sitting in front of the fireplace quietly reading a book. Suddenly I felt an unusual movement in my lower abdomen and my energy level quickly dropped. I slumped into the chair and felt horrible, unable to move. Forty minutes later I felt the urge to go to the bathroom. I crawled because I was too weak to walk and it took all the strength I had left to climb up on the porcelain throne. Just as I did, I had a shocking new experience: Something rocketed out of me! I immediately stood up to examine my release and I was never so surprised in my life! There floated an entity that looked exactly like my intestines only it was almost jet black. At first I thought this cleansing program was killing me, for there lay my intestines, without which my body would soon die. Then I thought, "Wait a minute. I'm actually feeling pretty good. That can't be my intestines." I got down and looked very carefully. Then I jumped up, went into the kitchen, and fetched a pair of chopsticks. (Those precious chopsticks; I kept them near my porcelain throne for the next 15 years, using them for examining long, narrow pieces of mucoid plaque.) It was a spectacular specimen though regrettably I flushed it into oblivion. Little did I know that years later I would want to send it to a skeptical doctor. Afterwards, I walked into the living room and for the first time in years I got down on the floor and did pushups. My energy, which had been lacking for nearly two years, had returned. By the end of that seven-day cleanse, I had removed an unbelievable 13 feet of blackish, thick, mucoid plaque and my energy soared.

A few years later, my friend and mentor, Dr. Bernard Jensen, convinced me to try pancreatin, which resulted in the

elimination of 28 feet in seven days. However, pancreatin is an animal product, and I was determined to find something just as effective without putting the vibration of dead animals into my body.

I've always taken the view that if you want to learn something, go to a proven expert. In this case the expert was Dr. Bernard Jensen, a chiropractor, nutritionist, and naturopathic doctor who pioneered Iridology in the U.S. (Iridology is the study of the iris of the eye to determine a person's health and disease status.) I first met him in 1976 when I attended a special cancer seminar in Seattle. He had been chosen to speak along with 10 other doctors who were considered the best in the world for their success in treating cancer. Dr. Jensen's success in treating leukemia, for example, was over 40 percent; the success rate of conventional medicine at that time for treating leukemia was zero. It was here that I also met Dr. Pavlo Airola, the European nutritionist and naturopath, and Dr. John Christopher (more on Dr. Christopher later).

Later I became Dr. Jensen's student and stayed in a trailer home on his ranch. During this stay, he exposed me to vast amounts of proven information about nutrition, Iridology, and other healing methods. I didn't just learn medical concepts as taught in colleges and medical universities; I learned from a man who had studied more healing methods than perhaps any doctor in history and, more than that, had applied these methods in his own practice for over 50 years. Kings and presidents sought his advice. Even Mahatma Gandhi religiously followed his suggestions. I learned an incredible amount of priceless information from Dr. Jensen and it changed my life! He was a walking encyclopedia, possessing an almost unlimited amount of knowledge, yet he had attained the exceptionally rare qualities of wisdom and humility.

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One evening at his ranch I was having dinner with my roommate, Dr. Tom Honka, when the most unusual fellow I have ever met sat down in front of us. There was nothing normal about him, except that he was human. (At least I'm pretty sure he was.) His hair was long and short at the same time, making me wonder if he had lost a battle with a lawnmower. He was wearing shorts but no shirt with bands around his wrists and ankles, a necklace made of sea shells, and some objects in his hair. He had a strong nose and blue eyes that looked in two different directions at once. My mind went into confusion, frantically searching for a category to fit the guy into. Tom introduced us and said his name was White Medicine Crow. As we conversed, I was impressed by his calm demeanor and keen intellect.

The days had been extremely hot, a fan serving as our only air conditioner, and we were all melting in the heat. I jokingly asked White Crow to do a rain dance and cool the place down. He gulped down a bite, stood up, and in front of everyone (mostly doctors) he began dancing and singing around all the tables. In and out he went, from one table to another, for about five minutes. We all watched with our mouths wide open. No one knew how to respond. Finally, he stopped, sat down, and finished his dinner as if nothing out of the ordinary had happened. The next day the temperature dropped and it poured down rain. The day after that, when it was still pouring and we were all freezing, I asked him if he could turn up the heat just a bit. It was all in great fun, and we became good friends.

The following summer I planned an experimental research expedition with White Medicine Crow. For three months we would live off the land, eating only raw fresh herbs, living in the open air, taking cold baths in rivers and streams, and studying human potential. We started in Arizona, which turned out to be a rough time. While there in the mountains, we had trouble finding clean water and were

forced to drink water that was unfit for consumption. We became very ill and could hardly walk. We decided to leave Arizona and find a more lush area to camp and do our research and ended up in the Sierra Nevada mountain range in California. Our new camp was heavenly and there, in those mountains, the story really begins.

After four or five days of eating the local herbs, something amazing happened. I was sitting on a rock by our cedar bark teepee, reading a book. White Crow had gone for a walk and was out of sight. Suddenly I heard him yelling, “Rich, come quick! Rich, come up here, run!” “What’s happening?” I thought. “Has he been bitten by a rattlesnake?” I dropped my book and ran as fast as I could – or as fast as my still-recovering body could take me.

As soon as he saw me he pointed to the ground. I thought that my worst fear was a fact – it looked as though he had killed a very large snake. When I got closer he asked, “Is this one of those mucoid layers you’ve been telling me about?” Upon careful examination of the rubbery rope-like thing at his feet, I saw the exact markings of the epithelium wall of the small intestine. It most definitely was mucoid plaque! But it hadn’t come from the colon; it had come from the small intestines. In fact, judging by the shape and structure of the striations, I knew it was from the upper intestines – from the jejunum, which is just below the duodenum.

What is going on here? I wondered. I had read every book on the subject that I could find and no one had talked about getting mucoid fecal matter out of the small intestines, only the colon. Crow noticed my surprise.

“Well, what is it?” he asked. “Is it part of my guts or what?”

“That’s mucoid plaque, all right.” I told him.
“Congratulations! You are now cleaner and healthier because that is on the outside of you instead of the inside. You’ll feel better, stronger, and think more clearly. But wait! You’re not on a cleanse. How the heck did this it happen?”

We couldn’t figure it out. But in the meantime, we kept releasing rubber-like ropes about two-to-four feet long with every bowel movement, each with the exact markings of the intestinal wall. They would actually “shoot” right out of us, and when I say shooting, you’ll know what I mean when it happens to you. They were coming from every part of the alimentary canal: the duodenum, jejunum, ileum, and the colon (with the exception of the stomach, which came out later). We also realized by the second day of this massive cleansing that we were well again after our disaster in Arizona. Our normal strength had returned, which was soon surpassed. I did some serious thinking and finally concluded that these releases must be occurring from eating a certain combination of herbs. (Each day we ate two big meals of fresh-picked herbs.) Nothing else could be working this magic. I soon realized that this was a very important discovery for someone with the incentive to use it. We had come upon a group of herbs with tremendous potential.

Ten days went by and we continued to eliminate this disease-causing plaque. We wondered if it would ever end! In that short period of time, our health had improved beyond our wildest expectations. We felt great inside and our happiness increased along with our energy. Most amazing was that the herbs responsible for this healing magic turned out to be quite common, yet no herb or medical book either of us had read mentioned such a profound effect. And I’m sure that between the two of us we had read over 50 books on herbs. Were we the first people in history to discover herbs that could produce such a result?

I began to wonder: Could these herbs in dried form have the same effect as fresh? After all, how many people have the opportunity to go into the wilderness and live only on fresh, wild herbs? I worried that the results we experienced were because these live herbs were chock full of chlorophyll, vitality, life force, and enzymes, all at full strength. And yet something deep inside told me that the herbs would work in a dried state and perhaps as efficiently as the fresh if I put together the right combination in the correct proportions. I became possessed with the desire to learn more and to create a formula that would help all who desired greater health.

Months after our expedition, after considerable research and experimentation, I completed my dried herbal formula. I convinced White Crow to join me in giving it a try. We were to consume only the herbs for six days. In the middle of the night on the fourth day, White Crow – famished – went downstairs to the kitchen and cooked up a large batch of potatoes. This slowed down his cleansing process, but after six days he had still removed 28 feet of the terrible mucoid plaque. I eliminated 40 feet! Besides the fact that I had no potatoes to slow me down, I was able to release more than Crow because I decided to add enemas to my process.

In short, the formula was a success. White Crow went around telling everyone how much he had eliminated and how wonderful he felt, and soon people from all over northern California and Oregon were using the herbs to cleanse and telling all their friends. I could hardly keep up with it all.

Chapter 2

The *Real* Problem: Our Departure from Nature

“Normal persons [sic] are deadly to all germs and parasites peculiar to the human habitat.”

— J.H. Tilden, MD (Toxemia Explained)

Since 1900, the basic, sensible theories of healthcare have changed dramatically. Most significant has been the shift from using natural healing methods (Nature) to drugs. Additionally, the use of food preservatives and other chemicals, especially pesticides, herbicides, and unnatural hormones injected into beef cattle and dairy cows have significantly altered the composition of our food. We are ingesting these toxins – and much more – through our food, air, and chlorinated and fluoridated water. This unnatural approach to life has had a detrimental effect throughout the entire world.

The growing use of GMOs (genetically modified organisms) in particular needs closer scrutiny. They are the product of laboratory processes where technicians force the genes of one species into the DNA of an unrelated species such as a plant or animal (thus the term “genetically modified”). Here are just a few examples:

- Genes from a fish have been inserted into strawberries and tomatoes.
- Spider genes have been inserted into goats to modify goat milk.
- Engineered growth hormones have been inserted into salmon so they never stop growing.

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- Scorpion genes have been inserted into cabbage to kill the insects that feed on it.
- Pesticides are inserted into corn, wheat, and canola to kill the pests that eat them.
- Corn is engineered to emit the hepatitis virus gene into the insects that eat it.
- They have modified milk-producing hormones so cows produce more milk and inserted human genes into cows to produce milk that is more similar to humans.

The *Journal of Organic Systems* published a study in 2014 which found a strong correlation between the ingestion of glyphosate (the active herbicide in Monsanto's Roundup) and GMO crops and a dramatic increase in a wide range of diseases including liver failure, kidney and bladder cancer, hypertension, stroke, and obesity. It also charted an increase in the rates of these diseases that corresponded to their introduction in the mid-1990s.¹² More recently, a California jury ordered Monsanto to pay a terminally ill groundskeeper \$289 million based on a finding that his cancer was caused by exposure to Roundup.³ ⁴There are literally thousands of similar lawsuits working their way through the legal system.

¹ Swanson, Nancy L., et al. "Genetically engineered crops, glyphosate, and the deterioration of health in the United States of America." *Journal of Organic Systems*, 9(2), 2014.

² Sarich, Christina. "Study Links GMOs to Over 22 Different Diseases." NaturalSociety.com. Dec 6, 2014.

³ Robbins, Ocean. "What the \$289 Million Verdict Against Monsanto Means to You." The Food Revolution Network (www.foodrevolution.org). August 24, 2018.

⁴ Séralini, Gilles-Eric et al. "Republished study: long-term toxicity of a Roundup herbicide and a Roundup-tolerant genetically modified maize." *Environmental Sciences Europe: Bridging Science and Regulation at the Regional and European Level*. 2014, 26:14

As far as the natural health community is concerned, GMOs are hazardous to your health and people should stay as far away from them as possible.⁵ This is certainly happening in other parts of the world. Nearly 40 countries – including more than half the countries in the European Union – have banned the cultivation of genetically modified crops.^{6,7}

When you eat GMO foods, those GMO particles become part of the bacteria in the digestive tract. Even after you stop eating GMO foods, GMO-contaminated microbes continue to live and reproduce GMO proteins inside us.

[Note: You have a large chance of eating GMO foods when food is not labeled “organic.” It is estimated that about 75% of processed food produced in the USA contains genetically modified ingredients. Almost all corn and soy have been genetically modified.⁸]

As you can see, it’s very important to eat a diet that is toxin free and highly nutritious by avoiding all GMO and “commercially grown” food that has pesticides, fungicides, or other unnatural chemicals. We must eat food that supports our health and helps to keep our insides clean.

⁵ See the films *Secret Ingredients* (2018) and *Genetic Roulette: The Gamble of Our Lives* (2012) by author-director Jeffrey M. Smith and the book *Altered Genes, Twisted Truth: How the Venture to Genetically Engineer Our Food Has Subverted Science, Corrupted Government, and Systematically Deceived the Public* by Steven Druker (White River Junction, VT: Clear River Press/Chelsea Green, 2015)

⁶ “GM Crops Now Banned in 39 Countries Worldwide.” *SustainablePulse.com*. Oct 22, 2015.

⁷ Walia, Arjun. “Here’s Why More than 35 Countries Have Banned Genetically Modified Crops from their Country.” *Collective-Evolution.com*. July 19, 2017.

⁸ <https://www.scu.edu/ethics/focus-areas/bioethics/resources/genetically-modified-food/> December 15, 2018

Environment Determines the Species that Live There

Throughout the universe, every living thing must have a specific environment in which it can live and thrive. You will never see polar bears and penguins migrating to the Sonoran Desert, for example, nor will you see lizards and rattlesnakes living in the Arctic. The same is true with the microorganisms that live in our gastrointestinal tract, on our skin, and in our lungs, tissues, and blood. A specific type of friendly bacteria will live in a clean gastrointestinal tract, but when that tract becomes abnormal from the consistent consumption of unhealthy and unnatural food such as the Standard American Diet (SAD) which is heavy on meat and dairy, the friendly bacteria that are essential to good health die off and are replaced by bacteria known to promote disease and obesity.

In nature we find that every animal on Earth that lives in accordance with the laws of its own being, such as eating the food it's designed to eat, will maintain a disease-free body. Animals only become sick when their natural order has been disrupted. The same is true with humans: As long as we eat food that is natural to how we've evolved, we will maintain excellent health and sustain an abundance of energy for the duration of a long and rewarding life. But sometimes that's not enough. Our health can still be challenged, for example, by habitually negative thoughts and feelings or an unhealthy environment, all of which can disrupt our natural homeostasis.

And so, in order to be truly healthy, all living things need both the right external environment to live and thrive in as well as the right internal environment. Eating unnatural food and allowing acids and toxins into our internal domain will, sooner or later, alter our internal chemistry and our inner

tissues, ultimately driving out the natural microbes we need to maintain good health. When this happens, unnatural creatures (pathogenic bacteria, yeast, fungi, mold and parasites, etc.) take their place.

Disease is never acquired; it is always earned. Disease is the natural result of an unnatural lifestyle. It is not a question of exposure; the roots of most disease lie in unnatural internal development that leads to pathogenic susceptibility.

Have you ever wondered where pathogenic agents come from and how they are all created? We've been led to believe that they are "out there somewhere," lurking, waiting for the opportunity to pounce, the product of some secret manufacturing plant. Well, there are actually billions of such plants, but they aren't "out there"; they are called human beings, and they create every known germ. There are two very important considerations that everyone needs to know if they want to be and stay healthy: susceptibility and germ creation.

Susceptibility

While it's true that we can acquire pathogenic germs from an outside source, it is vital to understand that in order for that germ to take hold within us, we must first become susceptible. Have you ever wondered why only a few children in a school classroom get sick even though all of them were exposed to a potential pathogen? Those who "caught" it were susceptible; those who didn't were not. What makes someone susceptible is a question I will answer throughout this book, but the short version is this:

Pathogenic germs cannot overcome a clean, healthy, and vibrant human body, nor can they even survive in such a

body. Every living creature must have a specific and optimized environment in order to thrive.

The entry of an outside entity (bacteria, viruses, yeast, fungus or parasites) has little or no effect on our bodies until after we've become susceptible, usually because:

- our cells and organs have become overburdened – polluted – with excessive proteins, acids, fats, toxins, mucus, congestion, fermentation, inflammation, or blockages.
- our storehouse of vitamins and minerals have become depleted by eating food that is unnatural to humans, creating mineral deficiencies and a weakened immune system that causes our pH to drop too low or rise too high.
- we've been emotionally stressed.

In other words, we create our own state of health! By eating food we aren't designed to eat or drink, and thinking and feeling inharmonious thoughts and feelings, we slowly remodel our internal environment and produce the conditions that are ripe for disease.

How Germs Are Created Inside Our Bodies

Here's another important and vital truth: We don't need to be attacked by outside entities (commonly called germs) to get sick; we create them within our own bodies when our healthy environment has changed into a disease-promoting one. Within each of us is a system that, when activated a certain way, triggers what is called a *pleomorphic* progression (when micro-organisms change their shape and size) that automatically creates bacteria, fungus, yeast, viruses, and other living microbes according to how the internal environment evolves. By eating an unnatural diet of meat, dairy, eggs, and processed and junk foods, absorbing

unnatural toxic chemicals in food, water, and air, and allowing ourselves to become stressed, we acidify and pollute our inner tissues. These conditions cause a series of chain reactions leading to serious biological alterations that automatically trigger the processes that generate “germs.”

We Make Germs that Reflect Our Internal Environment

Our bodies, and those of every other plant and animal, have the ability to manufacture an amazing variety of microbes, each of which will be determined by the environment they live in. Change the inner environment and you will change the organisms that live in that environment.

The type of inner environment we create will always reflect the content and quality of what enters or affects our body, be it the food and elements we take in or the thoughts and emotions that make up an individual consciousness. As long as our approach to healing relies on the use of drugs and chemicals (except in unique or extreme cases such as trauma or some cancers), there will be more failures than successes. If we sincerely want to bring people back to health, or if we wish to reclaim our own perfect health, we must stop polluting and weakening our bodies with substances that interfere with the natural healing process. We must return to the natural methods our Creator designed, which means using herbs and other natural methods that cleanse, purify, and strengthen.

The body has the capacity to do many incredible things; it knows exactly how to heal and repair itself in every situation. Under the right circumstances, our bodies could function perfectly 100 percent of the time, from embryo to the very last breath. The only reason it appears to do otherwise is because of what we did or didn't do.

Four Steps to Vibrant Health

Step 1: The first step to vibrant health is to stop the primary cause of disease. This always begins with an assessment and rearrangement of our thoughts and feelings. The “decomposition” of the body begins with “suicidal” thoughts and feelings such as hate, anger, criticism, condemnation, judgment, blame, self-pity, jealousy, resentment, and depression. Good health requires the control of the mind and emotions along with a steady flow of positive thoughts and feelings. Love, peace, harmony, poise, gratitude, and praise expand the life force and the body’s “light,” building energy, vitality, and happiness. Mindfulness and meditative practices contribute to the building of the inner peace and harmony necessary to embody these positive attributes.

Step 2: The second step to vibrant health is to stop ingesting everything that contributes to poor health. This includes foods that have been sprayed with chemicals (especially pesticides), genetically modified, and highly processed foods that have no enzymes, life force, or vital nutrients. In other words, avoid putting anything into your mouth other than fresh, raw or lightly cooked foods. Seek a balance between raw and cooked foods. Over-cooked and microwaved foods are lifeless or dead and cause mucus, toxins, congestion, and excess acids. Toxins and excess acids are responsible for congesting the intestinal tract and therefore the rest of the body. This congestion leads to the creation of a substance I call “mucoïd plaque” which results in bowel toxicity that is known to contribute to over 90 percent of all

disease.⁹ The digestive tract is the hub of the body; every cell and organ depends on it for nourishment.

Step 3: The third step to vibrant health is to remove congestion, toxins, acids, and anything else that interferes with optimal physical functioning. Some health professionals choose only to address the local area of obvious trouble. But as Dr. Jensen liked to say, “If you step on a cat’s tail, it’s the other end that yells!” There is no single part of the body that is not affected by the whole. All congestion and toxins must be removed, beginning with mucoid plaque in the intestinal tract which is the primary organ of elimination. When it becomes toxic, the whole body becomes toxic. When toxins and congestion drain from that tract, the entire body can detoxify.

Step 4: The fourth step to lasting vibrant health is to supply the body with whatever it needs to nourish, repair, and sustain itself. This includes fresh air, vital foods, vitamins, minerals, antioxidants, essential fatty acids, exercise, positive thoughts, sufficient rest and relaxation, and most important of all: love. However, one can’t effectively complete the fourth step until the third step is finished or well on its way. When there is congestion, circulation slows or stops, elimination backs up, and nutrients cannot be received and utilized.

Aren’t these steps sensible? This logical process is Nature’s own remedy and within the grasp of each of us yet is sadly neglected by most health professionals, even many naturopaths. This explains the uncountable failures in contemporary medicine. Even when there is success “curing” one ailment, it’s only a matter of time before the patient

⁹ Bernard Jensen, PhD, ND, DC, MH, *Tissue Cleansing through Bowel Management*, (Escondido, CA: Bernard Jensen Publications, 1981).

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develops another. This is because the symptom alone was treated, not the cause, which is usually found in our diet, lifestyle, thoughts, and emotions. Disease occurs only when our internal environment is out of balance. How to clean it up and maintain good health will be addressed in the coming chapters.

Chapter 3

Mucoid Plaque: How We Get It, Why It's Bad

"Man does not die; he kills himself."

– Seneca

In a nutshell, people get sick because of negative thoughts and feelings, poor food and too many acid-forming foods, and chemicals. All of these create acids, toxins, and congestion in the body and in this way the body becomes self-poisoned (autointoxication).

Eating Devitalized Foods

Did you ever stop to think that humans are the only animals on earth that cook their food? Like every other living thing on this planet, our bodies were originally designed to ingest raw foods only. Foods that have been cooked, frozen, canned, or processed are dead foods. While I realize that the average American may not accept or understand this, I will say it anyway: The true definition of a food is a substance that nourishes or fuels the body with life-giving force (via vitamins, minerals, enzymes, etc.), thereby strengthening, energizing, and building it *without* injuring it in any way. Food is not simply something one puts in the mouth, chews, and swallows. Food should not deplete or rob the body of its needed essence or harm it in any way. Dead or dying foods fail to support the achieving of our full potential.

Based on 50 years of research and experience and a slew of published studies, this is what I've learned about cooked, frozen, canned, and processed foods:

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- They have been depleted of many vitamins and minerals.
- They create toxins.
- They drain the life force from the body.
- They can alter the constructive bacterial environment in the intestines.
- They pollute the bloodstream, thereby weakening the liver and other organs.
- They clog the body's lymph system.
- They deplete the body's enzyme reserve.
- They clog the digestive and elimination system.
- They cause stress, congestion, and mucus.
- They produce the ideal breeding environment for parasites.

The right diet is also critical in shaping the composition, diversity, and richness of a healthy microbiome in both children and adults. In general, a diet rich in fruits, vegetables, and fibers is associated with a richer diversity of gut microbiota¹⁰ that includes a higher amount of such beneficial bacteria as *bifidobacterium*.¹¹ On the flip side, studies have shown that an animal-based diet suppressed the number of more natural and beneficial microbes and increased less beneficial ones including *bacteroidetes* and *bilophila wadsworthia*. *Bilophila wadsworthia* is a common bacterium found in pigs and humans that eat meat.¹² This organism has been found to cause intra-abdominal abscesses in patients

¹⁰ Sai Manasa Jandhyala, Rupjyoti Talukdar, Chivkula Subramanyam, Harish Vuyyuru, Mitnala Sasikala, and D Nageshwar Reddy. Role of the normal gut microbiota. *World J Gastroenterol*, 2015 Aug 7; 21(29): 8787–8803.

¹¹ Walker AW, Ince J, Duncan SH, Webster LM, Holtrop G, Ze X, Brown D, Stares MD, Scott P, Bergerat A, et al. Dominant and diet-responsive groups of bacteria within the human colonic microbiota. *ISME J*. 2011; 5:220–230.

¹² Finegold S, Summanen P, Hunt Gerardo S, Baron E. 1992. "Clinical importance of *Bilophila wadsworthia*". *Eur J Clin Microbiol Infect Dis*.11:1058-63.

with appendicitis and those who are experiencing stomach pain.¹³ Fortunately, it has also been determined that dietary changes can have a quick and substantial positive impact on gut microbiota.¹⁴

The Importance of pH

Indulging in high-protein foods such as red meat, fish, and fowl and processed food such as white sugar and white flour creates excessive acids and causes a drain of primary electrolytes.¹⁵ The *biggest* offenders are red meat, soft drinks, candy, and alcohol. Electrolytes are essential to every cell and organ in the body. We cannot live without them. Any depletion diminishes our health and our potential for preventing disease.

One of the most important functions of electrolytes is to maintain a specific blood pH.¹⁶ In fact, following breathing and a beating heart, the next most critical physiological function is sustaining a balanced pH throughout our entire body. Every enzyme system, cell, organ, gland, and chemical action in the body requires a specific pH. Excluding accidents and genetic weakness, most disease begins to develop after we have depleted our minerals, especially *organic* electrolyte

¹³ Baron, E. 1996. "*Bilophila wadsworthia* a Unique Gram-negative Anaerobic Rod." "Anaerobe". 3:83–86.

¹⁴ Walker AW, Ince J, Duncan SH, Webster LM, Holtrop G, Ze X, Brown D, Stares MD, Scott P, Bergerat A, et al. Dominant and diet-responsive groups of bacteria within the human colonic microbiota. *ISME J.* 2011; 5:220–230. [PMC free article] [PubMed]

¹⁵ Sodium, potassium, calcium, magnesium, lithium, and phosphorus are the main electrolytes the body requires.

¹⁶ pH is the symbol for "potential hydrogen" and is used to measure the levels of acidity or alkalinity. The greater the amount of hydrogen atoms in the body, the stronger the acid and the lower the pH number. A pH from 0 to 7 indicates acidity. The more diminished the amount of hydrogen atoms, the greater the alkalinity and higher the number. Normal blood pH is between 7.35 – 7.45.

minerals – not minerals from rock but minerals from organic matter (plants).¹⁷

Even a slight depletion in any of the key electrolytes can cause various organs to become weakened, toxic, sluggish, and severely challenged. Slight changes in pH from normal levels can cause extreme alterations in the rates of chemical reactions both inside and outside our cells. Until a depletion has been rectified, health plummets and healing is significantly inhibited. Depletion also means that acids are accumulating. When acids accumulate, free radicals escalate; severe over-acidity (metabolic acidosis) can result in coma and death. Its opposite, severe over-alkalinity (metabolic alkalosis), may be an advanced state of acidosis that is caused by electrolyte depletion and high protein intake.^{18,19,20,21} It can result in tetany (uncontrollable and powerful muscle spasms or contractions), convulsions, and again, even death. Good health depends on a perfect balance between acid and alkaline. If the pH of our blood, any organ, or any cell moves toward one of these extremes, dysfunction and disease are always the result.

¹⁷ The body cannot efficiently use rock minerals. It must use the minerals that have passed through the plant kingdom. Minerals from the plant kingdom have been chelated to a protein molecule through the magic of photosynthesis.

¹⁸ M T Morter, Jr, BS, MA, DC *Correlative Urinalysis, The Body Knows Best*. (Rogers, Arkansas: B.E.S.T. Research Inc, 1987), 77-89.

¹⁹ D W Good, "Adaptation of HCO₃⁻ and NH₄⁺ transport in rat MTAL: effects of chronic metabolic acidosis and Na⁺ intake". May;258 (5 Pt 2): F (1990):1345-53.

²⁰ J Pausch and W Gerok, "Biochemical and pathophysiological aspects of hyperammonaemia (author's translation)" *Weiner* Feb 1;55(3) (1977): 97-103.

²¹ D S Fraley, S Adler, B Rankin, N Curthoys, and B Zett, "Relationship of phosphate-dependent glutaminase activity to ammonia excretion in potassium deficiency and acidosis.";11(3) (1985):140-9.

Key Points to Digestion

After food is chewed and swallowed, it travels to the stomach where it's saturated with hydrochloric acid (HCl). HCl has an extreme acid pH of 0.4. The stomach is the only part of the body that should be acidic. HCl prepares food for digestion, converting pepsinogen into pepsin which in turn digests proteins into peptides. HCl is required for the absorption of vitamin B12, which is critical in the formation and maturation of red blood cells, the synthesis of DNA, and maintaining normal nerve functions. Hydrochloric acid and pepsinogen enzymes also destroy parasites and harmful bacteria before they penetrate deeper into the inner sanctum of our bodies.

Once the stomach has completed its digestive phase, chyme is released from the stomach into the duodenum (the upper part of the small intestines) through the pyloric valve. Chyme is a highly acidic mixture of food, stomach acids, and enzymes. Here it is saturated by large amounts of alkaline fluids from the Brunner (or duodenal) glands including bile and pancreatic juices that quickly raise the pH from very acid to alkaline. This function is absolutely essential for the next step of digestion, because the pancreatic and other 22 intestinal enzymes can only function optimally in a pH above 7. This is the critical point where about 90 percent of sick people first develop a problem; it's the Achilles heel of our bodies where we can begin to open a Pandora's box of maladies. Keeping this function normal provides a tremendous fortitude against the development of disease. Weaken this function and we become vulnerable. Why? Because when the duodenum goes from alkaline to acidic, it creates a cascading effect that ruins our digestive ability. If not rectified, the body will slowly but surely move toward chronic and degenerative disease.

The Importance of Alkalinity

The body is alkaline by nature and acid by function. This means that it must always maintain a certain level of alkalinity while most every function by necessity creates acids. Although there are various self-regulating systems that help the body maintain alkalinity, we are concerned here with the *buffering* of acids, which is the only system that people have control over. The effectiveness of our buffering system depends on the type of food we eat; an excess of acid-forming foods can impair this system, depleting us of electrolyte minerals which are essential in maintaining the perfect acid / alkaline balance. As noted earlier, electrolytes are indispensable for life and good health. They bind acids and carry them out of the body but at the cost of losing them. The more acids we consume or create, the more electrolytes are needed to buffer those acids, causing us to lose more of those precious electrolyte minerals. All of this can be exacerbated by stress.

An alkaline-forming food is one that is proportionately rich in electrolytes and low in acids where, in the final process of metabolism, there will remain an excess of electrolytes. Acid-forming foods are proportionately low in electrolytes and, after metabolism, result in a depletion of electrolytes. [A list of alkaline- and acid-forming foods is provided in Appendix 3.]

A person who eats a diet high in acid-forming foods – day after day, month after month, year after year – will reach a point when their acid-buffering ability is diminished because there aren't enough electrolyte reserves. This means that none of the 22-plus enzymes needed to efficiently digest our food can function properly, creating multiple stresses upon the body and starting a downward spiral in an individual's health. It also means that we have started the process of

malnutrition because we can no longer receive the essential nutrients we need to maintain good health. Additionally, it means that our bowel, which should be alkaline, becomes acidic. *As an emergency action to protect itself, the intestines create a mucous barrier that guards its lining from these acids.*

And that's not all. *The body must maintain a certain alkalinity in the blood or it dies.* When there are not enough electrolytes to buffer our digestive juices, there will not be enough electrolytes to keep the blood alkaline. When that happens, the body must get those electrolytes from another part of itself, even killing cells if necessary to extract the electrolytes from those cells. In short, in an effort to save itself, the body leads itself down a path to degenerative disease! Wherever electrolytes are extracted, those tissues and organs become altered, inefficient, and can atrophy. Overall circulation then lessens, and when circulation is poor, acids and toxins accumulate. This can cause further deterioration and, at a certain point, even lead to cancer.

It turns out that one of the first places the body goes to extract electrolytes is the stomach. According to the late Dr. Jensen, this leads to either ulcers or a drop in hydrochloric acid. More than 80 percent of the people who end up in a hospital with a chronic disease, he claimed, had no HCL production!²²

When the duodenum goes from alkaline to acid, problems occur.^{23,24}

²² Jensen, Bernard. *Dr. Jensen's Guide to Better Bowel Care*. New York: Avery Publishing, 1998.

²³ Kivi, Rose and Wu, Brian. "Gastritis / Duodenitis." Healthline.com. July 30, 2018.

²⁴ Calam, J and J H Baron. "ABC of the upper gastrointestinal tract: Pathophysiology of duodenal and gastric ulcer and gastric cancer." *BMJ (Clinical research ed.)*. Vol. 323,7319 (2001): 980-2.

Cleanse and Purify Thyself

- The body is forced to rob other parts of itself to maintain critical functions – the first step to degenerative disease.
- Gallstones begin to form.
- Hydrochloric acid production and protein digestion are inhibited.
- Acids enter the intestines and mucoid plaque is created.
- Enzymes from the pancreas and the other 22 digestive enzymes in the intestines cannot function efficiently and proteins, carbohydrates, and sugars cannot be fully broken down into usable forms.
- Undigested proteins enter our bloodstream and cause mucus and congestion throughout the body.
- Mucus, cholesterol, and other forms of congestion decrease circulation and cells cannot efficiently assimilate nutrients or eliminate their waste; this may contribute toward poor memory and many other problems.
- Cells and organs become nutrient-deficient, clogged, and weak.
- Free radical activity and glycosylation²⁵ escalate.
- Immune function weakens and cancer potential increases.
- Diseases begin to develop such as hardening of arteries; high blood pressure; heart problems; diabetes; yeast infections; back problems; gastrointestinal, kidney, and liver disorders; and other diseases that are caused by congestion, malnutrition, and toxicity.

²⁵ Glycosylation is the process of attaching sugar molecules to a protein or lipid molecule and is strongly suspected to be responsible for some age-related decline in cell and tissue functioning and an astounding number of diseases. Little is known yet just how devastating glycosylation really is, but it's suspected to be the main mechanism causing mucus buildup in cells and organs. Mucus accumulation causes congestion – reduced blood and lymphatic circulation – which results in malnutrition, toxin buildup, poor immune function, and oxygen inhabitation and is associated with cancer progression.

How Mucoid Plaque Develops

When life-essential electrolyte levels drop below a certain level (the “Critical Point”), one of the first areas to be damaged is the bowel. Electrolytes are essential to the bowel’s defense mechanisms, and the intestinal lining is very vulnerable to any loss of electrolytes. Thus, the slightest increase in acid or toxins automatically triggers an *emergency* protective response that causes the goblet glands, which line the entire alimentary canal, to secrete a mucous substance called *mucin*.²⁶ This protective mechanism creates a layer of mucus that can spread throughout the entire alimentary canal, from the stomach all the way to the point of elimination. This mechanism preserves the integrity of the bowel wall but at a very high price: The mucin lining, after it reaches a certain degree of thickness and density, can interfere with the efficient absorption of food, normal peristalsis, and toxic elimination.

Sadly, most people in our modern world have a habit of eating too many acid-forming foods and other toxic substances with every meal and often between meals. Soft drinks, coffee, alcohol, meat, bread, and white sugar are a few of the most harmful culprits. Additionally, our mental and emotional conditioning makes the average person easily vulnerable to excessive stress which causes electrolyte depletion to occur faster than the worst diet! It’s no wonder that electrolyte deficiencies are the norm today.

For most people in the Western/developed world, layers of mucin accumulate unchecked and can become so thick that

²⁶ Mucin is a carbohydrate-rich glycoprotein secreted from the goblet cells of the intestine and other glands throughout the body. It either serves as a lubricant or a protectant of the linings of body hollow organs. Mucus, as opposed to mucin, is a clear viscid secretion of the mucous membranes, consisting of mucin, epithelial cells, leukocytes, and various inorganic salts.

normal procedures to remove them are ineffective. When the accumulation becomes thick enough to see, I call it “mucoid plaque,” a term I developed to describe a compaction of complex glycoproteins (mucin) secreted by intestinal glands that form a gel-like, slimy, mucus layer that can coat the entire intestinal canal. “Mucoid” is a general term for mucin, mucoprotein, or glycoprotein, which is the primary constituent of mucoid plaque. “Plaque” designates a film on a surface. In the intestines and stomach, mucoid plaque usually forms a continuous overlay composed of a structured fibrillary network and arranged in layers.

As we continue to experience stress and eat toxic and acid-producing substances, layer upon layer of mucoid matter builds up throughout the entire alimentary canal, causing gradual weakening of the body. Almost in proportion to the mucoid layer build-up, the peristaltic action in the intestines becomes increasingly less effective, toxicity in the bowels becomes increasingly more pronounced, and health problems become more and more intense. As the peristalsis becomes inhibited, transit time of food through the alimentary canal slows down, which causes even greater constipation. Food waste begins to rot before it exits while losing its moisture, becoming dry, sticky, smelly, and sometimes hard. This rotting substance can seep into the layers of mucoid plaque lining the intestines. Commonly, it sticks in certain areas causing even greater accumulations of toxins and acids, which in turn create bulges and protrusions in the intestinal wall that can turn into such unhealthy conditions as diverticulitis, colitis, and even colon cancer.

Where circulation stops, tissue rots.

Oxygen deprived, cells cannot survive, and pathogens arrive.

To clean up the mess, they automatically create stress.

And on it goes until something grows.

Unless you stop this dread, you'll end up dead.

It boils down to the choices you make, so be wise for your own sake.

Wipe clean your lens, so you can see it's time to cleanse.

While diverticulitis was a relatively rare condition since formally identified in the late 1700s²⁷ (although general bowel disorders were mentioned in Egyptian, Greek, and Roman medical writings²⁸), it is now widespread, a condition of modern living. Today, bowel problems are so frequent that, according to the National Institutes of Health, nearly 70 million people in the U.S. are affected by some kind of digestive disorder.²⁹ Of course this isn't true for those who refuse to follow the Standard American Diet (SAD)!

Diverticulitis develops in the darkest and filthiest areas of our intestines – the perfect environment for worms and other parasites. It's here that yeast infections, bacterial infections, and colon cancer develop. (Cancer doesn't come without a cause, after all.)

An accumulation of toxins, poisons, and free radicals gradually seeps into the bloodstream and lymph system, settling in the weaker and more sluggish areas of the body. As these weak areas give way to toxic overload, disease

²⁷ Matrana, Marc R., and Margolin, David A. "Epidemiology and Pathophysiology of Diverticular Disease." *Clin Colon Rectal Surg.* 2009 Aug. 22(3): 141 – 146.

²⁸ Barnard, Howard. "The History of Diverticular Disease." BarnardHealth.us. Updated Sept. 10, 2018.

²⁹ Institutes of Health, U.S. Department of Health and Human Services. *Opportunities and Challenges in Digestive Diseases Research: Recommendations of the National Commission on Digestive Diseases*. Bethesda, MD: National Institutes of Health; 2009. NIH Publication 08-6514.

develops. As one health expert put it, "The name of a disease depends upon where the poisons settle." Even when one succeeds in strengthening the weak area or somehow suppressing a symptom (as occurs when using drugs), the toxic flow from the bowel will back up into other areas searching for a different place to break through.

Some gastroenterologists use mucoid plaque mutations as possible clinical markers to help predict a potential disease crisis.^{30,31,32} One of these methods is based on a theory called "Transitional Mucosa." Transitional mucosa (or TM) is a medical term that describes the alteration of normal mucosa combined with mucoid plaque into disease patterns. The term was introduced in 1969 to describe the zone of transition from normal mucosa to carcinoma. It is characterized by "abnormal mucin secretion." The theory of TM offers a method to identify potential cancer growths by viewing the alteration of mucoid plaque.³³ It has been recognized that TM – and sialomucins, another form of mucoid plaque – is adjacent to 98 percent of bowel carcinomas and is seen in only 13 percent of non-adenocarcinoma tumors. It has been shown that the thickness of mucoid plaque increases with age and is surprisingly thick even in some children who are experiencing bowel disorders.³⁴

³⁰ Joseph Kirsner and Roy Shorter, *Inflammatory Bowel Disease*, fourth edition, (Baltimore: Williams & Wilkins, 1988), 316.

³¹ C F A Culling, P D Reid, J D Burton and W I Dunn, "A Histochemical Method of Differentiating Lower Gastrointestinal Tract Mucin from Other Mucins in Primary or Metastatic Tumors." *Journal of Clinical Pathology*, No. 28 (1975): 656-658.

³² H C Cook, "Neutral Mucin Content of Gastric Carcinomas as a Diagnostic Aid in the Identification of Secondary Deposits," *Histopathology*, no. 6 (1982): 591-599.

³³ R Whitehead, Editor, *Gastrointestinal and Oesophageal Pathology, 2 Edition*, (New York, NY: Churchill Livingstone, 1995), 85.

³⁴ J R Poley, "The Scanning Electron Microscope: How Valuable in The Evaluation of Small Bowel Mucosal Pathology in Chronic Childhood Diarrhea?" *Scanning Microscopy*, Dec 5 (4) (1991): 1037-62.

Disease can only permanently be overcome when the cause is remedied (removed). When we treat the cause, not just the symptom, we achieve success. Sadly, “cause” is a word seldom used in conventional medicine.

When I discussed the idea of “cause” with a friend, he insisted there was no need to worry about it. “When I get a flat tire, I just fix it,” he said. “I don’t worry about the cause.” I replied, “Would you try to fix the leak in the tire while the nail is still in it?” “Oh,” he said, “I see what you mean.” Doctors do the very same thing when they cut cancer out of a colon or breast or blast the body with radiation or poison it with chemotherapy drugs. *They leave the cause behind!* They do nothing to help the body heal itself. Patients go home and pray that it doesn’t return, but what’s stopping it from coming back? The original cause is likely still present! Seldom are they told, for example, to change their diets. Rarely are they given nutritional advice. Nor do most doctors suggest scientifically-proven supplements that can relieve many of the side effects of chemotherapy.³⁵ They just allow their patients to go home, endure, and likely keep doing the exact same things they did to create their disease in the first place. Does that make any sense? Is it any wonder that approximately one-third of all men and women diagnosed with cancer don’t survive beyond five years (a number that can go much higher depending on the type of cancer, when it was detected, and other health conditions)?³⁶

³⁵ Wong, Cathy. “Natural Approaches to Chemotherapy Side Effects.” Verywellhealth.com. Updated Sept. 30, 2018.

³⁶ National Cancer Institute. “Cancer Statistics.” Updated April 27, 2018.

Mucoid Plaque, Protein, and Cells Bind Memories of Emotions and Perpetuate Habits

Over the past 20 years, my staff and I have spoken with thousands of people and received countless letters and phone calls from all walks of life and found that more than 90 percent of those who went through a deep cleansing program had mucoid plaque in their intestines. Of the few who claimed there was no mucoid plaque removal, some of them simply didn't know how to recognize it when they saw it. Many of the others who didn't observe any mucoid plaque had been raised on a clean vegetarian diet, which would naturally be high in electrolytes. Is that why vegetarians appear to live longer and have far fewer diseases than meat-eaters?

We also discovered that many of the people who experienced deeper levels of cleansing vividly recalled and *felt* emotional incidents that occurred many years earlier as the mucoid plaque detached from their intestinal wall. We've heard story after story about how someone, while cleansing, suddenly remembered with astonishing clarity an emotional experience of the past. And as soon as one of those ugly "rubber-like ropes" passes, the emotional disturbances vanish as well, never to return. And for some, a few hours or days later, an unusual and unexpected healing occurs.

This, of course, is very interesting, leading me to hypothesize that protein matter, especially in the form of mucoid plaque, has a binding effect with emotions, thoughts, and even desires. In other words, mucoid plaque holds them in storage, allowing these energies to re-circulate in our unconscious mind. Antagonistic memories thus continue to emit destructive influences that affect us unconsciously and therefore physically, for it is the unconscious part of our minds (not the conscious part) that regulates our bodies.

Cleansing and the Immune System

Experience has thus shown us that mucoïd plaque, when allowed to remain in the intestines, can become extremely toxic, not just chemically but mentally and emotionally as well. It follows that the removal of mucoïd plaque significantly increases our innate healing power. Viewing blood profiles before and after cleansing reveals astonishing differences! This is especially true regarding the movement of eosinophils. Eosinophils are white blood cells that devour toxic substances in the blood; with a good medical microscope, they can easily be seen moving about. After cleansing, they move with astonishing speed which I estimate to be at least four times greater than before cleansing. Is this increased speed the result of less blood viscosity? Or have the eosinophils strengthened somehow and can now swim through the plasma like super athletes? Either way, it suggests that the functioning of the immune system has increased significantly. Can you imagine your inner defenses operating four times faster than normal?

Based on research and observation, I believe that if toxins, congestion, and mucoïd plaque are not removed, the body will be fighting a losing battle. Eventually the immune system breaks down, the liver, kidneys, skin, and bowel (primary elimination systems) become increasingly clogged and tired, and the body deteriorates at an ever-faster rate.

Understanding the effects of congestion and toxicity on the body leads to a greater understanding of the causes of disease and its proper treatment. If this were presented to the priests and nuns of the Church of Modern Medicine, my hope is that they would become convinced of this wisdom and begin to treat *causes* instead of symptoms. They would work with Nature's perfect methods designed for man by God instead of relying on drugs, radiation, and scalpels designed

for man by man. The reward: Their continual failures would become successes. Although this would not enhance the pocketbooks of the vast medical machine, the planet would become a world of vitally healthy people.

More about Mucoïd Plaque

Mucoïd plaque accumulates from the stomach through the entire length of both the small and large intestines and may become several inches thick. It's peculiar that the small intestine is called small when it's almost four times longer than the large intestine or colon. In fact, the small intestine is over twenty-two feet long and is of utmost importance when considering absorption and malnutrition because mucoïd plaque in that area blocks assimilation of nutrients and interferes with the colonic reflex points (see Reflex Points chart on page 80).

Even those health care professionals who are enlightened to the benefits of internal clean-sing generally consider only the six feet of the colon. However, the *entire* intestinal tract and stomach need be cleansed of this mucoïd substance.

In some cases, mucoïd buildup can become so hard that it's difficult to cut with a knife. One autopsy revealed a colon nine inches in diameter that was packed with so much encrusted mucoïd fecal material that only a one-quarter inch channel was left open. What is your waistline like? If it's larger than you know it should be, keep reading. Increased stomach weight puts downward pressure on the transverse colon, causing it to prolapse which in turn puts pressure on the lower organs and weakens them (creating prostate, bladder, and gynecological problems). People with this augmented profile have what I call "Dunlap Disease," which means *the belly done lapped over the belt*. They are the ones who can't see their feet when they stand up straight. It's actually a serious condition, and I can confidently say that it is only a

matter of time before these people will have a life-threatening disease.

One surprising observation is the tenacity of mucoid plaque to remain in the gut. It sticks tenaciously to the epithelium, which is why it takes the exact form of the epithelium wall.³⁷ Mucoid plaque tends to remain in the system even when it's no longer needed for protection against acidic build-up. After a period of time, it contributes to toxicity by binding toxic matter from food, fecal matter, heavy metals, pesticides, drugs and bacterial and parasite by-products, as well as their dead *and* living bodies. This profile weakens intestinal function, causes interference of nerve meridians, and ultimately develops into bowel disease. Even a thin layer of mucoid plaque, especially when adhering closely to the mucosal surface, appears to function as a barrier to membrane digestion and absorption and may cause protein and carbohydrate intolerance.^{38,39}

During the deeper phases of cleansing, old mucoid fecal matter usually comes out in sections of one to two feet (the longest single piece reported to me was 27 feet). It is generally thick, soft, and pliable, dark green to black, and sometimes with a very foul odor. You may find worms as long as 20 feet or a yellow-white popcorn-looking substance we believe to be polyps. Sometimes lymph – an amber or blackish green jelly-

³⁷ J R Poley, "Loss of the Glycocalyx of Enterocytes in Small Intestine: A Feature Detected by Scanning Electron Microscopy in Children with Gastrointestinal Intolerance to Dairy Protein." *Journal of Pediatric Gastroenterology and Nutrition*, May-June; 7(3) (1988): 386-394.

³⁸ J R Poley, "Loss of the Glycocalyx of Enterocytes in Small Intestine: A Feature Detected by Scanning Electron Microscopy in Children with Gastrointestinal Intolerance to Dairy Protein." *Journal of Pediatric Gastroenterology and Nutrition*, May-June; 7(3) (1988): 386-394

³⁹ Jack D. Welsh, J. Rainer Poley, Jess Hensley, and Mira Bhatia, "Intestinal Disaccharidase and Alkaline Phosphatase Activity in Giardiasis," *Journal of Pediatric Gastroenterology and Nutrition*, 3(1) (1984): 37-40.

like goop – is released. Fun stuff! This is where cleansing becomes entertaining and educational, and you will soon consider yourself a qualified “intestinal discharge” examiner. I used to keep a pair of chopsticks by my toilet during cleansing for examination and ease in measuring. If several family members or friends cleanse at the same time, it’s fun to keep track of the number of feet you get out and compare notes. No kidding! It’s at least ten times more entertaining than the average TV sitcom and enormously more valuable.

Sometimes the release is saturated with drugs (which generally can’t be assimilated and are therefore stored in the body tissue), parasites, dead tissue, mucus, ancient toxic substances, and free radicals. Discharges may also flow from any and all channels of elimination such as the skin, lungs, mouth, nose, and even the ears during cleansing. Looking in the toilet and seeing your release, you will be filled with great joy, for you will be flushing away the cause of fatigue, premature aging, failing eyesight, poor memory, and other health-challenging conditions. You will gladly say goodbye to that which has been weighing you down and hello to an all-new lightness and joy of being.

A lady in Idaho had a hard lump in her abdomen for as long as she could remember, and because it had always been there, she thought it was normal. About halfway through her cleanse, she had a very strange sensation in the area of this lump. She drove home as fast as she could and soon passed a hard piece of material about seven inches long and two inches thick. She cleaned it off and when her husband looked at it, he clanked it on the toilet. It sounded like metal. Then he hit it hard and broke it. The insides were multicolored. In that instant, she knew it was from all the crayons she had eaten when she was five years old. And the hard lump? It was gone!

Another fascinating story: A retired Navy Seal was living in Hawaii. He had splendid results extracting mucoid plaque

and decided to hang the mucoid “ropes” on his clothesline instead of flushing them down the toilet like most people do. After they dried, he decided to play a joke on a friend of his in California, the very one who had convinced him to cleanse. He carefully coiled one of the pieces into a wooden bowl, packaged it up, and took it to the post office. A few days later there was a knock on his door. Two military policemen suspiciously asked if they could talk to him about the box he tried to mail to the mainland. The man wanted to know why they wanted to know. The officers said that all mail sent to the mainland from Hawaii goes through inspections at Pearl Harbor. Specially trained dogs searching for drugs and explosives picked out his package.

“Why?” asked the man. “What did they suspect?”

“The concern was explosives,” said one of the officers.

The package was X-rayed but no one could figure out what it was. They took it out to a runway and blew it up! Once again, the MPs asked: “What was in that package?” The man tried to explain but it quickly became obvious that the MPs were having a hard time believing his story. Finally, one of the police officers sighed: “Do you have any more of this stuff?”

“Sure,” said the man. “I still have a whole clothesline full of it. Come out in the back and I’ll show you.”

It turned out that while the man was enlisted in the Navy, he handled explosives with his bare hands. Particles from the explosives apparently had passed through his skin and eventually ended up in his bowels, stuck in the mucoid plaque, and had remained there for over 20 years. Wow!

Chapter 4

Natural Practitioners and Intestinal Cleansing

“The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.”

— William James

In the 1970s, naturopaths were treating *Candida albicans* and other yeast infections with supplements and other natural approaches while modern medicine called them quacks, claiming there was no such condition and that money was the only motivator. Then, about 20 years later, medical doctors acknowledged the condition and began treating *Candida* with drugs, calling themselves the only experts on the subject.

Diet has always been an important tool among naturopaths while medical doctors have for years been telling their patients that diet has absolutely nothing to do with health and disease. Their argument was that it doesn't matter *what* we eat, only *that* we eat. Often, their position is that to stay healthy, people should only see medical doctors and trust Big Pharma if things go wrong, as if interpreting disease as a drug deficiency! Sadly, this still appears to be the case much more often than not among conventional practitioners who decline to acknowledge that (for example) vegetarians may live longer⁴⁰ and have far less disease than meat-eaters⁴¹. In fact, countless clinical studies have shown that many health

⁴⁰ Hardick, B.J. “Do Vegetarians and Vegans Really Live Longer?” MindBodyGreen.com. Sept 16, 2017.

⁴¹ “Research Reveals Vegetarians Live Longer, Are Less Prone to Disease.” *Vegetarians in Paradise*. vegparadise.com/news44.html. July 1, 2004.

problems are associated with a high meat and dairy diet.⁴² Although the tide is slowly shifting,⁴³ most medical doctors still don't understand the importance of diet and what a truly healthy diet is.

Generally, doctors go from high school to college to medical school without any knowledge or experience in healing or health. They leave medical school with only the knowledge that the school wanted them to have, which is a focus on disease and its treatment from a traditional perspective. Much like a religious monastery, medical schools have a certain faith and abide by it, passionately denouncing and censoring anything that is contrary to their fixed beliefs about disease and how the body works. Even dedicated, honest, and virtuous medical doctors know nothing about *natural* healing and are deeply programmed to criticize it without investigation.

Another big difference between the two healthcare approaches, conventional/allopathic and naturopathic, lies in their revenue models. Unlike conventional medicine, natural healing wasn't designed to produce massive profits – it was designed by nature to be simple, safe, and effective. For example, it's very easy to remove gallstones. The naturopathic method requires about 40 minutes of time at home “flushing” at a cost of a few dollars per flush. Even one flush can do wonders for those who have chronic gallstone accumulation. The allopathic (conventional) way to remove gallstones is to remove the gallbladder! This abominable treatment makes me wonder if someday conventional medicine will adopt a new guaranteed treatment for

⁴² See the fact sheet associated with the 2017 documentary film *What the Health*: <http://www.whatthehealthfilm.com/facts/>

⁴³ The American Heart Association: “Diet and Lifestyle Recommendations.” Heart.org. Aug. 15, 2015.

headaches; they could call it a *Nogginectomy*: “We’ll just remove your brain!”⁴⁴

Surgical removal of a gallbladder costs up to \$20,000 or more⁴⁵. The risk factor is relatively small, and serious surgical complications are rare, but there *can* be side effects,⁴⁶ especially digestive problems, weight gain, chronic fatigue, and depression, which often progress over months and/or years so that it’s easy to blame them on something else. The bottom line: Unless your gallbladder is diseased, ruptured, or injured in some other way, keep it! (See Appendix 6 for directions on removing gallbladder stones.)

Does a natural gallstone flush really work? I’ve never seen it not work and I don’t know anyone who has ever heard of it not working. Wondering why conventional medicine doesn’t use the common natural gallbladder flush to remove gallstones? Think about it: Nearly 500,000 cholecystectomies (gallbladder removal) are performed each year.⁴⁷ At an average cost of, say, \$20,000 each, you’re talking about a \$10 billion business, just in gall bladders! Not to mention all the return business it produces. So, you can see the incentives for keeping things the way they are.

This is a clear and easily substantiated example (and only one of many) showing how the modern medical system

⁴⁴ While we all know most doctors have good intentions, it would appear that most medical schools still deliberately withhold from their students valuable information about how disease develops from within our own internal environment. Young, idealistic physician-students in the majority of our medical schools continue to be “conditioned” to resist “alternative” healing methods which could save the lives of many of their patients and bring many more back into vibrant good health. They simply are largely unaware of the power of “alternatives.”

⁴⁵ “How Much Does Gall Bladder Surgery Cost?” Costhelper.com. Updated 2017.

⁴⁶ Seay, Mandy. “What Are the Side Effects of Gall Bladder Removal?” Livestrong.com. Oct 14, 2017.

⁴⁷ Dallas, Mary Elizabeth. “The 10 Most Common Surgeries in the U.S.” Healthgrades.com. Aug. 15, 2017

neglects to inform patients and the public that there are better, safer, and far less expensive treatments for a wide range of conditions. Through the power of an unlimited advertising budget, the public has been led to adopt various beliefs about their health and the treatment of illness that are not founded on truth, logic, or statistics.

Experienced Doctors Discuss Mucoid Plaque

In his 1981 book *Tissue Cleansing through Bowel Management*, Dr. Bernard Jensen, a naturopath and chiropractic doctor, describes mucoid plaque:

“The heavy mucus coating in the colon thickens and becomes a host of putrefaction. The blood capillaries to the colon begin to pick up the toxins, poisons and noxious debris as it seeps through the bowel wall. All tissues and organs of the body are now taking on toxic substances. Here is the beginning of true auto-intoxication on a physiological level.”

⁴⁸

He later reveals the following:

“One autopsy revealed a colon to be nine inches in diameter with a passage through it no larger than a pencil. The rest was caked up, layer upon layer of encrusted fecal material. This accumulation can have the consistency of truck tire rubber. It’s that hard and black. Another autopsy revealed a stagnant colon to weigh in at an incredible 40 pounds. Imagine carrying around all that morbid accumulated waste.”⁴⁹

⁴⁸ Jensen, Bernard. *Tissue Cleansing Through Bowel Management*. (Escondido, CA: Bernard Jensen Publications, 1981), 23.

⁴⁹ *Ibid*, p. 27

Dr. Jensen further states that while he was attending National College in Chicago, over 300 were autopsies performed:

“According to the history of these persons, 285 had claimed they were not constipated and had normal movements and only 15 had admitted they were constipated. However, autopsies revealed the opposite to be the case, for only 15 were found not to have been constipated, while 285 were found to have been constipated. Some of the histories of these 285 persons stated they had had as many as five or six bowel movements daily, yet autopsies revealed that in some of them the bowel was 12 inches in diameter. The bowel walls were encrusted with material (in one case with peanuts which had been lodged there for a very long time) . . .

“. . . As we work with eliminating the encrusted mucus lining, we must also consider nourishing the new cells below it ... Bowel cleansing is an essential element in any lasting healing program. The toxic waste must be removed as quickly as possible to halt the downward spiral of failing health. This is best done by: 1. Removing accumulated fecal material from the bowel ...”⁵⁰

Dr. Robert Gray, a nutritionist, has described mucoid plaque in a manner similar to Dr. Jensen. He states that constipation can be associated with “old, hardened feces” that stick to the walls of the colon and do not pass out with the regular bowel movements. He points out that fecal matter can become sticky and glue a coating of itself to the walls of the colon as it passes through.

“... [when] layer after layer of gluey feces pile up in the colon, they often form into a tough, rubbery black substance.

⁵⁰ Ibid, 43.

Old feces may build up in pockets and they may coat the entire length of the colon and small intestines as well. They do not pass from the body with ordinary bowel movements but require special techniques to dissolve the glue which binds them in the body" [and that] "...parasites lodge themselves in the old matter that encrusts the walls of the intestinal tract. He believes that without the mucoid plaque, intestinal parasites cannot maintain a foothold in the body; to remove them, one must remove the "mucoid matter." He further explains that malabsorption is related to the accumulation of mucoid plaque."⁵¹

Dr. V.E. Irons, a passionate pioneer in colon cleansing theory and practice and a staunch opponent of modern medicine, wrote a booklet called *The Destruction of Your Own Natural Protective Mechanism*. In it he made the following dramatic statements:

"I challenge the world that you couldn't find in the USA, 1000 people who don't have a clogged colon. Just let me get them on the Colema Board and on the 7-Day Cleansing Program both at the same time and we will show any challengers WHAT WE MEAN. We will let them see, feel and even hold in their hands exactly what has been thickening, hardening, and decaying in their colon for years, causing all types of disease. The condition of the colons in this entire country are FAR WORSE than either the doctors, the AMA, the Drug houses ... or even the Natural Health industry have any conception ... and believe in our theory that the CAUSE OF MOST CONDITIONS OF ILL HEALTH IS AUTOINTOXICATION and that 95 percent of their troubles start in the colon. We can prove that we can find hardened

⁵¹ Gray, Robert. *The Colon Health Handbook*. (Reno, Nevada: Emerald Publishing 1986), 5 - 13.

mucous with its foul-smelling curd in the colons of 95 percent of the entire nation ...

“[W]e have simply OVERWORKED Nature’s protective mechanism to the point that the mechanism instead of protecting us from poisons now itself poisons us ... This protective mechanism was never designed to continue secreting mucous one layer on top of another layer for years with no time out or chance for its elimination. The result is that layer on top of layer is secreted until its accumulation thickens to 1/8” to 1/4” thick. Sometimes this layer or layers gets to 3/8” to 1/2” in thickness, becoming as hard and black as a piece of old hardened rubber you see on a highway from a truck tire. It cannot be cut with a knife but you can cut it with a razor blade. Usually it breaks into innumerable small pieces. But we have had specimens saved in alcohol from several inches to a few feet in length while the longest we have had was 27 ft. (in one piece). Sometimes it will come out as a pile weighing as much as 11 lbs. ... and continue to come out for several days to a week ... before the old hardened accumulated mucous, so tightly imbedded in the colon for months or years, comes out. It has probably been slowly emitting poisons into your blood stream, causing all types of distorted symptoms. Once this hardened mucous starts to eliminate, it will be trapped in the colander so that you can wash it and examine it. Anyone who disagrees with any of the above – REMEMBER, you CAN PROVE it to your own satisfaction by what comes from your own body for the smallest conceivable investment. There is no substitute for experience, and we challenge everyone to experience this for themselves.”⁵²

⁵² V.E. Irons, *The Destruction of Your Own Natural Protective Mechanism*. (Kansas City, Missouri: V.E. Irons, Inc, 1995), 10. (V.E. Irons, a Yale graduate, was active for many years in the National Health Federation and is known for his contributions in the field of natural healing.)

My own experiences have verified those of Dr. Irons' but a few important points should be addressed: 1) Not all mucoid plaque is as hard as a truck tire – most, but not all, people will see some that comes close to that description; 2) It isn't always black; usually it's blackish-green; and 3) Mucoid plaque may not be in *everyone* but in my experience it's close to 99 percent.

Intestinal Cleansing Over the Last Century

In the early 1900s, during the worst pneumonia epidemic America had ever seen (which was at that time the number one killer), Dr. J.H. Tilden of Denver, Colorado, had higher success in healing the condition than any other medical doctor. During the epidemic, most doctors lost hundreds of patients to the deadly plague. Dr. Tilden, however, though he had more pneumonia cases than any other doctor in the country, never lost a patient. What made him different? He didn't use drugs. He cleansed the colon of each patient, used water therapy, and administered natural live foods. His success was considered miraculous because other doctors who were relying on drugs continually met with failure.⁵³

Various practitioners have strongly supported this approach. "When a perfectly putrid condition of the small and large intestines exists, Eberth found a 'specific' germ accompanying the disease called typhoid fever which ceases to exist and the germs disappear as soon as internal sanitation expels the filth."⁵⁴ And this: "Koch announced the bacillus found with tuberculosis, which is simply another

⁵³ Moser, Isabelle and Solomon, Steve. *How and When to Be Your Own Doctor*. (Out of print 1966) Now available online as a free e-book:

<http://www.soilandhealth.org/02/0201hyglibcat/020102moser/020102Moser07ch7.html> and <http://www.gutenberg.org/etext/4343>.

⁵⁴ Clark, P.L. *How to Live and Eat for Health*, 5th Edition. (Chicago, Ill: Health School, 1929), 83.

modification of the 'coccus.' So, you see, many and varied are the supposed virulent forms into which a poor little 'coccus' may develop if furnished a filthy environment in any part of the body, and the name and the form are determined by the part of the body and the degree of filth."⁵⁵

In the 1970s, Dr. Jensen reported a 40 percent success rate in treating leukemia using his cleansing methods. This was phenomenal compared to the zero percent rate of conventional medicine. A large majority of his patients had been told by their MDs there was nothing that could be done to help them. At the age of 88, Dr. Jensen claimed to have cured himself of cancer. I knew Dr. Jensen and was in the room with about 300 other people when he gave a talk about his healing journey. I saw the photos and will never forget the last picture he presented: His wheelchair sitting in the driveway with a For Sale sign on it!

Dr. Jensen studied with many successful doctors throughout the U.S. and Europe. He then built his own sanitarium and practiced with an open mind for over 50 years, treating more than 300,000 patients. His fame traveled worldwide. He was even nominated for the Nobel Prize in the 1970s, but because he wasn't a "mainstream" doctor, his nomination was rejected.

Nearing the end of his practice, he made the following statement: "In the 50 years I've spent helping people to overcome illness, disability, and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems ... Every tissue is fed by the blood, which is supplied by the bowel. When the bowel is dirty, the blood is dirty, and so on to the organs and tissues ... it is the

⁵⁵ Ibid, 88

bowel that invariably has to be cared for first before any effective healing can take place.”⁵⁶

Jensen publicly claimed that over 90 percent of disease in America can be traced to unhealthy conditions in the bowel. Privately, he told me it’s closer to 100 percent. My experience confirms his.

In his textbook on iridology, he wrote the following: “Besides these world-renowned exponents of intestinal sanitation, other authorities have given recognition to the belief that cleanliness of the colon is necessary to good health. It is believed that disorders such as appendicitis, infected tonsils, liver and gallbladder infections, dysfunction of the heart and blood vessels, sinusitis, arthritis, and rheumatism, etc., no doubt have their origin in a sluggish colon.”⁵⁷

My experience proves that he is absolutely correct, but I would add one thing: It’s not just the colon (large intestine). The small intestine is even more important.

Wise medical doctors of the late 1800s and early 1900s knew the value of keeping the body clean internally. They also were very aware of the dangers of toxemia: the result of poor diet and exposure to toxins which are not only sourced from food but can also be absorbed through the skin and lungs.

Sir Arbuthnot Lane, surgeon for the King of England, made the following statement: “I am exceedingly impressed by the sequence of cancer and intestinal stasis.” He also said:

⁵⁶ Jensen, *Op Cit.*, 3.

⁵⁷ Jensen, Bernard. *Iridology Simplified*. Summertown, TN: Healthy Living Publications, 1980.

“There is but one disease and that is deficient drainage.”⁵⁸ This was verified by Dr. P.L. Clark: “Where there is perfect drainage, there is no death.”⁵⁹ Dr. Clark also wrote, “[My program] Sanatology has pointed out and proven that a clean, wholesome human body, clean inside to the marrow of the bones as well as outside, has unlimited powers of resistance. It is utterly incapable of ‘catching’ any disease.”⁶⁰

Dr. Harvey Kellogg of the Kellogg Sanitarium said, “Of the 22,000 operations that I have personally performed, I have never found a single normal colon, and of the 100,000 that were performed under my jurisdiction, not over 6 percent were normal.”⁶¹ (He meant healthy.) Dr. Kellogg said he knew of many cases in which operations were avoided by cleansing and revitalizing the bowel. Similar to Dr. Jensen, Kellogg maintained that 90 percent of the diseases of civilization are due to improper functioning of the colon.

Dr. George Crile, considered one of the world’s foremost surgeons of the late 1800s and early-mid 1900s and a co-founder of the (still) renown Cleveland Clinic, said: “There is no natural death. All deaths that come from so-called natural causes are merely the end point of progressive acid saturation.”⁶² (*Remember what I said about acid triggering mucin formation and draining electrolytes?*) Crile continued: “Many people go so far as to consider that sickness and disease are just a ‘cross’ or an element which God gave them

⁵⁸ Stan D Malstrom, ND, MT, *Your Colon – Its Character, Care and Therapy*. (Orem, Utah: BiWorld Pub. Inc. 1981), 1.

⁵⁹ Clark, *Op Cit.*, 77.

⁶⁰ Clark, *Op Cit.*, 88.

⁶¹ Jensen, Bernard. *Iridology, The Science and Practice in the Healing Arts*, Vol. II (Escondido, California, 1982), 408.

⁶² Herbert M Shelton, *The Hygienic System, Volume II Orthotrophy* (San Antonio, Texas, Dr. Shelton’s Health School) Chapter 33 via Soil and Health Library, <http://www.soilandhealth.org/>

to bear here on this earth. However, if they would take care of their body and cleanse their colon and intestines, their problems would be pretty much eliminated and they could eliminate their 'cross' by proper diet, proper exercise, and in general, proper living."⁶³

Years ago, when I first started writing about cleansing, someone sent me a summary of studies published by a group of chiropractors. It turns out that the summary was excerpted from an outstanding paper written by a member of the group, Alan Immerman. Here are some highlights:

- Dr. William Lintz, MD, successfully treated 472 patients suffering from allergies by cleansing the bowel.⁶⁴
- Dr. Allan Eustis, MD, professor at Tulane University of Medicine in 1912, cured 121 cases of bronchial asthma with intestinal cleansing.⁶⁵
- Dr. D. Rochester, MD, University of Buffalo School of Medicine in 1906, made the statement that after 23 years of observation, "toxemia of gastrointestinal tract origin is the underlying cause of asthma."⁶⁶
- Dr. Anthony Bassler, a professor of gastroenterology at Fordham University Medical College and New York Polyclinic Medical College, reported that by reducing intestinal toxemia, he

⁶³ Ibid.

⁶⁴ WL Lintz, "Gastrointestinal Allergy," *The Review of Gastroenterology*, Vol. 6, (1939), 320-332.

⁶⁵ A Eustis, "Further Evidence in Support of the Toxic Pathogenesis of Bronchial Asthma, Based upon Experimental Research," *American Journal of Medical Science*, Vol. 143, (1912): 863.

⁶⁶ D. Rochester, "The Treatment of Asthma," *Journal of the American Medical Association*, Vol. 47, No 24, (1906): 1984.

had 100 percent success eliminating cardiac arrhythmia.⁶⁷

- Dr. Bainbridge, MD, stated that intestinal toxemia is common among the causative factors of so-called “functional heart disease.”⁶⁸
- Dr. D.J. Barry had similar opinions: “There seems little doubt that substances having a deleterious action on the heart musculature and nerves are formed both in the small and large intestine, even under apparently normal circumstances.”⁶⁹
- Dr. Hovel stated that “toxemia due to intestinal sepsis is a common cause of increased blood pressure.”^{70,71}

I once made a bet with someone who had been unsuccessfully treated by his “heart specialist” for high blood pressure. The bet was that if he followed my cleanse exactly as outlined, he would have normal blood pressure by the end of it. The loser had to buy dinner at any restaurant of the winner’s choice. I chose a gourmet restaurant at the Jasper Lodge in the Canadian Pacific Hotel in Jasper National Park. It was the best dinner I ever had.

And here’s more from Dr. Immerman:

⁶⁷ A. Bassler, “Coronary Disease and the Intestine” *Medical Record*, Vol. 155, April 1 (1942): 249.

⁶⁸ W S Bainbridge, “The Constitutional Effect of Prolonged Intestinal Toxemia,” *Medical Journal and Record*, Vol. 122, No 8,(1925): 438.

⁶⁹ D.T. Barry, “Intestinal Toxins and the Circulation,” *The Lancet*, Vol. 2, July 1 (1916):15.

⁷⁰ T.M. Hovell, “Gastro-intestinal Sepsis, a Cause of Meniere’s Symptoms,” *Proceedings of the Royal Society of Medicine*, Vol. 11, No 3, (1918): 16.

⁷¹ Alan Immerman, DC, “Evidence for intestine toxemia – An inescapable clinical phenomenon,” *The ACA Journal of Chiropractic* Vol.13, April (1979): 25-36 via Arizona Chiropractic Society,
<http://www.azchiropractors.org/documents/EvidenceforIntestinalToxemiaACAJournalApril1979.PDF>

- Dr. J.A. Stucky, MD: "In several hundreds of cases of diseases of the nasal accessory sinuses, middle and internal ear ... I have found unmistakable and marked evidence of toxemia of intestinal origin as evidenced by excessive indican in the urine, and when the condition causing this was removed, there was marked amelioration or entire relief of the disease." We have seen many people with allergies find amazing relief by cleansing.⁷²
- Dr. C.W. Hawley, MD, treated many cases of eye strain and disease with success by relieving intestinal toxemia.⁷³
- Dr. Herter, MD, in 1892, linked intestinal putrefaction to epilepsy in 31 patients.^{74,75} A doctor friend of mine had epilepsy, and after going through a complete cleansing program, she reported that all her symptoms were gone. Five years later she still had no sign of epilepsy.
- Dr. Satterlee and Dr. Eldridge reported their experience with 518 cases of "mental symptoms" including "mental sluggishness, dullness, and stupidity; loss of concentration and/or memory; mental in-coordination, irritability, lack of confidence, excessive and useless worry."⁷⁶ Their success in eliminating these symptoms by surgically relieving intestinal toxemia is truly

⁷² J.A. Stucky, "Intestinal Autointoxication as a Factor in the Causation of Pathologic Conditions of the Ear, Nose and Throat," *Journal of the American Medical Association*, Vol. 53, No 15, (1909): 1185.

⁷³ C.W. Hawley, "Autointoxication and Eye Diseases," *Ophthalmology*, Vol. 10, No 4, (1914):663 - 674.

⁷⁴ C.A. Herter and E.E. Smith, "Researches upon the Etiology of Idiopathic Epilepsy," *NY Medical Journal*, Vol. 56, (1892): 208 - 211, 234 - 239, 260 - 266.

⁷⁵ Immerman, *op cit*.

⁷⁶ G.R. Satterlee and W W Eldridge, "Researches upon the Etiology of Idiopathic Epilepsy," *NY Medical Journal*, Vol. 56 (1892): 1414

remarkable in the light of today's commonly held beliefs.⁷⁷

Finally, I include this from the Immerman report: "Dr. J.F. Burgess, Montreal General Hospital, reported the results of studying 109 cases of eczema by stating, 'On the basis of clinical observations and sensitivity tests against various amino acids and ptomaine bases, eczema is probably caused by intestinal toxemia.'"^{78,79} A few years ago, a nurse reported that after completing the deepest cleansing phase, her dreadful 30-year battle with eczema cleared up by 90 percent. She was deeply impressed because she had been treated by almost every doctor she had worked with and had never experienced lasting results.

When my mother reached the age of 81, she began to "lose it," as they say. My sister had called to warn me to be prepared. When I went to see her, she could hardly remember what she did or said five minutes earlier. Sure enough I was shocked, for she always had an almost perfect memory. And talking? Now she never stopped, and the worst thing was how she constantly repeated herself. It was nerve-wracking. Finally, I convinced her to cleanse, even though I questioned if it would have any effect. I instigated a very easy and mild cleanse which she managed to follow for two and a half weeks and she had marvelous results. Not only did her memory return, but it was better than ever – she could remember just about every detail of her life from when she was a little child up to the present. Six years later, at 87, she was still as alert as ever. I think of all the elderly people who watch their memory deteriorate day by day – what a terrible thing – and I almost

⁷⁷ Immerman, *op cit.*

⁷⁸ J.F. Burgess, "Endogenous Irritants as Factors in Eczema and in Other Dermatoses," *Archives of Dermatology and Syphilology*, Vol. 16, No 2, (1927): 139.

⁷⁹ Immerman, *op cit.*

weep thinking how their doctor could easily put them on a mild cleanse that may stop so many of their problems.

The Digestive System: An Essential Key to Good Health

The digestive system is the hub of the entire body. Every single cell depends on the proper digestion of food. For those of you who truly care about your health, the following statement should be emphasized and placed at the top of your list of health concepts:

The bowel feeds every organ, every tissue, and every cell in our bodies. When the bowel environment and function has become contaminated or inefficient, the cells and organs in the rest of the body will reflect that contamination and dysfunction. A toxic and acidic bowel means toxic blood, lymph, liver, other organs, and cells and, ultimately, poor health.

Here, again, are the words of Dr. Clark, who understood this and had a unique way of expressing it:

“Acidosis and toxicosis are the primary causes of all disease. Rid the body of these poisons and correct the habits of living, and good health will be regained and maintained ... Just as maggots and flies require the filth of the manure pile in which they grow and propagate, so the human organism must become broken down and filthy through bad habits of living before the tissues and juices of the body will permit the harboring and growth of any noxious bacteria ... However, in view of the scientific researches which have been cast aside by medicine it is just as reasonable to assume that the maggots and flies found in a manure pile caused the manure pile as it is to assume that the various kinds of germs and bacteria, bacilli, or micro-organisms, by whatever name you may call

them, found in a thoroughly filthy body poisoned with food, drugs, and bad habits caused the condition of ill health.”⁸⁰

One Last Comment about Mucoïd Plaque

This is a letter I received in the mid-1990s from an unnamed doctor in Mexico (*emphases mine*):

Dear Sirs:

Many times, when practicing autopsies on people who died from chronic illnesses, I have always found a thick layer of organized mucus like hardened material all over from the tongue down to the stomach, small, large and recto-sigmoid colon. Usually it is more common among milk drinkers and meat eaters. If for some reason your products have the ability to detach this layer of morbid material, then a great deal of accomplishment will be achieved for these persons. This layer is composed of coagulated and racemized glycoproteins, which really impairs the GI tract function and also constitutes a reservoir of bacteria and viruses that invade the lymphatic and blood stream causing a wearing down of the bodily defenses and a lot of burden on the liver detoxification function. For that reason, Gerson, Kelly and Beard enfancied always on GI tract cleansing to obtain better results with their cancer treatments. In the past we have even removed the entire colon to obtain an effective relief from autointoxication especially with colon polyposis and diverticulosis and chronic ulcerative colitis.

—F. M. MD, PhD, ND, PP

All disease represents an internal environmental mutation. It is my opinion that almost all cancer, AIDS, liver disorders, kidney, brain, and heart disorders receive their mutating potential in the form of toxins and congestion from the intestines. If an illness is not directly associated with the bowel, it is most likely indirectly associated with it – the result

⁸⁰ P.L. Clark, BS, MD, Ph.Sa, “*How to Live and Eat for Health*,” 5th edition, (Chicago, Ill: The Health School, 1929), 60, 75, 74.

Cleanse and Purify Thyself

of long-term bowel toxicity. Of course, there are other important factors that need to be considered, such as unconscious emotional traumas or programmed thinking and beliefs that may actually be the original cause. The way we think and feel feeds the subconscious, which is intimately connected to the biological systems that manage our physical health. Positive thoughts help propel us toward good health; negative thoughts propel us toward disease.

Unveiled Mysteries of Health and Healing

*“Mind doesn’t dominate body, it becomes body –
body and mind are one.”*

– Candace B. Pert, PhD, *Molecules of Emotion*

I have studied healing and the mind for over 50 years, and I can say with confidence that the most important factor in health, longevity, and overcoming disease is one’s attitude – those daily points of view that are largely governed by subconscious patterns of thinking and belief. These patterns affect our eating habits, our digestion and assimilation of food, our lifestyle, our glandular and immune systems, and even the function of every cell in our bodies.

The Primal Cause of Health or Disease

Experience has taught me that the deeper causes of disease are rooted in negative thoughts and feelings. We live in a universe that is ruled by certain laws. One in particular, courtesy of Sir Isaac Newton, is the law of “cause and effect,” which states that “For every action there is an equal and opposite reaction.” Being ignorant of this law does not prevent its effect on us. Thoughts and feelings are potent forces of energy and vibration that feed our subconscious. The subconscious in turn tends to manifest patterns in our bodies and lives that are somehow shaped by those thoughts and feelings. Science has shown that subconscious patterns control much of what goes on inside our bodies, even the expression of our DNA (as described in the emerging field of epigenetics)! More than any other factor, the thoughts and feelings of yesterday have created our lives as they are today, and our thoughts today will impact us (one way or another) into the future. In my opinion, every single thing in existence

is a creation of thoughts and feelings. Many of the world's great philosophers and spiritual leaders have emphasized the connection of mind and body, and science is finally well on its way to proving it. Today there are volumes of medical journals and hundreds of studies that support this theory.⁸¹

I am deeply convinced that emotions seep into the protein structure of cells. When old emotion-carrying cells die, the consciousness of those emotions are transferred to new cells or stored in proteins. The liver holds emotions, especially anger, resentment, and fear – the very ones most associated with cancer. When dead liver cells are released, they pass into the bile and are dumped into the bowel. Our poor bowel gets the brunt of every mistake we make! Many of these toxic cells end up in the mucoid plaque. Thousands of people who have used intestinal cleansing programs have reported that they released negative thought habits and unwanted emotions by removing mucoid plaque from their bowels.

I wanted to know the reasons for this and, to some degree, I've found them. Here are a few observations:

- Emotions get trapped in cells and when we fast or cleanse, these emotion-carrying cells, especially the weak, dead, or dying cells, are rapidly released from the body. In this way we release forever the emotions that were trapped in those cells.
- Emotions and intelligence can be transmitted from one cell to another. But when holding a positive attitude while cleansing, we prevent the cells from transmitting negative emotions to other cells.

⁸¹ See, for example, such seminal works as *Molecules of Emotion: The Science Behind Mind-Body Medicine* by Candace B. Pert, PhD (1999) and *The Biology of Belief* (2005) by Bruce Lipton, PhD, and, more recently, *Mind/Body Health, 4th ed.* (2010) and *You Are the Placebo* by Joe Dispenza, DC (2015).

- Many emotions are stored in the mucoid plaque – the easiest area from which to remove them.
- When we cleanse or fast, mucoid plaque is released and startling emotional transformations often occur.

As the octaves of sound contain enough solidity to impress our ear drums to hear, and light is substantial enough to impress our retina to see, so are thoughts and feelings real and substantial enough to exert powerful effects on our minds and bodies. Thoughts and feelings not only stimulate and control our glandular, hormonal, and nerve systems, they also influence every cell in our body, solidifying in ways that encourage either congestion or circulation, disease or good health. Consider these words:

*Mind is the Master Power
that molds and makes.
And man is mind
and forevermore he takes
his tools of thought,
and shaping what he wills,
brings forth a thousand joys,
a thousand ills.
He thinks in secret,
and it comes to pass.
Environment
is but his looking glass.*

— James Allen⁸²

I am attempting to impress upon you, the reader, that the mind is truly the key in health and disease. It is always a distortion of the mind that causes people to commit harmful acts against themselves (and others). Smoking, drug use, and

⁸² From “As a Man Thinketh,” an essay and book by philosopher James Allen, published in 1903 and available as a free e-book through Project Gutenberg, an online library of public domain books.

alcohol abuse are obvious examples. What causes people to choose a poor or healthy diet or to accept or reject a proven method of healing? As I've said, the way we eat is controlled by the subconscious mind and (in our ignorance) we may suffer from foolish and uncontrolled desires. A big part of natural healing asks people to look at their emotional and mental patterns and to consider how they became the way they are and how those patterns helped to create their condition. Seek within! And as you do, you will begin to make connections between what you think and believe, what you do, and how that affects your health and well-being.

It is also very important to understand that, ultimately, we are responsible for our own health and lives. To blame our condition on others, or our genetics, or anything outside of ourselves (whatever influence those may have had), is to forfeit our power to heal and to live a controlled life. To give up that power is to accept ourselves as victims and end up at the mercy of the world's manipulators. There is nothing more dangerous to a soul or body than to fall into self-pity and victim-consciousness. This type of destructive thinking (regardless of degree) attracts people, conditions, and things that perpetuate feelings of self-defeat and self-sabotage. This is a subject of deep importance if we want to be in control of our lives, if we want good health! If one looks deep enough within, they will discover that the law of "cause and effect" is always operating. Like attracts like. Thoughts and actions impress the subconscious in such a way that it will attract those very same energies, good or bad.

Consider the words of Jesus, whose well-known sayings include the following: "I tell thee, thou shalt not depart thence, till thou has paid the very last mite (small amount of money).";⁸³ "Be not deceived; God is not mocked. For

⁸³ Luke 12:59, King James Version

whatsoever a man soweth, that shall he also reap.”⁸⁴;
“According to your faith it is done unto you.”⁸⁵

Most of us are affected by the past far more than the present. Previous thoughts and feelings permeate our brains and bodies, influencing our health and the events of our daily lives. Fortunately, if we aren’t satisfied with our minds, bodies, or the conditions of our lives, we can choose to “cleanse and purify” and stop generating those unhealthy thoughts and feelings that keep us stuck where we don’t want to be. Change your thoughts and feelings and you will change your life.

As I have noted – and can’t emphasize enough – most Americans have a substance in their intestines that has been there since they were young (and in some cases since they were babies) or at the very least has been accumulating throughout their lives and into adulthood. Those layers somehow absorbed the thoughts, feelings, and desires that existed at the point of their accumulation and continue to influence us as long as they remain. When this old substance peels off the intestinal wall, it’s common to recall those original emotional incidents. Many people have discovered that removing mucoid plaque was profoundly effective in removing “emotional blockages,” freeing them from nagging resentments, anger, fear, and much more. After my own experiences and listening to or reading the testimonies of hundreds of other people, I came to believe that stored negative emotions, often in the form of grudges and resentments, are often the primal cause of serious disease. In some cases, no matter what the program used, healing will not occur until these emotions are removed. On the other hand, remove those unconscious, stored emotions and

⁸⁴ Galatians 6:7 King James Version

⁸⁵ Matt. 9:29, King James Version

healing can happen automatically without a particular program.

The Problem with Eating Meat

At a certain point it became obvious to me why the great spiritual giants of antiquity routinely fasted (sometimes as long as 40 days) *before* achieving their exalted states and insights into human nature. Through fasting, they released the negative consciousness trapped in old particles of waste that tethered them to lower states of comprehension and awareness. Some of those spiritual giants may have instinctively avoided eating meat observing that carnivores within the animal kingdom were more aggressive and violent in their nature than herbivores which tended to be more calm and peaceful. The issue of vegetarianism was a hot topic in the early Christian Church.⁸⁶

My first indication that meat-eating is a huge health problem came about a year after I stopped eating it. I did several fasts to rid myself of disturbing, low-grade feelings that seemed to be blocking a steady experience of peace and love. Suddenly the solar plexus tension I had lived with my entire life vanished and an entirely new life opened up. I became more compassionate. I tended to see things from other people's points of view. I also became more tolerant instead of losing my quick, hot temper at the drop of a hat. Gradually I developed a far greater capacity to give and realized a deep inner joy in helping others. In short, I changed radically. Furthermore, numerous people have told me over the years that they've had very similar experiences. If you're still a meat-eater and think you are happy, try giving up eating meat for a while and cleanse and/or fast a few times.

⁸⁶ Aekers, Keith. "Was Jesus a Vegetarian?" *CompassionateSpirit.com*. December 1, 2015.

I'm sure you will discover an inner peace and happiness you never knew existed.

The academic world is researching consciousness and has learned some very interesting things. Years ago, for instance, scientists found a novel way to train worms. After training one group of worms to perform certain feats, they ground them up and fed them to a group of untrained worms. Within a short time, the untrained worms were able to perform the same feats that the trained worms had performed!⁸⁷ In another older study, laboratory rats were trained to behave counter to their natural instinct by reacting fearfully to a darkened box and choosing instead to enter a lighted one. The rats were then killed and RNA molecules were extracted from their brains. This RNA was then injected into the stomach of untrained rats and these rats soon responded exactly like the trained rats.⁸⁸

Much more recently, in an experiment that hadn't been replicated since those above in the 1960s, researchers successfully transferred brain cells from trained snails into the brains of untrained snails who then behaved with similar instincts and memories.⁸⁹

There have been many reports over the years of organ recipients who experience some of the same feelings the donor reportedly felt but were previously unknown to the recipient, such as the woman who suddenly craved fast food after receiving a heart transplant. It turns out that the donor

⁸⁷ J V McConnell, "Memory transfer through cannibalism in planarians." *Journal of Neuropsychiatry*, 3, (1962): 42 – 8.

⁸⁸ G Ungar., L Galvan, and R H Clark, "Chemical transfer of learned fear." *Nature*, 217 (1968): 1259 – 61.

⁸⁹ Bédécarrats, Alexis, et al. "RNA from Trained *Aplysia* Can Induce an Epigenetic Engram for Long-Term Sensitization in Untrained *Aplysia*." *eNeuro* 14 May 2018, ENEURO.0038-18.2018.

loved fast food⁹⁰. According to the most recent statistics, kidneys represent the majority of organ transplants, followed by liver, heart, and lungs.⁹¹ Cellular memory transfer is generally associated with heart recipients, and while formal research is sketchy, early findings suggest that personality changes do occur that aren't easy to dismiss.^{92,93,94} And so one *could* make a case that a person can acquire elements of the fear and anxiety an animal experiences prior to slaughter and/or as a result of the conditions of how it was raised when they eat the meat of that animal.

It's Better Not to Eat While Upset

Just as one might assimilate the emotions of an animal by ingesting it, we may also assimilate the emotions *we* are feeling as we eat. It appears, based on the work of Candace Pert and others, that proteins are a magical glue that binds emotions to our bodies. The vibration of whatever we ingest (including what we watch and hear in the media, the movies we see, etc.) radiates out through our bodies, influencing our every thought and feeling. Because we tend to continually replay emotional and stressful events in our minds, first consciously and then unconsciously (until/unless resolved), we would be wise to deeply consider what we are feeding our minds and bodies. Upset feelings actually contaminate the food we eat and those emotions then become part of our flesh.

⁹⁰ Claire Sylvia and William Novak, *A Change of Heart: A Memoir*, (Boston: Little Bear, 1997)

⁹¹ "Organ Donations Statistics" (2017-18). OrganDonor.gov.

⁹² Bunzel, B., et al. "Does changing the heart mean changing the personality? A retrospective inquiry on 47 heart transplant patients." *Qual Life Res.* 1992 Aug;1(4):251-6.

⁹³ Pearsall, P., et al. Changes in heart transplant recipients that parallel the personalities of their donors. *Integr Med.* 2000 Mar 21;2(2):65-72.

⁹⁴ Borelli, Lizette. "Can an Organ Transplant Change a Recipient's Personality? Cell Memory Theory Affirms 'Yes.'" MedicalDaily.com. July 9, 2013.

There they lie, silently emitting subtle feelings that can interfere with our hopes and dreams.

Psychologists and psychiatrists can certainly substantiate that emotional trauma – and any form of psychological programming, whether or not we're aware of it – continues long after we have consciously forgotten it. I believe that trauma is a powerful “thought-form” that is composed of a real, unseen substance. Thought-forms can remain indefinitely until they are consciously removed, and for this reason it's difficult to change habits. When we try to break a bad habit, we are battling these deep mental-emotional patterns. But once a thought-form is removed, behavioral habits and patterns can more easily be changed, including our food desires.

A woman with uterine cancer who had followed a conventional medical regime was given devastating news. She was told she had only a few more months to live. She was also rapidly losing the coherency of her mental and emotional faculties. In desperation she decided to seek alternatives, and in the course of her exploration she and her husband came to see me. While talking with her I suddenly acquired a horrible headache. I had experienced these kinds of headaches many other times in the presence of people with serious diseases, especially cancer. Because my theory as to its cause would seem strange to most people, I rarely mentioned it. However, in this case it had become so intense that I had to tell her. “I'm experiencing an intense headache,” I said. “I believe it's because of a thought-form that is held within you.” I told her it was likely contributing to her health problems but that I'd seen this kind of thing many times before and that it's a simple procedure to remove it. I then offered to assist her. They enthusiastically agreed.

I define a “thoughtform” as a mental/emotional “vortex of energy” that holds memories and emotional intensities inside our subconscious mind. They are produced by strong emotional experiences or by dwelling on certain thoughts over and over again. They are the force behind addictions and habits and all of our tendencies toward certain behavioral patterns. Our personalities are the result of our choices of what we dwell upon, of collections of thoughtforms. For what we persistently direct our attention to, we adopt into our bodies and minds. And the more feeling we put into a thoughtform, the stronger it becomes. They exert profound influences on our lives, significantly influencing our behavior, our personality, how we think, and how we react in given situations – energies which ultimately become integrated into our bodies, controlling our internal chemistry and hence our health. I also believe they alter our DNA!

I’ve had many experiences in which intense fear, depression, hallucinations, resentment, other strong emotions and even physical pains disappear in seconds as soon as the thoughtform controlling the condition is removed. This lady in my office was one of the more extreme cases for she only had a short time to live – or so she was told.

Using an emotional clearing technique, I had learned many decades prior, I began the process and within a minute she, her husband, and I felt a tsunami of exuberate energy surge into her and her husband and fill the entire room. Over the next couple of minutes, they had both released a flood of pent-up emotions. Then, at a certain point, feelings of intense love and joy flooded us all to such a degree that we wept with gratitude. The dark feelings had vanished along with my headache. And while our tears of joy and thanks lasted for another 20 minutes, the power and harmony of what happened lingered for many days. I didn’t hear from them for a month but when they came back to see me it was with more

tears of joy and gratitude. Both the woman and her husband had also followed my deepest cleansing program with great success. She reported that since that day in my office, she'd had no more mental and emotional problems. Thirty days later, they visited an oncologist and found that the cancer had also completely vanished. Could it be that the pent-up emotions this woman had carried were the primary cause of it?

As noted earlier, a growing body of evidence supports the concept that every single thought and feeling we generate has a significant effect upon every cell and organ of our bodies. The 1995 book *Remarkable Recovery: What Extraordinary Healings Tell Us About Getting Well and Staying Well* is an especially inspirational source that reveals numerous case studies of individuals who reversed terminal illnesses through changing their thoughts and feelings.⁹⁵

One thing we do know is that our cells change according to a change in our consciousness. Psychologist Daniel Goleman studied a child named Timmy who manifested 11 separate personalities.⁹⁶ One of them was allergic to orange juice and would break out in hives after consuming it. When Timmy (the boy's main personality) drank orange juice, there was no problem. However, if Timmy drank orange juice and the allergic personality took over during digestion, hives developed almost immediately. And if Timmy came back while the allergic reaction was still active, the itching ceased and the blisters would begin to subside. That's pretty incredible! Other studies of multiple personality disorders

⁹⁵ Caryle Hirshberg and Marc Ian Barasch. *Remarkable Recovery*. (New York: Riverhead Books, 1995).

⁹⁶ Daniel Goleman, "Probing the Enigma of Multiple Personality" *New York Times Article Health Section* June 28(1988) via science Frontiers on line, <http://www.science-frontiers.com/sf059/sf059p16.htm>

affecting sight and vision are equally astounding.^{97,98} They seem to show that deep patterns of thinking and feeling have powerful effects on one's physiology.

Over the last 50 years, studies have also shown how the mind can influence the immune system, connecting both positive and negative emotions to the production of hormones (e.g., cortisone and prolactin) that influence immune responses. In fact, the evidence became strong enough that a new field of study was started – psychoneuroimmunology (PNI) – along with an association, the PsychoNeuroImmunology Research Society (PNIRS). The Society tracks many of the studies going on all over the world, summarized most recently in their publication *Primer on PsychoNeuroImmunology Research* (2016). A recent example looked at the impact of stress on a wide range of serious conditions and found that reducing stress had strong benefits.⁹⁹ Could it be that we can reverse the effects of our negative experiences by generating emotions of joy, peace, success, love, gratitude, and forgiveness?

Everything we think, feel, respond to, or judge triggers our brain and glands to secrete corresponding hormones and peptides¹⁰⁰ that flood our blood, lymph, and spinal fluid.¹⁰¹ In

⁹⁷ Miller, S.D. "Optical differences in cases of multiple personality disorder." *J Nerv Ment Dis.* 1989 Aug;177(8):480-6.

⁹⁸ Strasburger, H. and Waldvogel, B. "Sight and blindness in the same person: Gating in the visual system." *Psych J.* 2015 Dec;4(4):178-85.

⁹⁹ Straub, R.H., and Cutolo, M. "Psychoneuroimmunology-developments in stress research." *Wien Med Wochenschr.* 2018 Mar; 168(3-4):76-84.

¹⁰⁰ Peptides are ligands – tiny information molecules – that bind to receptors on cells. They carry messages to the cells that are capable of causing cellular modifications. Neurotransmitters, steroids, and peptides are all ligands.

¹⁰¹ Candace B. Pert, Ph.D., *Molecules of Emotion: The Science Behind Mind-Body Medicine*, (New York, NY: Touchstone, 1999), 24 -25.

other words, our thoughts and feelings, especially our unconscious feelings, can modify every cell and organ in one way or the other, helping to determine how cells will be altered or maintained. Truly, our bodies are perfectly designed by the intensity and type of our thoughts and feelings of the past. Chemical messengers – peptides, hormones, neuropeptides, and other ligands – carry messages or chemicals conditioned or programmed by our conscious and subconscious thoughts and feelings that regulate virtually every metabolic and chemical function of our bodies. From a contemporary, scientifically valid perspective, our bodies are an extension of our consciousness. Or as Dr. Candace Pert succinctly stated, “. . . the body is the actual outward manifestation, in physical space, of the mind.”¹⁰²

Though many doctors have been aware of the mind-body connection, few have realized its full significance. For years I had searched for scientific verification that our minds and feelings control every function of our bodies. Imagine my joy when one of my colleagues told me about a book that supported, from the highest level of science, what I had been teaching for the prior 12 years. That book (which I’ve already referred to) was *Molecules of Emotions* by Candace Pert. Dr. Pert had her own lab at the National Institutes of Health, which is the premier biomedical research establishment in the U.S. In breaking new ground on our understanding of the connection between mind and body, she explained that our emotions heavily influence every system in our bodies. She asserts that “repressed emotions are stored in the body at the cellular level” and that “virtually all illness, if not psychosomatic in foundation, has a definite psychosomatic component.”¹⁰³ She explains how the “molecules of emotion run every system in our body.” She clearly points out that the

¹⁰² Ibid

¹⁰³ Ibid

body and mind are not separate, that we cannot treat one without the other, that the body can and must be healed through the mind, and that the mind can and must be healed through the body.

Is this not a most profound concept? Has science ever produced anything of greater significance? It not only reveals the core cause to all our health problems; it reveals the solution! Proper application of this principle could potentially eradicate all human suffering. When truly understood and applied, this knowledge could bring the people of the world into a state of perfect health and longevity. Intelligent comprehension of this knowledge would inspire us to clean up our acts, take responsibility for what we are creating, and, with great enthusiasm, propel us toward getting along with each other, loving each other, and helping each other. Unending love and forgiveness is the essence of perfect health and perfect joy. If only the world would fully appreciate and apply these principles, we would soon live in communities of health, peace, prosperity, and joy.

The resistance to this coherent and exalted state of joy and world harmony is created and sustained by countless harmful thoughts and feelings that stubbornly linger within us and around us. The effects of these destructive thoughts and feelings gradually seep into our cell structures and cause various dysfunctions. While the primary focus in this book is to present a particular method of deep cleansing guaranteed to remove mucus, toxins, and congestion from the body, I want to emphasize again that such cleansing will do more than just remove physical toxicity. It opens the door to uprooting old thoughts and feelings that cover the cells of our bodies like dirty smog. Indeed, cleansing is a dynamic, highly effective, and proven technique that can assist a person to cleanse and purify the root causes of *all* health problems, physical *and* psycho-emotional.

CHAPTER 6

The Benefits of Complete Gastrointestinal Cleansing

“For just as the foolish physician studies disease in order to bring about health, so the wise physician studies health in order to annihilate disease, saying to his patients: ‘Fulfill the condition of health, and disease will fall away from you of its own accord.’”

— Cyril Scott, English composer/poet

An effective intestinal cleansing program will provide great benefits as it flushes the entire gastrointestinal tract from the tip of the tongue all the way through to the other end. Keep in mind that, for most people, it will take multiple cleanses to eliminate the decades of plaque accumulation in their bowels.

Re-Balanced Intestinal Flora

It is estimated that toxic (pathogenic), undesirable microorganisms rule the bowels of the majority of people living in the U.S.¹⁰⁴ These pathogens sometime produce bizarre reactions while consistently breaking down healthy tissue and draining a person’s energy. They are also the main cause of stinky gas, leaky bowel syndrome, colitis, and other bowel inflammations. The worst news is that pathogenic microorganisms constantly emit toxic chemicals that can enter the portal veins and stress the liver.

¹⁰⁴ Rolhion, Nathalie and Benoit Chassaing. “When pathogenic bacteria meet the intestinal microbiota” *Philosophical transactions of the Royal Society of London. Series B, Biological sciences* vol. 371,1707 (2016): 20150504.

One of these pathogenic microorganisms is called *Escherichia coli* (abbrev. *E. coli*). While most strains of *E. coli* are harmless, we know now that some of them are quite harmful, and in fact there is new evidence to suggest that certain strains are a factor in the onset of colorectal cancer.¹⁰⁵ An especially dangerous form of *E. coli* shows up in meat, most commonly in cows. Very recently, the Centers for Disease Control and Prevention (CDCP) put out a food safety alert linking an *E. coli* outbreak to certain shipments of ground beef.¹⁰⁶ In general, cancer risks have been found to be higher among meat eaters than among lifelong vegetarians.¹⁰⁷

Also, on the list of causes of cancer and ill health are acid-forming foods, overcooked foods, improperly digested proteins, and eating too much. All of these create imbalances in healthy intestinal flora. (Meat substitutes such as processed soy are, unfortunately, highly acid-forming and detrimental to good health.) Once the body is cleansed of these imbalances in intestinal flora, it becomes possible to replace harmful microorganisms with “friendly bacteria.” The importance of acquiring the proper intestinal bacteria cannot be overestimated; it is essential for good health.

Nutrient Absorption

We need the many components of our intestinal tracts to be clean enough to effectively mix “food stuff” with bile, pancreatic enzymes, and other enzymes excreted from the small intestines; make contact with the “brush border”

¹⁰⁵ Wassenaar, T.M. “E. coli and colorectal cancer: A complex relationship that deserves a critical mindset.” *Crit Rev Microbiol.* 2018 Sep; 44(5):619-632.

¹⁰⁶ “Food Safety Alert: Outbreak of E. coli Infections Linked to Ground Beef.” CDCP.com. Sept 20, 2018.

¹⁰⁷ “Don’t Feed Cancer.” VivaHealth.com (2016). See also their free publication, *The Incredible Vegan Health Report*.

(microvilli)”;¹⁰⁸ absorb the needed digestive enzymes; and pass through the epithelium wall into the blood. Unfortunately, even a small layer of mucoid plaque, especially when adhering closely to the mucosal surface, appears to function as a barrier to membrane digestion and absorption and may cause protein and carbohydrate intolerance.^{109,110} Oh, what so-called “modern civilization” has done to us!

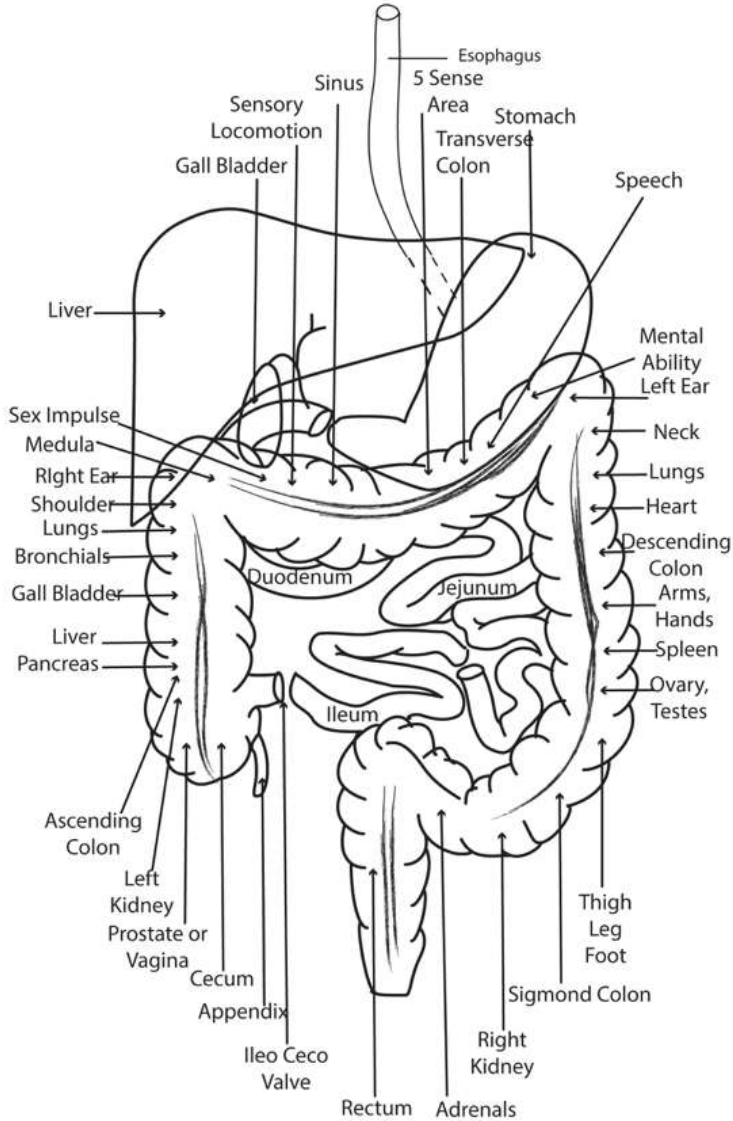
Fortunately, the more mucoid plaque that is removed from our bowels, the better we can digest and absorb the nutrients from the food we eat. I have heard countless comments from people who are surprised at how little food they need after cleansing. One lady reported that once cleansed, she ate only one small meal every other day for two years. She also said that she had never felt so mentally alert and physically alive. I was shocked to discover that she was the same age as my mother though she appeared to be 20 years younger! Many toxic people absorb only a small percentage of their available nutrients no matter how nutritious the food or how much they eat. While a clean bowel is no guarantee that digestion will be perfect (there are many other factors involved), it certainly is a good start.

¹⁰⁸ The “brush border” refers to the point where food contacts the microvilli in the small intestine. The microvilli are tiny finger-like projections that look like a brush, hence “brush border.” These microvilli are a particular epithelial cell called enterocyte. Microvilli emit numerous enzymes and electrolytes that are responsible for the last stage of digestion and the transport of nutrients into the blood.

¹⁰⁹ J. R. Poley, “Scanning Electron Microscopy of Soy Protein-Induced Damage of Small Bowel Mucosa in Infants,” *Journal of Pediatric Gastroenterology and Nutrition*, May: 2(2)(1983;), 271-78.

¹¹⁰ Jack D. Welsh, J. Rainer Poley, Jess Hensley, and Mira Bhatia, “Intestinal Disaccharidase and Alkaline Phosphatase Activity in Giardiasis,” *Journal of Pediatric Gastroenterology and Nutrition*, 3(1) (1984): 37-40.

Reflex Points of the Colon



Increased Peristaltic Action

Mucoid plaque plays an important role in both sluggish peristalsis and constipation, and most constipated people experience a significant increase in peristalsis after their first cleanse. When food moves slowly through the bowels, as with constipation, the fecal matter becomes firmer and dryer. This is a precursor to polyps, fecal pockets, bulges, diverticulitis, and a host of other colon problems and disease.

Nerve Flow Improvement

It is well known that millions of nerves pass through the spinal column. When a vertebra is out of alignment, spinal nerves are pinched. This can seriously affect the organ or area that the nerve serves. Similarly, although not as dramatic, there are nerve reflex points in the intestines. When the intestinal tract is gorged with fecal and mucoid impaction, nerve points in those areas can short-circuit. This may be one reason why bowel impaction has such a tremendous influence upon organs that are seemingly unrelated to the bowel.

One good example is the heart. There are reflex points for the heart in the descending colon. Dr. Jensen was the first to point this out to me. He explained that there is a reflex point pertaining to the heart that can be seen in the iris of the eye that also relates to the descending colon. He suggested that whenever that iris point is dark, it indicates a pocket of congestion in the bowel that should be deeply massaged. If there is tenderness in that area, there might be a heart problem. He added that about 75 percent of patients with a dark iris point discovered a very tender area. Following Dr. Jensen's routine, I found a similar frequency among my patients the with same eye indicator.

I've had numerous reports from people saying their heart arrhythmia diminished or disappeared after a serious and deep cleansing. Could it be that mucoid plaque had become so impacted on the epithelium wall of their descending colon that it was creating pressure and blocking nerve flow, becoming a major contributing factor to their heart condition? The removal of the plaque (a cause) removed the problem (the symptom). What a simple and totally natural fix!

Another splendid example is cleansing's effect on people with hypertension (high blood pressure). Everyone who listed hypertension as a condition in a survey I conducted in the early 1990s before going through a cleanse reported that their blood pressure returned to normal after completing the program.

Prolapse Adjustment

Over time, the weight and pressure of many layers of mucoid plaque, coupled with gravity, may cause prolapsus (a "falling down") of the transverse colon and the stomach, which can drop into what is called a "fishhook" position. This places a portion of the stomach below the pyloric valve, preventing normal gravity from flushing gastric acids and creating a pooling of stomach acids that can cause ulcers and various digestive problems. Prolapsus also exerts pressure on the bladder, uterus, ovaries, and prostate and diminishes circulation in these organs, setting the stage for the development of severe problems. Obese individuals are most likely to suffer a prolapsus, although constipation is the primary contributor to this condition. A prolapsus can repair itself once the bulk of the weight (mucoid plaque) has been removed. Exercise and the use of certain herbs can also be of great help in improving these conditions.

Shrinking the Expanded Gut

Impacted mucoid plaque, especially when associated with constipation, can eventually stretch the intestinal wall, especially the colon. People who can't see their feet when they stand up straight likely have a thick and dangerous build-up of old fecal matter and mucus in the intestinal tract. This is a sign of serious future disease and a shortened life span. Thankfully, this situation can be vastly improved or eliminated by improving the diet and cleansing thoroughly, supporting a return to a slender and healthy look. White oak bark and ginger can help draw the flesh back to its original position when used as follows:

After deep cleansing, take three capsules each of white oak bark and ginger root three times a day for about ten days. These simple herbs will help to tighten and strengthen the cell tissue in the alimentary canal. In lieu of taking capsules, you can make a tea of equal parts "cut and sifted" white oak bark and ginger root. Use about one heaping teaspoon of each herb per quart of distilled water and lightly simmer for 10 minutes. You can use more herbs if you want a stronger tea, less if you like it weaker. And remember: never drink anything that is too hot and never, ever, use aluminum cookware.

In addition to using the above-mentioned herbs, those with prolapsus of the transverse colon should also use a slant board. Simply lie on the board with your head down and gently massage the abdomen, especially the transverse colon, in the direction of your head. Reach as deep as you can and draw your colon toward your head. Visualize your colon staying in place. For even better results, take a white oak and ginger tea enema before doing the slant massage.

Ending Obesity

As far back as 2001, obesity was identified as “the most common chronic disorder” in industrialized countries and having reached “epidemic proportions.”¹¹¹ Today more than two billion people around the world – including 100 million children – are considered obese (a BMI – body/mass index – of 30+) or overweight (BMI of 25+), a figure that went up 30 percent during the study period (1980 – 2103).^{112,113} Nearly 40 percent of U.S. adults – 90 million people – are considered obese!¹¹⁴ And the trend just keeps going higher.¹¹⁵ When I was in high school, I rarely saw an overweight person. Obesity is now the most prevalent *nutritional* disease among children and adolescents in the United States.^{116,117}

This is scary! Along with obesity, another by-product of modern Westernization is an increase in the number of life-threatening diseases. Obese people share the same diseases as everyone else but have much higher incidences of them,

¹¹¹ W. Kiess, A Reich, G Muller, A Galler, T Kapellen, K Raile, A Bottner, B Seidel, and J Kratzsch, “Obesity in childhood and adolescence: clinical diagnosis and management,” *Journal Pediatric Endocrinology and Metabplism*, 14 Suppl 6, (2001): 1431-40

¹¹² Ng, Marie et al. “Global, regional, and national prevalence of overweight and obesity in children and adults during 1980–2013: a systematic analysis for the Global Burden of Disease Study 2013.” *The Lancet*. Vol. 284, issue 9949. Aug 30, 2015. 766 – 781.

¹¹³ The GBD 2015 Obesity Collaborators. Health effects of overweight and obesity in 195 countries over 25 years. *New England Journal of Medicine*. 12 Jun 2017.

¹¹⁴ Adult Obesity Facts (2017). Centers for Disease Control and Prevention.

¹¹⁵ Hales, Craig M., et al. Trends in Obesity and Severe Obesity Prevalence in U.S. Youth and Adults by Sex and Age, 2007-2008 to 2015-2016. *JAMA*. 2018;319(16):1723-1725.

¹¹⁶ W H Dietz, “Health consequences of obesity in youth: childhood predictors of adult disease.” *Pediatrics*, Mar;101(3 Pt 2) (1998): 518-25.

¹¹⁷ A P Hills, E M Hennig, N M Byrne, and J R Steele, “The biomechanics of adiposity--structural and functional limitations of obesity and implications for movement.” *Obesity Review* Feb;3(1) (2002): 35-43.

especially diabetes, hypertension and other heart diseases, sleep apnea, osteoarthritis, ischemic stroke, various cancers, schizophrenia, and other mental disorders, depression, and anxiety disorders.^{118, 119, 120} The estimated medical and economic costs of obesity worldwide are staggering.¹²¹ These statistics not only tell a disturbing story of today but foretell a threatening and portentous future.

What are the causes of the obesity epidemic?

I believe there are several:

- Eating the Standard American Diet (SAD)
- Soft drinks, especially “diet” drinks
- Pesticides in food from eating commercially-grown produce
- Dairy products contaminated with hormones
- Meat products contaminated with hormones and antibiotics
- Medical drugs
- Vaccinations
- Poverty – the worst foods are generally the cheapest.

Another cause of obesity is the accumulation of inefficiently digested proteins, acids, and other toxins. When toxins and/or acids cannot escape faster than they are being

¹¹⁸ R J Deckelbaum, and C L Williams, “Childhood obesity: the health issue.” *Obesity Review* Nov;9 Suppl 4 (2001): 239S-243S

¹¹⁹ C J Barrow, “Roux-en-Y gastric bypass for morbid obesity.” *AORN Journal* 76(4) Oct (2002): 593-604; quiz 606-8

¹²⁰ I Kawachi, Department of Health and Social Behavior, Harvard School of Public Health, Boston, Mass. “Physical and psychological consequences of weight gain.” *Journal of Clinical Psychiatry*, Suppl 21 (1999): 5-9

¹²¹ Tremmel, Maximilian et al. “Economic Burden of Obesity: A Systematic Literature Review.” *International Journal of Environmental Research and Public Health*. Vol. 14,4 435. 19 Apr. 2017.

produced, the body's lymphatic system protects itself from these offensive agents by wrapping the toxins with mucus or lymph and then storing them. The alimentary canal – which includes all the organs that come into contact with the processing of food, starting with the mouth – is the primary drainage system for the lymphatic system.

The lymphatic system has many drainage areas, the most important of which is the intestinal tract. When the intestines are impacted with mucoid layers, the lymphatic system becomes blocked and congested. When this plaque is removed, and when electrolyte reserves are restored, obese people lose weight – fast. Restoring electrolytes is accomplished by eating alkaline-forming foods and /or taking a proven *organic* electrolyte supplement. There are many electrolyte products on the market but be sure to read the label. If it doesn't indicate that the electrolyte minerals are organic, don't buy it. The body can only effectively assimilate *organic* electrolyte minerals. Another benefit of a good electrolyte supplement is that it will almost always stop muscle cramping within seconds.

[Note: It's important to know that an organic mineral is a mineral has been derived from a vegetable source as opposed to being mined from rock. Basically, organic minerals come to us through the plant kingdom and by definition are chelated to a vegetable protein.¹²² The body more easily assimilates organic minerals, whereas it has difficulty with simple rock-sourced minerals. A good example is table salt. Sodium is an essential electrolyte mineral and vital to a vast array of metabolic functions. However, the sodium in table salt is bound with chloride, making it toxic to the body and a very poor substitute for organic sodium.]

¹²² The nature of the molecular bonds in organic minerals is what makes the difference and is a discussion beyond the scope of this text.

I have on my desk the testimony of a man who weighed 308 pounds before starting to cleanse and 240 pounds after cleansing. He'd had severe constipation for 10 years accompanied by bleeding. He wrote that his primary condition had been overcome and he was feeling wonderful! It's not uncommon for overweight people to arrive at a point in cleansing when lymph drainage areas become unclogged and they release 'bucket-loads' of lymph, which has the appearance of jelly-like amber mucus in various levels of viscosity. This is a big reason why they lose a good deal of their 'excess baggage.'

Helping the Body to Heal

A toxic bowel is the perfect breeding environment for hundreds of disease-related germs, bacteria, yeasts, and parasites. Bowel toxicity first poisons the blood, then the liver, and then every cell of the body. Toxic blood causes organs to work overtime, trying to compensate for the extreme stress placed on the body. Potent intestinal cleansing removes pathogenic bacteria effectively, harmlessly, and quickly. Antibiotics also remove pathogenic bacteria but at a tremendous cost to future health, as they also murder the friendly and natural bacteria we were born with while doing nothing to address the filthy environment that attracted the pathogens in the first place. Friendly bacteria help preserve and protect the intestinal lining; antibiotics, by destroying these allies, often cause even more congestion and harm. A thorough cleansing changes our internal milieu in a positive way. The removal of mucoid plaque eliminates a major cause of putrefaction and fermentation in the digestive and eliminative organs. Intestinal cleansing allows for rapid repair of damage done in the past. If you were running and fell on the road and the flesh of your knee was ripped, bleeding, and full of dirt, wouldn't you remove the dirt before

dressing your wound? Every doctor cleans a wound before he dresses it, yet it appears that doctors never think about cleaning the inside of their patients. Why is that?

The miracle of the body is that it will repair itself; all it requires is freedom from congestion and toxins and ingestion of the proper nutrients. When no longer toiling under the constant stress of dealing with massive amounts of toxicity, the body can use its energy for healing and proper maintenance.

Parasites: Attracted by Filthy Bodies

How can a truly clean person possibly become infested with parasites?

They can't.

Parasites are a big deal. Thousands of species can live in the human body.¹²³ According to the CDC, more than a million people in the U.S. are infected by a parasite every year, including worms, mites, lice, and a variety of microscopic organisms (protozoa). Toxoplasmosis, for example, caused by a protozoan, is considered to be the leading cause of death from food-borne illness and more than 40 million Americans carry the parasite.¹²⁴ But if you have a relatively healthy immune system, you'll keep it at bay. Children are more vulnerable, and it's estimated that half of all children between the ages of 5 and 10 will be affected by a parasite at some point in their young lives. One medical textbook published in 1989

¹²³ National Research Council (US); Avise JC, Hubbell SP, Ayala FJ, editors. In the Light of Evolution: Volume II: Biodiversity and Extinction. Washington (DC): National Academies Press (US); 2008. 4, Homage to Linnaeus: How Many Parasites? How Many Hosts? Available from: <https://www.ncbi.nlm.nih.gov/books/NBK214895/>.

¹²⁴ "Parasites – Neglected Parasitic Infections (NPI)." Centers for Disease Control and Prevention. April 13, 2017.

stated that over 55 million American children are infected with worms and it's even higher if one includes pinworms, which are the most common parasite among American children. This same textbook also reported that a doctor in Amherst, Massachusetts, claimed that over the years he had treated virtually every major parasitic disease of humans.¹²⁵ Parasites can be the cause of serious nutritional deficiencies. Malnutrition, often the result of intestinal and parasitic infections, is a leading cause of childhood death worldwide.¹²⁶

Back in the late 1980s, it was estimated that one billion people were infected with *Ascaris lumbricoides*.¹²⁷ Dr. Omar M. Amin of the Parasitology Center in Tempe, Arizona, wrote, "The common belief that people in the U.S. are free of parasites is a great illusion. Some estimate that about 50 million American children are infected with worm parasites, only a small portion of which are detected and reported."¹²⁸ He claimed that 4.5 billion people worldwide are infected with at least one form of parasite. That's over half of the world!

The World Health Organization (WHO) has categorized parasites as among the six most harmful infective diseases of humans and ranked parasitic infections above cancer as the

¹²⁵ Gerald K. Schmidt and Larry S. Roberts, *Foundations of Parasitology*, (St. Louis, MO: Times Mirror/Mosby College Publishing, 1989).

¹²⁶ Peter Katona and Judith Katona-Apte. "The Interaction between Nutrition and Infection." *Clinical Infectious Diseases*, Volume 46, Issue 10, 15 May 2008, Pages 1582–1588.

¹²⁷ Edward Markell PhD, MD, Marietta Voge MA, PhD and David T. John MSPH, PhD, *Medical Parasitology, 7th Edition*, (Philadelphia: W.B. Saunders, 1992),15.

¹²⁸ Parasitology Center, Inc. (PCI), "Understanding Parasites" Parasitology Center, Inc., Tempe, Arizona, (accessed June 6, 2007.)

number one killer in the world.¹²⁹ Intestinal parasites are considered major contributors to the “global disease load.”¹³⁰

Relative to other countries, it was thought that North Americans suffered little from parasitic diseases because of our “good health,” “good nutrition,” climate, and sanitation. Climate, yes. Sanitation, yes. Good nutrition? Not so much. The fact that we are one of the sickest nations in the world reflects increasingly poor eating habits that plague each new generation’s health. Along with this comes an increase of parasites, for parasites love filth! Parasitic diseases in America have increased significantly just in the last two decades and will probably increase exponentially in the next two generations. Parasites thrive in obese people but no one is completely immune.

Each parasite has its own unique action. *E. histolytica*, a protozoa, destroys the intestinal wall by extruding proteolytic enzymes. *Fasciolopsis buski*, an intestinal fluke, causes damage to the intestinal wall by its powerful suckers. *Ascaris lumbricoides*, an intestinal roundworm, can perforate the gut wall and invade the appendix, bile duct, lungs, and other organs. It can also cause severe constipation by blocking or plugging the alimentary canal, not to mention the chemicals they extrude. Hookworms suck blood and drain iron reserves, causing anemia. Tapeworms and other parasites compete nutritionally, draining the host of essential B vitamins, especially B-12, and other essential elements. Some parasites can coat the inside lining of the small intestine and prevent the lining from absorbing nutrients in food.

¹²⁹ Christine A Northrop-Clewes and Christopher Shaw. “Parasites” *British Medical Bulletin*, 56 (2000):193 - 208.

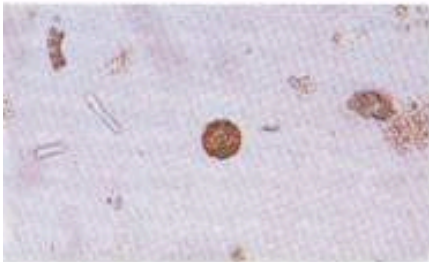
¹³⁰ Alum, Absar et al. “The global war against intestinal parasites—should we use a holistic approach?” *Int J Infect Dis*. 2010 Sep;14(9):e732-8.



Ascaris lumbricoides: Male and female adults. large, pinkish-white. Female is 22 to 35 centi-meters long; male is 10 to 31 centimeters long. Females lay up to 250,000 eggs per day. Life span, more than one year. Adult worms may be passed in feces. Severe infection can cause pneumonia or death. Known as as the “large intestinal roundworm.”



Section of bowel obstructed with *Ascaris lumbricoides*. This parasite is found world-wide though it is more common in tropical climates.



Ascaris lumbricoides egg: Some species may be carried by dogs and cats and are often passed to children via contact with infected soil. They cause inflammatory reactions leading to occlusions of capillaries in vital organs such as eyes, liver, brain, lungs. Magnified 100x.



Adult Male Hookworm: Magnified 10x. Small, grayish-white nematode (a round-worm). Females approximately 12 millimeters long, males approximately 9 millimeters. Females produces 5,000 to 10,000 eggs per day, and can live up to 14 years.



Male Pinworm: Magnified 20x. 2-5 millimeters long. Female migrates from colon to perianal area to deposit her eggs. Causes severe rectal itching.



Female Pinworm: Magnified 10x. 8-13 millimeters long. Female migrates from colon to perianal area to deposit her eggs. Causes severe rectal itching.

Cleanse and Purify Thyself

Common parasites such as roundworms lay over 200,000 eggs a day. Hookworms lay 5,000 to 10,000 eggs a day and can live for about 14 years. It's scary stuff.

Parasites can live anywhere in the body – the lungs, liver, lymph glands, heart, prostate, bile ducts, skin, appendix, muscles, and brain. One autopsy of a woman revealed five tapeworms in her head. Most, however, abide in the intestinal tract. If they cause damage to the liver or to the nerves in the head or spine, symptoms can occur anywhere in the body. Similarly, if worms are in the intestinal tract, they can cause problems in the heart, liver, kidneys, brain, and so on by their toxic secretions.

Only a few parasites are deadly, but the others can certainly cause a great deal of trouble. Symptoms of parasite infestation mimic many other diseases, thereby avoiding accurate diagnosis. Few medical doctors understand the significance of this increasingly serious situation or fail to take parasites seriously even though their own journals and textbooks reveal they should. Seldom do they look for parasites in their patients. And even if they suspect parasites, few can effectively identify and treat them. The stool test, the most standard procedure, is not consistently reliable and it's now recommended that multiple tests be taken. True experts test a mucosa smear, which has proven most effective for discovering intestinal parasites. When a doctor has tried every diagnostic trick and can't discover the source of a problem, it may very well be parasites.

Here is a comprehensive (but not exhaustive) list of parasite disease symptoms I've noted over the years:

Abdominal pain
Acute muscular inflammation
Acute, chronic constipation
Anemia
Anorexia
B-12 deficiency
Bleeding rectum
Blindness
Blood in feces
Bloody spit
Blurry vision
Burning urination
Burping
Central nervous system impairment
Chest pains
Chills
Chronic fatigue
Colitis
Coughing
Diarrhea
Digestive disturbance
Disfigurement of various body parts
Dizziness
Fever
Headaches
Irritability
Itching
Jaundice
Joint pain
Loss of sleep
Lung and bronchial congestion
Malaria-like chills and fevers

Cleanse and Purify Thyself

Malnutrition
Mental problems
Muscle pain/spasms
Nausea
Night sweating
Pain in appendix area
Pain in guts
Poor memory
Rashes
Rectal prolapsus
Short of breath
Skin ulcers
Sweating
Swelling of eyes, face, etc.
Typhoid fever symptoms
Vomiting
Weak immunity
Weakness
Weight gain
Weight loss

**Enlargement and malfunction of organs such as the liver, spleen, lymph nodes, heart, and gallbladder.
Vaginal inflammation with yellow, frothy, foul-smelling discharges.**

You may be asking how a clean-living person could possibly become infested with parasites. Taking a shower does not mean that one is clean on the inside, and the inside is what really counts. What does your breath smell like in the morning? If your mouth is sweet and pleurably kissable, then maybe you're clean. If it's otherwise, you've created a condition that can or has attracted parasites. Junk foods, processed foods, and foods fried in oils (e.g., French fries) are

like magnets to parasites. These so-called “foods” overwork and weaken the stomach, pancreas, kidneys, liver, heart, and other organs. They severely strain the body’s immune system, help create mucoid plaque, and produce the ideal breeding ground for parasites. Meat and fish are major sources of parasites. Parasite eggs are extremely resistant to heat and cold. Unless meat and fish are extremely overcooked, the eggs may survive. Some of the more serious infections (especially those involving large worms) find their way into the human body when one eats cooked pork, beef, fish, or any other creatures that have eyeballs, legs, fins, or pincers. Fish may be the worst; most fish today have parasites, and eating raw fish is like rolling out the red carpet to parasites. Touching infected dogs, cats, and other animals may also lead to picking up parasite eggs or even parasites themselves. Other methods of infection include the following:

- Drinking or swimming in infected water.
- Bites from flies, mosquitoes, ticks, or animals.
- Contacting filthy environments through breathing or touching (remember, just like cockroaches, parasites thrive in a filthy environment).
- Eating foods grown in infected soil, especially soil that has been fertilized with pig dung.
- Eating raw water chestnuts.
- Walking barefoot on infected soil.

A major cause for parasite infestation is a deficiency in electrolytes (e.g., sodium, potassium, chloride, calcium, and phosphate). An electrolyte deficiency can stop hydrochloric acid production, thus allowing parasites to pass through the stomach without being killed by the acid. They then pass into the small intestine where they can live long lives nestled within the layers of mucoid plaque, happily living on the undigested proteins and processed foods that help build a

filthy internal environment. Their toxic excretions and presence irritate the intestinal wall, triggering the secretion of more mucins and further contributing to the toxicity of mucoid plaque and the body as a whole. Anti-parasitic drugs called vermifuges that utilize pharmaceutical de-worming agents have great difficulty penetrating the mucin barrier of the plaque.

Once parasites are established in the body, the only sure way to get them out is to eliminate the filth that they feed on. Have you ever seen flies in a clean garbage can? Parasites will thrive until the following missions are accomplished: plaque and filth are removed; the bowel pH returns to normal; the correct bacteria are repopulated; the diet is cleaned up; the digestive system functions normally; hydrochloric acid production is restarted; and the intestinal immune function kicks back in. Without all these systems back online, worms and parasites have a good chance for a long life.

Remember this promise and take heart: “Cleanse and purify thyself and I will exalt thee to the throne of power!” No, this throne of power is not the porcelain throne; it’s a state of self-mastery where we are in control of our lives. However, long before you recognize *that* throne of power, you will need to recognize the power of the porcelain throne and to use it.

Years ago, I suspected that I might have a tapeworm and who knows what else. I tried various remedies with no obvious results. I consulted Dr. Jensen, and he explained that the only truly effective means he knew of to eliminate worms was to eat nothing but raw onions and garlic for three days and then to take a strong herbal laxative on the last night. His directions included sitting in warm milk the next morning when it was time for a bowel movement. Worms love milk, and the theory is that weakened worms will end up in the colon after fleeing from the raw onion and garlic but will

slither back up if they feel cold air. If they sense the warm milk instead, they will head for the exit.

I never recommend anything that I haven't tried myself, and so my expert herbalist friend, White Crow, agreed to join me on this particular cleansing adventure. We took off for the mountains to try out the remedy and went through three days of agony. We even sat in the warm milk – which turned out to be the most hilarious moment of my life and whose details shall remain unwritten! The only thing that came out was a one-inch hookworm. Dr. Jensen was a brilliant doctor but even geniuses aren't right all the time. Moral of the story: I have never recommended this procedure to anyone.

About a year later I was in Tucson, cleansing and experimenting with eating one meal a day. I had made tremendous progress but I still had a long way to go and much to learn. The only part of my digestive system that was not completely free of mucoid plaque was the stomach and perhaps a few other small areas where I held stuck emotions. I was certain of this because I still had an apparent hydrochloric acid deficiency and there was one small spot of discoloration on my tongue that hadn't yet cleared. According to Chinese medicine, that spot was a key reflex point.¹³¹ On the fourth day of cleansing I had just finished taking a psyllium and bentonite shake when I unexpectedly and suddenly found myself gulping for air. I doubled over and grabbed my stomach. For about 20 minutes I stood bent over, holding my stomach, unable to stand upright! It felt like something was trying to turn my stomach inside out. Surprisingly, it wasn't painful but it was a very weird and uncomfortable feeling. Then, just as suddenly as it had come, it disappeared and never returned. The next morning, I

¹³¹ Chinese medicine uses tongue analysis to help reveal conditions in other parts of the body. Similar to the iris, but not nearly as complex, the tongue reflects conditions in the stomach, liver, and other areas of our body.

passed a four-foot-long worm. The morning after that I passed either another worm or a piece of the previous one that was about a foot long. So, beware: Once you start cleansing seriously, such an experience could happen to you. But be thankful if it does!

One woman who dealt with what turned out to be a serious infestation of parasites swore that cleansing and *herbal* vermifuges were responsible for saving her life. Mentally and physically, she had been in a deplorable state for many years and no doctor had been able to help her. Within a week after she began cleansing, worms began to evacuate her body by the cupful! At night they even came out through her mouth and nose. She called my office and told my staff what was happening; it was almost unbelievable. A few weeks later she did another cleanse and this time she added an herbal vermifuge program to it. Once again large numbers of worms exited her body. For about a year and a half worms continued to leave her body and as they did, she became stronger and stronger. Finally, when it was over, she had achieved a state of health that exceeded her greatest expectations, for she had truly thought she was going to die. She had read my book and told me that it gave her hope again. A few years later I met her and her husband in person. With tears and hugs, they expressed their deepest appreciation for me and for cleansing. She said that cleansing had been her last hope, because no doctor or treatment had been able to help her.

I believe that people are better off doing at least one thorough intestinal cleanse before they attempt to remove parasites. If a person has a serious parasitic infection such as *Giardia*, malaria, or the like, then it's necessary to take care of that immediately. Nonetheless, I always recommend cleansing during these events, for cleansing will effectively relieve the body of a great deal of the toxins that parasites continually emit. It will also begin to break down their

strongholds, and in many cases will remove some of the parasites as well.

The Unique and Many Health Benefits of Intestinal Cleansing

Up until I had written the early editions of this book, I had used almost every cleansing program available, and there were quite a few. I've used skin and lymph cleansing; liver, kidney, urinary, and gall bladder cleanses. I have used hundreds of different herbs: Chinese herbs, Ayurvedic herbs, and wild unknown herbs. There were homeopathic remedies, sweats, foods, juices, water, exercises, electronic equipment, the mind, visualization, and all sorts of so called "cure-alls." I've done water fasts and fasts with various combinations of water and juices. And nothing, absolutely nothing, works like the magic of a superb intestinal cleanse. Not only that, but all other health programs become much more effective following a thorough intestinal cleanse.

The intestinal tract controls the assimilation process as well as the body's elimination processes. Remember: *The bowel (intestinal tract) is the hub of our body.* It can be likened to a septic system in a house. If your leach line becomes clogged, you may find septic debris backing up into your bathtub or shower and maybe into your sinks. Similarly, when the bowel is congested, the blood and lymph also become more congested. More bulk waste is removed via the bowel than from any other eliminative organ. When it becomes clogged, it continues to back up until the pressure or blockage is released. Water fasting, juice diets, herbal teas, and enzymes cannot remove the primary offender: mucoid plaque.

By keeping the entire alimentary canal clean we are also keeping the lymphatic system, the blood, the brain, and the entire body clean. The intestines are the key; they are the core

of all the body's physical functions. Dr. Jensen taught that if the bowels are dirty, the blood is dirty, and then every other part becomes contaminated. Therefore, to enjoy greater health, energy, endurance, strength, and mental alertness, the bowels, liver, and all the other organs of the body need to be kept clean.

Cancer, germs, viruses, and other maladies cannot exist in a body with a strong immune system. Nor can parasites. A strong immune system creates a strong body and keeps everything in working order. We need a strong digestive system with maximum hydrochloric acid production, alkaline bile, and alkaline blood to have a strong immune system. Again, I remember Dr. Jensen's adage: "If you step on a cat's tail, it's the other end that yells." His statement reveals a great truth: The whole body is interconnected and works synergistically with every other part. Sadly, we seldom see this wisdom demonstrated in conventional medicine. The most effective way to treat any disease is to treat the whole body, not just an isolated part or aspect of it. This is why naturopaths recommend nutritional supplements and good diets. Supplements and diet are not meant to "cure" a problem; they provide strength and support to the body so it can cure itself.

CHAPTER 7

Characteristics of an Effective Cleansing Program

“Only the brave and the strong in spirit can hope to climb the precipitous mountainside to Divine knowledge, the weaker ones having to take the slower path, as any other course would inevitably result in their destruction.”

—Cyril Scott, English composer/poet

A potent herbal cleansing program, whether for the bowels, liver, or any other organ or system, can cause “cleansing reactions” such as headaches, nausea, and fatigue. Most reputable companies are aware of this and that their customers can easily become frightened and confused should such reactions occur. A company truly dedicated to advancing good health through cleansing will provide experienced customer support and cleansing-related assistance to those experiencing the occasional cleansing reaction.

Pace Yourself!

For a cleanse to be effective and health-nurturing, it must be geared to the level of the individual. A deeply powerful cleanse releases old toxins very quickly, and only someone who has already achieved a significant level of strength, health, and cleanliness can handle it. When one is weak, nutritionally deficient, or fighting illness at the onset of a cleanse, the process must be undertaken more slowly lest the body’s ability to remove toxins be overwhelmed. Cleansing too fast can result in increased and unnecessary stress and extreme cleansing reactions. I therefore recommend pacing oneself as needed. My preferred program is divided into graduated phases with decreasing amounts of food as one progresses into deeper levels of cleansing.

Cleanse and Purify Thyself

- **Mildest Phase (2-1/2 meals daily)**
- **Gentle Phase (2 meals daily)**
- **Power Phase (1 meal daily)**
- **Master Phase (juices only)**
- **Master Phase – The Ultimate (water only)**

Each phase includes herbs, bentonite-psyllium shakes, and a probiotic. I also highly recommend taking minerals (both electrolyte and trace), lots of fresh raw juices (except when doing the Master Phase), a chlorophyll-rich super food added to juice or taken as a capsule, and copious amounts of fresh pure water.

During each phase, you should always feel relatively good. Mild cleansing reactions are to be expected such as headaches, aching muscles or joints, sweating, rashes, bad breath, sleepiness, fatigue, dizziness when standing, and occasional nausea. When these occur, it's because the body cannot remove the toxins and acids as fast as they are being released from storage into circulation. This is usually associated with a weak liver and/or kidneys. I am no longer a proponent of "toughing it out," which is how I saw it in the early days. To reduce cleansing reactions, we simply need to give our elimination organs some extra assistance with the following steps:

First take a colonic or a series of enemas (a colonic is better).

If that doesn't help, take a *coffee* enema.¹³²

If the enemas don't help, change to a phase that has an additional meal. Stay on that phase until the body has

¹³² See Appendix 4: "How to Take an Enema."

mellowed out and you are feeling good again. Eating a bit more or eating some heavier foods (such as potatoes) will slow the cleansing process quickly and allow the elimination organs to catch up by handling any back-up of toxins.

Then progress again through the phases at a comfortable pace.

Allowing yourself to feel bad and “gut it out,” so to speak, can place unnecessary stress on the liver, kidneys, and heart and simply isn’t necessary. There could also be an instance where a person has something going on that requires professional assistance. It’s very important to listen to what your body is telling you.

Alternating Between Phases

One of the advantages of alternating between phases is that cleansing reactions can be controlled and a social life accommodated. In other words, we can switch back and forth from one to the other as needed. In this way the cleansing reactions are kept to a minimum and energy is maintained so that you feel fine throughout your cleanse. The milder phases are also perfect for those who have an exceptionally heavy work schedule, social obligations, excessive toxicity, severe energy problems, or just don’t have the willpower to do the Master Phase. Whatever the approach chosen, most people continue to work full-time while cleansing.

Here’s an example: Let’s say a person begins with a Gentle Phase (two meals per day) for two or three weeks, then spends a few days on a Power Phase (one meal per day), and then progresses to a Master Phase of cleansing. Three days into the final phase, he starts feeling tired, which affects his work. It’s a good idea, then, to switch back to a Power Phase and eat one meal a day. Perhaps this will perk him up so he feels better and the next day he goes back to the Master Phase.

If he hasn't perked up, it may be a good idea to stay on a Power Phase for a while longer or even to go back to the Mildest or Gentle Phase. Eating meals will slow down the pace of the cleansing and reduce the toxic flow. On the weekend he may want to try the Master Phase again. Then on Monday he can go back to one of the other phases if needed. It's healthier to be flexible and to pace oneself. Rome wasn't built in a day, and neither were the layers of toxicity in your gut!

[Note: It generally takes between four and seven days before the main herbs of a cleanse condition the mucoid plaque to be released. Also, the action of the herbs has a momentum; taking a break from the herbs may require one to start all over again. So it's a good idea to continue taking the herbs during your cleanse even if you eat more meals. They are what make cleansing really work.]

The Elderly, Weak, Extremely Toxic, and Those Who Can't Pass the pH Tests

As explained earlier in the book, many people are deficient in electrolytes. I have found that people who experience the worst cleansing reactions and other problems were almost always deficient in electrolytes. We thus recommend that a person embarking on a cleansing program take a pH test prior to starting. [See Appendix 2.] Those who don't pass it should start with and stay on a very Mild Phase until they build their alkaline reserves and can pass the pH test.

During the Mildest Phase, it's important to eat only alkaline-forming foods and to keep working on replenishing electrolyte reserves. Passing the pH test is a green light to begin the Gentle Phase. (Replenishing electrolyte reserves is discussed in Chapter 3.)

The Mildest Phase: An Introduction to Cleansing

I developed the Mildest Phase for my 79-year-old mother, not because of her age or her toxin levels but because I knew she didn't have the determination to go deeper. It worked, and she had splendid results! Her mind and memory were completely restored, it gave her new energy, relieved severe back pains, and smoothed out her skin to a degree that made her friends take notice. She even shed some extra weight. She was only on it for two weeks.

Anyone should be able to do a Mild Phase cleanse whether or not they have passed the pH tests. No one should have cleansing reactions on this phase. A cleansing reaction during this phase is rare and indicates severe and abnormal toxicity, perhaps even a serious health problem. It is often such people who will give up on cleansing, yet no one needs it more. They would be well-served to find an experienced cleanser or a trained health professional with experience in cleansing and fasting to guide them.

The Mild Phase involves eating two-and-a-half alkaline forming meals per day¹³³ and all the fresh carrot/celery/beet¹³⁴ juice one desires along with a regimen of five sets of herbs and two shakes (described in Chapter 8). The one-half meal should be fruit only. This phase, while mild on the body, is still an effective aid toward improving health and energy. Once you have stabilized with this regimen (meaning that it can be maintained without uncomfortable cleansing reactions and the pH test has been passed), it's safe to advance to the Gentle Phase of cleansing.

¹³³ See the chart on Alkaline-forming and Acid-forming Foods in Appendix 3.

¹³⁴ Those with significant sugar sensitivity should avoid all sweet juices, both fruit and vegetable. However, they may want to take other fresh organic vegetable juices such as kale and other greens.

If cleansing reactions *are* experienced on this phase, here's what to do:

- Drink more liquids.
- Increase intake of an organic electrolyte mineral supplement made from dehydrated vegetable juices.¹³⁵ (Electrolytes give the body what it needs to remove toxins and acids.¹³⁶)
- Take a colonic or an enema if elimination is sluggish; by sluggish, I mean less than three voluminous bowel movements daily.
- Increase intake of a cleansing herbal formula containing cascara to achieve three to four easy eliminations daily.
- Eat more heavy foods such as potatoes to slow down the cleansing process.

Consider consulting a doctor who understands cleansing and/or call the "Cleanse Support" team that represents the company where you purchased your program.

The Gentle Phase: The Beginning of Deeper Cleansing

Anyone who has passed the pH test can begin cleansing with the Gentle Phase. Again, it's rare for anyone to have a cleansing reaction on this phase. It involves eating two alkaline-forming meals per day and drinking all the fresh carrot/celery/beet juice one desires along with a regimen of

¹³⁵ Dehydrated vegetable juices contain the most concentrated sources of organic electrolytes available.

¹³⁶ Many cleansing reactions are caused by acids being released from the body. The body needs electrolytes to safely remove these acids. When the body is deficient in electrolytes and acids are being released, cleansing reactions can be severe.

five sets of herbs and three shakes. (The only difference from the Gentle Phase is eliminating the half-meal.) During this phase the herbs begin to prepare and soften up mucoid plaque for removal. There are plenty of benefits in this phase alone and many choose to avoid the deeper phases for their first cleanse. Everyone should stay on this phase at least one week or until mucoid plaque is being released and there are no cleansing reactions; then it's time to progress to a deeper phase.

It sometimes happens that, during these beginning phases of cleansing, people discover they have a serious parasite infestation. In this case, stay on either the Mildest or Gentle Phase and initiate a good herbal parasite program.

[Note: I recommend that first-time cleansers do a Gentle Phase cleansing for three weeks before venturing into a deeper phase. The more toxins that are removed before the Master Phase cleansing, the easier, more effective, and efficient the Master Phase will be. Those who have previously accomplished the Master Phase need only do a minimum of one week of the Gentle Phase.]

A word on colon flushing: Most people don't need colonics or enemas during the Mildest and Gentle Phases. However, as in all the phases of cleansing, if one doesn't feel good, it's a call to flush out the colon. The vast majority of people have no idea how effective colonics and enemas are. They can literally remove pounds of waste, much of which is highly toxic. Even more important, relieving the colon accommodates the release of toxins from other areas of the body. Feeling bad is a sign that toxins aren't moving out of the body fast enough. When the colon is sluggish, the entire body becomes increasingly sluggish, slowing circulation. The result can be feelings of fatigue, nausea, headache, gas, or just feeling a bit off. There is nothing that can make a person feel

better faster than clearing out a toxic build-up in the colon. When we wash out the colon, even though thick layers of mucoid plaque are probably still stuck to the walls, the rest of the body can speed up the cleansing action significantly.

The Power Phase: Going Deeper

The Power Phase includes five sets of herbs, four shakes, plenty of freshly-made vegetable juice, and one alkaline-forming meal daily. Many people will use the Power Phase for two or three days as a test to determine whether they are ready to go on to the Master Phase. If there are no cleansing reactions, they are ready. As the amount of solid food intake is decreased, the body is freed more and more from its usual digestive tasks and can devote increased attention to its cleansing priorities.

[Note: During the Power and Master Phases, urine pH tests are ineffective because the body will be eliminating so many acids that the tests won't be accurate.]

Master Phase Cleansing: The Final Step to Health

Those who complete this phase have greater mastery over their bodies than the average person. It typically takes one week although some people extend it to 10 days. Unless you're an experienced cleanser, I don't recommend any longer. There are two levels to the Master Phase. In both levels, the standard five sets of herbs and shakes are taken and no meals are consumed. Level One includes fresh, organically grown fruit¹³⁷ and vegetable juices as well as an exceptionally high-quality, chlorophyll-rich, super food blend. Level Two, which I call the Ultimate Master Phase, is exactly like Level

¹³⁷ Orange juice is not recommended while cleansing because it is too acidic.

One except no juices or supplements are taken, so it's very important that electrolyte reserves are at maximum prior to starting to cleanse.

Level Two cleansing is how I originally designed my program 30 years ago. I never used any other phase and thousands of cleansers have done it this way. Those who reach this level often report stories of seemingly miraculous healing. Their results have helped to make cleansing famous in America and throughout the world. It really does work!

Why is this level so much more effective than Level One? When we deprive ourselves of food, the body automatically searches within for its nourishment and uses *only* that which it does not need: undigested proteins and other proteins such as those in yeast, parasites, bacteria and then fats, harmful undigested sugars, growths (including tumors¹³⁸), substances that cause boils, pimples, and other blemishes, mucus, and harmful matter stored in our cells and organs. In other words, everything that could cause a health problem! This is where the so-called "miracles" of cleansing frequently occur and where the "magic" happens, often producing incredible transformations. It seems to work on all levels of our being: mental, emotional, spiritual, and physical.

Inharmonious thoughts and feelings are often stored in many of the proteins that contribute to disease. Perhaps this is why fasting can favorably alter consciousness and remove depression and habits of negative thinking. Many people have described radical shifts in consciousness such as relief from worry, stress, depression, and despair; and have

¹³⁸ As a general rule, people with cancer cannot go without food. Why? Because they usually have so many problems digesting and assimilating food effectively that they are slowing starving and fasting can compound the problem. Individuals with serious health concerns should not cleanse without the guidance of an experienced professional.

achieved optimism, joy, and even states of bliss. Proper fasting never attacks the proteins we need, only the ones we don't need. (Fasting doesn't become starvation until 40 – 60 days of consuming only water. At that point one becomes overwhelmingly hungry and knows that it's time to slowly break the fast.)

How to Properly End a Cleanse

It is the Master Phase with water only that by far produces the greatest rewards as it rapidly removes large amounts of toxins. Regardless of the phase you end upon, there will still be toxins, mucus and undigested proteins present in your system for several days. So, when you **stop** your cleanse it is extremely important to carefully follow the steps below. It is best to allow 1 day of transition for every 3 days of Master Phase cleansing.

- **Take a probiotic after each meal to replenish your Microbiome** (microbes living in intestines): There are over 300 common diseases that medical science has linked to an “altered” microbiome. Therefore, it is essential to replenish your gut microbiome with bacteria natural to healthy humans by taking a probiotic after each meal.¹³⁹ Be sure that the probiotic has a predominance of *Bifidobacteria*. Meaning there should be significantly greater amount (50% or more) of *Bifidobacterium* in the formula than the combined

¹³⁹ After a typical meal your stomach acid is at its lowest point, that is, if it was a typical sized meal. If its a lite meal or a meal of just fruit, then it would be best to take the bacteria about a half hour after a meal or any time between meals. One of the best ways to take probiotics is to pour them into an 8 or 16 ounces of body temperature coconut water, along with chlorella, spirulina, or some other superfood. Shake well and let sit for a few hours and they will reproduce at a rate of doubling every 20 minutes.

total of *lactobacillus bacteria* and other non- bifidum strains. More on this in Chapter 10.

- **Start your first day after the Cleanse with a psyllium shake** (no bentonite) followed with 16 ounces of pure water. Half an hour later, drink another 16 ounces of water to prevent any chance of dehydration, which can cause constipation. Drink at least 64 ounces of liquid during the day during the colder months and more liquids during the summer.
- **Transition slowly:** The key is to gradually taper off of the Cleansing process and ease into a transitional diet followed by a healthy alkaline forming diet. This can be done by continuing to take Psyllium only (no bentonite) shakes and one set of herbs a day. Decrease the herbs by one capsule of each formula per day. After stopping the herbs, continue with the psyllium for a few more days. Psyllium is the best and most gentle of all fibers. It greatly assists peristalsis. Continued use of the herbs for a few days or longer if needed will also help keep the bowels moving until your body has adjusted to eating again.
- **Don't let your body become constipated or dehydrated:** Continue to drink plenty of pure water. If toxins become lodged in the liver or any other organ or tissue, you will not feel well. Be sure that you are having 3 to 4 bowel movements daily.
- **Should Constipation Occur:** Some people become constipated for a couple of days just after a Cleanse. Because about 40 to 60% of a normal stool is composed of bacteria it takes several days to build that up again, especially if a probiotic wasn't taken

regularly during the Cleanse. Once the bacteria has been reestablished, bowel movements should be normal which means 3 BMs if you eat two meals daily and 4 BMs if you eat 3 meals daily. Those who are usually constipated may find their problem has been solved after their first Cleanse and the bacteria re-established. If not, they should take one psyllium shake a day, without bentonite, for another week or two. This will supply the needed fiber to keep things moving. If necessary, take the herbs to keep the bowels moving and plan on doing another Cleanse in 7 or 8 weeks.

- **Continue to take Probiotics:** Remember to take one or two capsules of the probiotic 10-20 minutes after eating for at least the first week after your cleanse. If you have left over Probiotics continue taking them until gone.

Transition Diet - Day 1

Breakfast: Enjoy a breakfast of organically grown fresh fruit, a green drink or a smoothie an hour after your psyllium shake. Any fresh fruit in season would be good.

Mid-Morning: 2 hours later take the cleansing herbs once again. You should do this to assure a good bowel moment in the evening and the next morning.

Lunch should consist of either fresh fruit or lightly steamed vegetables, freshly-made soup, or a raw salad with natural lemon juice dressing or apple cider vinegar, if you wish.

Supper should consist of fresh, raw fruit or a fresh raw salad if you have sugar problems.

Transition Diet Continued

The following days' transition menu should be fruit or light steamed greens for breakfast, salad, vegetable soup, or lightly steamed vegetables for lunch, and a supper of whatever alkaline forming foods you feel are best. I would suggest fresh fruit.

Your diet is now up to you. Go slowly as you bring grains and other heavy foods back into your diet. Most important, do not over eat!

Read more about eating for good health in Chapter 10.

The Elements of a Superb Intestinal Cleanse

If we truly want good health, we must remove from our body, our mind, and our feelings everything that interferes with the body's ability to function properly.

I first developed an intestinal cleansing program in 1985, and over the years I have continued to fine-tune it by first experimenting on myself, then on friends, animals, and even on my own mother!¹⁴⁰ There was even a time when I had dozens of Petri dishes filled with pieces of mucoid plaque combined with various herbs, enzymes, and other ingredients. Using a powerful medical microscope, I studied the effects those different substances had on the plaque. One iteration dissolved the mucoid plaque into liquid while still inside the intestines. I thought this one was best, but while most people had superb results, many complained because they didn't see the mucoid "ropes" coming out of them – only blackish green liquids. So, I chose another that people liked the best because seeing the ropes was part of its appeal.

If performed properly, deep intestinal cleansing can be safely done by just about anyone at any level of health and age. Following is what I have found to be the most beneficial approach to getting the most out of such a cleansing.

¹⁴⁰ For more information on Dr. Anderson's most current research, see his web site: <http://www.cleanse.net>

Herbs: The Foundation of any Viable Cleansing Program

Before I begin, a word about the regulatory environment. I've been clear in stating how, ultimately, intestinal cleansing helps the body to heal itself. And yet while the press likes to report "bad herbs gone wild" stories, the herb and supplement industry is highly regulated by government agencies. In my opinion, too highly regulated.

There are certainly plenty of "snake oil" salesman who are happy to take your money for a useless product, giving our regulators some justification for taking legal actions where warranted. There are supplements on the market with poor quality and little or no potency just as there are good and bad products in all streams of commerce. It always comes back to the adage "buyer beware": Do your homework and learn for yourself which companies have a long-term track record of producing a quality product. Purchase only products with a money-back guarantee. Beware of cheap prices.

Still, I'm convinced that the real reason behind the government's strict control over these products isn't to protect people but to protect pharmaceutical sales, even though "legal drugs" are much more dangerous.¹⁴¹ Consider the number of deaths related to the use of legal drugs over the last few years. Since 1999, the number of deaths caused by prescription opioids, for example, has increased five-fold and

¹⁴¹ Mercola, Joseph. "Pharmaceutical Drugs are 62,000 Times More Likely to Kill You than Supplements." Mercola.com. July 24, 2012.

continues to go up.^{142,143} If herbs did that, there would be no herbs for sale. But they don't. They are generally very safe and effective as long as the quality is high and common sense is used.

Herbal Formulas: The Heart of Deep Cleansing

Most people don't have access to fresh raw herbs, but my research revealed that dried herbs are very effective when combined properly. I developed two proprietary formulas containing the specific herbs that caused the tremendous cleansing Crow and I experienced while eating raw, fresh herbs in our special meadow. While I cannot share the exact formulas or mention brand names, I will share that the most effective programs I know of contain an herbal formula designed to increase peristalsis and soften mucoid plaque which is then combined with a second formula to provide nutritional support during cleansing. Ideally the two formulas work synergistically, enhancing each other to achieve the desired effect and ensure a maximum and safe cleanse.

Obviously, the herbs we found in that high Sierra meadow were native to North America and most are common throughout the U.S. When I developed the formulas I also included some herbs not encountered in that special meadow because of their superb nutritional and cleansing qualities such as sea weed and Goldenseal. But when Goldenseal became highly endangered, I replaced it with Baikal Skullcap.

Many of the herbs contained my formulas are highlighted below. Look for these same herbs in any cleansing program

¹⁴² Seth P, Scholl L, Rudd RA, Bacon S. "Increases and Geographic Variations in Overdose Deaths Involving Opioids, Cocaine, and Psychostimulants with Abuse Potential – United States, 2015-2016." *MMWR Morb Mortal Wkly Rep.* ePub: 29 March 2018.

¹⁴³ "Prescription Drugs Responsible for More Deaths than Illicit Drugs." Unity Behavioral Health (unityrehab.com). 2016.

you consider, especially those that are wildcrafted and organically grown.

Herbs for Cleansing and Increased Peristalsis

Baikal Skullcap helps to eliminate infections and inflammation, regulate liver functions, and support kidney function, the gastrointestinal tract, and the respiratory system. It's also considered to be antibacterial, antibiotic, antifungal, anti-inflammatory, antioxidant, antiseptic, antitoxin, antiviral, and anti-yeast. Parasites in the blood or the intestines don't like this herb.

Barberry Bark is a powerful stomach and intestinal cleanser as well as a blood purifier. It helps to eliminate constipation and mucoid substance. Containing important antiseptic properties, barberry bark helps all liver problems.

Cascara Sagrada Bark, a sacred herb to the Native Americans, keeps things moving and rebuilds the peristaltic action in the intestines. It stimulates the gall bladder and adrenal glands. It has a major effect on removing mucoid substance and rebuilding the digestive system by increasing secretions of the stomach, liver, and pancreas.

Cayenne is one of the most valuable herbs in the medical world. It is absolutely harmless yet one of the most powerful stimulants known. Nothing can stop heart attacks or strokes faster, safer, or more effectively than cayenne. It brings power and strength to the body. It heals stomach and intestinal ulcers. No natural substance stops bleeding as well as cayenne. This marvelous herb greatly assists the cleansing and rebuilding of the digestive system and increases the effectiveness of other herbs.

Fennel Seed helps take away appetite. It helps remove waste from all parts of the body, improves digestion, reduces

Cleanse and Purify Thyself

gas, kills pinworms, calms the nervous system, and helps buffer the gripping effect of cascara.

Ginger Root removes congestion, relieves headaches and other aches and pains, improves circulation, settles the stomach, and reduces fever and gas. It also enhances the effectiveness of herbs in any formula.

Lobelia is an excellent herb for the elimination channels, especially lymph. It removes congestion and other obstructions from the body and is a great help in cases of cramps or pain. Many use it to induce vomiting. It's also known to help remove catarrh, spasms, worms, fever, lung problems, and nervousness. The late herbalist and naturopathic physician John Christopher said "there is no vegetable which the earth produces more harmless in its effect on the human system, and none more powerful in removing disease and promoting health, than lobelia."¹⁴⁴

Myrrh Gum helps build the immune system and is one of the most effective stomach and intestinal cleansers/healers known. A wonderful antiseptic, myrrh helps rebuild the digestive system and remove gas.

Plantain helps remove intestinal plaque. It's one of the best blood purifiers known. A good liver herb, plantain also works well to improve the functioning of the kidneys and helps to prevent gas and diarrhea.

Red Raspberry Leaf helps to prevent hemorrhages and diarrhea. Supplying iron to the system, it builds blood and increases energy. It also creates an astringent and contracting activity within the intestinal membranes that helps dislodge

¹⁴⁴ Dr. John R. Christopher, *School of Natural Healing, Sixth Printing*, (Springville, Utah: Christopher Publications, Inc, 1976), 359.

mucoïd matter and eliminate other intestinal problems while improving digestion.

Rhubarb Root acts as a tonic to the liver and gall ducts. It's a mild laxative yet it represses diarrhea. It cleanses the mucous membranes in the digestive system and helps remove mucoïd buildups. High in Vitamin A, B-complex, and calcium, rhubarb root helps rebuild the digestive system and reduce blood pressure and inflammation.

Sheep Sorrel is a potent kidney, liver, and blood cleanser. This herb digs deep and pulls toxins out from all over the body. It also helps strengthen the immune system and is a strong anti-oxidant. It has proven to be highly effective for all bowel problems. These are just some of the reasons it's one of the four herbs – along with Burdock Root, Slippery Elm, and Indian Rhubarb Root – used in the famous Essiac herbal formula traced to the Canadian Ojibway Indian tribe.

Herbs Known for their Purification Properties and Nutritional Support

Alfalfa is so high in vitamins and minerals that it's actually easier to list what it *doesn't* have: vitamins B1, P, and T. Alfalfa is noteworthy for its exceptional amount of trace minerals, for having all eight essential amino acids, and for being especially high in vitamins A, K, and D, calcium, phosphorus, iron, and potassium. It increases energy and endurance and helps digestion and the assimilation of calcium, protein, and other nutrients. A body cleanser, natural deodorizer, and infection fighter, alfalfa also contains chlorophyll.

Burdock Root, a member of the Essiac formula, is one of the best blood purifiers known. It's also been shown to purify the bladder, kidneys, liver, lymph, skin, and the urinary system,

helping the body to remove toxins from the liver and kidneys and also to process sugar.

Chickweed is soothing and healing to the body both on the outside and inside. It helps to calm body tissues during deep cleansing which reduces physical stress. It, too, is a blood purifier and has been used as an antidote to blood poisoning. It tastes great and it was always a pleasure adding chickweed to our salads when White Crow and I were living off the land.

Cleavers is an amazing herb whose main benefit is helping to cleanse and purify the lymphatic system. Did you know that we have about 11 pints of blood and 50 pints of lymph in our body and that blood never actually contacts cells? Each cell is surrounded by lymph; they receive their nutrients from lymph and discard their waste through lymph. The lymphatic system is a major player in our immune system. When the immune system is weak, the lymph becomes laden with sludge, causing the lymph fluids to turn dark amber (they should be clear or white). Cleavers not only decongests the lymph system; it stimulates the lymph to dump its waste. As it decongests and stimulates the lymph, it does the same with the liver, kidneys, bladder, skin, breasts, and the entire urinary system. Cleavers works especially well with Burdock and Sorrel.

Dandelion is one of the richest sources of vitamins and minerals in the botanical kingdom. It is high in vitamins A, C, E and the B vitamins, potassium, calcium, and organic sodium. A blood purifier, dandelion helps anemia. It also cleanses and stimulates the liver and helps treat hypoglycemia, rheumatism, and gall bladder, spleen, and stomach problems.

Irish Moss has an exceptionally high content of nutrients including vitamins A, D, E, F and K as well as iodine (a key mineral missing in most diets), calcium, and sodium. Irish Moss also contains phosphorous, potassium, and organic

sulfur plus 15 of the 18 elements composing the body! It's good for the bladder, intestines, and glands (especially thyroid). It also aids bronchitis, goiter, varicose veins, and lung and joint ailments.

Kelp is a rich source of vitamin A and the B-complex vitamins as well as C, E, G, K, and S. It contains nearly 30 minerals including every trace mineral. Containing large amounts of iodine, it bolsters the thyroid and pituitary glands and helps digest food by stimulating the digestive secretions of the stomach and pancreas. It stimulates metabolism and helps burn excess calories while cleansing and strengthening the entire body. It also helps to remove plaque from the arteries, gall bladder, and kidneys. It's very good for the complexion, wrinkles, and skin and can help treat asthma, diabetes, eczema, and goiter.

Marshmallow Root is probably the most useful member of the herb kingdom for treating inflammation of the alimentary, respiratory, and urinary systems. Other conditions that can benefit from Marshmallow Root include blood in the urine, bronchitis, stomach and intestinal problems, the gums, hypoglycemia, infections, swollen joints, any kind of kidney problem, the prostate, rashes, sore throat, vaginal irritation, and coughs.

Red Clover Flowers are great blood and tissue cleansers that penetrate deep to dislodge toxins stored anywhere in the body, especially the lungs and bronchioles. They improve liver Qi (Chi) and liver function and work on all four elimination organs. Jethro Kloss, author of *Back to Eden*, wrote, "Red clover is one of God's greatest blessing to man. Very pleasant to take and a wonder blood purifier. . . Red clover is

exceedingly good for the C thing no one wants, no matter where it is located.”¹⁴⁵

Uva Ursi is one of the best herbs for treating a toxic, congested, or dis-eased urinary system including the kidneys and bladder. It helps remove blockages, infections, inflammation, stones, painful urination, incontinence, pus, urethritis, urinary bleeding, and ulceration. It also helps with menstrual issues and works on the liver, prostate, and spleen.

Yarrow (flowers) is something I eat almost every time I hike in the mountains. A much more potent herb than most herbalists know, you can taste and smell its power. Yarrow is my favorite diaphoretic (sweat-inducing) herb and can be used for many conditions. It is highly effective for eliminating congestion, sludge, and mucus and has a healing and soothing effect on all mucous membranes. It's great for colds at every stage, an excellent blood purifier, and effective for kidneys, bladder, and liver problems. According to Dr. Christopher, “Yarrow regulates the functions of the liver, and it is especially beneficial in its influence on secretions throughout the entire alimentary canal; it tones the mucous membrane of the stomach and bowels and is healing to the glandular system. Yarrow will never weaken a patient because of its tonic action.”¹⁴⁶

Used alone, herbs in proper combination will do the job. To ensure maximum comfort and results, I've also recommended that people add bentonite/psyllium shakes and a good probiotic to their program.

¹⁴⁵ Kloss, Jethro. *Back to Eden*. Originally published 1939 by author. Revised editions available.

¹⁴⁶ *Ibid* 153

Probiotics

While cleansing, it's very important to replenish the gut daily with the proper intestinal flora (friendly bacteria). I thoroughly discuss this topic in Chapter 10, but for now please note that unless you have a yeast or pathogenic bacterial infection, a more alkaline-forming bacterial formula is recommended. Most probiotic formulas rely primarily, if not entirely, on *lactobacillus*, which is acid-producing. The best probiotic to use during and immediately after cleansing is one that is highly populated with *Bifidobacterium*, including *B. infantis*, *B. bifidum*, and *B. longum*.

Psyllium Husk Powder

First of all, psyllium husk powder should not be confused with psyllium seed or whole psyllium husk. If you use either of these two latter forms of psyllium, you will need at least twice as much as psyllium husk powder. And, psyllium seed is practically useless when used in cleansing.

In the early days we didn't use psyllium or bentonite when cleansing; we only used the herbs. The majority of people involved at that time were vegetarians and their experience with cleansing was generally without incident. As I came into contact with more and more meat eaters who wanted to cleanse, however, I started hearing complaints of headaches, nausea, tiredness, and other cleansing reactions. I quickly realized that these people were highly toxic – much more so than the vegetarians – and their toxins were not being eliminated quickly enough to avoid a reaction. I found that if these folks added psyllium and bentonite shakes to their program, most of those complaints disappeared, which made everyone's cleansing more effective and comfortable.

Psyllium powder, when used with liquid bentonite or other liquids, produces a mass of soft jelly-like substance. It

tends to grab and loosen mucoid plaque and carry it right on out. It also serves as a broom, sweeping away loosened debris. Using bentonite with psyllium can increase cleansing effectiveness ten-fold.

A word of caution concerning psyllium: Historically there have been two versions of psyllium available to the public, both India. Herbs originating in India typically carry high levels of contamination from either pathogenic bacteria and/or protozoan parasites. Some of these microorganisms have the potential to cause severe, long-lasting disease and even death to people who have weakened immune systems (and most people do have weakened immune systems). Therefore, the FDA and every credible herb supplier in America demand that psyllium be sterilized. Unfortunately, most sterilization is done with radiation or ethylene trioxide (ETO) gas, neither of which is acceptable to anyone who cares about health. Radiation leaves long-term, harmful nuclear particles; ETO is simply another poison that can cause headaches, nausea, and possibly liver and kidney damage, and has been associated with development of cancer.¹⁴⁷ It is claimed the ETO evaporates from psyllium within a few days after treatment. This claim comes from the manufacturers of ETO and is absolutely not true.

Fortunately, more and more psyllium today is being treated by a non-toxic form of sterilization that uses a special steam heat procedure that eliminates all microorganisms and leaves the psyllium with a new and pleasantly clean taste that is free of toxic residue. Make sure your psyllium is organically grown or labelled as heat-treated or non-radiated / non-ETO.

¹⁴⁷ "Neurological disorders and even death after exposure have been reported. Probable human carcinogen." From research conducted by the Seveso II Council Directive, <http://mahbsrv.jrc.it/Framework-Seveso2-Annex1.html>, page 17 of 37 under Ethylene oxide.

Bentonite

Bentonite, also known as montmorillonite, is a marvelous substance made by Mother Earth: a clay formed by the sedimentation of volcanic ash. It has been widely used around the world by native peoples for generations internally and externally.¹⁴⁸ *Calcium* bentonite is the most commonly used and available in dry powder form which mixes easily with water. *Sodium* bentonite is widely used in industrial applications. Pharmaceutical grade *Sodium* bentonite is my first choice but it's difficult to hydrate and requires some skill and the right equipment to blend. I quickly burned out many a blender experimenting with it in the early days.

Bentonite is so useful that I have it in my first aid kit. I even take it backpacking. When used as a paste it draws toxins and inflammation right out of the body. A dab of hydrated bentonite on a bee sting will cause the pain to disappear almost instantly. It will safely dry up pimples faster than any medication. Its powerful drawing effect can clear up boils in record time – the clay just sucks the infection out. Take a bath in it and poisons are pulled out of the skin. Bentonite can even relieve a banged-up knee or elbow that's become painfully swollen. Just place a thick bentonite poultice on the injury and the swelling and pain will be reduced in less than half the time it would take with anything else. I've even used it to pull out slivers and reduce or eliminate some types of skin rashes.

Bentonite can be used during cleansing because it essentially acts like a magnet or sponge, adsorbing an amazing amount of toxic debris from the entire alimentary canal. (*Adsorption* is the process of pulling a substance away; *absorption* describes a process of soaking up.) Depending on

¹⁴⁸ Williams, Lynda B et al. "Bentonite, Band Aids, and Borborygmi" *Elements (Quebec, Quebec)* vol. 5,2 (2009): 99-104.

the type of bentonite, it can adsorb up to 40 times its own weight in toxins, bacteria, and parasites as well as inorganic minerals, drugs and even radiation.¹⁴⁹ Yes, it has even been used to clean up nuclear power plant accidents.¹⁵⁰ Also, bentonite works very well in pulling most heavy metals out of the body.

I have found that nothing works better than bentonite to alleviate food poisoning and/or severe vomiting – as long as you act quickly. I have used bentonite after acquiring food poisoning from eating in a restaurant. I stir two rounded teaspoons of hydrated sodium bentonite in a glass of water and gulp it down. As long as the toxins are confined to the stomach, the problem will be solved within the hour. If you are still having problems after an hour, the toxins have probably entered the small intestines. Then use bentonite with psyllium husk powder *as in a psyllium/bentonite shake*. Gulp it down and an hour later take an herbal laxative containing cascara sagrada. This will cause the bentonite mass catch up with the food poisoning quickly; once it engulfs the toxins, you will start to feel better fast. One hour later repeat the process and the next day you should feel just fine.

Never take more than two rounded teaspoons of *hydrated* sodium bentonite (pre-mixed as a liquid clay), mix them *thoroughly* in about eight ounces of water, and then drink more water. If you are using calcium bentonite powder, use a level teaspoon in eight ounces of water followed by more water or as directed on the label.

Always mix bentonite with purified water when using internally. Dry, powdered bentonite can accumulate in the bowel and cause serious blockage to such a degree that (in

¹⁴⁹ Moosavi, M. "Bentonite Clay as a Natural Remedy: A Brief Review." *Iranian Journal of Public Health*, Vol. 46, no. 9, Sept. 2017, pp. 1176-83

¹⁵⁰ Beresford, N.A., et al. "Thirty years after the Chernobyl accident: What have we learnt?" *Journal of Environmental Radioactivity*. Vol. 157, June 2016, pp 77-89.

extreme cases) surgery may be necessary to remove it. Using too much hydrated sodium bentonite without psyllium can also cause blockage because sodium bentonite swells significantly in water. That is why some hydrated bentonites are very thick and others thin; calcium bentonite swells very little when mixed with water. Either way, it's important to drink plenty of water when ingesting bentonite.

How Bentonite Works

Bentonite is a smectite clay which is characterized by its high ionic negative charge. This quality makes it both highly adsorptive and absorptive. In other words, it draws in, attracts, and holds positively charged ionic substances such as toxins, impurities, viruses, parasites, fungus, bacteria, heavy metals and radiation without breaking them down when the clay is removed or expelled. Once bound to the bentonite, these substances are carried out of the body forever.

Some have expressed concern about naturally occurring aluminum, lead, and other substances in bentonite. These are bonded to the clay and not bioavailable to the human body. I have probably set the world's record in the consumption of bentonite and there are still times I use it every day for weeks. I have no indication of aluminum poisoning and hair analysis has never indicated abnormal levels of aluminum in my body. Not long ago I passed my 76th birthday, and I'm still alive!

There are many studies supporting the use of bentonite. One, for example, found that adding bentonite powder to the diets of pigs significantly reduced tissue concentrations of lead in their blood, brain, liver, bone, kidneys, and hair.¹⁵¹

¹⁵¹ Yu D.Y., et al. Effect of montmorillonite superfine composite on growth performance and tissue lead level in pigs. *Biol Trace Elem Res*. Dec 2008. 125:229–35.

Another interesting study on Tilapia fish found that supplemental bentonite reduced lead content in the kidneys and blood.¹⁵²

How to Use Bentonite

Bentonite should always be mixed with psyllium husk powder when cleansing to create what I call a “cleansing shake.” Psyllium essentially “sweeps up” the mucoid plaque. This loosened debris adheres to the bulk of the psyllium as the bentonite binds loose toxins together, ensuring a quick and complete exit from the body.

The psyllium/bentonite shakes we use in cleansing are never absorbed into the body’s inner sanctum. In fact, it’s downright impossible for any part of psyllium or bentonite to be absorbed by the body. First, psyllium is an insoluble fiber and its particles are too large to pass through the intestinal wall. Bentonite has a powerful negative charge and so does the intestinal wall; they repel each other and so no part of the shake can pass into our bloodstream. Have you ever tried to put two magnets with the same charge together? You can’t. They automatically repel each other. So, it is with the psyllium/bentonite shake that is used in cleansing

When using bentonite, avoid any nutritional or herbal supplement for at least one hour afterward because bentonite will absorb or bind those nutrients and completely inactivate them. Even when used with psyllium, bentonite will absorb anything of nutritional value such as herbs, pro-biotics, and vitamins along with the toxins, pathogenic bacteria, and parasites.

¹⁵² Dai W, et al. Effects of montmorillonite on Pb accumulation, oxidative stress, and DNA damage in tilapia (*Oreochromis niloticus*) exposed to dietary Pb. *Biol Trace Elem Res.* 2010 Jul;136(1):71-8.

Purified Water

Purity is essential when preparing for your cleanse, which includes the water you use. Distilled water, spring water, or well water are fine, but anything with chlorine or fluoride are not, for both are deadly! Chlorine, an extremely virulent poison, has been used to kill people in both world wars. It's highly toxic even in minute concentrations.¹⁵³ That's why chlorine is used in water; it quickly and effectively kills bacteria and parasites. However, clinical studies have shown that chlorinated drinking water has been positively associated with increased risks of chronic myeloid leukemia,¹⁵⁴ breast cancer,^{155,156} brain cancer,¹⁵⁷ kidney cancer,^{158,159} bladder cancer,^{160,161} rectal cancer,¹⁶² and

¹⁵³ Group, Edward. "Toxic Chemical: The Health Dangers of Chlorine." GlobalHealingCenter.com. July 10, 2017.

¹⁵⁴ K Kasim, P Levallois, K C Johnson, B Abdous, and P Auger, Canadian Cancer Registries Epidemiology Research Group. "Chlorination disinfection by-products in drinking water and the risk of adult leukemia in Canada". *American Journal Epidemiology*. Jan 15;163 (2) (2006) :116-26. Epub: Nov 30 (2005).

¹⁵⁵ B A Revich, T I Ushakova, O V Sergeev, and V Zeilert, "Breast cancer in Chapayevsk." Jan-Feb;(1) (2005): 18-21.

¹⁵⁶ D Venarucci, A Vallese, PCatalini, and Venarucci V, "Evaluation of chemical parameters in breast cyst." Jun;35(2) (1993): 108-12.

¹⁵⁷ K P Cantor, C F Lynch, M E Hildesheim, M Dosemeci, J Lubin, M Alavanja, and G Craun, "Drinking water source and chlorination byproducts in Iowa. III. Risk of brain cancer." Sept 15;150(6) (1999): 552-60.

¹⁵⁸ M Koivusalo, T Hakulinen, T Vartiainen, E Pukkala, J J Jaakkola, and J Tuomisto, "Drinking water mutagenicity and urinary tract cancers: a population-based case-control study in Finland." Oct 1;148(7) (1998): 704-12

¹⁵⁹ M Koivusalo, J J Jaakkola, T Vartiainen, T Hakulinen, S Karjalainen, E Pukkala, and J Tuomisto. "Drinking water mutagenicity and gastrointestinal and urinary tract cancers: an ecological study in Finland". *American Journal of Public Health*. Aug;84(8) (1994):1223-8.

¹⁶⁰ K P Cantor, C F Lynch, M E Hildesheim, M Dosemeci, J Lubin, M Alavanja, and G Craun, "Drinking water source and chlorination byproducts. I. Risk of bladder cancer." Jan;9(1) (1998): 21-8.

¹⁶¹ W D King and L D Marrett. "Case-control study of bladder cancer and chlorination by-products in treated water (Ontario, Canada)." Nov;7(6) (1996): 596-604.

¹⁶² Ibid.

melanoma in swimmers.¹⁶³ Exposure to hot water containing chlorine, such as in taking a shower, bathing, or dish washing significantly increased the chlorination by-products believed to cause cancer.¹⁶⁴ And the list goes on and on.

Fresh Juice

During your cleanse, it's best if you drink only fresh juice made from organically grown produce. Make your own juice using apples, peaches, watermelons, cantaloupes, carrots, etc. Apples are best; berries, grapes, grapefruits, and oranges are also good. If you can't make it yourself, buy fresh juice made from organic produce. Never drink juice that isn't labeled organically grown; otherwise, you can be absolutely certain you're receiving traces of poisonous pesticides, fertilizer residue, and herbicides. Commercially grown food is most often nutritionally deficient, possibly genetically modified, and not to be trusted. It would also be wise to never drink juice that contains added sugar, corn syrup, fructose, or any unnatural ingredients.

While it's fine to flavor your psyllium shakes with a little juice, juice is best consumed an hour or so *after* a shake so that the full nutritional benefit of the juice can be enjoyed. Fruit juices help the cleansing process and hydrate the body; vegetable juices help build new healthy cells and tissue.

Drink orange and other citrus juices during cleansing only if you've cleansed several times and have never had a calcium deficiency. Citrus is so cleansing that it can cause *too* rapid elimination of toxic waste, making it difficult for the body to handle. Orange juice is also one of the few juices that is so acidic it tends to extract calcium out of muscle, which

¹⁶³ P J Nelemans, F H Rampen, H Groenendal, L A Kiemeneij, D J Ruitter and A L Verbeek, "Swimming and the risk of cutaneous melanoma." Oct;4-5(1994): 281-6.

¹⁶⁴ C P Weisel, and W J Chen. "Exposure to chlorination by-products from hot water uses." Feb;14(1) (1994): 101-6.

may cause cramping, especially in the toes. Those who have weak kidneys should also avoid all citrus juices.

Note: Anyone who has a yeast infection, such as *Candida albicans*, or who doesn't tolerate sugars, should use plain water when mixing the psyllium shake.

Enemas

Enemas are wonderful inventions for self-care and should be used for the deep phases of cleansing. Constipation is defined by almost every alternative doctor in the know as less than three bowels movements a day when eating two meals a day and less than four when eating three meals a day. Constipation is a serious health hazard and a sign that chronic disease may be developing. It is thus essential to have at least three bowel movements a day when cleansing; if you aren't, you will need to take more herbs which stimulate peristalsis and/or take an enema. Enemas are also beneficial if you are feeling queasy or have a headache. See Appendix 4 for how to take an enema.

Nourishment Support While Cleansing

When people cleanse for the first time, they need to have built up a full spectrum of vital nutrients to nourish the body during the program. It's not wise to force the body into deep cleansing when it may be deficient in the very elements it needs to get the most from the process. However, once our reserves are full, we can do without the nutrients during cleansing – if we are in good health. Here are three that I highly recommend:

High-quality, Chlorophyll-rich Super Food Blend

Look for a formula that is rich in juice powders from grasses such as barley, spirulina or chlorella, seaweed,

mushroom extracts, anti-oxidants, and B vitamins. A powder that can be mixed into vegetable juice makes it easy to consume. The formula may also come capsulated.

Organic Electrolyte Minerals

Many people have not been made aware of the difference between minerals coming from the vegetable kingdom (organic) and those from rock (inorganic). Look for a formula that is made from vegetable sources such as celery and other juices. Electrolyte minerals include calcium, chloride, magnesium, phosphate, potassium, and sodium. As I have stressed throughout this book, they are essential to good health because they help maintain acid-alkaline balance as well as the regulation of nerve and muscle function.

Colloidal Liquid Minerals

Organic trace minerals are essential for life, and because of poor farming habits, our soil has become seriously depleted and most people don't get sufficient minerals from their food anymore. A popular option for a great cleanse is to add an organic, chelated (more easily absorbed), colloidal (suspended, insoluble particles), trace mineral liquid supplement. Minerals in this microscopic state are tiny enough to be absorbed quickly and easily through cell membranes. They come from prehistoric vegetable residue and have been used by millions of people for decades. In the past, they were described as "co-enzymes" because they greatly assist the metabolic enzymes in all processes of elimination. In terms of better health and overcoming disease, they are basic building blocks that assist in healing and rebuilding the body. I recommend formulas that list at least 60 different trace minerals.

Reports on the benefits of using of liquid colloidal minerals have reached near-miracle levels. I've heard isolated

reports of gray hair returning to its natural color (although it didn't work for me, but I didn't take it every day). Rashes, arthritis, cataracts, diabetes, and other problems have been said to vanish after using these minerals for an extended period of time *without side effects*. They can also be used externally on sores and bites and are excellent for burns and the complexion.

Using liquid minerals before, during, and after a cleanse makes for better cleansing. This is not because they are necessary to help in the removal of mucoid plaque; it's because they help the body and bowel to function better. And don't confuse trace minerals with electrolytes – both are vital for life but they are entirely different types of minerals with different functions. Trace minerals can take time to work and it's suggested that you take them for about seven weeks before you judge their effectiveness.

Beware when choosing a liquid mineral formula. Various companies claim a broad spectrum of minerals in their product but many dilute their formulas four-to-eight times with water to weaken the bitter taste; some even add sweeteners. Yes, these formulas will taste better, but you'll pay a lot more for the same amount of minerals. Once, while at a show I bought a quart-sized liquid mineral product being sold at a booth and started drinking straight from the bottle. Within two hours I had finished the entire quart but wasn't experiencing any reactions. If the product had been of any value, I would never have been able to drink even a quarter of the bottle in that time – it would have triggered massive diarrhea.

All quality liquid minerals are bitter. I suggest that you dilute them with either fresh citrus or grape juice. Prune juice works well to disguise the bitter taste and pineapple juice is good as well.

Warning: Liquid mineral formulas can produce a slight acidic effect. It should be used only when a person has a full alkaline reserve of electrolyte minerals. More will be said on the subject of electrolytes and alkaline reserves later in this book.

Summary

If you are planning to purchase a cleansing formula and desire an advanced program, here is a list of things to look for:

- Customer service with a cleanse support system that can be called on to answer questions and provide qualified assistance.
- At least a 14-day program.
- pH testing complete with pH papers and directions for taking the test – regular litmus paper from the drug store probably won't be calibrated for urine and saliva. Look for pH papers with a range of 5.5 to 8.
- Ingredients that are ethically wild-crafted and/or organically grown (some herbs are only wild-crafted and some are never organically grown).
- Probiotics that contain mostly bifidobacterium and lactobacillus bacteria.

Successful Cleansing: The Essential Role of Fresh, Organic Juices and Water

“Choice, not chance, determines human destiny.”

—Anonymous

Drinking fresh juices made from organically grown fruits and vegetables on a daily basis is one of the wisest and most important things anyone can do to achieve and maintain good health. Laboratory testing has shown that organically grown foods can have up to 350 percent more nutritional and mineral value than commercially grown foods¹⁶⁵ and that mineral content in organically grown foods is especially higher than in commercially grown food.¹⁶⁶ More recent studies conclude that while organically grown food may not be more nutritious than conventionally grown food, it does have significantly more antioxidants and little to no pesticide residues – huge benefits to physical health.^{167,168,169}

We need an abundance of vitamins, minerals, enzymes, antioxidants, and other nutrients to be healthy and fresh juices supply concentrated levels of these important ingredients. As an added bonus, they are full of vital life force!

¹⁶⁵ B L Smith, “Organic Food vs. Supermarket Foods: Elemental Levels” *Journal of Applied Nutrition* 45 (1993): 35-9

¹⁶⁶ Anon, “Organic food is far more nutritious.” Newsletter of the National Association of Sustainable Agriculture Australia (NASAA). 10 February (2000).

¹⁶⁷ Baranski, M., et al. “Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses.” *Br J Nutr.* 2014 Sep 14; 112(5):794-811.

¹⁶⁸ Charles, Dan. “Are Organic Vegetable More Nutritious After All?” NPR.com – “All Things Considered.” July 11, 2014.

¹⁶⁹ Cernansky, Rachel. “Organic food starts to prove its worth.” ScienceNewsforStudents.org. Aug 21, 2015.

The vital nutrients found in fresh, raw juices prompt and strengthen the body's cleansing activity. Therefore, I encourage all those who cleanse to obtain a good juicer and make their own fruit and vegetable juices from fresh organically grown produce. (My only exception to this suggestion is that people with sugar sensitivities¹⁷⁰ should avoid all sweet juices.) There are a number of excellent books available on juicing and fresh organic juices.

[Note: At the beginning of my cleansing studies, I did not recommend juices at this early phase. However, as Americans become weaker with each generation and as our environment gets more polluted every day, people are much more toxic now than they were 20 years ago. This unhealthy and unfortunate trend is perhaps most obvious in the alarming increase of obesity among children and adults.]

Can You Drink Too Much Water?

It's important to drink plenty of water each day, preferably pure, non-chlorinated, non-fluorinated, and distilled water. It should always be stored in a glass or a high-grade plastic container made for drinking water as opposed to the plastic one-gallon milk or distilled water jugs you find in supermarkets.

Water is critical while cleansing because, without enough water, elimination is sluggish and cleansing reactions are significantly increased. On a hot summer day, the average-sized person should drink about a gallon of water while cleansing or one ounce of water for each pound of body weight. On cooler days, at least three quarts of water are needed. In general, it's better to drink too much water than not enough. But can we drink too much water?

¹⁷⁰ Includes those who are hypoglycemic, diabetic, and who have yeast infections such as *Candidiasis*.

A report entitled “Danger in Marathon Runners Drinking Too Much Water” stated, “Drinking too much water while running a marathon can kill you.”¹⁷¹ Here’s the real scoop: An athletic 28-year-old woman died after completing a marathon and then re-hydrating with water. Her diagnosis was *hyponatremic encephalopathy*. The medical definition of hyponatremic is “abnormally low concentrations of sodium ions”¹⁷² in circulating blood; encephalopathy refers to a disorder of the brain. Do you see anything having to do with water here? The cause of death was an electrolyte (sodium) deficiency, not too much water! If a person is already dangerously low in organic sodium and then runs a marathon (causing further depletion of sodium), then and only then can water contribute to this type of fatality. The only thing the water did was to temporarily dilute an already sodium-deficient blood stream, pushing the victim over the edge. The real problem was the electrolyte deficiency *before* the athletic event, a deficiency that could have easily been detected by simple pH tests of the saliva and urine.

Normally water will enter the blood stream and immediately integrate with blood electrolytes. But when there aren’t enough electrolytes to mix with the water, further dilution from the additional of water puts a person at risk. Sodium-deficient blood will also be oxygen-deficient; when it enters the brain in this state, the body reacts by withdrawing water out of the blood in order to concentrate the sodium and re-achieve homeostasis. This process causes fluids to accumulate in the brain, skin, and lungs. The proper immediate treatment is for the doctor to give *organic* electrolytes to the patient, but in every case I know of, they give *inorganic* electrolytes which the body can’t efficiently

¹⁷¹ Arieff, A., et al. "Danger in Marathon Runners Drinking Too Much Water." University of California at San Francisco. ScienceDaily.com. May 5, 2000.

¹⁷² Sodium ions are a primary electrolyte that buffers acids.

assimilate. The patient is then likely to either suffocate from too much liquid in the lungs or die because the brain herniates.

Now get this: *Most of these athletes are “normal,” having consumed plenty of sodium every day of their life.* But as I wrote earlier, sodium chloride found in table salt is the wrong sodium for the human body. Most athletes who die after competition have been eating way too much acid-forming foods because they’ve been told that protein builds muscle. But they weren’t told that too much protein can kill because it depletes sodium ions and causes hyponatremia.

Allen Arieff, MD, a UC San Francisco professor of medicine, co-wrote the report about the marathon runners that included the woman who died and six other athletes who suffered hyponatremia while running a marathon but survived after receiving intravenous treatment with a high salt solution. It was noted that each of these athletes had been taking ibuprofen-based pain relievers, which can make the body retain even more water. “These drugs could make (hyponatremia) more likely, and could make it more severe.”¹⁷³ For an in-depth explanation of this subject read *Correlative Urinalysis: The Body Knows Best*.¹⁷⁴ It was published 30 years ago but is still a highly valuable resource.

Note: If cleansing reactions occur such as a headache, fatigue, or feelings of sluggishness, congestion, or constipation, drink more water even if you already are because it may not be enough. When experiencing cleansing reactions, drink enough water so that you have to urinate at least once an hour.

¹⁷³ Ibid, Arieff.

¹⁷⁴ Ted M. Morter, Jr. B.S., M.A., D.C., *Correlative Urinalysis: The Body Knows Best*. (Rogers, Arkansas: B.E.S.T. Research Inc., 1987)

How Long Should One Continue Cleansing?

An ideal cleansing program for the average person would run four weeks: two-and-a-half weeks on the Gentle Phase, one-half week on the Power Phase, and one week to 10 days on the Master Phase. This guideline can be modified to meet individual needs and according to how each person's body responds while cleansing. A person who is highly toxic needs to cleanse more slowly, spending more time on the gentler phases to minimize uncomfortable reactions before moving on to the Master Phase.

There is no single instruction or perfect suggestion that will work for everyone because we each have unique conditions and are responsible for our own bodies. So it's very important to always use your own intuition and common sense. When following the two gentler phases, most anyone can continue cleansing as long as it feels right. The moment your instinct sends up a warning flag, however, you should honor that. If cleansing doesn't feel right to you from the beginning or if you are fearful or apprehensive of the experience, then deep cleansing should be postponed until you feel ready.

You'll Never Feel Hungry

Many people don't believe me when I tell them that, while cleansing, they won't feel hungry. It's true, though – during a cleanse you'll be so packed with healthy herbs and juices that you really won't have an appetite. Some may still struggle with the *desire* to eat likely because of habit, but it's important to note that the desire to eat is not necessarily related to hunger.

Once they've cleansed, people are often amazed at how little food they need and how good things taste. For most people, cleansing enhances the senses, including taste. The

average person probably eats twice as much food as they need and this overeating can encourage disease. I love to eat but rarely have more than two meals a day, snacking on fruit if I get hungry.

How Often Can I Cleanse?

For the enthusiast, I recommend a full four-week cleansing program every seven-to-ten weeks during the first year. After that, once every six months with a mini-cleanse in-between is a good schedule.

Those who don't venture beyond the Mild or Gentle Phases of cleansing may continue as long as it feels right and as long as nutritious eating habits are followed. I do recommend that you stop and give yourself a break for a week or so about once every six or seven weeks; the longer one continues, the longer the breaks should be.

How Many Cleanses Are Necessary to Be Completely Cleaned Out?

Every person is different. With me, it took about 12 cleanses, keeping in mind that I didn't have the advantages that are available now. For my first nine cleanses, I used other methods which I call "mini-cleanses." On those, I eliminated 12 to 14 feet of mucoid plaque in seven days. After some modifications to the cleanses, I was eventually able to remove 28 feet in seven days. When I finally developed my full cleansing program, I removed more than 40 feet in seven days! Dr. Jensen used to say that it sometimes takes several cleanses before some people can remove *any* mucoid plaque at all. Fortunately, with the herbal combinations that Crow and I discovered on our expedition in that High Sierra mountain meadow, we identified better tools than you'll find in the vast majority of other cleansing approaches. As a result,

most people release mucoid plaque during their first cleanse if the instructions are properly followed.

Factors Affecting Long-Term Cleanse Results

- ❑ Your overall condition of health.
- ❑ Your attitudes and subconscious patterns.
- ❑ How closely you follow the cleansing instructions.
- ❑ How well you eat between cleanses.
- ❑ Which phases of cleansing you follow.
- ❑ The condition of your liver.

The Motivation for Cleansing

Right now you may be thinking, “I’m not even sure I want to *try* cleansing, let alone cleanse two or three times a year.” To you, my friend, let me simply encourage you to try it. Even if you only cleanse once a year, even if it were only the Mildest Phase, or even a seven-day “mini” cleanse, you would be giving your body enormous relief. You would be saving it from the tiresome task of spending all its energy digesting, processing, and protecting itself from the overload of proteins, acids, and toxic matter we thoughtlessly dump into it three times a day (not including snacks and coffee breaks). How much is your health worth to you?

As I write this I’m reminded of something that happened quite recently. A woman living a few miles from me decided to purchase a cleanse program because a friend had convinced her it might help relieve the severe gastrointestinal discomfort she was experiencing. Doctors were at a loss as to how to help alleviate her suffering. She called to ask my opinion and I told her I was confident that cleansing would give her the results she desired; I had seen her situation many times before. In fact, I said I would guarantee it to work or I would see that she received a full refund. Interestingly enough, at about the same time, a friend of my brother’s

mentioned that he had very similar symptoms but even worse. He complained that he was taking dozens of antacids daily to relieve the burning he felt every time he ate. This man was 70 years old and had severe Dunlap Disease (his stomach “done lapped” over his belt). Well, once he started cleansing, it took only two days of the Gentle Phase for 100 percent of his symptoms to vanish! Meanwhile, the neighbor lady decided not to give the program a try and I heard from one of her friends that her problems have persisted.

It’s true that some people just aren’t ready to cleanse, but sadly these are usually the people who need it the most. Those who do cleanse distinguish themselves from the majority of un-well people who accept their condition as their fate, unconsciously struggling and often in pain. Unaware that a healthier, better way of life is possible, many have victimized themselves by becoming totally dependent on doctors and medications for their false sense of security, a “security” that comes with plenty of side effects.

Cleansing can save you from the same fate. After a cleanse, you won’t be made of the “same old stuff” anymore; you’ll know it from the way you feel and how you’re experiencing life at a whole new level of vitality. You will be proud of yourself and you’ll realize that your body, mind, and soul are in much better shape than they were before you started your first cleanse!

The Iris of the Eye: A Barometer of Health

According to a diagnostic practice called iridology, the iris of our eyes reflects our inner physiological profile. Changes in the iris will reflect improvements in our health after cleansing. Some cleansers have reported significant changes in their iris, which means that significant changes occurred in their physical body. Dark areas in the iris are

markers indicating congested or stressed areas. After deep cleansing, these areas have been observed to lighten up, although such changes require cleansing right down to the cellular level and the removal of a great amount of mucoid plaque. I sometimes recommend taking a photo of your irises before cleansing and then again four weeks later (since it takes that long for changes to show up). One lady I knew well was born with brown eyes. She began cleansing in her early forties and after five cleanses the color of her eyes changed to a bluish-green with no trace of brown! Another person claimed in a letter she wrote me that her irises also radically changed in color after cleansing.

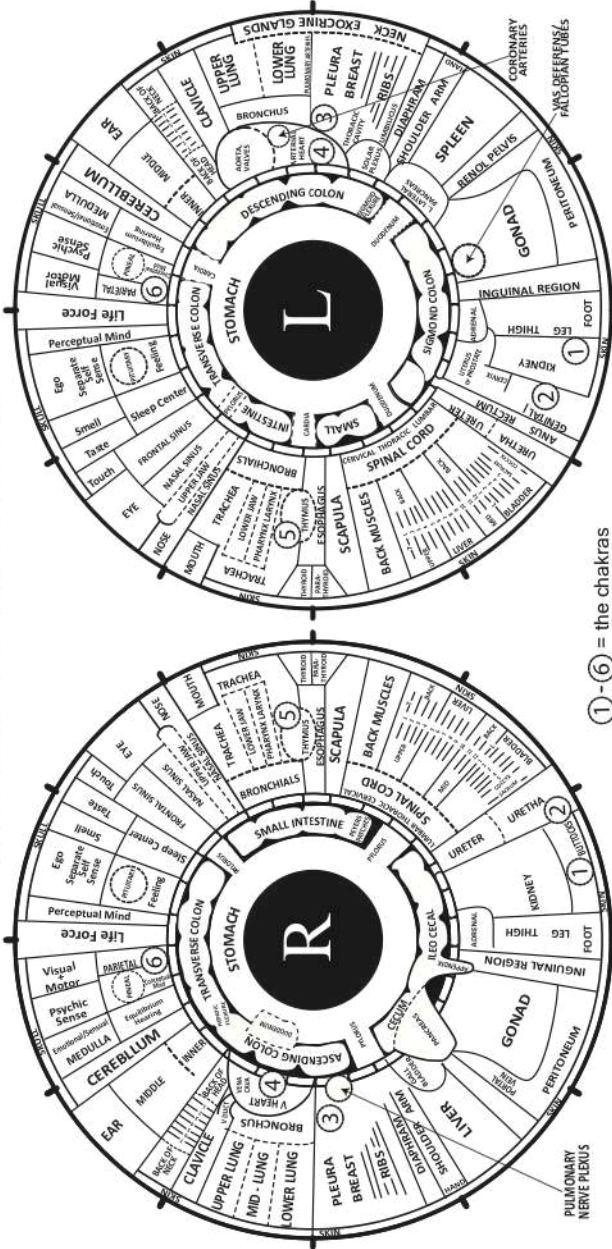
The following diagram (page 140) is a chart of the iris of the eye. Each point of the iris reveals the condition of a corresponding part of the body, reflecting the various stages of cellular health: acute, sub-acute, chronic, and degenerative. The iris serves as an archetypal blueprint for where a person is and where they might be heading. You can often see where problems exist and where they are developing long before symptoms develop.

I've used the science of hematology (blood analysis) for many years and have found it to be an extremely valuable tool. I have found iridology (iris analysis) to be even more informative and astonishingly accurate (if properly understood and applied). I've used it to either substantiate or negate what I see in the blood. Proper use requires a clear understanding that every unnatural aspect found in the iris indicates two important factors: unresolved and stuck emotions and physical toxicity. It also requires the acknowledgement that these two conditions cause most of the problems in our bodies.

Cleanse and Purify Thyself

Iridology

The study of the Iris of the Eye



Based upon the work of: Dr. Leonard Mehlmauer, H.P., Dr. Bernard Jenson, Harri Wolf, Theodore Kreige and others.

Through iris analysis, I was able to tell in one man that he had developed several diverticula in certain areas of his colon. He later presented me with a set of X-rays that had been taken after a barium enema. It confirmed that he did indeed have diverticula exactly where I had seen them. I was also able to pinpoint the exact location of a cancer by where it is “marked” in the iris. Although it’s true that cancer does show up as the darkest spot (usually black) on the iris, a black spot does not necessarily mean cancer. It could indicate anything from a simple malady to a serious and degenerative condition.

The Tongue

Many people notice that as they cleanse, their tongues turn whitish-gray and filmy and their breath becomes more and more foul. This reflects what is happening inside the digestive canal. When mucoid layers are removed from certain sections of the intestines, associated areas of the tongue turn shiny red. The tongue is a good gauge for how clean a person is becoming; when you are totally clean, the entire tongue will be shiny red (just like a newborn baby’s). It will be free of all whiteness or film and the breath will be sweet (unless we eat onions, garlic, or dairy products!). Even bowel movements can become sweet smelling, though poor eating will cause odors to return. Will things remain this way? It depends on what you eat. If you maintain a diet rich in raw foods, the tongue and the body’s odors will remain clean. Go back to eating too many cooked foods, breads, and dairy and that healthy red tongue will gradually go away.

How Plaque Reflects Different Portions of the Digestive Tract

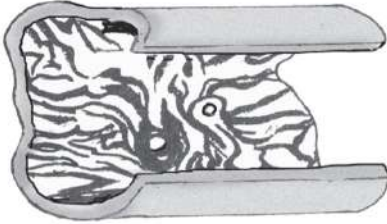
The inner wall of the small intestine has extensive folds called *plicae circularis*. Their function is to churn the food so that foodstuffs have the opportunity to touch the “brush

border“ and mix with the enzymes that are secreted through the epithelial wall. These folds give the mucoid plaque the unique shapes, striations, and creases you see when pieces of plaque are expelled. The various sections of the intestines’ 22-foot length have their own unique markings and were formed as such because this mucoid substance was originally liquid (mucin). Over time, this mucin liquid solidifies into plaque, adheres to the walls of the intestines, and naturally becomes imprinted with the markings of those surfaces. Due to the unique way each section of the intestinal wall is designed, it’s fairly easy to identify which area of the intestinal tract the plaque originated.

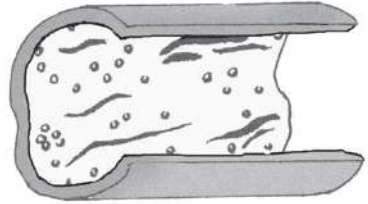
Anyone who has cleansed deeply enough to remove plaque has seen these markings. For a close look, see the illustration and pictures provided in this book. Studying the illustration and reading the following descriptions will help you to identify the locality, or source, of your evacuations. This could be of special interest if you are working on correcting a certain problem. For example, if the plaque came from the duodenum, the primary area where digestive juices and enzymes mix with food, you know that secretions from the pancreas, liver, and gallbladder ducts (the source of many digestive enzymes) may have been blocked. You can therefore assume that your body’s ability to digest fats, proteins, and other foods may have been inhibited.

Do you see how important this may be? If that area of the duodenum were covered with layers of mucoid plaque, the secretions from the digestive glands would, when stimulated, flow underneath those mucoid layers and never contact the food. Their role in digestion would be greatly inhibited. Your first cleanse will hopefully eliminate these and other obstructions, but mucoid plaque forms in layers – one on top of the other – so it may take some time.

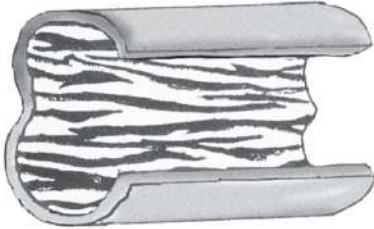
Sections of the Intestines



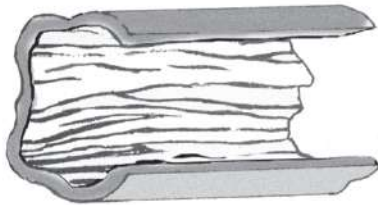
Duodenum located below the Stomach- Circles represent the pancreatic and bile ducts



Lower Ileum -Observe that the folds are absent in this area



Jejunum - Located just below the duodenum. The folds are large, closely packed and run in one direction.

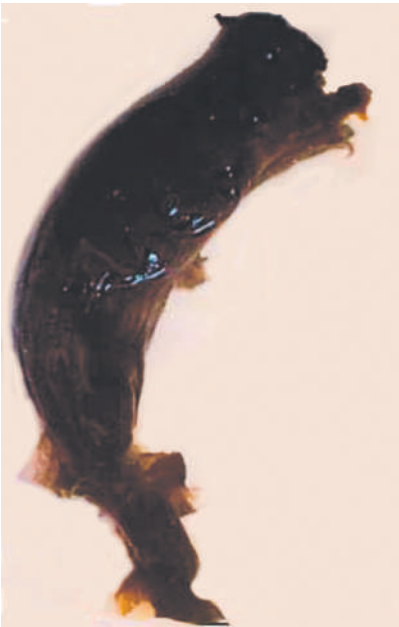
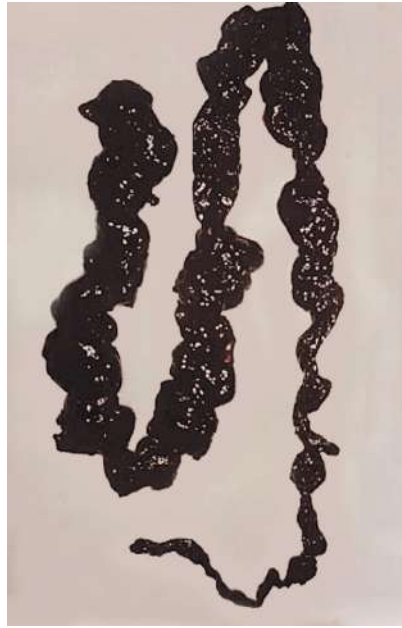


Upper Ileum - Located just below the jejunum. Note that the folds are low and begin to fade as they approach the colon.

Mucoid Plaque from Colon



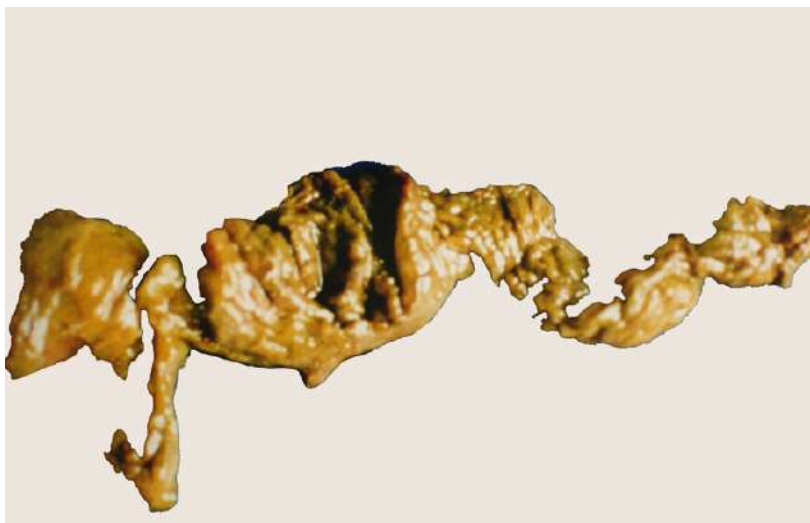
Cleanse and Purify Thyself



Top left: Black mucoid plaque from colon

Top right: Long Piece of mucoid plaque (Note the distorted shape and narrowing of the alimentary canal.)

Bottom left: Brown mucoid plaque from Jejunum (Note the long, fairly straight and shallow creases running lengthwise along the surface of plaque.)



Yellow mucoïd plaque from upper ileum



Black mucoïd plaque from colon



Normal Transverse Colon

The colonic folds are free of mucoïd plaque and the network of blood vessels of the colon is readily visible. This is how a healthy colon looks. Notice that in all the other pictures there are no blood vessels.



Mucoïd Plaque in the Small Intestine

This picture presents one of the many different forms of mucoïd plaque. Surgery was performed to remove blockage.



Mucoïd Plaque at the opening to the Appendix

A mucosal whorl surrounding the opening to the appendix. Note the thickness of the mucin and the lack of any visible blood vessels. This is highly indicative mucoïd plaque. Compare this image to the previous one of a healthy colon.



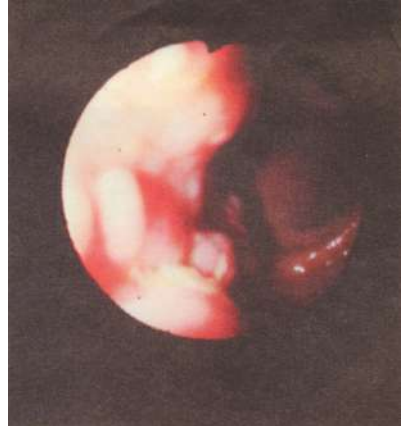
The Inflamed Duodenal Mucosa

In this section, there is a localized redness of the mucosa within the duodenum.



Severe Ulcerative Colitis

Notice the layers of mucoid plaque that form over the original wall of the colon. They appear to be brittle, with a continued secretion of mucin.



Chron's Ileitis in Ileum

The mucosa is thickened and ulcerated on the left side of the ileum (that portion of the small intestine just prior to the colon), while the right side has less plaque.



Acute Ischemic Colitis in Colon

Notice that the layers of mucoid plaque cover and obscure the haustras.



Polyp in the Sigmoid Colon

The long stalk of a sigmoid polyp origination in the sigmoid colon) climbing over the mucosal fold. Polyps are another form of mucoid plaque caused by irritation.

Identifying the Origin of Mucoïd Plaque

The Stomach

Though rare, plaque originating from the stomach appears as roundish globs of rubbery mucus. Plaque in the stomach could inhibit the production of hydrochloric acid which would inhibit protein digestion.

The Duodenum

The duodenum is the first section of the intestine, located just below the stomach. It's about ten inches long and one of the most important areas in the alimentary canal – where digestive juices from the gallbladder and pancreas enter the intestines. It's also in the duodenum that important digestive enzymes are released and mixed with our food, which is now in the form of chyme. Dissimilar to other areas of the bowel, the striations or folds of the duodenum are multi-directional, flowing out from and around the small circles which reveal the locations of pancreatic and bile ducts.

Mucoïd plaque in this area could severely inhibit digestion by interfering with pancreatic and bile juices. It could also contribute toward pancreatic and gallbladder problems, ulcers of the duodenum, and an acidic bowel. If the mucoïd layers exerted sufficient pressure in the area of pancreatic and gallbladder ducts, a backup could occur that could prevent gall juice and gallstones from being released from the gallbladder. This could also interfere with normal liver and pancreatic function. Further, diabetes and hypoglycemia may also be related to bowel congestion. If the liver and pancreas can't function properly, sugars may not be processed effectively. The truth is, we don't really know for sure. At this point it's a speculative hypothesis that may, in time, be verified.

The Jejunum

The jejunum is located just below the duodenum. It is about eight-and-a-half feet long and has special cells that secrete various chemicals and enzymes that combine with gallbladder and pancreatic juices as they flow through this section. A large proportion of nutrients are assimilated here. The folds in the jejunum are closely packed and run in one direction. This is where the Peyer's patches, which monitor the presence of intestinal and pathogenic bacteria, are located. If mucoid plaque builds around the Peyer's patches, then by the principle of nerve reflex and reflex arc syndrome, the thyroid could be affected. (See the Chart titled *Reflex Points of the Colon* in Chapter 6.) Elimination of plaque from that area is a good indication that digestion and metabolic processes will improve.

The Upper and Lower Ileum

This 12-foot section of the small intestine is found just below the jejunum. Its major function is assimilation. The folds are shallower and fade away as it approaches the colon. The striations actually disappear in the lower ileum, so plaque formed here is smooth and shiny. Observing mucoid plaque extracted from these areas might mean your body's ability to assimilate food properly had been impaired; its removal could mean an improved nutritional profile, hence better health. You could have been eating the most nutritious organic foods with poor results. How many people suffer simply because they are not receiving the full array of nutrients from the food they eat?

Most nourishment is assimilated in the jejunum and ileum of the small intestine, although a small percentage (approximately five percent) may be absorbed through the stomach and colon.

The Colon

The colon has no striations but does have well-defined, overlapping circular rings. This is caused by its accordion-like haustrations. Thick mucoid plaque in the colon indicates toxicity, not only of the colon but of the entire body! The colon is where bowel pockets called diverticula occur (they can also develop in the lower small intestines). They are usually benign, but when inflamed can lead to diverticulitis. All ages can have them but the majority are found in people over the age of 40; their incidence increases with each subsequent decade of life. Among those who live long enough, diverticula are present in nearly every North American.

Psyllium or Mucoid Plaque?

Many have questioned whether they were indeed eliminating mucoid plaque or just the psyllium. It's easy to tell: After passing through the body, psyllium is *never* evenly formed, never smooth, and never consistent in size or shape. It never has evenly formed lumps, creases, overlaps, smoothness, or striations, and it's never shiny like the plaque. After exiting, it falls apart into a pile of mush. If you look carefully with a magnifying glass at the psyllium after it has passed through the bowel, you will see it looks like miniature frog eggs with tiny, egg-like centers (about 1/64 of an inch in size) surrounded by a jelly-type substance. If you don't see them, then you are looking at something else. During cleansing, the color of psyllium generally remains the same coming out as going in. This is particularly true while on the Power and Master Phases.

Mucoid plaque usually but not always has striations, areas of smoothness, overlaps, and creases that mirror the intestinal walls it was adhered to; it never looks like psyllium. Plaque is usually shiny and often looks like thin or thick

pieces of leather or rubber-like rope; in some cases, it appears like stringy mucus.

Another way to identify plaque is to slice the eliminated material and examine it. If the mass on the inside is different from that on the outside, either in color or texture, then you know for sure that you've removed a mucoid layer.¹⁷⁵ Sometimes mucoid plaque comes out without the psyllium and you'll have no trouble identifying these pieces.

No Mucoid Plaque!

Several years ago, I met a person who claimed that no mucoid plaque came out of him during deep cleansing. I asked him one question after another to find out if he, like many other people, simply didn't know how to identify it. He apparently had followed the instructions perfectly and his description of what he eliminated did sound like psyllium. It turns out the man had been raised as a vegetarian from birth, on a farm in Germany, miles from the nearest city. They ate foods almost entirely from their own garden and most of it was raw. He had never been sick a day in his life.

This man was raised under nearly ideal conditions and I have never seen anyone else like him. His skin looked as though he was from another planet; it was completely free of blemishes and wrinkles, smooth, soft, and radiant, appearing almost transparent. His mannerisms revealed him to be extremely harmonious, confident, and happy. I couldn't help but envy him a bit. I asked if he had received any benefits from the cleansing. He said that during the cleanse he felt spiritually elevated though he had gained no physical benefits that he could tell. He felt perfect before cleansing and

¹⁷⁵The only exception to this statement is during the beginning phases while still eliminating food waste; the inner part may be regular feces.

perfect afterward. When you're that perfect, I guess you can't get any better!

If Only Liquids or Small Pieces are Being Eliminated

There are some instances when people don't expel the expected ropes of mucoid plaque that are typical when using these cleansing programs. Sometimes only small, leather-like pieces or liquids come out accompanied by a concern that the cleanse isn't working. One lady called me from Phoenix to say she had been cleansing for ten days and nothing had been eliminated. That's 30 psyllium shakes! I knew that something was wrong, because if nothing was being removed, she must be the size of a rhinoceros. She finally admitted that black liquids were coming out. I then asked her how many herbs was she taking. Fifty of each herbal formula a day! I explained to her that the herbs were pulverizing and liquefying the plaque. The cleanse was working, the plaque was being removed, but in liquid form!

One doctor did this intentionally. Each day he took 40 tablets of an herbal cleansing formula, causing him to eliminate the plaque in liquid form. He felt he was getting rid of more that way and wasn't concerned about seeing larger pieces. One advantage to this method is that you don't need colonics or enemas as there will likely be several eliminations a day. However, it's important to remember that each person is unique and responses to the same amounts of herbs may vary widely. Not only that, your body's needs will often change as you cleanse.

Cleansing and *Candida*

Those who have *Candidiasis* should have very good results with cleansing if they follow the guidelines below and

correctly use the appropriate probiotic (friendly bacteria) supplements.

Important guidelines for cleansers who have an overgrowth of *Candida*:

- ❑ Make every attempt to pass the pH tests; many who have *Candida* overgrowth may be unable to do so, for the *Candida* constantly emits acids that keep the body acidic and deficient in electrolytes. If you can't pass the pH tests, it would be best to find a practitioner experienced in cleansing and treating candida to assist you.
- ❑ Drink vegetable broths or water in place of juices.
- ❑ Do not have fruit or sweet vegetable juices while cleansing. Use only water to make the psyllium-bentonite shakes.
- ❑ Throughout all phases of cleansing, take an acid-forming probiotic formula (that is designed to remove yeast) at least one hour before bedtime, one-half hour after each set of herbs, and one-half hour after each meal. Such a formula should contain a powerful *Lactobacillus acidophilus* bacteria.
- ❑ On the last week of cleansing, add a less-acidic probiotic formula containing predominantly *Bifidobacterium* (see "Managing Our Intestinal Bacteria" in Chapter 10) along with the more acid formula.
- ❑ After completing a full cleanse of four weeks, discontinue using the more acid-forming probiotic and take four capsules of the less acid probiotic, three times daily after meals, until you have three or four good bowel movements daily.
- ❑ Begin using an herbal formula specifically designed for renewing or rebuilding the bowel wall approximately three hours after the last psyllium shake.

Note: Failure to replace friendly bacteria after cleansing, fasting, or using strong laxatives – and especially after taking antibiotics – can cause an overgrowth of pathogenic microorganisms including yeast infections and future health problems. Always remember that Lactobacillus bacteria such as acidophilus are excellent for treating health problems, and that probiotic formulas containing predominantly Bifidobacterium help establish long-term normal intestinal flora.

Finally, a strong emotional component can be associated with an overgrowth of *Candida*. It's thus crucial to do some honest self-evaluation while cleansing. You may also seek the assistance of an experienced and trained professional to help you uncover the subconscious emotions that may be the primal cause of the overgrowth. Cleansing can be a powerful beginning to such a healing process.

Challenges in Cleansing: Cleansing Reactions

*Since antiquity, the wisest and most successful doctors and healers, including Hippocrates himself, knew without doubt that the healing crisis marked **an essential step on the road to recovery of vibrant health**. Passing through the healing crisis and its less intense counterpart – the cleansing reaction – is an indicator that a significantly improved state of health is being achieved.*

A cleansing reaction is *not* the same as a disease crisis or a healing crisis. A cleansing reaction is merely a noticeable outcome triggered by too many toxins being released into the bloodstream. Cleansing reactions can take the form of a temporary headache, dizziness, nausea, brain fog, weakness, lack of energy, discharges, sneezing, skin eruption, ringing in

the ears, coughing or pain, flickering in the eyes, or a reappearance of other past symptoms.

Cleansing reactions differ from person to person depending on the degree of toxicity in the body and the strength of the liver to adequately remove toxins. If a person cleanses properly, cleansing reactions are minimized. Remember, no one ever needs to feel ill while cleansing, although many people will tough it out simply because they don't want to slow down the process. Sometimes a person is so excited about cleansing that they throw caution to the wind, ignore the directions, and plunge right into the deepest phases without adequate preparation. Some people have omitted taking the pH tests and fail to build up adequate electrolyte reserves. Many of these folks will end up on some rough road during their cleansing journey and come to regret their negligence.

To repeat: The more toxic a person is, the more foul their gut, liver, and other organs tend to be, leading to a greater likelihood of experiencing cleansing reactions. You might think of it this way: the greater the intensity of a cleansing reactions, the more the body is crying out for cleansing.

For most people, *the most serious cleansing reactions occur when they stand up after lying or sitting down.* When toxins are being released from our bodies, some of them enter the bloodstream in the form of excess mucus and proteins. This can cause a temporary thickening of the blood. This is normal and is necessary for the toxins to work their way out. However, this condition can slow the circulation to the point that standing up too fast can cause a pause in the flow of oxygen reaching the brain. I know two cases where people passed out after trying to stand up. Although this doesn't occur very often, you should be aware that it could.

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If you begin to experience such a reaction, then stand up slowly, keep your head down, and be careful. This used to happen to me in part because I was born with a heart condition and poor valves. But I quickly learned to stand up slowly and take deep breaths. If I was in a hurry, I'd slowly walk bent over for a few seconds until I felt normal. After several cleanses, this symptom never recurred.

Another common and uncomfortable reaction that occurs during the first few cleanses is a feeling of being stuffed or bloated. As the herbs soften the mucoid plaque, it swells slightly and we feel bloated. We can also feel stuffed because we have so much psyllium in us. This bloating and stuffy feeling diminishes more and more as the mucoid plaque is eliminated. I never feel bloated anymore, no matter how much psyllium I take, but I can feel full. Taking an enema or colonic can help relieve this condition.

Once in a while, a person (maybe one in a 1,000) who completes a full cleanse has some difficulty afterward. This may include feelings of fullness, as though something is trapped in the gut, constipation, or other digestive disturbances. Symptoms could be multifarious and unique. One person, for example, was extremely upset because he was left with a swollen lymph gland near the groin that took several weeks to dissipate.

If reactions do occur, take steps to alleviate them and remain safe but don't lose sight of all the wonderful benefits obtained. And don't fall into the trap of over-focusing on an immediate and temporary crisis with fear and anger. Instead, rejoice and seek to understand the messages our body gives us. The body will sometimes continue the cleansing process for a time after the herbs and shakes have stopped, especially if a clean diet is maintained. Cleansing reactions such as a swollen gland, rash, or other symptom can occur because

once the inner process of elimination begins, it seeks completion.

Most people can interrupt a deeper or challenging cleansing cycle by *temporarily* stopping their regimen and eating heavy food such as potatoes. The body will then gradually slow down its inner cleansing and normalize. For some people, however, either because their elimination system is slow and sluggish or because there was abnormal clogging of a sticky substance in the lymph or another part of the body, stopping the cleansing process too soon can cause discomfort until the body removes the offending blockages of toxicity. These folks should keep cleansing, even if it's on one of the milder phases. If cleansing is stopped prior to the removal of this hard-to-get-out stuff, the body will be forced to break down the particles the hard way: by acidifying the blockage into liquids and gradually removing them via whatever channel is available. This will take much, much longer if cleansing has been stopped, but the body will eventually succeed so long as good health practices are maintained. The body knows very well how to take care of these situations.

The very worst mistake people make is to stop the process completely during a severe cleansing reaction or healing crisis. This happens when the person has little knowledge of cleansing and becomes fearful because of the unexpected symptoms. The very best action in cases where an odd or difficult symptom develops is to take enemas (especially coffee enemas) and continue cleansing, allowing the body to complete its process of dumping the garbage. Some people – though fortunately very few – went to a medical doctor for help. This is generally not a good idea; most medical doctors know as much about fasting, herbs, and healing crises as *you* know about the other side of the moon, and maybe even less. The people who follow the advice of those who are

uninformed or misinformed find it always takes longer – sometimes much longer – to resolve the situation. Further, it is potentially dangerous; medical doctors will generally start filling the person with drugs to stop whatever is happening, which is, essentially, your body's cleansing process. They may even want to operate and remove a substance that would go away naturally. Doctors are experts in scaring people into doing something they shouldn't do. Any good naturopathic physician will tell you to keep cleansing. After all, the purpose of cleansing in the first place is to remove unwanted garbage from the body.

This is not to say that one should ignore an acute symptom; something serious could be slowly coming to the surface. Maybe it was there prior to cleansing; after enough toxic pressure had been released, the body is finally attempting to remove it. And a condition that's been developing for, say, 20 years, is bound to bring out scary symptoms as it heads for the exit. An inexperienced person might blame the symptoms on the cleansing, which is not the root cause at all. In fact, the cleansing could be the best thing that ever happened to the body. For annoying blockages, try castor oil packs, hot and cold packs, massage, etc., but don't stop cleansing. In some cases, an experienced cleansing professional can be of great service coaching, advising, and alleviating one's fear along the path to better health.

A good example of such a situation involved a close acquaintance of mine who had completed her third cleanse and didn't have a single cleansing reaction. This time she decided to eat only raw fruits and vegetables after her cleanse. Suddenly a healing crisis set in! She had every symptom of walking pneumonia and bronchitis, which she had suffered in her childhood and early twenties. This time around, however, she rejoiced because she knew that she was ridding herself of those symptoms forever. After ten days of telling

herself (and a few well-meaning but skeptical friends) that she was just experiencing a valuable “healing crisis,” her health returned with a wonderful gift. Up until then, every time she exercised or climbed stairs, she would wheeze and feel a heavy congestion stirring up in her chest. After that ten-day cleanse, those symptoms disappeared and have never recurred no matter what her sport or activity. No more wheezing!

Eating for Good Health

“Vitality and beauty are gifts of nature for those who live according to its laws.”

—Leonardo Da Vinci

It’s only a matter of time before the scientific world will be forced to acknowledge that the most natural food for human consumption is raw fruits, raw vegetables, sprouted seeds, grains, legumes, nuts, and herbs. It’s not my intent to criticize those who rationalize their poor eating habits but to encourage them to break out of those habits that are making them sick and prematurely old. Investigation of human anatomy, with particular attention to digestive processes, confirms what we should and should not eat. When we eat “unnatural” foods such as processed sugar, soft drinks, fried foods, preservatives, and chemicals we are poisoning ourselves. They overwork our systems and, eventually, break them down. Pasteurized dairy products, meat, cooked foods, coffee, alcohol and wheat can be harmful to most people and overwork the body’s eliminative systems, contributing to obesity, heart disease, cancer, and a vast array of other health problems.

Avoid Dairy Products

Pasteurized cow’s milk in any form is the most mucus-forming of all foods. Cow’s milk is not the same as human milk. It is totally unnatural for humans. For decades we’ve been told that cow’s milk is a good source of calcium, but the truth is exactly opposite! There’s an imbalance of mineral proportions in cow’s milk that reacts unfavorably in the human body. This is especially true of phosphorus; too much phosphorus robs calcium from the body. The body pulls

calcium out of the bones and uses it to remove the excess phosphorus. That's why vitamin D is added to milk; it helps compensate for the calcium loss. If milk is, indeed, a good source of calcium, why is there so much osteoporosis?¹⁷⁶ Furthermore, more than 60 percent of the human population (a figure which varies depending on one's ethnicity) is allergic to dairy products, mainly because they lack the lactase enzymes necessary for digestion.^{177,178}

Even a calf will die after six months on pasteurized milk.¹⁷⁹ Do you think you and your children can live any better on pasteurized cow milk than the calf for which the milk was originally designed? Pasteurizing depletes milk of its enzymes, vitamins, and life force. It also renders the minerals less likely to be absorbed. A reasonable alternative to dairy products is raw goat's milk. Its composition is closer than any other milk to human milk. It's much less mucus-forming and actually offers substantial nutrition to the body.

When I was young there was a local theater that always showed two movies sandwiched around a newsreel. One in particular remains stuck in my mind: a newsreel showing Mahatma Gandhi traveling to England via ship with a goat. *How amazing!* I thought. Little did I know that, years later, I would come to know the man who had advised Gandhi to drink fresh goat's milk every day: my colleague and mentor Dr. Bernard Jensen. Gandhi would fast in order to pressure

¹⁷⁶ Greger, Michael. "Why Is Milk Consumption Associated with More Bone Fractures?" NutritionFacts.org. January 31, 2017.

¹⁷⁷ "Health Concerns about Dairy." Physicians Committee for Responsible Medicine. PCRM.org. Accessed 11.16.18.

¹⁷⁸ "Lactose Intolerance." Genetics Home Reference / U.S. National Library of Medicine. Accessed 11.16.18.

¹⁷⁹ Dr. Jensen was the first person to tell me this but it's a well-documented subject. For more information and a list of all the diseases that pasteurized cow milk cause, read *Supplemental Report in Favor of Grade A Raw Milk* by Dr. Douglass, Jr. and Aajonus Vonderplanitz, PhD (Feb 8, 2001).

the British government into passing laws that stopped the oppression of his fellow Indians. He fasted frequently, and there came a point when he could no longer regain his normal health. Dr. Jensen had written and advised him to drink fresh goat milk, emphasizing that it was absolutely necessary to consume the milk immediately upon milking. Gandhi's health quickly improved following this advice.¹⁸⁰

Avoid Meat

As I have tried to make clear in this book, one of the world's *worst* kept secrets is that vegetarians have fewer diet-related health problems than meat-eaters while some studies suggest that they even live longer.^{181,182,183} The digestive system of the meat-eating animal is completely different from that of a human being. A carnivore's entire digestive tract is around twelve feet in length, so food passes through it relatively quickly. Consider this: Meat travels through 28 feet of the human digestive tract before it comes out the other end (if it all comes out); the process generally takes 12 to 24 hours for a person with a healthy bowel. However, because a lot of the population is constipated, transit time could be three days or more. Do the math: How often do your bowels move? Have you ever left meat out on a hot day? Think about what it would be like after three days at 98.6°F! Furthermore, the stomach of a carnivore produces ten times the hydrochloric acid than is generated by the human body. Couple that with the fact that most people tend to be deficient in hydrochloric

¹⁸⁰ Bernard Jensen, PhD. *Food Healing for Man, Volume I*. (Escindido, California: Bernard Jensen, 1983).

¹⁸¹ Faloon, William. "Do Vegetarians Live Longer?" *Life Extension Magazine*. January 2006.

¹⁸² Kasprak, Alex. "Do Vegetarians Live Longer than Meat Eaters?" *Snopes.com*. Dec 12, 2017.

¹⁸³ Oliver, Ansel. "Loma Linda's Longevity Legacy." *Scope Magazine*. Vol 53, No. 1. Spring 2018.

acid and it's no wonder that most, if not all, of a meat-eater's fecal matter and gas (and breath) are foul-smelling.

The early Greeks (Pythagoreans), Egyptians, Hebrews, Buddhists, and Christians were all vegetarians.¹⁸⁴ The Bible states: "and God said, 'Behold, I have given you every herb-bearing seed which is upon the face of the Earth, and every tree, in which are fruits; for you it shall be as meat'." (Genesis 1:29) St. Paul said, "It is good not to eat flesh." (Romans 14:21) In *The Essene Gospel of Peace* by the disciple John (also known as *The Gospel of Peace of Jesus Christ*), Jesus says, "And the flesh of slain beasts in a person's body will become his own tomb. For I tell you truly, he who kills, kills himself and whoever eats the flesh of slain beasts eats the body of death."¹⁸⁵

Science once supported the consumption of meat. It no longer does, at least not as enthusiastically. It can't because scientific facts challenging the benefits of a meat-centric diet are so overwhelming.¹⁸⁶ Surely the eating of animal flesh is doomed as the age of enlightened people is ushered in. One day humankind will look back in horror at the carnivorous habits of its predecessors. Habits of meat-eating will seem as barbarian and disgusting to future humans as cannibalism does today.

I've listed below more than two dozen studies that have confirmed the health benefits and advantages that vegetarians enjoy:

¹⁸⁴ Null, Gary Null. *The Vegetarian Handbook, Eating Right for Total Health*. (New York: St Martin's Press, 1996)

¹⁸⁵ Edmond Bordeaux Szekely, translator, *The Essene Gospel of Peace, Book One The Third Century Aramic Manuscript and Old Slavonic Texts*. (International Biogenic Society, 1931), 36. Also published as *The Gospel of Peace of Jesus Christ* by the disciple John, (Ashingdon, Rochford, Essex England: The C.W. Daniel Company Limited, 1970), 44.

¹⁸⁶ Lee, Elizabeth. "The Truth about Red Meat." WebMD.com. (posted 2009)

- Some studies have shown the beneficial impacts of a vegetable-based diet on obesity, cancer, Parkinson's disease, hypertension, type 2 diabetes mellitus and urinary stones.¹⁸⁷
- Higher childhood IQ scores were associated with an increased likelihood of becoming a vegetarian as an adult.¹⁸⁸
- One study suggests that red meat consumption has a negative impact on body odor!¹⁸⁹
- Vegetarian diets are associated with reduced body weight, lower incidences of certain chronic diseases, and lower medical costs compared with non-vegetarian diets.¹⁹⁰
- Lower weight gains were observed among those who had changed to a diet containing fewer animal foods.¹⁹¹
- A study at Yale that compared meat-eating athletes, vegetarian athletes, and vegetarian sedentary subjects revealed that vegetarians have over twice the stamina of meat-eaters.¹⁹²

¹⁸⁷ Roman D De Luis, R Aller, and O Castano, "Vegetarian diets; effect on health". *Revista Clinica Espanola*, March; 207(3) (2007): 141-3.

¹⁸⁸ C R Gale, I J Deary, I Schoon, and G D Batty, "IQ in childhood and vegetarianism in adulthood: 1970 British cohort study." *British Medical Journal*, Feb 3; 334 (7587) (2007): 245.

¹⁸⁹ J Havlicek and P Lenochova, "The effect of meat consumption on body odor attractiveness." *Chemical Senses*, Oct;31(8) (2006): 747-52.

¹⁹⁰ S E Berkow and N Barnard, "Vegetarian diets and weight status." *Nutrition Review*, April; 64 (4) (2006): 175-88.

¹⁹¹ M Rosell, P Appleby, E Spencer, and T Key, "Weight gain over 5 years in 21,966 meat-eating, fish-eating, vegetarian, and vegan men and women in EPIC-Oxford." *International Journal of Obesity (London)*, Sep;30(9) (2006):1389-96. Epub 2006 Mar 14.

¹⁹² Irving Fisher, "The Influence of Flesh Eating on Endurance" *Yale Medical Journal*, 13(5) (1907): 205-221.

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- Even back in 1961, the *Journal of the American Medical Association* reported that a vegetarian diet can prevent 90 to 97 percent of heart diseases.¹⁹³
- Studies reveal 50 percent less cancer among people who eat small amounts of meat compared to average meat-eaters.¹⁹⁴
- Scotland has the highest rate of bowel cancer in the world and they eat 19 percent more meat than the English.¹⁹⁵
- The kidneys of meat-eaters work harder than the kidneys of the vegetarian, making meat-eaters more prone to destruction of kidney tissue.¹⁹⁶
- During World War I, the citizens of Norway and Denmark couldn't get meat. A longitudinal study found that their death rate dropped 17 percent and then returned to normal when they returned to their meat-eating ways.¹⁹⁷
- A study of 50,000 vegetarians found that vegetarians live longer, have far less heart disease, and a much lower cancer rate compared to meat-eaters.¹⁹⁸ (Note: Most American vegetarians were once meat-eaters and, even after many years, still carry old, dead meat or its toxins in their intestinal tracts that require deep cleansing to eliminate.)

¹⁹³ K D Rose, P J Schneider, and G F Sullivan, "A liquid pre-game meal for athletes." *JAMA*, 178(1961): 30-33.

¹⁹⁴ ECO-Action, The Green Initiative, "Global Diet" <http://www.eco-action.net/id101.htm>, (accessed May 17, 2007)

¹⁹⁵ Ross Horne, *The Health Revolution Fifth Edition* (Harper Collins Publishers Pty Limited (1977) via Soil and Health Library.

¹⁹⁶ John Robbins, *Diet for A New America*. (Walpole, New Hampshire: Stillpoint Publishing, 1987), 200.

¹⁹⁷ Understanding Hinduism, "Food" <http://www.hinduism.co.za/food.htm> (accessed May 17, 2007) excerpts from an article originally published by Dr. M Hindhede in *The Practitioner*, London (1926).

¹⁹⁸ Andreas Mortitz, *Timeless Secrets of Health and Rejuvenation* (Ener-Chi Wellness Press, 1997), 152.

- In England and Australia, vegetarians pay less for life insurance.¹⁹⁹
- A prospective study of vegetarians recruited from all regions of the Federal Republic of Germany, including West Berlin, was started in 1978. The mortality rate of the 1,904 study participants was evaluated after a five-year follow-up comparing observed deaths with expected rates based on national mortality statistics. By the end of 1983, only 82 persons had died, whereas 219 deaths were expected. In both sexes, the mortality was lowest from cardiovascular diseases. Deaths from diseases of the respiratory and digestive system were also reduced while deaths from cancers of the colon and rectum, prostate, and breast were rare or even absent.²⁰⁰
- Vegetarians have a lower risk of age-related ocular macular degeneration, colon and breast cancer, diverticula, gallstones, and chance of stroke. Also found were reduced frequency, duration, and severity of angina, regression of coronary atherosclerosis, and improved coronary perfusion.²⁰¹
- Two other, later German studies confirmed that vegetarians have lower mortality rates and a lower

¹⁹⁹ Brown, Elizabeth Nolan. "Vegetarians Get Cheaper Life Insurance in these Countries." *Bustle.com*. Oct 24, 2013.

²⁰⁰ R Frentzel-Beyme, J Claude, and U Eilber, "Mortality among German vegetarians: first results after five years of follow-up." *Nutrition and Cancer*, 11(2) (1988): 117-26.

²⁰¹ M Segasothy and P A Phillips, "Vegetarian diet: panacea for modern lifestyle diseases?" *QJM: An International Journal of Medicine*, Sep, 92(9)(1999): 531-44.

incidence of bronchial, colon, and breast cancer.^{202,203}

- Populations of vegetarians living in affluent countries appear to enjoy unusually good health, characterized by low rates of cancer, cardiovascular disease, and total mortality.²⁰⁴
- Compared to regular meat-eaters, mortality from ischemic heart disease was 34 percent lower in lacto-ovo-vegetarians and 26 percent lower in vegans.²⁰⁵
- Vegetarians have less diverticular disease than non-vegetarians and more rapid transit times.²⁰⁶
- The data show lower risks of osteoporosis, dental erosion, and tooth cavities among vegetarians.²⁰⁷
- Up to 80 percent of breast, bowel, and prostate cancers are attributed to dietary practices, and international comparisons show strong positive associations with meat consumption.²⁰⁸

²⁰² M M Ritter, W O Richter, "Effects of a vegetarian life style on health" *Fortschritte der Medizin*, Jun 10;113(16) (1995): 239-42.

²⁰³ R Frentzel-Beyme and J Chang-Claude, "Vegetarian diets and colon cancer: the German experience." *American Journal of Clinical Nutrition*, May;59(5 Suppl) (1994): 1143S-1152S.

²⁰⁴ W C Willett, "Convergence of philosophy and science: the third international congress on vegetarian nutrition." *American Journal of Clinical Nutrition*, Sep;70(3 Suppl) (1999): 434S-438S.

²⁰⁵ T J Key, G E Fraser, M Thorogood, P N Appleby, V Beral, G Reeves, M L Burr, J Chang-Claude, R Frentzel-Beyme, J W Kuzma, J Mann, and K McPherson, "Mortality in vegetarians and nonvegetarians: detailed findings from a collaborative analysis of 5 prospective studies." *American Journal of Clinical Nutrition*, Sep;70(3 Suppl) (1999): 516S-524S.

²⁰⁶ J S Gear, A J Brodribb, A Ware and J I Mann, "Fibre and bowel transit times." *British Journal of Nutrition*. Jan;45(1) (1981): 77-82.

²⁰⁷ J T Dwyer, "Health aspects of vegetarian diets." *American Journal of Clinical Nutrition*, Sep;48 (3 Suppl) (1988): 712-38.

²⁰⁸ Bingham, S.A. "High-meat diets and cancer risk." *The Proceedings of the Nutrition Society*. May;58(2) (1999): 243-8

- The risk of breast cancer increased proportionately with higher meat intake and decreased among vegetarians proportionately to an increase in vegetables consumed.²⁰⁹

Despite the health benefits related to vegetarianism, it is my opinion that most vegetarians don't eat properly, nor do they follow the lifestyles that would further accentuate their health. For example, most vegetarians, like meat-eaters, tend to eat too much too often, indulge in too much bread, chocolate, dairy, protein foods (especially meat substitutes which can be very bad), and soft drinks, which are even worse.²¹⁰ So embrace a more vegetable-based diet, but do it wisely!

How to Combat the Effects of the Occasional “Pig-Out”

If you've been working on cleaning yourself out but still have the occasional splurge or “pig-out” (as the popular and accurate saying goes), you may experience regrets at what your body will have to go through. To minimize and even eliminate the effects of the “pig-out” as rapidly as possible, here's what you can do:

1. Take one heaping teaspoon of green papaya powder.
2. Take three or four capsules of a reputable intestinal cleaner or herbal laxative (which contains cascara sagrada).
3. Drink lots of pure, uncontaminated water.
4. Take as much cayenne as you can handle.
5. Take an enema before bed and one in the morning.

²⁰⁹ Silvia I Dos Santos, P Mangtani, V McCormack, D Bhakta, L Sevak and A J McMichael, “Lifelong vegetarianism and risk of breast cancer: a population-based case-control study among South Asian migrant women living in England.” *International Journal of Cancer*, May 10;99(2) (2002): 238-44.

²¹⁰ McFarland, Elisha. “22 Ways Drinking Soda Will Shorten Your Life.” GreenMedInfo.com. July 1, 2016.

6. Take a psyllium shake when you get up in the morning.

By noon of the next day, everything will be okay again!

Once during a four-day experiment with cooked food, a friend and I ate in what appeared to be a very nice restaurant. We had pancakes and omelets (which neither of us had had in ages). The pancakes tasted so bad I could only eat one of them, and I tried to pick out the ham that came with the omelet. This was the ideal eating experience to help destroy all desire for cooked foods and we laughed all the way through breakfast. About a half-hour later I realized that the meal had to go. We stopped the car. I squirted four dropperfuls of a super-powerful lobelia extract into water (two-and-a-half times the dose normally required to induce vomiting) and drank it down. Then, after giving some more thought about what I had just eaten, I squirted two more full eye droppers, undiluted, straight into my mouth. Nothing happened. I couldn't believe it. I did the entire process again. I ended up using almost half-an-ounce of the lobelia extract, which would be enough to make a bear lose its cookies. Still nothing. Either it was karma or we can assume that the cleaner the body becomes, the less effective lobelia is in its emetic effects. Even though I never did vomit, the lobelia did make me feel enormously better. A half-hour or so later we both took psyllium shakes along with a good fluid ounce of hydrated bentonite and felt fine the rest of the day.

If there's anything we learned during our experiments, it's this: Give up things gradually. If you have a strong desire for perfect health, you'll eventually lose the desire for unhealthy food when your body is ready to let go of them. I don't mean to imply that you shouldn't set goals or give your body a good nudge in the right direction once in a while. I'm also not suggesting that you should impose unrealistic goals

on yourself as you risk setting yourself up for failure and disappointment before you are truly ready to embrace your noble effort and take it to the limit. Use your common sense and trust the process.

Secrets of Super Health & Vitality

Alexis Carrel of the Rockefeller Institute, winner of the 1912 Nobel Prize in Physiology or Medicine, was able to keep tissue cells alive indefinitely by nutritious feedings and washing away tissue excretions. The cells grew and thrived as long as evacuations were removed. Unsanitary conditions resulted in lower vitality, deterioration, and death. He even kept a chicken heart alive for 32 years until someone failed to cleanse its excretions!²¹¹

The same holds true for the human body. If not kept clean inside, congestion occurs, circulation slows, the blood becomes impure, more deposits settle, and circulation slows even more. The result: lowered vitality, disease, and a broken-down immune system. How many times have you marveled at the seemingly endless energy of the young child? Before the body is congested, while in its pure state, it is wonderfully alive, vibrant, and bursting with energy. Congestion, which generally begins in the intestines, is really the number one killer in the world. Without congestion, the cells easily repair themselves. (Carrel believed that the cell was, therefore, immortal.) Congestion starves the cells of needed nutrients and oxygen. The body is not only capable of repairing itself, it never stops trying! All we have to do is get out of its way and stop polluting it! Most people know that if you put sugar in a gas tank, it clogs up the engine and the car stops running. Likewise, eating cooked and processed foods is like putting

²¹¹ The Columbia Encyclopedia, Sixth Edition. 2001-05. Columbia University Press.

slime and glue into the body. No wonder the body wears out – it's been forced to work a few too many overtime hours!

Physiologically we have the same digestive system as a gorilla. As fruit is their natural diet, so it is with us. Fruit is the cleanest, healthiest food for our bodies. It has the highest energy and vibratory frequency of all foods. This higher vibratory level allows people to tune into their true natures and their relationship with a higher power.

Purifying the body helps to purify the mind because consciousness, in the form of memory, is often stored in the proteins of our bodies. These subconsciously stored memories carry the old patterns of the past and tend to prevent us from achieving the higher levels of awareness and expression we are striving toward. The purification of our bodies can thus have a profound and positive influence on our minds, emotions, and behavior. The release of these old patterns can, in turn, have a powerful influence on the chemistry and function of our physical selves, for these subconscious patterns form the hormonal matrices that run our bodies. This is one of the key ways that internal cleansing rejuvenates the body.

Why Raw Foods Are the Perfect Food

A major key to optimal health is to eat foods that keep the body congestion-free. That means raw fruits and raw vegetables. Only raw foods have both life force and enzymes, which are more important to good health than vitamins, minerals, and amino acids. It's true that one needs these to stay alive, but life force and enzymes keep us *vibrantly* healthy.

Becoming a "raw foodie" is not necessarily easy, at least for most people. For me this is a "work in progress" but I

remain committed to improving my diet. Remember, it is not so much what you eat now and then; it's what you eat most of the time that matters.

Beginning a raw food diet without first cleansing will make it more challenging. When the average person goes on raw foods, even for just a few days, the body begins a serious house cleaning, starting at the cellular level. But eating raw food alone can't clean out the mucoid layers. The average person may be so full of toxic waste that a total raw food diet (without complete intestinal cleansing) could stir up more problems than one can comfortably handle. Ironically, severe cleansing reactions can sometimes lead to the appearance that eating fresh, raw food makes a person sick while eating cooked or junk foods makes a person feel better. When eating junk, however, the only thing that happens is that the much-needed cleansing process has been stopped in its tracks.

Cleansing reactions when beginning a raw food diet without first cleansing the digestive tract can be severe for the average person. Low energy, spaciness, skin eruptions, and overloaded kidneys, liver, and other organs are all symptoms of a reaction that can weaken and even debilitate a person. In one case I read about, a person actually died because they were exceptionally toxic and ate only raw fruit for a long period of time. These kinds of rare incidents can, unfortunately, be very discouraging to people who, willing to experiment with a raw food diet, read such accounts and conclude that raw foods are dangerous! They certainly are not.

Life Force

Life force is the vital energy (*vitality*) that flows through our bodies, energizing each and every cell, tissue, and organ. It's also called *prana* by yogis, *pneuma* by the Greeks, *ruach* by

the Hebrews, and *spiritus* in Latin. The words mean the same thing: an all-pervading life energy. I believe that life force energy is the most powerful and effective contributor to good health. When this energy is low, our cells become sluggish and fatigued. When it's high, we are better able to think clearly and accurately and maintain feelings of love and joy and optimism. Without it, our cells die and so do we!

Have you noticed the difference in how you or others feel on a cloudy day compared to a sunny day? The reason we feel better on sunny days is because life force is enhanced by solar force. On a sunny day, the life force is more abundant, charismatic qualities of happiness and joy surface more readily, and the mind and heart are naturally drawn to higher things. One is inclined to express love and kindness more freely. Energy abounds and one seldom tires at work or play. When this life force flows freely through every cell of the body, disease is warded off, stress is handled effectively, one is vitally healthy, and the aging process slows.

Like the shields on the Starship Enterprise in the TV series "Star Trek," life force energy seems to serve to repel disease. For example: The dentin in a normal tooth never becomes infected by bacteria, but after a root canal, when the tooth is declared dead (and completely depleted of life force), highly toxic bacteria can invade the dentin causing life-threatening disease. What was this protective mechanism in the *living* tooth? It was the life force which served as a protective shield.

Though life force is not a physical thing, it integrates with physical particles; when physical congestion is present, life force energy becomes suppressed. When we remove congestion, life force moves again. The cleaner we are internally, the faster and more energized it becomes!

Life force is the key to the reported tales of spectacular feats of the yogis. It is said that some yogis have been able to live buried underground for weeks at a time. Some can heal a life-threatening disease by touching the person. They can, without effect, drink poisons that would kill an average person; cobra bites have no effect. Others have been able to prolong their lives well beyond normal life spans. All these feats would have to rely on their ability to control life force.

We draw life force into our bodies when we eat fresh, living foods, when we think and feel joy and happiness, and when we breathe. If we learn to breathe in certain ways, we can draw into our bodies vastly more life force.

The life force of the body is not dissipated or destroyed by over-exertion; in fact, exercise eliminates toxins and mucus and hard breathing helps draw the life force back in. It is, however, dissipated or destroyed by drugs, negative emotions, and dead foods. Foods that have been cooked, frozen, canned, or processed have had the life force removed. Each time dead or devitalized foods are consumed, we are, in effect, killing off our energy, our zest for life, our health. The process of aging speeds up.

When you hook a fully-charged 12-volt battery to a dead 12-volt battery, the dead battery will drain energy from the charged battery until both are only half charged or less. So, it goes when eating dead foods. A portion of our own life force is drained from our electrical reserves as lifeless foods automatically start depleting them. Eating raw foods, on the other hand, helps build life force, adding zest and energy while keeping the body free from congestion. Eating raw food fuels the body like a battery charger. That same *prana* which comes from the sun is stored in fruits and vegetables and we absorb that energy when we eat them.

After I'd completed my third cleanse, I had an enormous surge in energy. I didn't know how to handle it so I decided to climb Mt. Shasta in northern California. I started at two in the afternoon and found that I simply never got tired. I was so joyful that I stopped and talked with everyone I met on the trail – I must have spent an hour in various discussions. After reaching 11,000 feet I came to a dead end and had to go back down the mountain and find another way up. Even with all that, I made it to the 14,162 peak in less than five hours and then went running back down. I paused at Lake Helen (10,500 feet) and just stood there for several minutes. I became aware of an energy field surrounding me that was nothing like I had ever experienced. It pulsated. It was magnificent. I felt as though I could levitate right off the ground! I finally took off and ran all the way back to the car, not tired in the least. That's how Mount Shasta's Rob Webb ²¹² made the *Guinness World Book of Records*. He was so cleaned out that his life force energy flowed freely, supercharging him.

Once we've eliminated all congestion from the body, mind, and emotions, obstructions to the flow of this life force are eliminated and greater amounts of energy will circulate throughout our body and being. What full potential awaits us in such a state?

Enzymes

Raw foods are full of enzymes while cooked and processed foods have none because they (along with many vitamins) are destroyed at a temperature of about 118 degrees. Enzymes play a vital part in the digestion of our foods, in fighting disease, in breaking down foreign matter, and supporting our immune system. Some theories state that cooked foods draw from our internal enzyme reserves, depleting the body's precious life force. Life force is at the core

²¹² <http://articles.latimes.com/1998/aug/02/sports/sp-9401>

of every enzyme. You could also say that enzymes are one of the vehicles through which life force works to make things happen. Without enzymes, all vitamins, minerals and proteins are useless. All chemical activities depend on enzymes to do the work. In short, enzymes are the activity of life in our bodies.

According to Dr. Edward Howell (who was the world's authority on enzymes), *each person is given a limited supply of body enzymes at birth*. The faster we use up our supply, the shorter our life span, the weaker our immune system, and the more diseased the body. He taught that our habit of cooking food, eating junk foods and food heavily processed with chemicals, and ingesting alcohol and drugs will draw large quantities of enzymes out from this limited supply. He also said that colds, flu, and other illnesses deplete enzyme reserves.^{213,214}

Dr. Howell exposed the unsuccessful attempts of modern medicine to heal disease and its failure to attack the root of the problem. He wrote that many, if not all, degenerative diseases from which humans suffer and die are caused by excessive use of enzyme-deficient cooked and processed foods. This is one of the many reasons that herbs cure and drugs cannot. Drugs have no life and no enzymes. However, herbs (and all other properly handled raw foods) do!

On a physical level, enzymes are the active ingredients that help the body overcome disease. On an electrical or energetic level, *life force* is the active ingredient that cures disease and fuels our enzymes. Together they are the core driver of all activity in our bodies. So for a longer, healthier

²¹³ Edward Howell MD, *Enzyme Nutrition The Food Enzyme Concept* (Avery Publishing Group Wayne New Jersey 1985).

²¹⁴ Edward Howell MD, *Food Enzymes for Health & Longevity* (Omangod Press Woodstock Valley, Connecticut 1980).

and happier life, eat less overall and switch to a diet that is rich in (or exclusively) raw foods.

Managing Our Intestinal Bacteria

Our gut needs the proper types and combinations of bacteria for true health. In a healthy body, the total number of bacteria outnumber our own cells! They comprise close to 500 different strains and their total weight is comparable to that of the liver. The lack of certain bacteria associated, for example, with B vitamins and amino acid deficiencies can cause severe imbalances. An abundance of certain species can cause severe metabolic disturbances such as acidic bowel, polyps, and other growths. Due to the unnatural lifestyles and unhealthy eating habits of most people, normal intestinal bacterial flora has been drastically altered. This may cause a chain reaction of toxicity, electrolyte deficiency, digestive disturbances, assimilation problems, liver weakness, and numerous vitamin and other deficiencies. These can contribute to a gradual and consistent decline of health in an ever-increasing progression toward chronic and degenerative disease.

Antibiotics destroy almost 100 percent of our friendly intestinal flora and have caused devastating health problems for many.²¹⁵ Insidiously, the symptoms are rarely experienced until months, sometimes years after the antibiotic was used. When the natural flora has been eliminated by antibiotics or other means, various pathogenic bacteria can get a hold and prevent the proper bacteria from establishing themselves.

Here is a list of problems that can develop from a lack of friendly bacteria:

Inflammatory diseases such as arthritis

²¹⁵ Yoon, Mi Young and Sang Sun Yoon. "Disruption of the Gut Ecosystem by Antibiotics" *Yonsei medical journal* vol. 59,1 (2017): 4-12.

- B vitamin deficiency, especially B-12
- Protein deficiencies
- Constipation, which leads to chronic and degenerative disease
- Anemia
- Diarrhea
- Nutritional deficiencies
- Diverticulitis
- Crohn's disease, colitis, bowel cancer and other bowel disease
- Fatigue
- Mental and emotional disturbances
- Liver and kidney trouble
- Calcium, iron, and other mineral deficiencies
- Gastrointestinal bleeding
- Abdominal cramps
- Weakened immune system
- Various digestive disturbances
- Susceptibility to bacterial and viral infections
- Distention, flatus, and diarrhea^{216,217,218,219}

The doctor who prescribes antibiotics but fails to prescribe a probiotic may have substantially, though unintentionally, improved his business down the road. Many scientists have issued numerous warnings to doctors concerning the unnecessary use of antibiotics and every

²¹⁶ T Yamada, DH Alpers, L Laine, C Owyang and D W Powell, editors. *Textbook of Gastroenterology, Vol 1 and 2*. (Philadelphia: Lippincott, Williams and Wilkins, 1991), 538, 1473, 1479, 1530 - 1537, 1749, 2524.

²¹⁷ Ellen Jo Baron and Sydney Finegold, *Bailey & Scott's Diagnostic Microbiology*, Eighth Edition, (Baltimore: The C.V. Mosby Company, 1990), 240 – 251

²¹⁸ John Bernard Henry, *Clinical & Diagnosis Management by Laboratory Methods*, 18th edition (Philadelphia: W.B. Saunders Co. 1991), 1051.

²¹⁹ "What your Gut Bacteria Say about You." WebMD.com. Reviewed May 20, 2018.

doctor should (though few do) prescribe probiotics to their patients after taking antibiotics.

Many people have used various *acidophilus* products with temporary success only to later find they had merely exchanged one set of problems for another. Few have realized this because it's difficult to trace symptoms back to possible causes. Most bacteria-balancing formulas (probiotics) contain a predominance of acid-producing bacteria which are highly beneficial under various pathogenic conditions yet can be harmful if the proper bacterial balance is not re-established afterwards.

Acidophilus, the most popular probiotic, has for many years has been thought to be the perfect bacteria for humans because it reduced many pathological problems. Undoubtedly, *Lactobacillus acidophilus* has an important role to play as it can effectively remove a variety of pathogens from the bowel very quickly. However, when used for long periods of time, it may contribute toward ill health. There have been cases showing that metabolic acidosis, a potentially fatal over-acidic condition, was triggered by consuming supplemental *lactobacillus* and / or milk and yogurt containing *acidophilus*.²²⁰
²²¹ (Please note that these were somewhat unusual circumstances because the people involved had shorter intestines and lacked the normal buffering mechanisms that most of us have, making them more vulnerable to negative acidic impacts.)

²²⁰ W H Ku, D C Y Lau, and K F Huen. "Probiotics Provoked D-lactic Acidosis in Short Bowel Syndrome: Case Report and Literature Review" *Hong Kong Journal of Paediatrics* (New Series); 11:3: (2006): 246-254

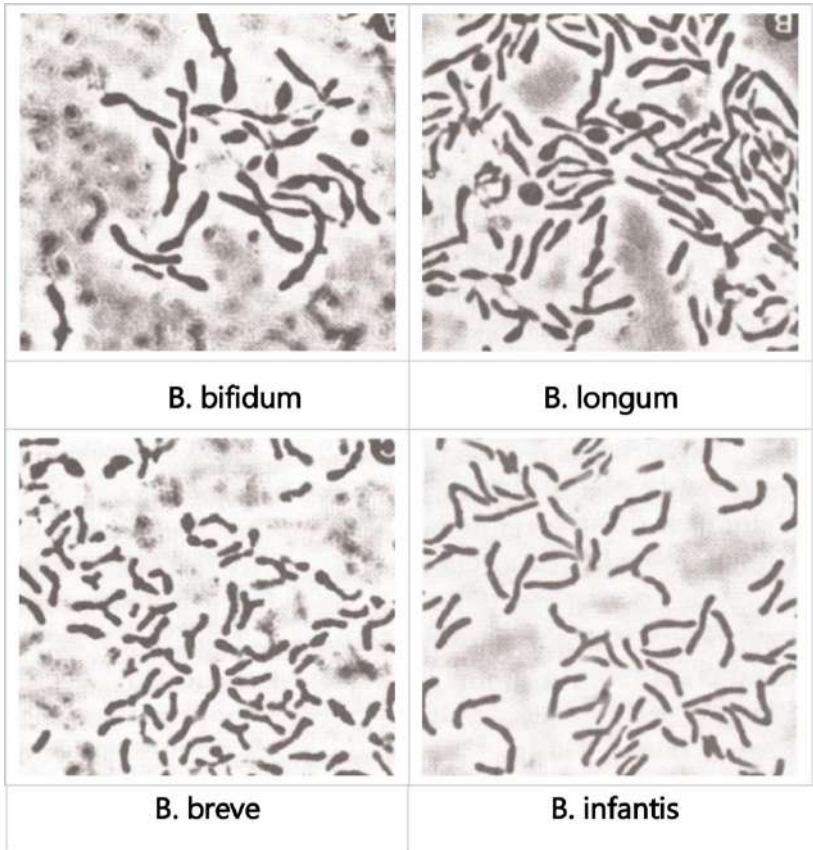
²²¹ D H Perlmutter, J T Boyle, J M Campos, J M Egler, and J B Watkins, "D-Lactic acidosis in children: an unusual metabolic complication of small bowel resection." *Journal of Pediatrics*, Feb:102(2) (1983): 234-8

What are we doing to future metabolic functions when we saturate our intestines with acid-forming bacteria? The “lacto” in *lactobacillus* stands for “lactic acid,” which is highly acidic. *Lactobacillus acidophilus* produces acids with a pH of 3.9 to 4.5. That’s almost the same pH as the chyme in the stomach! It’s so acidic that they actually kill themselves off, which explains why people have to keep taking these products week after week. This acidic environment is in opposition to the normal bowel secretions of 7.5 to 8.9 pH. Not only that, the digestive enzymes in the bowel can only function at a pH above a 7.0.

So all *lactobacillus* bacteria should be used to treat adverse bowel conditions but not as a replacement of bacteria in the bowels. The more permanent bowel bacteria should consist of mostly *bifidobacterium*, including *B. infantis*, *B. bifidum*, and *B. longum* and only a smaller percentage of *lactobacillus*.

Studies indicate that *B. infantis* is the predominant bacteria in the feces of breast-fed infants. This is the first bacterium that young, healthy infants receive (via their mother’s milk) and may be the most essential core bacteria for the human gut. Other *bifidobacterium*, such as *B. longum*, which is closely related to *B. infantis* and is found in both healthy children and adults, and *B. bifidum*, which is found in healthy adults, are also natural and essential bacteria. They generate a pH between 6.5 and 7.0, which is much more beneficial for a healthy human bowel than the acid-producing *lactobacillus*. *Bifidobacterium* bacteria are also known to produce large amounts of amino acids and other nutritious elements, including B vitamins.

Clinical studies have shown that certain strains of *bifidobacterium* are especially effective in treating *E. coli*, *Salmonella*, and their associated toxins.^{222,223,224}



²²² Servin, A. L. "Antagonistic activities of lactobacilli and bifidobacteria against microbial pathogens." *FEMS Microbiology Reviews*, (2004) 28: 405-440.

²²³ Carey, Christine M., and Kostrzynska, Magdalena. "Lactic acid bacteria and bifidobacteria attenuate the proinflammatory response in intestinal epithelial cells induced by *Salmonella enterica* serovar Typhimurium." *Can J Microbiol*, 2013, 59(1):9-17.

²²⁴ Tanner, Sabine A. et al. "Bifidobacterium thermophilum RBL67 impacts on growth and virulence gene expression of *Salmonella enterica* subsp. *enterica* serovar Typhimurium" *BMC microbiology*, Vol. 16: 46, 18 Mar. 2016.

Friendly intestinal bacteria are essential to good health. Most raw foods, especially those with chlorophyll, feed the friendly bacteria. Cooked and processed foods feed the harmful bacteria. The whole body must be in balance in order to have good health. When the bowel is out of balance, it becomes essential to take supplements of friendly bacteria.

This is what friendly bacteria do for us:

- Produce certain digestive enzymes that help to digest proteins, carbohydrates, and fats.
- Reduce cholesterol in the blood.
- Help control the acid-alkaline levels (pH) in the intestines.
- Suppress growth of pathogenic bacteria, yeast, and viruses in the intestinal tract.
- Help prevent parasitic disease (especially *Cryptosporidium*, *Isospora belli*, *Entamoeba histolytica*, and *Giardia*).
- Reduce high blood pressure.
- Detoxify toxic material in the diet, including food additives and chemicals.
- Assist the immune system.
- Help with elimination of ailments such as colon irritation, constipation, diarrhea, irritable bowel syndrome, and acne.
- Manufacture and assimilate B-Complex vitamins, niacin, biotin, folic acid, riboflavin, and especially vitamin B-12.
- Produce cancer-suppressing compounds.
- Help calcium assimilation.
- Help eliminate bad breath and gas.
- Metabolize certain vitamins, especially vitamin K.
- Allow for more efficient absorption of water.

These are the most dangerous enemies of friendly bacteria in order of importance:

- Drugs – especially antibiotics and chemotherapy.
- Alcohol – destroys friendly bacteria and enzymes, not to mention actual cells.
- Cooked meat – it feeds the bacillus *E. coli* and other pathogens.
- Bread – especially white flour or any wheat products that were baked in an oven. (Wheat is only good in its raw, sprouted state.)
- White sugar – chocolate, cakes, pies, cookies, pop, catsup, etc.
- Fried foods – potato chips, French fries, and anything fried in oil.
- Long-term consumption of soft drinks.
- Acid-forming foods, when overused.

I hope that I have clearly communicated just how important it is to follow up the use of an acid-producing bacteria with a *bifidobacterium* probiotic formula. This cannot be emphasized enough!

In the early days, I recommended taking a rectal implant to assure re-establishment of friendly bacteria. It was very uncomfortable, produced a lot of gas, and wasn't very popular. However, using an oral alkaline-forming formula made predominantly from the *bifidobacterium* species described above, designed to replenish the intestines with the correct bacteria during and after cleansing or after the use of antibiotics or acid-forming probiotics, has been very effective. The correct balance of bacteria is restored in a matter of two or three days, although a full week of use is recommended. The beauty of such a formula is that once a healthy colony of the correct bacteria has been established, there is no need to

continue taking it; the colony will continually replenish itself. There are exceptions: those with a long-term acid environment, pathogenic yeasts, and/or parasites will sometimes have difficulty re-establishing a healthy colony of intestinal flora as these pathogens constantly produce acids.

What to Expect as Your Intestinal Tract Becomes More Pure

My good friend White Medicine Crow and I decided to experiment and compare a raw-food diet to a cooked-food diet. After a great deal of intestinal cleansing and a couple of months on raw foods (mostly fruit), we went back to eating the average American diet, minus meat, for four days. Each morning it became more and more difficult to get out of bed, let alone feel good. We each began to develop a bad case of baggy eyes until by the fourth morning we had pouches instead of bags. Face wrinkles became decidedly more pronounced and my vision became fuzzier. Tiny bumps developed on our skin as the body made its desperate attempt to eliminate the toxic overload. Our complexions became dull and lifeless and our bodies became puffy, most noticeably in the face and stomachs. Energy levels became lower and lower and for the first time in years we found ourselves getting sleepy during the day. At night our sleep was interrupted by weird dreams. I felt pain in my kidneys and we both experienced inflammation and pain in various joints. Our sinuses and throats became congested and my memory lost its sharpness. Our appetite for food became almost uncontrollable and we were hungry when we shouldn't be. Work became work instead of the joy it usually was. Our mental efficiency dropped and we became more and more prone to negative feelings, low self-esteem, and a lack of confidence. Feelings of love toward other humans lessened and we both found it difficult to turn our attention to the Divine. We were short-tempered and easily irritated. Our

bodies developed foul odors that had long since disappeared. Being neither TV-watchers nor movie-goers, we were amazed when we actually felt the desire for such entertainment.

We were joyfully happy to start cleansing again and right away we both felt better, marveling at our renewed enthusiasm for life. Our baggy eyes disappeared in three days and we looked and felt good again. Energy returned along with increasing feelings of love and gratitude. In fact, almost every one of the symptoms we had developed disappeared within three days of cleansing.

A few days later we experimented again and ate cooked foods for another four days. This time we even had chocolate and pizza (we still refused to eat meat). The same symptoms of ill-health and lifelessness gradually returned. It was during this second round that we truly embraced the raw food diet with the fervor of religious converts, taking great joy just looking at them in their lovely, pure simplicity. Eating God's pure, whole, fresh foods brought greater life and energy into us instead of depleting us. We felt great, mental capacity increased, emotions were uplifted, and we smelled better! My love and joy toward all life accelerated and grew. Blessed is the world that grows and provides real, raw, fresh food and blessed are those who eat it!

Chapter 11

Choose a Vibrant Life

"We make our decisions, and then our decisions turn around and make us."

—F.W. Boreham (English Baptist preacher-writer)

Throughout the ages, seekers of truth ventured into the wilderness to meditate and fast. One of my most special treks, the one I call my "herbal expedition," put me on a path that changed my life. My daily consumption of fresh, raw, naturally occurring herbs not only set the stage for the development of a powerful cleansing program; it led to a great deal of healing in my life and in the lives of thousands of others who had the strength to change their lifestyles.

I was raised on a typical American diet of meat, dairy, and everything else bad for humans, but over five decades ago I switched to a vegetarian lifestyle. I've had plenty of time to experience first-hand the difference in both lifestyles and the vast benefits of one over the other because of the changes I made.

I still vividly remember the first time I met a vegetarian. I had just turned 22 and was working during the summer for a sign company in Seattle. I was sent out to dig a four-by-four-foot hole that was to be six feet deep. That's a feat in itself; however, in this case there were also huge cement blocks right where I was to dig. Within 20 minutes of discovering this, a man came by to drop off the sign I was to put into the hole. I explained my problem to him and suggested that we rent a jackhammer to break up the blocks. "No, we'll dig them by hand," he said, and soon we were hard at it. I was amazed at his strength and endurance and it was all I could do to keep up with him. I thought that he must be close to 40-years-old

and I, being athletic and in tip-top condition, an avid mountain climber, and fresh out of the Marines, was determined to keep up with him. All day long we swung those picks, heaping cement and dirt high out of the hole. By the end of the day I was so exhausted it was all I could do just to drive home. It was the first and only time in my life that I went straight to bed without dinner.

How did he outwork me like that? Who was this man? I wondered if he had studied some form of advanced yoga which enabled him to work that hard without the slightest sign of fatigue. When I went to work the next day, I asked about him and was shocked to learn that he was 62! Several weeks later, to my delight, I was once again on a job with him. That day we had lunch at a nearby café. I had ordered a steak and pie ala mode and only when I was nearing completion of my meal did I notice that the waitress had only brought him a small salad.

I said to him, "They sure are slow bringing the rest of your meal."

"The salad is all I ordered," he replied.

I suddenly had a realization. "Are you a vegetarian or something?"

"No, I just don't eat meat," said the man.

I thought to myself, wouldn't that make him a vegetarian? "Why don't you eat meat?"

"I don't believe that meat is fit for human consumption," he answered.

My first reaction was to argue, but I realized that I didn't know anything about the subject.

Later, he introduced me to his wife and family. He had two daughters who were the most beautiful women I had ever seen. In fact, his entire family was highly intelligent and radiantly healthy. It turned out that his wife was teaching

classes on health and philosophy and I ended up studying with her for twelve years. I learned many years later that she was the same age as my mother. This realization came as a shock because she looked twenty years younger than my mother, never had a health problem, and was the most vitalized person I had ever met.

Now, over fifty years later, I can still say that I've never met anyone more intelligent and more knowledgeable than she. It was because of her that I became inspired to try the vegetarian lifestyle and I believe it saved my life. I was born with a heart condition and developed rheumatic fever when I was six. The doctors expected that my body would give out during my forties, but by then I had been a vegetarian for many years. I had learned to take care of this body, had cleansed and fasted many times, and so instead of being dead, I was the healthiest I had ever been!

In those early years, the world was largely against vegetarianism. There was one word for them – Kooks! In those days it seemed that science was always trying to find something bad about not eating meat. However, as the years went by, science began to realize that vegetarians were healthier than meat-eaters. Today I'm amazed at the overwhelming amount of scientific evidence indicating the superiority of a vegetarian diet over any other. The references in this book, especially in Chapter 10, barely scratch the surface of the work that's been done on the subject.

If you aren't a vegetarian and want better health, but believe that giving up of meat is unthinkable, at the very least consider reducing your meat intake and increasing the amount of fruits and vegetables in your diet. Eat fresh, organic, and local when possible. If you're wondering how to get started on a vegetarian diet, start by eliminating all red meat. After a time, eliminate all poultry and, lastly, fish. Take

your time, for your body will have to detoxify. This is where cleansing helps immensely. A good cleansing program will help your body detoxify without a lot of time feeling bad, and your rate of detoxification will depend on many factors. If you wish to speed up the process, follow the recommendations outlined in this book.

The most important aspect of greater health and vitality is attitude. Seeing the best in life and letting go of the negative thoughts and feelings that flood our minds and, consequently, our bodies, will yield immediate results. And when we cleanse, we not only remove toxins and excess particles that accumulate physically; we'll also remove a lot of embedded negative thoughts and feelings.

One of the most important points made by naturopathic medicine is that we are all responsible for our own health and for whatever we experience in life. To tell a person that they aren't responsible, that their disease is "just one of those things," is the way of the ignorant and a deadly lie, leading one to become a victim instead of a creator of their own life.

Some of the greatest secrets to good health and overcoming disease have been presented here. Like everything else, it may be challenging at first but it will definitely get easier with time. The decision is now yours. How will you choose to use the knowledge you've gained from this little book? It is my wish that you choose wisely and follow the path that leads to a disease-free happy life, full of vitality, joy, enthusiasm, and love.

Namaste,

Rich

Appendix 1

Frequently Asked Questions

Q: Can I cleanse with a medical condition or while taking a prescription medication? Should I stop taking my medication?

A: Some cleansers have reported that they believe their medications seem more effective while cleansing; perhaps the body's absorption becomes more efficient. We always recommend that anyone with a serious medical condition and/or taking prescription medications consult with their licensed health practitioner before cleansing. Don't stop taking medications without discussing it with your physician. And remember: don't ingest any medications or supplements 45 – 60 minutes before or after taking a bentonite/psyllium shake, as bentonite will bond with the medication or nutrients and carry them out of the body.

Q: Is it okay for women to cleanse while pregnant or breast feeding?

A: It's not recommended, especially while breast feeding. During cleansing, toxins are stirred up and may enter the blood and breast milk.

Q: Can I take my birth control pills while cleansing?

A: Yes, but because birth control pills are a prescription medication, we recommend getting approval from your prescribing health practitioner before cleansing.

Q: How often should I check my pH during my cleanse and with which pH test?

A: We recommend checking pH before starting the cleanse with the Urine pH test. Use the Lemon pH test to check pH during the cleanse, as needed, or before advancing into deeper phases. (Checking urine pH during a cleanse is misleading as the body is often dumping acids.) It's also important to have adequate electrolyte reserves before advancing into deeper phases of cleansing. For more information on pH testing see Appendix 2.

Q: What can I do to increase my electrolyte intake while I cleanse?

A: Drink 30 – 40 ounces (3 to 5 glasses) of fresh organic vegetable juice and/or vegetable mineral broth per day or take an organic electrolyte mineral supplement.

Q: Is it okay to take my usual daily supplements while I cleanse? When is the best time?

A: Yes, although it's best to avoid supplements that are protein-based or contain salt, soy, dairy, or any foods listed on the acid-forming foods list. Avoid probiotics containing large amounts of lactobacillus which might interfere with your more alkaline-forming probiotic. Supplements can be taken with herb sets and/or meals but don't ingest them 45-60 minutes before or after the shake.

Q: How can I get enough protein while cleansing? What are good sources?

A: Although most foods contain protein, add a "super green" food supplement powder (no cow whey products!!) to juice or take it encapsulated if you feel you need additional nutrition.

Q: Is it okay to continue my daily exercise routine during my cleanse?

A: Yes, but avoid strenuous exercise, especially if you aren't used to it. Use milder exercises such as gentle walking, swimming, or yoga.

Q: How much weight will I lose on my cleanse? Will I lose muscle mass?

A: Individual weight loss depends on the individual's need to lose weight. You shouldn't lose muscle mass. If you do, you'll regain it once you start eating again. Cleansing is not a weight loss program; it's a path to better health.

Q: Is it okay for children to cleanse?

A: It can be successful but always under professional supervision and not for extended periods of time.

Q: Should I use enemas or colonics during my cleanse? Is it required to use them?

A: Yes, you will greatly benefit and feel better if you use enemas and colonics. It's not required but highly recommended.

Q: Why is it recommended to use distilled water while cleansing? Can I use spring or filtered water?

A: Distilled water can pull stored, congesting, inorganic minerals from the body. If you can get pure spring or high-quality filtered water, those will work great as well.

Q: Is it okay to use sea salt on my food while I cleanse?

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A: Don't use salt of any kind, e.g., sea, Celtic, or Himalayan or soy products such as soy sauce, liquid aminos, or miso. Soy products are too acidic. Salt hardens plaque and greatly slows cleansing.

Q: When will I begin removing mucoid plaque?

A: It varies by individual, but generally in the first five days if directions are closely followed.

Q: I'm allergic to psyllium. What is a good alternative bulking agent?

A: Freshly ground flax seed.

Q: Will my body absorb aluminum from the bentonite?

A: No. Even though aluminum is one of the most abundant minerals on earth and is present in bentonite, your body cannot absorb aluminum from bentonite. Bentonite and the epithelium cells of the digestive tract both have a negative electrical charge. Like two magnets repelling one another, the cells of your digestive tract and the bentonite repel one another.

Q: Is it okay to start at the Master phase without doing Mild, Gentle or Power phases?

A: If you have been on a very clean vegetarian diet *and have cleansed before*, this can work fine.

Appendix 2

How to Test Your pH

PLEASE NOTE: pH ranges vary depending upon the bodily fluid being measured. Therefore, the ideal pH range for the Urine Test, which uses your urine as the base, is different from the ideal pH range for the Lemon Test, which reads from your saliva. When checking your pH, please be sure to reference the range that corresponds with the type of test you are using. Use pH papers with a range of 5.5 to 8.0.

The Urine Test – for checking pH before starting your cleanse

We recommend the Urine pH Test before beginning any cleansing program. This is the best way to determine whether or not your body has enough electrolytes. For the most accurate results, consume only vegetables, vegetable juice, and water for one day before the test. On the morning of the next day, wet a strip of pH paper in a mid-stream of urine and record your results.

7.0 or above:

You passed! This indicates that your body has a good supply of electrolytes and is eliminating the excess through urine.

6.5 – 6.9

Indicates some electrolyte depletion but not a serious one. Your body is storing some electrolytes but is releasing some as well. It should be easy to replenish your electrolytes before cleansing.

5.6 – 6.4

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A few of the electrolytes from your food are being saved but your electrolyte reserve is low.

5.5 or below

Your body is depleted of electrolytes. Only the Mildest Phase of the cleanse is recommended.

The Lemon pH Test – For checking pH *while* cleansing

No food or juice should be taken for two hours before beginning this pH test.

Squeeze the juice of one-half lemon into two ounces of distilled water. No sweeteners allowed! Take all the juice at once, swish around in your mouth and swallow. Wait for two minutes and then begin a series of six saliva pH readings (spit on the pH paper strip, do not put it in your mouth). Wait 60 seconds between each reading, recording each result. At least one of the last three readings must show a passing result before advancing in the cleansing process.

8.0 or Above:

You passed! This indicates that your liver has adequate electrolyte reserves available.

7.5 – 7.9:

You barely passed and may continue cleansing; however, you should boost your electrolyte levels while cleansing.

7.0 – 7.4:

Indicates that you have some reserve of electrolyte minerals but not as much as is needed. Work on increasing your electrolyte reserves. Cleanse only at the Mildest Phase.

6.9 or Below:

Indicates a possibly serious condition. Electrolyte reserves are very low and both the liver and digestion are

affected. Only the Mildest Phase of the cleanse may be used and additional support from your healthcare practitioner is advised.

Throughout your cleanse, we recommend that you continue to use the Lemon pH Test. While the Urine Test is an excellent way to gauge your pH *before* cleansing, your body will be releasing more toxins as you proceed with your cleanse and the Urine pH Test may give you an inaccurate reading. During cleansing, the Lemon pH Test will give you a more accurate pH reading so you can determine whether you are maintaining adequate electrolyte reserves.

Appendix 3

How to Replenish Alkaline Minerals

The Basics:

- Stop all intake of acid-forming foods.
- Eat only alkaline-forming foods as listed below.
- Drink organic carrot/celery juice. Add organic kale, spinach and/or cucumber if available
- Take supplements that offer a quick supply of natural organic electrolyte minerals.

Alkaline- and Acid-forming Foods

Alkaline-forming Foods	Acid-forming Foods
All fresh and raw fruits, vegetables, and sprouts, including: Alfalfa sprouts Almonds* (best soaked) Apple cider vinegar Barley Apples Apricots Canned fruits and veggies Avocados Bananas Beets Berries Blackberries Broccoli Brussels sprouts Cabbage	Alcohol All processed foods Barley Bread, baked Cake Canned fruits Cereals (all) Chocolate Coffee Cooked grains (except millet and quinoa) Corn, dried Cornstarch Dairy products Drugs Eggs Foods cooked with oils Fruits, glazed or sulfured Ketchup

Appendices

Cantaloupe	Legumes (except Chickpeas aka Garbanzos, lentils and lima beans)
Carrots	Meat, fish, birds, shellfish
Cauliflower	Mustard, prepared
Celery	Nuts (except almonds), beans
Cherries	Oatmeal
Chickpeas (Garbanzo beans)*	Pasta
Coconut	Pepper, black
Collard greens	Popcorn
Cucumbers	Salt
Cumin seed	Seeds (except cardamom, cumin, fennel, flax, pumpkin, sunflower and sesame)
Dates	Soda crackers
Dulse	Soft drinks
Fennel Seed	Soy products
Figs	Sugar, white and processed
Flax (seeds & oil)	Sweeteners, artificial
Fresh corn	Tea, black
Fresh greens	Vegetables, overcooked
Fresh, raw juice	Vinegar, distilled
Ginger Goat whey	Vitamin C
Grapefruit	Watercress
Grapes	Wheat, all forms
Green Beans	Yams
Green lima beans	
Green peas	
Herbal teas	
Honey, raw	
Kale	
Kelp	
Leaf lettuce	
Lemons	
Lentils*	
Lima Beans*	
Limes	
Lychee nuts	
Mangoes	

Cleanse and Purify Thyself

Maple syrup Melons (all) Millet* Molasses* Mustard greens Okra Onions Oranges Parsley Parsnips Peaches Pears Peppers Pineapple Plums & prunes Potatoes (including sweet potatoes) * Pumpkin (seeds & flesh) Quinoa* Radishes Raisins Raspberries Raw, cold-pressed, organic olive and flax seed oil Rutabagas Sauerkraut Seaweed Sunflower seeds* Squash Turnip Greens Tomatoes, ripe Wheat, all forms	
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Alkaline- and Acid-forming Foods

* Foods marked with an asterisk (*) significantly slow the cleansing process and can reduce the amount of plaque removed. It's suggested that, while on the Mildest or Gentle Phases, *you limit the foods with an asterisk to two-to-three servings per week.*

[**Note:** All foods become more acidic when white sugar is added.]

How to Make a Vegetable Broth

Bring three (3) quarts of distilled or pure water to a boil in a large stainless steel or glass pan with a tight-fitting lid. As the water is heating up, add three (3) medium-to-large whole potatoes, two-to-three (2 - 3) stalks of cut celery, and one or two large leaves of any greens such as collard, mustard, kale, or turnip or a half-bunch of parsley. Carrot and beet tops are fine as well as any other vegetable on hand. Sweet potato adds a nice flavor. Simmer for 15 minutes. Remove from the heat, and after it has cooled a bit, strain and retain only the juice. Drink two to three (2 - 3) cups each day. Keep refrigerated. Raw apple cider vinegar and cayenne pepper can be added if desired.

Appendix 4

How to Take an Enema

“Think not that it is sufficient that the angel of water embraces you outwards only. I tell you truly, the uncleanness within is greater by much than the uncleanness without. And he who cleanses himself without, but within remains unclean, is like two tombs that outwards are painted fair, but are within full of all manner of horrible uncleanness and abominations.

Seek, therefore, a large trailing gourd, having a stalk the length of a man; take out its inwards and fill it with water from the river which the sun has warmed. Hang it upon a branch of a tree, and kneel upon the ground before the angel of water, and suffer the end of the stalk of the trailing gourd to enter your hinder parts, that the water may flow through all your bowels. Afterwards rest kneeling on the ground before the angel of water that he will free your body from every uncleanness and disease. Then let the water run out from your body, that it may carry away from within all the unclean and evil-smelling things of Satan. And you shall see with your eyes and smell with your nose all the abominations and uncleanness which defiled the temple of your body; even all the sins which abode in your body, tormenting you with all manner of pains.”

—*Gospel of Peace of Jesus Christ* by the Disciple John (first recorded directions on how to take an enema!)

The Many Benefits of an Enema

Learn to appreciate and enjoy enemas! Nothing short of Divine Intervention (also known as miracles) can come to your rescue faster to relieve you of headaches, constipation, pressure, various pains, gas, and massive accumulations of

toxic mucus, pus, and poisonous waste, all of which contribute to disease.

Some people are downright afraid to take enemas. This is generally due to either embarrassment or a lack of knowledge. But anything this good for you shouldn't be embarrassing. Taking enemas is wise and intelligent. They are health-giving, bringing us to a higher level of existence through purification. If we are going to be embarrassed, let's be embarrassed by the things we do that are destructive to our bodies such as being overweight, moody, cranky, and indulgent.

Others simply may not know *how* to take an enema, but don't let that stop you: it's easy to learn. Consider it a new dimension of living yet to be explored. I guarantee it will become an enjoyable part of cleansing, allowing you to see and appreciate the results of your efforts in vivid living color and afterwards feeling cleaner and better.

While cleansing, taking enemas in the morning and late afternoon will usually help a person rid themselves of an extra ten feet of mucoid layers during a seven-day cleanse. I know a friend who refused to take enemas while cleansing. Being an herbalist, he figured that if he took extra *cascara sagrada* he could keep things moving and avoid enemas completely. There were times when he did not feel good – a clear indication that toxic debris was being stirred up and needed to be released. He would have had relief had he taken an enema. The next time he cleansed, he decided to use the enemas and quickly overcame his aversion to them when he realized the benefits. His cleansing went much easier and he now recommends enemas to everyone who cleanses.

Most toxic people who I have seen cleanse without taking enemas have had a worse-than-average experience. When

people become miserable and Mr. Pain makes an appearance, embarrassment or ignorance will become something to conquer instead of letting it conquer us.

Note: Enemas are terrific; however, if you need something even more effective, a colonic usually brings immense relief. When a doctor friend in St. Louis encourages his patients to cleanse, he has each one come to his office daily for a colonic. He has told me that he's never had a patient who experienced a cleansing reaction.

Equipment Needed

I recommend a douche bag instead of the enema/hot water bags available in drug stores. The main point is that you want a bag that is open at the top so you can easily refill it and keep it clean. Douche bags are easier and faster to use; they are also less expensive. If you get the douche bag, make sure it has the enema tip as well as the douche tip; although either will work, the enema tip is easier to insert. Olive oil or an ointment that contains natural herbs and beeswax is the best lubricant to place on the injection tip for easy insertion. A dab is also placed on the anus. This combination makes for easy injection.

What to Use for an Enema Solution

I generally use two glass quart jars to fill my enema bag though a one-gallon jug is more efficient. As for what I put in them, most of the time I use an herbal tea but regular tap water is okay as long as it's free of contaminants, especially chlorine and fluoride. Unfortunately, this is rare and I wouldn't use tap water in most areas of our country. I don't recommend well water either; it's often highly contaminated. Distilled water is best; purified water of high quality is fine. Adding any or all of the following herbs will make an excellent enema:

- **Catnip** has a soothing effect on the body; it's good for energy, improves circulation, is excellent for colds, fever, and gas, and is especially good for children or those who have trouble taking enemas.
- **Burdock Root** is one of the best blood purifiers you'll find; it's the best herb for skin, helps eliminate calcium deposits, and improves kidney action.
- **Yarrow** is good for the liver, stomach, and glands. Another blood purifier, it opens the pores of the skin (the body's largest elimination organ) for rapid elimination. It's good for colds, cramps, fever, and flu and is a perfect infusion in a healing bath.
- **Red Raspberry** is excellent for all kinds of female problems; high in iron, it's also good for the eyes and for elimination and is very nutritious.
- **Wild Cherry Bark** is useful for those who don't eliminate their enema water easily. Make a tea using one (1) teaspoon in a quart of water and add it to approximately one and one-half (1-1/2) gallons of enema water.

Other excellent enema herbs are blessed thistle, plantain, pleurisy root, hyssop, mint, elder flower, white oak bark, yellow dock, mullein, dandelion, parsley, marshmallow root, and peppermint. I sometimes use multiple herbs in combination. My favorite, especially as a tonic for the kidneys and urinary system, contains burdock, ginger, gravel, hydrangea, juniper, lobelia, marshmallow, parsley, and uva ursi. I use it in almost every enema I take and have had wonderful results. It's especially helpful for those whose urine flow is too slow and for those who have achy backs because of kidney congestion. However, unless you are an herbalist, beware of attempting to make your own combinations without first studying how the individual herbs

work. Lobelia, for example, should always be used in small amounts and in combination with other herbs.

Temperature of Enema Solution

The water you use should be body temperature (98.6°). It's okay if it's slightly warmer, but if the colonic muscles get too relaxed, that can slow the expulsion of the liquid which is what you want. It can be slighter cooler for this stimulates, strengthens, and tonifies the intestine but if you're sensitive to the cold, it can be slightly uncomfortable.

Injection Procedure

NOTE: When putting liquid in an enema bag, be sure the valve is shut. After you've sprayed your feet and splashed you clean bathroom for the first time, you won't have to remind yourself of this anymore!

Place the filled enema bag on the shower or bathroom door handle or on the towel rack. This is a comfortable height. Once you're accustomed to taking enemas, feel free to hang it higher, remembering that the higher you hang the bag, the more pressure there is and the liquid will flow into to you faster. You can control the flow with the enema bag shut-off valve, which is about two inches from the tip. Then proceed as follows:

1. Fill the bag with the liquid (tea or water) from your gallon jug.
2. Put the lubricant on the enema tip and on the anus.
3. Place the tip over the toilet, sink, or bathtub and open the valve slightly, allowing the liquid to flow until the air bubbles are removed from the tube. Shut off the valve.

4. Get into position and insert. After insertion, open the valve gradually, allowing the liquid to flow into the colon slowly until you get used to it.
5. The goal for keeping the solution inside you is 15 minutes.
6. Always keep your hand on the valve for quick shut-off when needed and to keep the tip from slipping out.

Some Tips on Positioning

It is best to kneel and lean forward placing your forehead on a towel on the floor in front of you. In this position the liquid flows to the farthest end of the colon more easily. It also helps to massage the bowels; start with the descending colon (left side of the lower abdomen – see chart in Chapter 6), work up to the transverse (just behind the lower rib cage, unless you have a prolapses), and then across the transverse colon to and down the ascending colon (right side). Work it well – get the liquid all the way down to the ileocecal (the valve separating the small and large intestine). If you aren't sure where all these parts of the colon are, just massage the heck out of your lower abdomen, moving from the lower left, up the left side, across just below the ribs, and down the right side. When you have emptied the entire enema bag or the pressure is starting to be uncomfortable, remove the enema tip, climb on the throne, and let her rip! Be prepared to be amazed and astounded at what will come out of you. Keep in mind that, depending on your pre-cleanse preparation, you may not get any of the “real stuff” out until your fourth day.

If the liquid has difficulty flowing up into the colon, it helps considerably to breathe in and out very deeply – long deep breaths in, then slowly and completely all the way out. Deep breathing changes the pressure in the abdominal area and makes it easier for the liquid to pass into the deeper reaches of the colon.

How Much Solution to Inject?

Depending on how compacted you are, you may be able to insert a cup or even a quart of liquid when you first begin the enema. Just don't force it. As soon as the pressure gets a little uncomfortable, shut off the valve. Try to work the liquid past the congestion by massaging as indicated above, then add more liquid. You'll know when you've reached a good point to stop. Then evacuate. You should pass some blockages. Let it all out and then repeat the process. Each time you'll be able to take in more liquid until two quarts are in the colon.

Although you may never reach it, make a goal of repeating the procedure until the liquid coming out is transparent. I recommend preparing a gallon-and-a-half of solution; this will provide three rounds injection if you can get a full two quarts in the first time. If you are pressed for time, remember that a shorter (fewer rounds) enema is infinitely better than no enema. You'll be a *lot* more comfortable, whatever your activity.

I recommend taking two sets of enemas daily while cleansing; one first thing in the morning and another around five or six in the evening. Avoid taking enemas close to bed time or you'll be getting up a lot during the night because whatever liquids are left in the colon will gradually seep into the bladder. If you already have to get up several times during the night, try chewing juniper berries or drinking juniper berry tea and take a good herbal formula for kidney health. This will help break up uric acid deposits and clean the urinary system. It will also help relax the bladder. After a day or two, you should be sleeping through the night.

Appendix 5

The Coffee Enema

Over the years, thousands of our patients have done coffee enemas – in some cases for decades – and virtually all of them report an increased sense of well-being. I've taken daily coffee enemas since first learning about them in 1981.

Maybe you're thinking that people who recommend coffee enemas must be aliens from another dimension. I mean, have you ever heard of anything more ridiculous? Coffee enemas really do work wonders, though, and continue to receive attention from mainstream medicine.²²⁵ According to Nicholas J. Gonzalez, MD, coffee enemas were advocated in the Merck Manual as early as 1890.²²⁶ Nurses relied on coffee enemas during World War I.²²⁷ Dr. Max Gerson, famous for his phenomenal success in treating cancer, was probably most responsible for revealing the benefits of coffee enemas to the healing community.²²⁸

Here's how it works: Chronic and degenerative diseases are usually associated with a faltering liver, a condition that is often associated with liver toxicity. Coffee enemas have been effective in purging the liver of toxins that diminish liver function. The liver handles most of the poisons and other toxins that have found their way into the bloodstream. When the liver becomes too backed up, all hell

²²⁵ Kim, Eun Sun, et al. Coffee Enema for Preparation for Small Bowel Video Capsule Endoscopy: A Pilot Study. *Clin Nutr Res*. 2014 Jul;3(2): 134-141.

²²⁶ Kirk Hamilton, "Pancreatic Cancer, Proteolytic Enzyme Therapy and Detoxification," an interview with Nicholas J. Gonzalez MD, PC. *Clinical Pearls News*. November 1999 via http://www.dr-gonzalez.com/clinical_pearls.htm.

²²⁷ Pope, Sarah. "Coffee Enema: Unmatched Detoxification for Health and Recovery." *TheHealthyHomeEconomist.com*. Updated July 16, 2018.

²²⁸ Gerson, M. 1979. *Physiological Chemistry and Physics* 10(5): 449-464, 1979.

can break loose. When used properly, a coffee enema causes the liver to produce more bile and open the bile ducts. This causes the bile to quickly flow out of the liver. During this process, a toxic liver can dump many of its toxicants into the bile, getting rid of them in just a few minutes. This can give rapid relief to all parts of the body and can make the difference between someone feeling so poorly they have to lie down or feeling well enough to keep active. In severe cases of toxic overload, it can even be the difference between life and death.

Other benefits of the coffee enema can include quick relief from pain and headaches that even medication can't touch. Many practitioners report an increased sense of well-being. These enemas also help reduce or eliminate spasms, precordial (heart, throat and chest) pain, and difficulties resulting from the sudden withdrawal of all intoxicating substances, including coffee. Believe it or not, coffee enemas help many people relax and get a good night sleep.

A Note of Caution

In extremely toxic individuals, the bile released by a coffee enema may contain poisons that can cause spasms in the duodenum and small intestines. In rare cases during times of toxicity, it's possible that bile may flow into the stomach, causing nausea or vomiting. This has been known to occur when the colon has not been emptied prior to taking a coffee enema. **Remember: It's important to always purge the colon with a traditional enema or colonic before doing a coffee enema.** If nausea does occur, drink large amounts of peppermint tea to help wash the bile from the stomach.

There are two other reasons why we should empty the colon prior to using the coffee enema. First, an empty colon allows the coffee to remain there longer. Second, colonics or enemas eliminate toxicity that would otherwise "hitchhike"

with the coffee and enter the liver, thereby causing unnecessary stress on the liver. Obviously, we never want this to occur. Therefore, it's important to always flush out the colon before using the coffee enema.

Another trick of the trade is to take a psyllium/bentonite shake just before the coffee enema. The coffee enema is well-known for its ability to cause the liver to dump its toxins out through the gallbladder and into the small intestines, and we know that one of the main functions of the small intestines is to absorb substances into the blood. Therefore, it's highly beneficial to allow the shake to absorb the toxins that are released into the small intestines so they don't have a chance to re-circulate. This simple procedure is highly significant in detoxifying the body as quickly as possible.

Preparing the Coffee Enema

Use three (3) tablespoons of organically grown ground coffee (DO NOT USE COMMERCIAL COFFEE) to one (1) quart of distilled water. Boil for three (3) minutes and then simmer for 17 minutes. Strain and cool to body temperature. Prepare only the amount to be used that day; do not store overnight.

Pour the body-temperature coffee into your enema bag and remember to close the valve first. Insert the tip while positioned on your knees with your head on a towel. As soon as the enema bag is empty, lie down on your right side with both legs drawn close to the abdomen. This makes it much easier to keep the solution in for the recommended 15 minutes. It helps to have a clock in clear view and perhaps even something to read. If the liquid reaches the rectal area, the muscles will trigger a release. You can prevent this by massaging your lower left abdomen in an upward direction, keeping the liquid from moving down to the rectum. Again,

Cleanse and Purify Thyself

slow, deep breathing will help draw the greatest amount of fluid into the necessary parts of the colon. It also helps when breathing out to expel all the air in the lungs, suck in the abdomen, and then push it out when breathing in.

Appendix 6

Instructions for Removing Gallbladder Stones

It's best to drink apple juice for at least three days prior to your actual gallbladder "flush," with six or seven days being optimal. Apples and apple juice contain malic acid which softens the gallstones. Apples are also rich in minerals that help to replenish electrolyte reserves. You can start flushing whenever it's convenient for you. Many people start on a Monday and consume the drink (described below) that stimulates the removal of gallstones on Saturday evening.

Here is an easy schedule to follow:

During this week, eat an alkaline diet with absolutely no meat, dairy, or wheat products. Also, eliminate all foods containing white sugar and, if possible, avoid coffee because it is acid-forming. If you find that you cannot go without your morning coffee, at least reduce your consumption to a minimum.

Monday through Friday Lunch: Drink as much apple juice and/or eat as many apples as possible. Please realize that the more apple juice consumed, the softer the stones become and the easier it is for them to slide out. Be aware that apple juice can sometimes have a laxative effect, so you may want to start out gradually the first day or two. Freshly made juice from organically grown apples is the absolute best. Avoid commercial apples sold in most supermarkets as they will contain pesticide and herbicide residues and are generally less nutritious. Purchase organically grown apples by the box from your local health food store and juice them yourself. For optimum benefits, consume the liquid within an hour of juicing. The next best thing to juicing apples yourself

is to buy organically grown apple juice. You can add some fresh lemon juice to the apple juice to cut the sweet taste but it will not affect the sugar content.

Saturday Lunch: Eat a healthy vegetarian meal or drink nothing but fresh fruit juice, which can often produce better and more effective results.

Three or four hours after lunch drink a cup of prune juice (or more if you are brave) to increase peristaltic activity. If you have a history of constipation (fewer than two bowel movements daily), take a large dose of an herbal laxative* containing *cascara sagrada* instead.

***To make your own herbal laxative:** Combine one level teaspoon or three capsules of cascara powder with one-half level teaspoon of licorice root or fennel seed powder. Drink down with plenty of water or apple juice.

Saturday Dinner: Drink freshly squeezed orange juice, lemon juice, or some other citrus juice. That's dinner.

An hour or so after dinner take an enema for maximum results. This is not a vital step and will not make any difference as to the amount of stones that are released, but it will make it easier to see the ones that are.

Just before bed prepare a 50:50 mix of freshly squeezed lemon juice and organic cold pressed extra virgin olive oil. For a person weighing around 120 pounds, four ounces of each will be sufficient. For a person weighing more than 250 pounds, use eight ounces each of lemon juice and olive oil. If you are somewhere in between, adjust the ingredients accordingly; for instance, someone weighing 180 pounds would use six ounces of each ingredient.

Mix the lemon juice and olive oil in a blender. If you don't have a blender, shake the mixture well in a jar. Then drink it down! You might find that you need to hold your nose and gulp it down as fast as you can. When you're done, take a big breath and think how good you are going to feel when you're done. *Don't think about the taste!*

After drinking the mixture, go directly to bed. Lie on your right side with your right knee pulled up close to your chest. Remain in this position for around 45 minutes before straightening out to go to sleep. Do not sleep in this position all night.

The morning after you should awaken with an immediate urge to release. Upon release, behold your gallstones! They usually range from light to dark green and sometimes turquoise in the form of anything from a thick liquid to stones as large as your thumb. The average size is usually slightly larger than a watermelon seed. Black stones may appear but those are very rare for Americans. If you observe yellowish brown stones, you can pat yourself on the back. Those are the crystallized, hardest, and most harmful stones that are usually only detected by ultrasound. Be thankful you released them before you had a gallbladder attack and some doctor convinced you to cut out your gallbladder.

Most people see the stones easily. If you expelled a lot of them (approximately one-half cup or more), I recommend doing the flush again in another week or two. Also, a few people who have stones don't release them on the first try. A vegetarian who eats mostly fruits and vegetables is not likely to have stones. Almost everyone who eats the Standard American Diet of heavy meat, fried foods, chips, bread, dairy, soft drinks, and coffee will most likely have gallstones. People on the Standard American Diet who see no gallstones on the first gallbladder flush should do another flush soon.

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If you don't experience a bowel movement the next morning, eat a light breakfast and two hours later take a second dose of the laxative or drink eight ounces or more of prune juice. If all else fails, take an enema.

Caution: Some people use Epsom salt (magnesium sulfate), Glauber's salt, or other kinds of salts to achieve rapid bowel movements. I strongly advise that you not use these products. They do cause rapid bowel movements but at a large cost to your wellbeing. These salts are highly toxic. They attack, irritate, and dehydrate the intestinal epithelium cells at such a rate that the body will do everything in its power to remove them as quickly as possible by excreting massive amounts of sodium bicarbonate and mucin through the goblet cells. This is what causes the increased peristalsis. Mucin is the primary component of mucoid plaque, and just one mistake (such as using Epsom salts) can cause the entire eliminative tract to become lined with a coating of mucus. Continuous use may contribute to constipation and other serious bowel problems. Furthermore, using these toxic salts can severely drain electrolyte reserves. I know of one case where a lady used such a program; later in the day she went for a short walk and passed out right next to the street. She was rushed to the emergency room where doctors discovered that she was electrolyte depleted.

To prevent recurring gallstones, remove or reduce meat from your diet. Meat eaters who want to be healthy should not eat meat more often than two or three times a week. Eating meat once every day is really asking for trouble. In general, your diet should be composed of at least 80 percent alkaline-producing foods. Learn to test your pH to see just how acidic you may be. An acidic body creates gallstones. If you have gallstones, your body may also have serious mineral deficiencies.

Visit www.cleanse.net for more information.

Appendix 7

Testimonials

The following are actual reports from people who have used a deep cleansing program. They report having much more energy, improvements in their skin, lumps and pains disappearing, sharper mental faculties, improved eyesight, weight loss, better control over their emotions, more optimism and happiness, and even feeling closer to God.

Life Changing

“My boyfriend and I are starting our fourth cleanse today. Ever since our first one we decided to cleanse once a year in February, which tends to be such a dismal time of year. I used to drink tons of coffee and have meals based on sugar. I wasn’t fat, but I definitely was not healthy. After the first cleanse I no longer desired candy and coffee is a special treat now and then. Every time I tell someone about the cleanse, all they can think of is a ‘fast.’ Those are exactly the people that could benefit from understanding the precious source of energy that vegetables and fruit are.

“We learned how to cook and experiment with all types of foods. It’s amazing how many different vegetables and fruits there are. One of the amazing aspects is how much you realize that your senses are veiled until you get really clean. We smell everything and taste everything with such delight as if we never tasted it before. This is a great way to get to know and like yourself and your body again. Even doing just one cleanse can be a life-changing experience.”

— Holly, Los Angeles, CA

Immune System Restored

“I am 23 years old and for the past eight years I have suffered from a total immune system breakdown, beginning with ulcerative colitis and heightening to relapsing polychondritis, which is the immune system attacking and eating away cartilage in the body. Other symptomatic problems I experienced include severe body itching, terrible facial acne, liver and digestion dysfunction, hair loss, low energy level...

“All ‘Western’ medical philosophies dictated that I would have to endure this for the rest of my entire life; I refused to accept that. The past eight years of mental battles, vegetarianism, acupuncture, and soul searching have resulted in about 80% recovery. Recently, a friend gave me a copy of *Cleanse & Purify Thyself*. After reading it, I realized why all my health problems occurred in the first place. Years of fast food along with continual doses of antibiotics had devitalized my digestion, assimilation, and evacuation, thus decimating my body.

“I started with a two-week Gentle Phase Cleanse followed by one week on the Master Phase. During the Gentle Phase, all my colitis symptoms (constant bloody diarrhea evacuation), which had been gone for so long, returned: it was a healing crisis. During the first three days of the fast, I felt very sluggish and nauseated. On the fourth day, my energy shot up to the level it was as a child, my nose started growing back where the cartilage had been lost, and my itching stopped. Performing two colemas (*Editor’s note: a type of enema*) a day during the fast, I evacuated at least 15 feet of black, ropy, impacted fecal matter, shaped like the colon and intestines.

“For the past three years, I have scratched myself bloody almost every single night! Since my cleanse, I have not

itched a single time! My energy is increasing every day and I love it. I now see that no matter how much you take care of yourself, you cannot achieve total health unless your body is clean and pure.

—Chad M., Santa Monica, California

Asthma-Free!

WOW! I feel fantastic. I used to need an inhaler for asthma - not anymore. I no longer need depression meds and my body is free, healthy and detoxed. I would recommend this cleanse to anyone who wants to feel better physically and emotionally.”

—T. T., Rough & Ready, CA

Bliss Consciousness

“I’m a 26-year-old male attorney who works very long hours, endures a lot of stress, and confronts a lot of unhappiness in both my clients and the courtroom. I used the 10-day Master Phase program and released approximately 18 feet of hard, stale-smelling fecal matter. Some of my stuff was even black!! I reached a point during the program where I actually felt transcendental – my spirit was freed!!! The ‘terrible problems’ I faced on a daily basis weren’t so terrible, my chronic fatigue disappeared, the bags under my eyes vanished along with the tiny crows’ feet around my eyes, my handwriting even changed!!! I felt incredible feelings of love for family and friends. I entered a state of bliss that I had never experienced or have not since experienced. I actually felt close to God. Tears come to my eyes as I describe this to you. You must all know that this program is a godsend. Its effects are real and revealing.”

—Scott B, Port Angeles, Washington

High Blood Pressure Back to Normal

“Prior to cleansing, I had dangerously high blood pressure for over a year. Nothing the doctors did ever helped my condition. But on the sixth day of the Cleanse, I went back

to the doctor for a checkup. He was shocked to discover my blood pressure was normal.”

—L.J., Mt. Shasta, California

Crippled Woman Walks Normally Again

“For the last seven years, I have been dealing with a steadily increasing amount of pain in my right hip. For the last six months, the pain had become so great that I was using a cane regularly when outside of the house. X-rays showed the cartilage had worn off the head of the femur. An infection had also developed. The nerves at the head of the femur were telling my brain to immobilize the right leg. In spite of many different types of therapy to reverse the steady downward spiral, nothing seemed to turn the gradual decline around. I tried chiropractic treatments, therapeutic massage, nutrition, exercise, homeopathy, yoga, as well as colon cleansing using Dr. Jensen’s program.

“Approximately ten weeks ago, I started using Dr. Anderson’s Cleanse. I did everything suggested in the book *Cleanse & Purify Thyself*. On the second day of the Cleanse, approximately 50 percent of the pain left my body and I stopped using the cane at that time. On the third day of the Cleanse, I did a little yoga with my yoga students for the first time in over a year. They were watching me with their mouths open, because their most recent experience of me was seeing a person move with great agony and pain.”

—Marie M., Santa Monica, California

Can’t Believe How Good I Felt

“I tried it. On the second day I could not believe how good I felt and the stuff that came out of me looked like the gunk when an alien starts disintegrating.”

– D.U, Canada

First Pain-Free Menstrual Cycle

“Benefit from first Cleanse: Had the first pain-free menstrual cycle I have had in the last 15 years.”

—S. A., Hinsdale, Illinois

Back Pain Gone

“The pain in my back was so severe that I could not lift weights, nor could I walk without pain. Just after my first cleanse, a piece of mucoid plaque that was at least 1 1/2 inches thick and over three feet long came out of me. It was so hard that I couldn’t cut it with a perforated knife. The pain disappeared immediately and I felt stronger and more alert. From then on I had much more energy.”

—Ron S, Tucson, Arizona

Joint Pain Disappearing

“...the quality of your products so much surpasses what’s out there. They seem like different substances...Pain in joints nearly gone...”

—S. B., Los Angeles, California

A Man in His Eighties

“I was on the Master Phase of the Cleanse for the full seven days. Forty-five feet of beautiful mucoid sheaths were expelled. What should I do with it? It is laying on the bathroom floor on aluminum wrap. The answer? I’ll take pictures of it! I feel so much better and have more energy to continue my artwork. This was a great birthday gift. I plan to continue experimenting with this. I think that possibly the cataract might be corrected in time.”

—Alfred I., Phoenix, Arizona

Breast Lumps Disappear

“A large cyst, very painful, had been growing in one of my breasts for seven years; it dissolved by the end of my first seven days on the Master Phase. Painful, swollen areas of my colon got unblocked. Four inches vanished from my

waistline. Lower back doesn't hurt as much. On the fifth day of the Master Phase, lots of goopy, strange (chemical odor) green stuff came out at 1:30 a.m. My menstrual periods are now perfectly in time with the New Moon and not as painful. I have less tension in my upper back, between my shoulders. I'll keep on cleansing until I'm totally renewed."

—P. D., Flagstaff, Arizona

Worms Away

"I'm gaining more and more energy and vitality. The total length of worms that came out of me in seven days was 335.4 inches (27.9 feet)."

—Barney D., Tucson, Arizona

Stomach Pains and Lumps Disappear

"God Bless You. I love you and I thank you for your Cleanse. Several years ago, the doctors thought I had a tumor and I had to have several ultrasounds. They didn't find one. They didn't know what was wrong. I had a large, hard stomach and suffered a lot of pain. I told one doctor, 'If you can't help me, find someone who can!'"

"During the Cleanse my stomach started to disappear. I was amazed. The hard lumps were getting smaller. I also was constipated, had sensitivity to plants and foods, had floaters, anemia, and edema. Noise pollution had me shaking. I had a flaky rash between my eyebrows and on my forehead in two spots. The rash on my forehead and brow went away just taking the herbs and my face felt softer within a few days. I used to think that going to the restroom once a day was great, but I realized I was wrong. I started to have three-to-five bowel movements a day with the herbs alone. During the 7-day (*Master phase*) Cleanse I got 50-3/4 feet of plaque out. All my symptoms and pain were gone."

—Mildred, Pasadena, California

It Really Works!

"I found the program to be everything it claimed to be. After years of listening to exaggerated claims and health hype, I have become reserved in my endorsement of products in the natural-healing arena. How very refreshing to find a health system that works!"

—R. D., Arcadia, California

Tumor Decreased

"I was on the cleansing fast for six weeks. During that time the tumor (on my left shoulder) decreased in size by about two-thirds and my body felt lighter and more pliable than at any other time in my adult years. (I am now 65.) I am convinced that the cleansing was in large part responsible for how I feel. I have lost about 25 pounds and intend to continue the fast as recommended in the book."

—E. M., Roswell, New Mexico

All Symptoms Gone

"Almost all of my symptoms have disappeared. I threw out a shoe box full of prescriptions and am able to exercise. I can actually take a deep breath and breathe through my nose. I haven't been able to do that for twenty years! Oh, my allergies are gone, too (dust, mold, yeast, pine and grass pollens, etc.). The cystic acne went away, my weight dropped, dizziness is gone, and heart palpitations are also gone. Prior to the Cleanse, I could not grow fingernails. They would break, chip, were thin, and would bend and tear. For the first time in 15 years I have long fingernails. (I recognize that I'm absorbing calcium properly now.) I have to cut them so I can do some of the things I couldn't do before I took the Cleanse ... I now want to learn Kung Fu."

—P. M., Castro Valley, California

Many Benefits

"The benefits I experienced included more energy, better concentration, fewer colds, elimination of a life-long sinus

problem, no more menstrual cramps, no more headaches, I sleep better, I have regular eliminations, no more stomach aches, a clearer complexion, I look younger, I lost weight, my eyes are brighter, and I'm less stressed."

—C. O., Los Angeles, California

Never Hungry, Lost Weight, More Energy

"We both did four weeks on the Gentle Phase. Then we did seven days on the Master Phase. Throughout the Cleanse, we both worked full-time and were NEVER hungry! My husband (who was a meat eater and a heavy dairy-eater) had not had a regular bowel movement for 30 years! After completing the Cleanse, he now has two to three bowel movements a day! After completing the herbal cleanse, we both experienced a significant increase in energy. The quality of sleep has improved tremendously. My husband lost 21 lbs. of fat! I did not lose any weight but dropped two sizes in clothes."

—B. V., Lemon Grove, California

More Energy and

"On previous cleanses, doctors and nutritionists had me convinced I could not follow a vegetarian or vegan diet because of hypoglycemia. I became a vegetarian last spring, and a week or so before beginning the cleanse, I tried a vegan diet and was fine.

"During the cleanse, I felt good most of the time. Two weeks into the program, I started to get concerned when the weight loss didn't stop. On a previous cleanse, a lot of plaque came out, but for a year before the cleanse, I had done a variation of the gallbladder flush once a month.

"This time I experienced loads of benefits! Eczema I'd had for six months prior to the cleanse cleared from my right hand. Blood sugar readings were comfortably in the middle of the normal range. They had been creeping up and

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occasionally went beyond. My sinuses cleared. I had greater mental clarity and focus. I could do all my yoga postures more deeply and with greater ease. I had more energy and slept soundly at night.”

—C.Z., Morris, IL

Appendix 8

Sodium Fluoride

I remember Dr. Jensen telling us about a four-year-old girl who sat in a dentist's chair while he carefully placed sodium fluoride on her teeth because it was thought this would prevent tooth decay. The little girl accidentally swallowed some and died while still in the chair.

Sodium fluoride is a deadly poison that is used to kill rats by destroying the digestive system. It's a heavy metal and even more poisonous than lead. Some people believe the FDA allows it in our water because of key people who control money and power. It is rumored that Adolf Hitler and Communist Russia put sodium fluoride their water systems because it was thought that it altered parts of the brain, which made people more susceptible to suggestion. Clinical evidence may not be conclusive on this, but even a suspicion along these lines would raise serious questions as to why our government demands the use of fluoride in city water when there is evidence indicating it actually causes illness.

The popularized concept that sodium fluoride is good for teeth is fraudulent and a dangerous lie. It has now been proven that it does nothing to prevent tooth decay.²²⁹ It's *calcium* fluoride, not *sodium* fluoride, which is good for teeth. Sodium fluoride in tap water actually increases tooth brittleness, the likelihood of breakage, discoloration, and periodontal bone loss.²³⁰ And since its use in cities, there has

²²⁹ Dr. John Yiamouyiannis, *Fluoride The Aging Factor*. (Delaware, Ohio: Health Action Press, 1993), 114-132.

²³⁰ C. C. Bass, "Neglect of Prevention of Dental Disease," *Journal of the Louisiana State Medical Society*, Vol. 120, Issue 1 January (1968): 30-35.

been an increase in the number of mongoloid children born²³¹ and in Alzheimer's disease.^{232,233} Do our government decision makers know this? Perhaps some aren't fully or accurately informed, but it's the responsibility of lawmakers to know the facts before they force something onto people.

If your city still has fluoride in its water system, you will need to use distilled water, not just purified water. Reverse Osmosis systems and filters cannot remove fluoride. Some people have stated that distilled water pulls minerals out of the body and therefore should not be used; the truth is that it can only remove *inorganic* minerals from the body, not organic minerals, and that is exactly what we want it to do. The body cannot use inorganic minerals, which can accumulate and cause congestion in our arteries and elsewhere. Organic minerals become part of our tissues for they have been chelated to a protein molecule and distilled water cannot attract organic minerals.

The only problem with distilled water is that its life force is lost. You can replace it by adding some freshly squeezed lemon, lime, or orange juice. On the other hand, there is no life force in reservoirs or in most well water. Life force in water is found only in swiftly moving streams.

Just since 2010, more than 240 North American cities including Calgary and Windsor in Canada and Portland and Wichita in the U.S. have stopped the practice of fluoridating

²³¹ Ionel Rappaport, "Second Study on Down's Syndrome and Fluoridated Areas," *Bulletin of the Academy of National Medicine, Paris*, Vol. 140 (1959): 529-531.

²³² J. A. Varner, et al, "Chronic Aluminum Fluoride Administration: II. Selected Histological Observations," *Neuroscience Research Communications*, Vol. 3, No. 2 (1993): 99-104.

²³³ M. Chase, "Rat Studies Link Brain Cell Damage with Aluminum and Fluoride in Water," *Wall Street Journal*, October 28, (1992) via <http://www.fluorideaction.net/media/1992b.html>.

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their drinking water. Many other, including most cities in Western Europe, had already banned fluoridation.²³⁴

²³⁴ “Communities that Have Rejected Fluoridation Since 2010” (as of November 2018). Compiled by the Fluoride Action Network. FluorideAlert.org.

Recommended Reading

For additional and late-breaking information, see Rich Anderson's website: www.cleanse.net.

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* * * * *

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