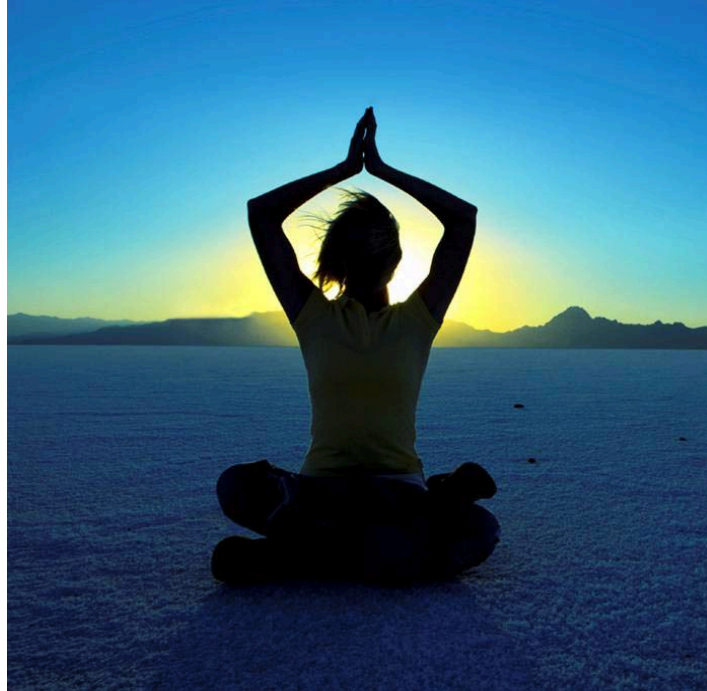


The Yoga Detox

A Powerful Cleansing for Mind, Body & Spirit



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***The Crystal Light Crystal Therapy Certification Course** This incredible course is our biggest and most popular course on the internet! This is the study of crystals and how to heal with earth's precious gems!

***Crystal Medicine: A Clinical Approach to Healing Mind, Body, Spirit.** This is the most complete and definitive guide to working with, understanding and healing through crystal medicine! This specific, easy-to-understand course teaches you techniques, protocols and unique methods to healing on all three levels - mind, body & spirit.

***The Crystal Divination Workbook** This is Andrew's NEW workbook, which utilizes the power of crystals for divination purposes! Andrew includes in this workbook: crystal grids, pendulum work and techniques, metaphysical properties of crystals, his Crystal Oracle Cards...and much more!

***Chakracology - A Certification Workbook and Manual** This workbook format allows you to look at the energy of the Chakra and how they affect us on a daily basis. The book allows you to work through each center on a mental, spiritual, as well as a physical level and then find ways to re-align, balance and manage your energy in a positive way!

***The "Color Elite" Color Therapy Certification Course** Andrew Pacholyk, MS, L.Ac. has finally published his most complete healing course using the power of color and light therapy. This ultimate guide to chromotherapy teaches you about color and every aspect of it, how it is used in different therapeutic settings and how it has become such a great healing modality, no matter what profession you are in you will learn how to incorporate color into your daily life!

***Transitions: The Transformational Guide and Workbook for Creating Great Health** is Andrew Pacholyk, MS, L.Ac. culmination of years of clinical work. This is a manual you can use, whether you are healthy or ill or somewhere in between and you want to rebalance your mind, body and spirit to become the whole person you can be! This workbook gives you a plan to take care of yourself. It can be used over and over to find balance and keep yourself as healthy as possible. It gives you "tools" to use when and where you need them. It helps to evaluate where you are in your journey and offers ways to get you exactly where you want to be!

***Dynamic Healing Through Guided Imagery** The Peacefulmind.com Guided Imagery Course certifies you in the art of Guided Imagery! This course covers an extensive look at visual and guided imagery techniques, history, usage, and therapeutic work. The power of visualization and guided imagery is one of our most powerful gifts. Learn the secrets of visual and guided imagery work, develop your imagination as a healing tool, use "Mind Medicine" to connect mind and body, free yourself from pain, use imagery for ANY medical condition!

***The Book of Stones - Healing Therapy Course** This brand new course is a complete hands on study of healing with Hot stones, cold stones, and earth's precious gems! This very unique path of study will certify you to work with hotstones but also give you an in depth look at incorporating a variety of treatments with all kinds of stones such as the Chakra stones, cold stones, crystals for facials and additional treatments that can be "added on" to your stone healing methods!

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Detoxification is a process that occurs within our bodies on a natural and continuous basis. Detoxifying is the process of releasing accumulated toxins and waste products that build up throughout our system. **From birth, we are bombarded by toxins**, externally from environmental sources and internally, our organs give off waste products that accumulate in our body. Imbalanced emotions also play a part in polluting our system with excess chemicals such as free radicals, homocysteine and cortisol.

Detoxifying is, in many ways, an easy process. Our body does much of the detoxification process through **urination, defecation and perspiration**. As our bodies age and our immune systems weaken from illness, poor diet and/or addictive substances, we sometimes need to give our system an extra helping hand. That is why **conscious detoxing** is a great way back to optimum health.

For some, counting on a few cups of coffee, having a cigarette, drinking excessive alcohol or doing recreational drugs has become a familiar habit. Between all the medications, refined foods, additives, alcohol, pesticides and other chemicals we are exposed to in the environment, the **ability of our systems to adapt and detoxify can become challenged**.

Symptoms such as frequent or reoccurring colds, feeling heavy, sluggish or tired, poor skin, acne or other related skin problems, allergies, a thick, coated tongue, bad breath, headache, and feelings of gas and being bloated after meals may indicate problems in the body's functionality and it's ability to process, digest and excrete properly. These vague symptoms that are often overlooked tend to be **the results of a congested and sluggish body system**.

Exposure or toxicity to food additives, solvents, pesticides, herbicides and other toxic chemicals can cause a number of psychological and neurological symptoms. Toxins produced by bacteria in the gut can be absorbed, causing significant disruption of body functions. Toxins that the body is unable to eliminate build up in the tissues, typically in our fat stores.

One of the best ways to start your detoxification is with the body's biggest organ, the **SKIN**. A detox diet strengthens the organs involved in detoxification and releases stored toxins, expelling them through the organs of elimination: the skin, as well as the intestines, liver, lungs, kidneys, and lymphatic system.

Detox Self Test

1. Do you have 1 bowl movement or less everyday? (yes = 1/no = 0)
 2. Do you take prescription, recreational or over the counter drugs? (yes = 1/no = 0)
 3. Do you eat meat more than twice a week? (yes = 1/no = 0)
 4. Do you eat fast or processed food? (yes = 1/no = 0)
 5. Ever smoked or exposed to excess second hand smoke? (yes = 1/no = 0)
 6. Do you have any skin problems, digestion or gas/bloating? (yes = 1/no = 0)
 7. Do you drink alcohol? (yes = 1/no = 0)
 8. Do you live in a major city? (yes = 1/no = 0)
 9. Do you drink tap water, coffee or soda? (yes = 1/no = 0)
 10. Do you feel fatigued, have low energy or poor sleeping habits? (yes = 1/no = 0)
- Total Score _____

A score of 4 or higher may indicate that you need a cleansing, detox program.

What is the Yoga Detox?

The Yoga Detox is a 3,5, or 7 day plan that can be used to help the body to eliminate toxins from your body. Modern day lifestyles and environmental stressors can overburdened our body systems and make them weak. Below is an overview of the yogic detox as well as a 3, 5 and 7 day plan to cleanse the body, the mind and our emotional body! This detox blends a combination of simple foods with non-complicated yoga poses and soothing meditation to create an empowering, affective detox for mind, body and spirit!

The Yoga Detox: Adopting A Healthy Lifestyle

- 1. Eating a diet that focuses on** fresh vegetables and fruits, legumes, nuts and seeds and whole grains are extremely important.
- 2. Regular exercise**, which gets your body moving and sweating.
- 3. Quality sleep**, where you do not have trouble falling asleep, staying asleep and wake feeling rested.
- 4. Avoiding drugs and excessive alcohol.** The problem is not only illegal substances like cocaine, heroin and marijuana, but we are solicited constantly by legal substances that pollute the body such as habit forming sleeping pills, excessive antibiotics that destroy not only the bad bacteria, but the healthy bacterial flora and the constant ads for alcohol.
- 5. Nutritional and herbal supplements** to protect and enhance liver function, the kidneys ability to process and the digestive system's regularity,(discussed below).
- 6. Improving our mental/emotional process** by stopping the mental chatter, approving and accepting ourselves and loosing the emotional baggage that drags us down.
- 7. Taking a spiritual approach** by looking beyond the little things that get in the way and accepting and trusting the "Universal Power" or energy to guide you. Take a look at the big picture!
- 8. Decluttering the toxic waste around you** including the clutter in your home/office, the friends or loved ones that poison your thoughts and actions and the environment that is making you sick.
- 9. Knowing that YOU are in control** of your life.
- 10. That you have the power** to do something about that will make a change.



Managing Your Detox: Top 10 Tips for Detoxing

1. Eating a diet that focuses on fresh vegetables and fruits.
2. Eat whole grains, legumes, nuts and seeds.
3. Adopt a healthy lifestyle including regular exercise, cardio, weight resistance and stretching.
4. Avoiding drugs and excessive alcohol, which can undermine everything you do, is highly recommended.
5. Taking a high potency multiple vitamin and mineral supplement.
6. Take nutritional/herbal supplements to protect and enhance organ functions. Encourage live detoxing, supports kidney function, improves digestion, supplements deficient vitamin and minerals the body may not be getting or lacking in absorption.
7. **Fasting is one of the quickest ways to increase elimination of waste** and enhance the healing process of the body.
8. Go on a **three-day fast**, four times per year (fasting at the change of the seasons is a good rule to remember).
9. Take care of your skin and know your skin type. Determining your skin type and nourishing your skin from both the inside and out, makes all the difference in treating any outward skin disorders.
10. Consider a self-empowering affirmation to clear your mind. Affirmations are security for the soul. Create and use them often. Words can be the most empowering especially when we repeat life affirming, positive thoughts, always.

In general, it is usually **recommended that you begin with the intestines** (see detoxing the organs in Chinese Medicine). The reason for this is if you focus on the liver first, the stored toxic substances that are released from the body tissues may become reabsorbed if the bowels are not moving adequately enough to expel them and can monitor your progress throughout the program.

The most easiest, inexpensive and effective methods of detoxification are fasting and specific dietary regimens. Keep in mind that the goal is to achieve a healthier way of eating, not weight loss, or to rid the body of all bacteria. In fact, "the good bacteria," known as probiotics, is necessary in order to remain in good health.

In a moment, I will be presenting the Yoga Detox. It can be done without regard to what organ/s you need to work on, what dosha or body type you are, or what mental/physical state you may be in. What I will **do after the presentation** of the yoga detox is give the reader an opportunity to learn more or dig deeper to explore more about yourself in order to get even more out of the detox, if this is the route you choice to go.

Detoxing with Pranayamas

The Yogic Breath

This exercise can be done without instruction, without danger, and with a good chance that your discomfort and stressful feelings will be reduced. Relaxation Breath is the most powerful tool for stress management.

Sit up, with your back straight in any position. Place your tongue against the ridge of tissue just behind your upper front teeth and keep it there throughout the exercise. Exhale completely through your mouth.

Close your mouth and inhale quietly through your nose to a mental count of four. Hold your breath for a count of seven. Exhale completely through your mouth, to a count of eight. Repeat this cycle three more times for a total of four breaths. Try to do this breathing exercise at least twice a day. You can repeat the whole sequence as often as you wish, but don't do it more than four breaths at one time for the first month of practice. This exercise is fairly intense and has a profound effect on the nervous system.

Deep Diaphragm Breath

Sit with your legs crossed in a comfortable position. Breathe slowly and evenly from your diaphragm, through your nose. Fill your lower abdomen, lungs, then chest with air. Hold for a four count then slowly exhale the air out from your chest, lungs, then lower abdomen. Repeat 3 or 4 times. That's it! Just allow your shoulders to drop and your face relax as you breath, deep.

The Fire Breath

This exercise can be done by first taking a set. Close your eyes and take your focus inward to the Third Eye focusing your attention to behind your eye lids, between the eyebrows. Raise your right hand. Touch the tip of your ring finger and thumb together, then close off the right nostril with the right index finger. Start a powerful "breath of fire" by rapidly inhaling and exhaling through the left nostril just like sniffing in and out in rapid succession. Do this for 30 seconds. Switch sides. With the right middle finger, close off the left nostril, then repeat the rapid fire inhale/exhales through the right nostril. 30 seconds. Then repeat the sequence once again.

This exercise boosts the immune system, clears the sinuses, tonifies the lungs and clears the mind.

Detoxing with Asanas

Your daily asana practice is a must. Slow, steady, rhythmic asanas allow you to concentrate, work deeper into each pose and sweat! This warms the body, moves blood and lymph and increases total body circulation as it tonifies the heart.

A great overall muscle toner, Chakra balancer, Aura cleanser, mind wakening and cleansing exercise is the Sun Salutation exercise. Learn how to do it as a great part of your detoxing yoga therapy.

Also consider Breath Exercises, Child's Pose, Cat, Head to Knee, Knee to Chest, Laying Down Twists, Standing and Seated Forward Bends, Standing Knee Squeeze, Seated Twists..



Stand in **Tadasana**, take a deep breath, clasp thumbs in front of you and raise arms in front of you over head. Arch back from the waist. Now, fold over at the waist as you exhale, placing palms on the floor, **Uttanasana**, step your right leg back into **Lunge**, step your left leg back to **Plank**, come into **Bhujangasana**, flow into **Adho Mukha Svanasana**, step your right foot forward to **Lunge**, left foot forward for **Uttanasana**, inhale up to **Tadasana**. Repeat, stepping your left leg back into **Lunge**.

Sun Salutation broken down into each asana:

Tadasana (Mountain Pose)

Stand with the feet together. Extend your toes; don't grip the floor or mat. Balance evenly on the front and the back and the sides of the feet. Be active in the thighs to lift the knees. Do not push the knees back. Rotate the pelvis back to take tailbone toward the floor. Feel the spine lengthen out of the sacrum, stretching each vertebra away from the vertebra below it. Lift the sternum. The shoulders stay relaxed and down. Rotate the upper arms outward. The palms of the hands face the thighs. As the neck stretches upward, keep the neck, throat, and jaw relaxed. The chin is parallel to the floor. Visualize a straight line running from your chin, to your sternum, to your pubic bone. Soften your gaze; quiet your hearing; relax your jaw. Breathe evenly and comfortably through your nose.

Lunge

Come onto your hands and knees. Step your left foot forward, on the floor, inside your left hand. Press your left knee forward, keeping it directly over your left foot. Press it slightly out to the

side, keeping the inside of your left foot firmly planted on the floor.

Your right leg is extended behind you with your right knee on the floor. Walk your right knee farther back on the floor to increase the stretch of your right groin and quadriceps (front of thigh). Curl under the toes of your right foot and press your right heel away from you to stretch your right calf. Rotate your upper arms outward and open your chest, bringing it forward. Elongate the back of your neck and keep your head in a neutral position. Tuck your tailbone to lengthen your spine. For a variation, lift your right knee off the floor and completely fill out the back of the knee. To do so, you might have to lift your hips a little higher from the floor. The action is to sink your hips, lift your knee, and stretch your heel back. Remember to lengthen your lower back. Reverse the position of the legs. Throughout the pose, breathe comfortably and smoothly through your nose. Relax your eyes, jaw, neck, and hearing.

Plank

On a firm surface, be on your hands and knees in a table position. Separate your fingers, middle fingers pointing straight ahead. Take the weight toward your thumbs and index fingers, away from the pinkie side of your hands, and press the entire circumference of your palms into the floor. Activate your biceps and stretch your arms away from your wrists. Extend your legs back. Keep your legs together, curl your toes under, activate your quadriceps, and push your heels toward the wall behind you to stretch through the back of your legs. Lift your chest toward your spine and broaden your shoulders. Lengthen the back of your neck. Imagine a straight line running from your chin, to your sternum, to your pubic bone. Soften your gaze; quiet your hearing; relax your jaw and throat. Breathe evenly and comfortably through your nose. Hold the pose as long as you comfortably can. To come out of the pose, place your knees onto the floor, one at a time, and rest in **Child's Pose** (sit on your heels, and fold your body over your thighs, resting your forehead on the floor, arms resting alongside your body).

Bhujangasana (Cobra Pose)

Lie face down on the floor with your forehead on the floor. Stretch your legs and feet straight back. Place your hands on the floor slightly ahead of your shoulders, fingers spread wide. Tighten the muscles at your tailbone and the front of your thighs and keep them active throughout the pose. Without using the strength of your arms, use your back muscles to take your upper body off the floor, vertebra by vertebra. First your head, then your shoulders and chest come off of the floor. Next, engage the strength of your arms and traction your hands toward the wall behind you as more of your upper body comes off of the floor. Keep your elbows slightly bent and hugging the sides of your body. Feel your abdomen stretching forward on the floor and your spine elongating, from the top of the spine at the back of the neck to the tailbone. Look forward. Keep your shoulders low.

If this pose bothers your back, either take your hands forward more on the floor or place your elbows on the floor, shoulder-distance apart and a little ahead of your shoulders. Soften your gaze; quiet your hearing; relax your jaw. Breathe evenly and comfortably through your nose. To come out of the pose, continue to traction your hands toward the wall behind you as your body, vertebra by vertebra, comes to the floor, ending with your forehead on the floor.

Adho Mukha Svanasana (Downward Facing Dog Pose)

Come onto your hands and knees, hands shoulder-distance apart with fingers spread wide and knees hip-distance apart. Curl your toes under so that you are on the bottom of your toes. Lift your knees off the floor; straighten your legs. Press into the floor with the entire circumference of your palms. Press your index fingers and thumbs into the floor, taking the weight away from the pinkie edge of your hands. As your hands press into the floor, lengthen your arms away from your wrists. Rotate your pelvis forward to lift your sitting bones away from your heels. Lift your hips high into the air, stretching them away from your waist and toward the wall behind you. Press your heels downward while lifting the arches of your feet. Release your head down. If you experience too much stretch in the back of your legs, or your vertebrae poke out, elevate your hands onto a chair or countertop and/or lift your heels higher from the floor.



Tadasana



Trikonasana (Triangle pose)



Parvsvakosana



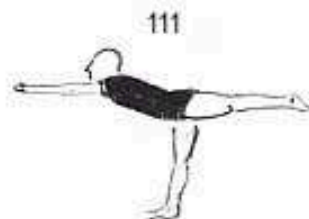
Parivrtta Parsvakonasana



Virabhadrasana 1
(Warrior Pose)



11



111



Padangusthasana



Uttanasana (Intense Stretch)



Paschimottanasana



Purvottanasana



Spinal Twist



Virasana
(Hero Pose)



Vistasana
(Camel Pose)



Adho Mujha Svanasana
(Dog Pose)



Sarvangasana
(Shoulder Stand)

Detoxing with Diet

Be sure and follow the nutritional advise above. It is highly recommended to eliminate acidic foods and eat more alkaline foods.

Juice Therapy helps the eliminative and cleansing capacity of the organs of elimination, specifically lungs, liver, kidneys and the skin. Through raw forms of fruits and vegetable you can utilize the enzymes to eliminate metabolic waste and toxins. It affords a physiological rest to the digestive and assimilative organs. After the juice fasting or juice therapy, the digestion of food and the utilization of nutrients is improved.

Try this Detox Juice

Juice the following:

beet root, broccoli, parsely, apple, celery,
carrot, parsnips and wheat grass juice

In a juicer, add all ingredients

Foods To Avoid: What you don't eat may be even more important than what you do eat. Avoid alcohol, caffeine and sugar, because they tend to accumulate in the system. If you can't avoid them, then at least cut down.

Reduce or Avoid Caffeine: Caffeine is something many people in America and Europe are used to bringing in their daily lives. Though many studies have shown that this addictive stimulant can help produce symptoms of anxiety, insomnia and the like. Caffeine is found in coffee, tea, chocolate, many sodas and even certain medications. Always ask your doctor about a medication before using it. Also, ask the doctor if there is an alternative medication if your medicine contains caffeine.

Reduce Processed and Refined Foods: Processed food can rob your food of nutrients and vitamins that your body needs to fight off stress and promote good health. Try to buy whole foods, unprocessed foods and try and stay away from "instant" foods, preservatives, artificial flavors, saturated fat and MSG.

Reduce Sugar Intake: Too much sugar can rob our body of essential nutrients. Yet don't be so fast as to replace the sugar with Stevia the natural sweetener from the Stevia plant. Artificial sweetener can also cause anxiety as well as other health concerns.

Reduce Alcohol Intake: In small amounts, alcohol can be good for your heart but too much alcohol is not a good thing for your body and too large of an intake increases your body's need for extra vitamins. The body has a harder time using oxygen. As a result, you can become more sensitive to stress - which in turn can cause anxiety reactions. It can also cause depression.

Foods to Avoid During a Detox Diet

- Sugars: Refined sugar and mixtures containing refined sugar including sucrose, dextrose, corn syrup, brown sugar, turbinado. Avoid artificial sweeteners.
- Dairy Products: Milk, eggs, butter and other dairy products.
- Wheat: Wheat and products containing wheat.
- Gluten: All gluten-containing grains, including barley, oats, rye, spelt and kamut. Some people are sensitive to gluten, a protein fragment in these grains.
- Corn: Corn and all corn products
- Yeast
- Caffeine: Coffee, both regular and decaffeinated, black tea, green tea and other caffeine drinks.
- Alcohol
- Food Additives and Preservatives
- Chocolate
- High fat foods

Detoxing Body Care

Hydrotherapy in the form of baths, steam or dry saunas and body brushing help the body to quicken the elimination process through the skin.

Steam baths are one of the most important time-tested water treatments, which induces perspiration in a most natural way. The patient sits on a stool inside a specially designed cabinet or a steam room. Before entering, the patient should drink one or two glasses of cold water. The duration of the steam bath is generally 10 to 20 minutes or until perspiration takes place. A cold shower should be taken immediately after the bath. Very weak patients, pregnant women, cardiac patients and those suffering from high blood pressure should avoid this bath. If the patient feels uneasy during the steam bath, he or she should be immediately taken out and given a glass of cold water and the face washed with cold water.

Body Brushing helps our lymphatic system to remove toxins from the body. Five minutes of dry body brushing before your bath or shower helps to get fluids moving and boosts blood flow. Use a natural bristle brush and take long strokes. Start at your feet, brushing up your legs and thighs towards the groin. Work in circular movements over the tummy, then do hands and arms, back and across the shoulders. Use gentle downward strokes on your neck, throat and chest. Your skin may redden and start tingling as the body brushing increases the circulation in areas of greatest concentration.

Try this Detoxification Bath

2 Cups Sea Salt
2 Cups Baking Soda
4 Tbsp. Ginger Powder

Place all ingredients in a hot bath and bathe for 20 minutes. Drink plenty of water. This bath withdraws impurities from your body and helps you to feel better. This bath can be done 2 to 3 times in a week or as needed.

Aerobics is very important for **increasing circulation and cleansing the skin** by increasing the oxygen intake ridding the body of toxins. Be sure to shower immediately to cleanse the oils and toxins that come to the skin's surface. Sweat.

Excretion through sweating releases fat soluble toxins such as DDT, and heavy metals such as lead. Cleansing the pores of the skin and allowing for the rejuvenation process, are all the great benefits of detoxing through regular exercise.

Talk to your doctor. If you have never exercised, talk to your doctor or therapist for guidance and support. Jointly assess your issues and concerns about an exercise program and how it fits into your overall strategy.

Identify what you enjoy. Figure out what type of exercise or activities you're more likely and less likely to do, as well as where, when and how often. For instance, would you rather garden in the evenings, jog in the pre-dawn hours, go for a brief walk in the woods or play basketball with your children after school?

The Yogi Detox Plan

Day 1

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- **Daily mantra:** "I will not judge today".
- Morning devotion on your mat: do your **pranayamas and asanas**.
- Off your mat: dry brushing and a bath.
- Breakfast: detox juice recipe.
- Midmorning: carrot sticks with hummus or plain yogurt.
- Lunch: vegetable soup.
- Midday: handful of unsalted nuts.
- Dinner: steamed fish, half a plate of green vegetables.
- Evening devotion on your mat: **deep centering meditation**.
- Daily tip: no newspaper or TV today.

Day 2

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- **Daily mantra:** "I will honor my choices today".
- Morning devotion on your mat: do your **pranayamas, asanas and include standing poses**.
- Off your mat: epsom salts bath.
- Breakfast: smoothie with yogurt, protein powder, fresh fruit.
- Midmorning: apple.
- Lunch: chicken, celery, tomato and bean salad.
- Midday: protein bar.
- Dinner: bean and sweet potatoes casserole with parsnips.
- Evening devotion on your mat: **mindfulness meditation**
- Daily tip: Do not take any phone calls today.

Day 3.

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- **Daily mantra:** "I will love myself for who I am today".
- Morning devotion on your mat: do your **pranayamas, asanas and include twists today**.
- Off your mat: hot shower, followed by a cold shower.
- Breakfast: choose foods that are sattvic today. Detox juice recipe.
- Midmorning: yogurt with semi-sweet fruits.
- Lunch: fresh green salad with light dressing.
- Midday: a handful of almonds.
- Dinner: rice, mung beans and fresh seasonal vegetables.
- Evening devotion on your mat: use a **color healing meditation**.
- Daily tip: Stay in silences today. No music or tv.

Day 4

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- **Daily mantra:** "I will live with high self esteem today".
- Morning devotion on your mat: do your **pranayamas, asanas and include bending poses today.**
- Off your mat: take a steam bath.
- Breakfast: fruit smoothie with yogurt or soy milk and wheat grass.
- Midmorning: an orange.
- Lunch: baked sweet potato with tuna.
- Midday: a protein bar.
- Dinner: stuffed peppers with brown rice, onion, celery and pinenuts.
- Evening devotion on your mat: **breathing meditation.**
- Daily tip: take a midday nap.

Day 5.

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- **Daily mantra:** "I will count every blessing today".
- Morning devotion on your mat: do your **pranayamas, asanas and include inverted poses today.**
- Off your mat: take an essential oil bath.
- Breakfast: yogurt with muesli.
- Midmorning: a handful of cashews.
- Lunch: spinach salad with shredded vegetables.
- Midday: rice cakes with an apple.
- Dinner: chicken breast with sweet potatoes.
- Evening devotion on your mat: **connecting meditation.**
- Daily tip: keep your energy up with a daily vitamin, B complex and ginger.

Day 6.

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- **Daily mantra:** "I will give unconditionally today".
- Morning devotion on your mat: do your **pranayamas, asanas and include stretches today.**
- Off your mat: use a salt scrub in the bath.
- Breakfast: detox juice recipe.
- Midmorning: watermelon slices.
- Lunch: vegetable stir fry.
- Midday: celery sticks and hummus.
- Dinner: mixed bean salad with tuna.
- Evening devotion on your mat: **instant calming meditation.**
- Daily tip: honor the process you are going through.

Day 7.

- Upon waking start your day with a glass of room temperature water and 1/2 lemon squeezed in it.
- **Daily mantra:** "I will remain humble throughout the day".
- Morning devotion on your mat: do your **pranayamas, asanas and include back bends today.**
- Off your mat: take a soothing candlelight bath.
- Breakfast: rice cakes, mixed fruit.
- Midmorning: yogurt with berries.
- Lunch: vegetable stir fry.
- Midday: handful of nuts and seeds.
- Dinner: egg plant with brown rice, onion, celery and walnuts.
- Evening devotion on your mat: **mudra meditation.**
- Daily tip: be grateful for all the good in your life.

How to plan your detox day (with variations to choose from)

Upon Rising	• 1/2 lemon squeezed into a glass of warm water • 1 tablespoon of bentonite clay and 1 tablespoon of ground flaxseeds in a glass of water
Breakfast	• breakfast smoothie made with pear, rice milk and rice protein powder • supplements: vitamin C
Snack	• apple juice diluted with water • water • vegetable broth • supplements: milk thistle • celery sticks and hummus
Lunch	• chunky vegetable soup made with vegetable stock and your choice of vegetables • steamed broccoli with sesame seeds and beets sprinkled with lemon juice on brown rice • apple sauce • supplements: multivitamin
Snack	• dandelion root tea • carrot sticks with hummus dip • water • supplements: milk thistle
Dinner	• curried lentils on quinoa • salad with mixed greens, red peppers, artichokes and sprouts drizzled with salad dressing of garlic, lemon juice and olive oil • vegetable broth
Before Bed	• 1 tablespoon of bentonite clay and 1 tablespoon of ground flaxseeds in a glass of water

Detox Recipes



Alkalizing Raw Soup

This is definitely a highly energizing soup and is a big favorite while on a cleanse or detox. Contains avocado, which is high in EFAs, and cucumber, which is well known for its cleansing properties. The taste of this soup can be dramatically altered by the use of the herbs and spices mentioned or by alternating between lemon and lime.

Ingredients:

- 1 avocado
- 2 spring onions
- 1/2 red or green pepper
- 1 cucumber
- 2 handfuls of spinach
- 1/2 clove of garlic
- Bragg Liquid Aminos to taste
- 100ml of light vegetable Bouillon (yeast free)
- Juice of 1 lemon or lime
- Optional: coriander, parsley, cumin.

Blend the avocado and stock to form a light paste, then add the other ingredients and blend. Serves 2

Vegetable Super Juice

This juice is a popular one for breakfast as it gives your energy levels a boost, wakens your digestive system whilst giving your body a nutrition, yet gentle start to the day. 250ml mixed with 250ml of distilled water is usually enough to keep me going until lunchtime. If you are keen to get '5-a-Day' this is a pretty good start!

Ingredients:

- 1 whole cucumber
- 4 sticks of celery
- 2-4 handfuls of spinach
- 8 lettuce leaves
- Any other greens!
- Optional boosters: parsley and fresh alfalfa sprouts

Juice all ingredients and mix 50/50 with distilled water. Add optional lemon juice to taste and Prime pH to boost the alkalinity of the juice. Serves 2.



Healing Detox Juice

A sweeter, subtler juice, which still packs a nutritional punch! The combination of the carrots, spinach and parsley provides an excellent source of antioxidants, while the celery lends its cleansing properties.

Ingredients:

3-4 Carrots

125g Fresh Spinach

Handful of Flat Leaf Parsley

2-3 Sticks of Celery

Juice all ingredients (putting celery through last). Mix with water to taste or drink neat (your preference).

Warm Broccoli Soup

This is definitely a winter favorite and destroys the myth that all raw food has to be cold and unwelcoming! By steaming the broccoli for just 5-6 minutes, the meal remains raw, but gains enough warmth to give that filling, comforting feeling of soup. The texture given by the broccoli and the kick of the ginger make this an excellent choice for those new to alkalizing.

Ingredients:

1/2 Avocado

6 -8 Decent size Broccoli Heads

1/3 Red Onion

1 Celery Stick

Big Handful of Spinach

An Inch of Root Ginger

Bragg Liquid Amino (Optional)

Cumin (Optional)

Lightly steam the broccoli (5-6 minutes) and put with all ingredients in a blender. Add garlic, pepper, RealSalt to taste. The heat from the broccoli makes this a lovely, gently warmed soup great for winter. Serves 2.

Autumn Tomato & Avocado Alkalizing Soup

This is a nice soup to have either cold (a bit like gazpacho) or warmed (on a slightly chilly morning or evening)

Ingredients:

5 large ripe (preferably vine) tomatoes.

1 ripe avocado

1 spring onion

1/4 cup ground almonds (freshly done yourself, not packet)

1 cup broth from Swiss Vegetable Bouillon

1/4 teaspoon dill seed

Dash cayenne pepper
Sea salt & cracked black pepper to taste

All you need to do is place all of the ingredients into a blender (except one of the tomatoes) and blend! Depending on whether you are going cold or warm - then place the soup into a pan and warm very slightly. Warming so that it is not painful to put your finger into still means that the soup is raw. Add the last tomato (sliced) on top and serve!

Breakfast Detox Juice

Juice the following: 1 beet root, 1 broccoli stalk, handful of parsley, 1 apple, 2 celery stalks, 1 carrot, 1 parsnip and ¼ cup wheat grass juice In a juicer, add all ingredients. Drink. Serves 2.

Creamless Spinach Soup

Spinach is an excellent source of iron, calcium, vitamins and also contains a sufficient quantity of fiber.

Ingredients

2 tablespoon of virgin oil
a cup of medium onion which has been cut
1 teaspoon of chopped garlic
1 cup of carrot which are also already cut
1 cup medium diced leek
1 cup medium diced celery
spring of thyme
2 bay leaves
2 pounds of sliced spinach

Prepare

Gently fry the garlic for about 2 minutes virgin oil, keep on frying while adding the onions, celery, leeks and carrots on the pot. Add water to this and then add bay leaves & thyme. Wait until it boils and bubbles approximately for an hour. Remove from fire and set to cool for about an hour and then lastly remove the bay leaves and thyme. Then add the vegetables and the cooled solution in the blender and after adding spinach into it, put it back in the pot. Then cook over gentle heat until you notice that the spinach has faded. Remove from fire immediately so that you do not over cook the spinach.

Steamed Fish and Green Vegetables

Ingredients

2 fish fillets (not too thick and no skin, 1 fillet per serving)
salt
pepper
1 lemon
200 g fresh mixed vegetables
1/2 cup water
2 tablespoons olive oil (extra-virgin)

Preparation

Prepare the fish first. Trim the fish to remove any bones. Put it on a plate that is bigger than the pan you are going to use to cook the beans. Add salt, pepper and the juice of half a lemon. Save the other half of the lemon for serving.

Trim the ends off the vegetables if needed.

Put the beans in a pan with cold salted water.

Put the fish plate on top of the pan and the pan lid on top of the plate to cover the fish.

The heat of the plate is your improvised steamer.

Bring the pan to a boil and simmer for about 5 to 8 minutes or until the beans are cooked.

This should be enough time to cook the fish as well. If your fish fillets are thick, turn the fish half way through cooking the vegetables. Drain the vegetables.

Pour the juices from the fish over the beans and toss through.

Place the fish on plates and drizzle olive oil over the fish. The best extra-virgin olive oil adds a wonderful flavor to the fish. If you don't like the nutty flavor of olive oil, then skip this step.

Serve with the vegetables on the side, lemon wedges and crusty bread to mop up the juices.

Sweet Potato Casserole

Ingredients

2 large sweet potatoes

4 tablespoons of ghee

1/4 cup of maple syrup

2 tablespoons of cinnamon

1/2 teaspoon of nutmeg

1/2 teaspoon of dried ginger

Preparation

Bring water to boil in a large pot. Peel the sweet potatoes. Cut the potatoes in half length wise and place into the boiling water. Cover and let cook for about 15 minutes. The potatoes should be soft on the outside but not all the way through. Remove them from the water and let cool. In a small saucepan combine all of the remaining ingredients and warm over low heat. You don't want this to boil, just warm so everything can be stirred easier.

Once the potatoes are cool enough to touch, slice into 1/8-inch slices. Grease a casserole dish and place one layer of potatoes on the bottom. Spoon a fine drizzle of the ingredients from the saucepan over the slices, add another layer of potatoes, more drizzle, and repeat until you run out of potatoes. Pour the remaining mixture from the saucepan over the top. Place in the oven at 325 degrees F for about 30 minutes. This can be refrigerated for up to a couple of days ahead of when you're going to serve, just make sure it is tightly sealed. Also make sure to let the glass dish come to room temperature before putting in the oven.

Way-Easy Green Beans with Pecans

Ingredients

1 bag of frozen French-cut green beans

3 tablespoons of butter

2 shallots thinly sliced

1/2 cup of chopped pecans

Preparation

Bring a large pot of water to a boil. Add the bag of green beans and cook until the water returns to a boil, about 2-3 minutes and drain the water off the beans. In a skillet over medium heat, melt the butter. Add the sliced shallots and stir constantly for about 5-7 minutes. The shallots should turn translucent and then start to turn golden brown. Now add the pecans to the butter and toss constantly for about two more minutes or until you start to smell a warm nuttiness. Now add the green beans to the skillet and toss to combine. Sprinkle with salt and pepper, taste and serve.

Baked Stuffed Peppers with brown rice and pinenuts

Ingredients

1/2 cup long-grain brown rice
3 Tbs ghee
1/2 cup pignoli (pine nuts)
1 stalk celery, diced
1 medium onion, chopped
2 egg whites, slightly beaten
1 tsp fresh oregano leaves, crumbled
1/4 cup parsley, minced
1/4 tsp red pepper flakes
black pepper, freshly ground
4 large red or green bell peppers

Preparation

Cook the rice according to the directions and drain.

While the rice is cooking, melt the ghee in a small frying pan, over a medium heat. Add in pine nuts, celery, and onion. Cook until the onion is just starting to turn gold. Stir into the rice and mix well.

Add in egg whites, stirring quickly after each addition.

Add in the remaining spices and seasonings.

Remove from heat.

Cut the peppers in half lengthwise and remove the seeds.

Place open-end-up in a greased baking dish. Spoon mixture into the peppers (do not over fill).

Add 1/2 cup of hot water to bottom of dish.

Bake at 400F for 20 minutes.



Chicken Breast with Sweet Potatoes

Ingredients:

1 pound sweet potatoes, peeled and thinly sliced
4 bone-in chicken breast halves

1 can whole berry cranberries
1/4 cup olive oil
1/2 teaspoon ground ginger
1/4 teaspoon ground black pepper

Preparation

Preheat oven to 375 degrees F.

Rinse potatoes; pat dry. Place potatoes evenly in a 13x9 inch baking pan. Place chicken on top. Whisk remaining ingredients together in a medium mixing bowl. Pour mixture over chicken and potatoes. Bake, uncovered, 50 minutes or until chicken is cooked throughout and potatoes are tender.

Warm Broccoli Soup

This **soup** is best served hot and it is ideal for cold winter nights.

Ingredients

1 avocado
6 or 8 heads of broccoli
1/3 red onion
a stick of celery
a big handful of spinach
an inch of ginger root
cumin and "Bragg Liquid Aminos" to add taste

Preparation

Steam the broccoli lightly for at least five or six minutes. Once done, mix all the ingredients and add garlic and pepper for taste.

Ginger Healing Tea

Ingredients

two cups of water
1 teaspoon of powdered ginger
half a teaspoon of turmeric
a tablespoon of maple syrup and
lemon extract

Preparation

Put the powdered ginger into boiling water and simmer for at least ten minutes. Pour the tea in a mug and the maple syrup and lemon extract. Stir a bit. Let it cool for a while and then it's ready to drink.



Andrew's Amazing Juice Therapy Recipes

As part of any whole food lifestyle such as the Wholefood Diet or Full Spectrum Diet, juice therapy, the eliminative and cleansing capacity of raw juice, is a great way to get in all your nutritional foods. Juices are extracted from fresh fruits and vegetables and are rich in their own medicinal properties.

Raw juices are extremely rich in vitamins, minerals, trace elements, enzymes and natural sugars. Juices extracted from raw fruits and vegetables require little digestion and almost all their vital nutrients are assimilated directly in the bloodstream.

Juice fasting or juice therapy is also a great way to detox your system. Accumulated metabolic waste and toxins are quickly eliminated.

Anti-aging therapies utilize the power of nature's bounty due to the fact that many fruits and vegetables are rich in alkaline elements. This is highly beneficial in normalizing the balance of acid-alkaline in the blood stream and tissue structures, as there is over-acidity in many conditions of dis-ease. As an anti-aging therapy fruits and vegetable juice have an extraordinary revitalizing and rejuvenating effect on all the organs and functions of the body. Healing minerals in raw juices especially calcium, potassium and silicon help in restoring biochemical and mineral balance in cells and tissues, preventing premature aging.

The following juice blends are recommended recipes from The Full Spectrum Diet.

Some common ailments and fruit and vegetable juices found beneficial in treatment are:

Acidity : Grapes, orange, mosambi, carrot and spinach.

Acne : Grapes, pear, plum, tomato, cucumber, carrot, potato and spinach.

Allergies : Apricot, grapes, carrot, beet and spinach.

Arteriosclerosis : Grapefruit, pineapple, lemon, celery, carrot, lettuce, and spinach.

Anemia : Apricot, prune, strawberry, red grape, beet, celery, carrot and spinach.

Arthritis : Sour cherry, pineapple, sour apple, lemon, grapefruit, cucumber, beet, carrot, lettuce and spinach.

Asthma : Apricot, lemon, pineapple, peach, carrot, radish and celery.

Bronchitis : Apricot, lemon, pineapple, peach, tomato, carrot, onion and spinach.

Bladder Ailments : Apple, apricot, lemon, cucumber, carrot, celery, parsley and watercress.

Colds : Lemon, orange, grapefruit, pineapple, carrot, onion, celery and spinach.

Constipation : Apple, pear, grapes, lemon, carrot, beet, spinach and watercress.

Colitis : Apple, apricot, pear, peach, pineapple, papaya, carrot, beet, cucumber and spinach.

Diabetes : Citrus fruits, carrot, celery, lettuce and spinach.

Diarrhea : Papaya, lemon, pineapple, carrot and celery.

Eczema : Red grapes, carrot, spinach, cucumber and beet.

Epilepsy : Red grapes, figs, carrot, celery and spinach.

Eye Disorders : Apricot ,tomato, carrot, celery, parsley and spinach.

Gout : Red sour cherries, pineapple, tomato, cucumber, beet, carrot, celery and spinach.

Halitosis : Apple, grapefruit, lemon, pineapple, tomato, carrot, celery and spinach.

Headache : Grapes, lemon, carrot, lettuce and spinach.

Heart Disease : Red grapes, lemon, cucumber, carrot, beet and spinach.

High blood pressure : Grapes, orange, cucumber, carrot and beet.

Influenza : Apricot, orange, lemon , grapefruit, pineapple, carrot, onion and spinach.

Insomnia : Apple, grapes, lemon, lettuce , carrot and celery.

Jaundice : Lemon, grapes, pear, carrot, celery, spinach, beet and cucumber.

Kidney Disorders : Apple, orange, lemon, cucumber, cucumber, carrot, celery, parsley and beet.

Liver ailments : Lemon, papaya, grapes, carrot, tomato, beet and cucumber.

Menstrual Disorders :Grapes, prunes, cherry, spinach, lettuce turnips and beet.

Menopausal Symptoms : Fruits and Vegetables in season.

Neuritis : Orange, pineapple, apple, carrot and beet.

Obesity : Lemon, grapefruit, orange, cherry, pineapple, papaya, tomato, beet, cabbage, lettuce, spinach and carrot.

Piles : Lemon, orange, papaya, pineapple, carrot, spinach, turnip and watercress.

Prostate Troubles : All fruit juices in season, carrot, asparagus, lettuce and spinach.

Psoriasis : Grapes, carrot, beet, and cucumber.

Rheumatism : Grapes, orange, lemon, grapefruit, tomato, cucumber, beet, carrot and spinach.

Stomach Ulcers : Apricot, grapes, cabbage and carrot.

Sinus Trouble : Apricot, lemon, tomato, carrot, onion and radish.

Sore Throat : Apricot, grapes, lemon, pineapple, prune, tomato, carrot and parsley.

Tonsillitis : Apricot, lemon, orange, grapefruit, pineapple, carrot, spinach and radish.

Varicose Veins : Grapes, orange, plum, tomato, beetroot carrot and watercress.

Liver/Gallbladder Flush

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do. Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of well being.

It is the job of the liver to make bile, 1 to 1.5 quarts in a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about 20 minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on an X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, and white, green or tan colored. The green ones get their color from being coated with bile.

Are they fluke remains? Notice how many are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites- made of many smaller ones- showing that they regrouped in the bile ducts some time after the last cleanse.

At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming. As the stones grow and become more numerous the back pressure on the liver causes it to make less bile. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels rise.

Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh bacteria. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

Cleanse you liver twice a year

Preparation

You can't clean a liver with living parasites in it. You won't get out many stones. Zap daily the week before, or get through the first three weeks of the parasite-killing program before attempting a liver cleanse. If you are on a parasite maintenance program, do a high dose program the week before.

Completing the kidney cleanse before cleansing the liver is also recommended. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted. Do any dental work first, if possible. Your mouth should be metal free and bacteria free (cavitations are cleaned). A toxic mouth can put a heavy load on the liver, burdening it immediately after cleansing. Eliminate that problem first for best results.

Liver cleanse and gallbladder cleanse flush NO surgery

Ingredients

- * 1/2 Cup Olive Oil Extra Virgin (= 1.25 dl)
 - * 1 Big grapefruit (2 small) (Or 3 lemons)
 - * 4 tablespoon EPSOM salts = ($\text{MgSO}_4 + 7\text{H}_2\text{O}$)
 - * (EPSOM salts = Magnesium Sulphate = EPSOMITE = Magnesium Sulfate Heptahydrate)
 - * 3 cups water (=750 dl)
 - * 1/2 Cup Classic Coke (Optional - for taste only. See webmaster's note below)
 - * (P.S .!! 1 cup = 250 ml = 2.5 dl = 0.25 l)
-

You can substitute the 3 cups of water (=750 dl) (used in this recipe to dissolve the Epsom salt) with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice. That way you will not feel the unpleasant taste of the Epsom salt.

I also recommend using grapefruit juice over lemon juice. The lemon juice sometimes doesn't mix with the oil as well as grapefruit juice.]

Choose a day like Saturday for the cleanse, since you will be able to rest the next day. Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney herbs too, the day before.

Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

2:00 PM.

Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later.

Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar.

[You can substitute the 3 cups of water with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice .]

This makes four servings, 3/4 cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

6:00 PM.

Drink one serving (3/4 cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, do it right now. You may also add 1/8 tsp. vitamin C powdered to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil and grapefruit out to warm up.

8:00 PM.

Repeat by drinking another 3/4 cup of Epsom salts. You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success; don't be more than 10 minutes early or late.

9:45 PM.

Pour 1/2 cup (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 cup, more (up to 3/4 cup) is best. You may top it up with lemonade. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit does this). Now visit the bathroom one or more times, even it makes you late for your ten o'clock drink. Don't be more than 15 minutes late.

10:00 PM.

Drink the potion you have mixed. Take 4 ornithine icon capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Take it to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep. You may fail to get stones out if you don't.

Next morning. Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 AM.

2 hours later.

Take your fourth (the last) dose of Epsom salts. Drink 3/4 cups of the mixture. You may go back to bed.

After 2 more hours you may eat. Start with fresh fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered. How well did you do?

Expect diarrhea in the morning. Use a flashlight to look for gallstones in the toilet with the bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside. Count them all roughly, whether tan or green. You will need to total 2,000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two week intervals. Never cleanse when you are ill.

Sometimes, the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a "chaff" floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. Cleansing this chaff is just as important as purging the stones. How safe is the liver cleanse? It is very safe. My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and kidney rinse program first.





Daily Mantras

Whether spoken or not, words and sounds have vibrations which can be conducive to meditation. No one can fully explain the mystery of mantras. Their magical sounds help heal physical imbalances, relax the mind, quiet the emotions, and open the heart. They stimulate, activate, motivate, and rejuvenate. Mantras can help you dance or sleep, laugh or cry, make love or meditate, turn tedious housework or heavy exercise light-hearted fun. They can help you forget someone or find someone. They are designed to remind us that love, laughter, and inner peace are our birthright. They help us go beyond borders, realize our potential, and celebrate the power of love. Mantras offer increased flexibility and strength while they gently expand your consciousness, and help you experience love, compassion, and inner peace.

Close your eyes and breathe deeply and regularly. Focus on a word or phrase, which has meaning to you. It could be a mantra, a name, or a concept, which has special power or significance. Repeat the word in your mind with each exhalation. When your mind wanders, gently return it to the word as it repeats with your breath.

Some of my favorites include:

"I will not judge today".

"I will honor my choices today".

"I will love myself for who I am today".

"I will live with high self esteem today".

"I will count every blessing today".

"I will give unconditionally today".

"I will remain humble throughout the day".



Morning devotion on your mat

The morning is the great time of revival and renewal. It is the brightest and most energetic time of your day and the entire tone of this day is set by what you do! Having a proper morning ritual can do wonders for your health.

1. Wake-up. Half of success is just showing up!
2. Center yourself. Whether you call it presence, God, the universe, Atma or anything else, center yourself by connecting to the source. A simple 10 minute meditation focusing on the breath is enough. Nothing fancy needed.
3. Brush your teeth with natural tooth paste like Tooth Soap or an extremely diluted solution of food grade hydrogen peroxide and water (mix 3 drops of food grade hydrogen peroxide with 8 ounces of water and then dip your brush inside of the solution).
4. Drink 16 ounce glass of water with a little lemon, and these variations: pinch of sea salt, 1/2 tea spoon of MSM and 2 drops of food grade hydrogen peroxide. This helps to flush the system.
5. A good sign of a healthy system is having a bowel movement first thing in the morning. Get in the habit of drinking your energized water first and then having your bowel movement.
6. Exercise is key! Don't even miss a day. Walking, push-ups, swimming ...anything will do - Just Do It.
7. Showering cleansed the skin from the night's detox and help you get the glow, or feel free. I personally am a fan of dry brushing before hand.
8. Without discipline, I usually feel a lack of hunger till about 12:00 noon. Around mid morning, sometimes I'll have a morning super-food smoothie or some light fruit. If you are just starting out on the detoxing approach, I recommend having green vegetable juice instead of a fruit smoothie.



Evening devotion on your mat

Below you will find the 7 evening devotions I recommend from day 1 – day 7 of the detox:

Day 1: Deep Centering

This exercise involves going into the very center of your being.

Close your eyes, breathe deeply and regularly, and imagine that you are going deep, deep into a well within your center. Visualize that this beautiful, deep well goes infinitely down and down. Breathe in as you descend, and absorb all the cool, soothing, healing energy that is buried deep in this bountiful well. Breathe out as you descend, and expel all the negative thoughts and energy, which you have accumulated during your day.

Your deep inner world has its own essence, its own reality, its own light. Feel the silence, peace, and calm; no noise can reach you here, no words, no sound. Breathe deeply and slowly, experiencing your deepest, most serene essence in the silence of your deep well.

Day 2: Mindfulness

Mindfulness is the act of being fully aware of what happens in each moment. In this meditation, you remain alert, allowing thoughts to rise to the surface, being aware of them without judging them or interpreting their contents. You simply say the word "thinking" when thoughts arise. You'll find that without your attachment to these thoughts, they won't stick around long. To sharpen the focus of your meditation, you can label your thoughts, future, past, planning, fantasies, worrying...as they pass through and then release them.

Day 3: Color Healing

We are not just our physical selves. We are multi-dimensional beings, composed of an Inner Spirit, a mental body, an emotional body, a vital body, and a physical body. The energy of these bodies becomes progressively subtler from physical to spiritual. Illness begins with disharmony in one of these energy bodies. If not harmonized, the disease moves outward, affecting the denser bodies, ultimately manifesting as physical illness.

Total healing requires restoring harmony to all of our bodies. This meditation is designed to cleanse and harmonize your various bodies with the healing energies of color.

Sit comfortably with your eyes closed.

Visualize a large ball of radiant Golden light a few inches over your head. Visualize that ball of light slowly descending through your crown, filling your entire being with golden light.

Imagine yourself absorbing that light as it nourishes, cleanses & heals your whole being - your Spirit and all of your bodies - dissolving all blocked and toxic energies.

Repeat this exercise, visualizing a ball of Red light. Continue through the entire spectrum like this, visualizing a ball of Orange light; Yellow light; Green light; Blue light; Indigo

light; and Violet light. Go through the spectrum at whatever pace feels appropriate. Take some time to visualize yourself in a state of perfect, radiant health.

Benefits of this meditation:

Cleansing, balancing, & healing at all levels... Spiritual, Mental, Emotional, Vital, & Physical. Develops concentration & visualization abilities.

Day 4: Breathing

Breath is life! Exchange of electrons. Flow of energy. Air is the primary nutrient. Survival without it is measured in minutes. It is so important that you do it without thinking. Your breathing is the voice of your spirit. It's depth, smoothness, sound, and rate reflects your mood. If you become aware of your breath and breathe the way you do when you are calm you will become calm. Practicing regular, mindful breathing can be calming and energizing. With the addition of music and it's rhythm, the "musical breath" can even help stress-related health problems ranging from panic attacks to digestive disorders. Fall into the rhythm of the music and breathe. Focus on your breathing and the music.

Focusing on the breath is one of the most common and fundamental techniques for accessing the meditative state. Breath is a deep rhythm of the body that connects us intimately with the world around us.

Close your eyes, breathe deeply and regularly, and observe your breath as it flows in and out of your body. Give your full attention to the breath as it comes in, and full attention to the breath as it goes out. Whenever you find your attention wandering away from your breath, gently pull it back to the rising and falling of the breath.

Inhale through your nose slowly and deeply, feeling the lower chest and abdomen inflate like a balloon. Hold for five seconds. Exhale deeply, deflating the lower chest and abdomen like a balloon. Hold for five seconds. Do this three or four times, then allow your breathing to return to a normal rhythm. You will begin to feel a change come over your entire body. Gradually you will become less aware of your breathing, but not captured in your stream of thoughts. You will become more centered inward. You will just "be there."

Day 5: Connecting

This exercise provides balance and connection upward and downward. Close your eyes and breathe deeply and regularly. Visualize clean white light pouring from above down into the top of your head, down through your body, and out your feet into the center of the earth. As the light flows through you, allow it to illuminate and cleanse every cell of your body. Imagine every cell bright and alive with light.

Visualize bright clear emerald light coming up from the earth, into your feet, up your legs, up your back, out the top of your head. Allow it to swirl through every cell, healing and nourishing and connecting you intimately to the very core of the earth of which you are a part.

Now allow both lights to flow through you, white from above and green from below, and combine them in a bright blend throughout your being.

Feel the connection to the earth and the heavens, feel the calm nourishment of the energy, feel that the universe is truly your home.

Day 6: Instant Calming

Meditation and mindfulness are great when you have enough control over your time to enjoy them. But what happens when you experience stress and you require immediate relief?

1. Practice uninterrupted breathing. When stress strikes, immediately focus on your breath and continue breathing smoothly, deeply and evenly.
2. Put on a positive face. Smile so that you can feel it in the corners of your mouth. Recent studies suggest that this process is a two-way street. Smiling can contribute to feelings of happiness, and in a stressful situation, it can help keep you calm. Try this simple test: Smile a broad grin right now. Don't you feel better?
3. Posture. People under stress often look hunched-over. Maintaining good posture works like smiling. Physical balance contributes to emotional balance. Keep your head up, chin in, chest high, pelvis and hips level, back comfortably straight and abdomen free of tension. Imagine being pulled up from a point at the center of the top of your head.
4. Feel relaxation overcome your body. Consciously sweep a wave of relaxation through your body. Imagine you're standing on a mountain top with the wind blowing away all your tension.
5. Acknowledge your situation. Face your problems head-on. Don't try to deny it or wish that it hadn't happened. Think: "This is real. I can handle it. I'm finding the best possible way to cope RIGHT NOW."
6. TAKE CONTROL. Instead of worrying about how the stress has taken control of you, focus on what you can control and take appropriate action. Also, think clear-headed, honest thoughts instead of distorted ones.

Day 7: Mudra Meditations

by Gertrud Hirschi

Meditation, as I understand and practice it, has become an indispensable aid in my life. I use it at any time, and everywhere, for everything. As a result, I bring clarity, light, and lightness into my life. I recharge my inner batteries and solve my problems, make decisions, get advice and comfort, refine my character traits, mobilize my immune forces, develop visions for the future -- and seek my connection with the Divine. We can use meditation for everything, which includes dissolving anything that bothers, burdens, or annoys us, as well as achieving inner and outer wealth -- and naturally also for achieving our spiritual goals. Let's make full use of these possibilities!

Hindu healing practitioners already discovered long ago that too much or too little of an element (earth, water, air, fire, and ether) causes the body to become imbalanced or even seriously ill. We can restore the harmony within us through the corresponding images. Just as every element can have a positive influence on us, it can also destroy us. The individual elements naturally influence each other. Every element has special needs that can be easily satisfied in a balanced and calm dynamic state. But how often are we stressed, rest and exercise too little, eat too much, or let ourselves be plagued by worries? All of this throws us off balance. When the body is no longer capable of attaining harmony, we are out of balance and we become susceptible to disease.

The following meditations can be done during the sleepless hours of a long night or an illness. It demands nothing more of the body than lovingly embracing one finger with the fingers of the other hand.

Meditation 1: Thumb Energy

The fire element, the lung meridian, and Mars (the planet and/or ancient god of war) are associated with the thumb. The fire of the thumb nourishes the energy of the other fingers and absorbs excess energy. It thereby restores equilibrium. When we think about the incineration of garbage, we sense that destruction through fire can also have a power that creates order. Even in nature, when during the course of the decades a monoculture of the strongest has been created, the forest fire once again creates the preconditions for a larger variety of new plants. The overheating within our bodies, the fever, kills entire cultures of bacteria. Fire is dependent upon air since it dies without oxygen; the same also applies to our cell respiration. The metabolism in the individual cells can only properly function with adequate oxygen. We can actually strengthen every part of the body or every organ by visualizing and/or breathing light and warmth into it.

Exercise

Either sit or lie down. Now encircle your right thumb with the four fingers of your left hand and place your left thumb along the inner edge of your right hand. Close your eyes.

Focus on a part of the body that is weak or ill. Now imagine that a light is burning in the lower center of your body (at the height of the navel). Every time you exhale, direct the rays of light toward the respective part of the body. First let large, dark clouds of smoke (things that make you ill, pain, etc.) escape from the illuminated body part. Then concentrate solely on the light that slowly fills, illuminates, and heals this part of the body. Calmly keep holding onto your thumb for a while and feel the flowing warmth. Then encircle your left thumb and also hold this for a while.

Meditation 2: Index Finger Energy

The heart chakra, the large intestine, and the deep meridian of the stomach are associated with this finger. Here we also find the "sure" instinct, having "a good nose", the ability to reflect, and inspiration.

This energy goes to our innermost core and back to the cosmos from there. We can also draw on our innermost being (intuition) and receive from the cosmos (inspiration). This finger includes both closeness and expansiveness. How much closeness can we stand?

The air element represents the mind -- the power of thought. Thoughts are as invisible as the air and yet, as the yogis have discovered, they are the cause of all the actions that we take or refrain from taking, of everything that we reject and attract, for our health and for every mood, and for the entire design of our life. The planetary power of Jupiter is also associated with this finger, and indicates the eternal change of things -- accepting life with all its facets, working through (digesting), and letting go again. There is also a clear, purposeful look into the future in this finger. Since our thoughts are so important, we should consider their quality more frequently. If we do the following meditation several days in a row, we will notice that there is a certain habit in our thoughts. Habits can be changed as soon as we become aware of them, but changes always require a certain amount of time. If we continuously replace harmful thoughts with useful ones, we can also change the circumstances of life accordingly.

Exercise

Sit or lie down. Now encircle your right index finger with the four fingers of your left hand, letting the thumb extend to the middle of your right hand. Close your eyes.

You are sitting in front of a field and observe the swaying ears of grain. When you inhale,

the ears of grain move toward you. When you exhale, they move away from you. Sometimes you see the entire field, and sometimes you see the individual ears of grain. You also see how the space gets smaller when you inhale, and larger when you exhale. The yellow ears indicate transience, the great dying that is already contained in the seed of a new beginning. After a while, look into the expanse of the blue clouded sky and then inwardly to the safety of your own heart. Now observe the thoughts that come and go, and think about your thoughts for a while. How do you think most of the time? In a positive, negative, confident, fearful, brooding (turning over worries), critical, memory-dominated, or future-oriented way? Keep holding onto your finger for a while and feel the flowing warmth. Then encircle your left index finger and also hold this for a while.

Meditation 3: Middle Finger Energy

Hindus call this finger the heavenly finger and classify it with the throat chakra. Take a look at it. It is the longest finger, and towers over the others. Its energy radiates far into infinity. It could also be considered the stairway to Heaven. Saturn, which is classified with it, is located toward the edge of our solar system and is also called the "keeper of the threshold." We are held accountable for our lives at the gates of Heaven. We also find this symbolism in the throat chakra, the gateway of purity, which only opens when the student is pure in spirit and in heart. However, in order to progress on our spiritual path, we must first fulfill our duties on Earth. This is indicated by its inherent meridians: the circulation meridian and the deep meridian of the gallbladder. Both help us seize and master the challenges of life. Drive, activity, risk, and the joy of taking action are their qualities. It could be briefly summarized with the following saying, "God helps those who help themselves."

Exercise

Sit or lie down. Now encircle your right middle finger with the four fingers of your left hand. The left thumb extends to the middle of your right hand. Close your eyes.

Imagine yourself doing what you like to do most. Make full use of your inclinations and talents as you master all the obstacles placed in your path, and enjoy your activities. You are successful at what you do and mentally envision what your success looks like. What you do enriches the world (your family, individual human beings, or the entire world). Extensively imagine the constant contact with the divine forces that help you and show you the way.

If your occupation does not satisfy you and if you have no leisure activities or interests that suit you, then it is time to ask within, to press your inner wisdom until you receive an answer. At the same time, also ask for the initiative, which the middle finger symbolizes, to actually tackle the matter at hand. And, above all, request help from the divine powers -- enter into a close, trusting partnership with them. Keep holding your finger in silence for a while and feel the warmth flowing into you. Then encircle your left middle finger and hold it for a while. These hand positions also have an excellent effect on tension in the neck.

Meditation 4: Ring Finger Energy

The ring finger is associated with Apollo, the sun god, and the root chakra, which rules the pelvic floor. This force gives stamina, staying power, and the power to be assertive. The Chinese have classified this finger with the deep meridian of the liver. The power of the liver gives a person patience, serenity, hope, and vision for the future. The "triple warmer" also begins in the tip of the ring finger. This meridian rules all protective functions in the body and is responsible for body temperature, which in turn regulates cell

function. If it works in an optimal manner, it gives the ability to maintain our equilibrium in stressful situations, which is also the precondition for a well-functioning immune system. The force that dominates this finger provides stability, is penetrating, and strives upward.

Exercise

Sit or lie down. Now encircle your left ring finger with the four fingers of your right hand, with the right thumb extending to the middle of your left hand. Close your eyes.

Imagine bare earth and crushed rock in all its forms -- as deserts, mountains, and islands. What happens when masses of earth begin to move? When the earth dries out? When the earth is completely exposed to the sun? Now imagine fertile earth. Slowly let the vegetation be created -- little plants, big plants, much green. Now focus on one single seed resting deep within the earth. With every breath, something moves inside until the seed bursts and a shoot stretches in the direction of the light. At the same time, it sprouts roots deep into the earth. It becomes a tree that grows very slowly. You wait patiently and watch how the plant develops into its full size. Time has no significance. Only the constant growth counts. The tree blooms anew every year, and bears fruit. Like the tree, we also do not know why this is. Like the tree, we want to give ourselves completely to life, and know this has its purpose, even if we will probably never be able to completely fathom the great mystery. As the tree changes every year, our inner development also continues. We decisively influence whether it is joyful or sorrowful.

Keep holding your finger for a while and feel the flowing warmth. Then encircle your right ring finger and hold it for the same amount of time.

Meditation 5: Little Finger Energy

The second chakra, which is the energetic center of sexuality, is associated with the little finger. It deals with interpersonal relationships in general, as well as partnership in particular. This classification of sexuality corresponds with Hatha Yoga. (In Buddhism, sexuality is associated with the ring finger.) It also contains the ability to communicate. Since the Chinese healing practitioners found the heart meridian to be in this finger, this confirms the yogis' thesis relating the water element to it (water symbolizes the realm of the emotions).

Joyful, fulfilling relationships not only warm the heart, but also nourish and strengthen it. And, in turn, strong heart energy gives us the ability to be happy. It gives us sublime feelings and improves our mood. Our mood, which is always the sum of present feelings, can be compared with the waves on the surface of a lake. They are rhythmically harmonious or vehement; the water is clear and clean, or shallow, heavy, dark and dirty.

Exercise

Sit or lie down. Now encircle your left little finger with the four fingers of your right hand, with your right thumb extending to the middle of your left hand. Close your eyes.

In your mind's eye, you are sitting by the sea and observing the waves -- they come toward you, and roll back out and disappear. The same applies to your feelings, moods, and also to your relationships with others. Giving and receiving love is also subject to this law. Be aware that you only receive as much love as you can unconditionally give. This doesn't even have to mean great deeds. A friendly, warm heart for fellow human beings, animals, plants, water, air, and earth are entirely enough.

Imagine someone (someone specific or in general) happy and encourage him or her, if necessary. Believe in this individual's abilities and good heart. Imagine entire scenes in which this person is cheerful and smiling happily. If you have no one close to you, then do this little exercise perhaps while riding the bus, train, or streetcar -- in relation to a stranger. I guarantee that you will experience wonders if you keep this up for several days or weeks. The time will come when your heart will overflow with joy. But the most important thing is: don't expect anything at all for the time being. Radiate your goodwill and your love unconditionally. Just have some patience until the seeds sprout.

Continue holding your little finger for a while and feel the flowing warmth. Then encircle your right little finger and hold it for the same amount of time.



The Organs of Detoxing

Traditional Chinese Medicine detoxifies the body system through the organs, primarily:

The Lung and Large Intestine

In TCM, the lungs are an organ system that opens directly to the exterior. Its function is to regulate and control the breath through inhalation and exhalation. Because of its opening through the nose, the lungs are easily susceptible to cold, heat, dryness, dampness, and most of all, heat and wind. This can effect the biggest organ of the body; the skin. The lung is closely related to the large intestine. The large intestine controls the transformation of digestive wastes from liquid to solid state and transports the solids onwards and outwards. It plays a major role in the balance and purity of bodily fluids and assists the lungs in controlling the skin's pores and perspiration. It depends on the lungs for movement via the expansion and contraction of the diaphragm, which works like a pump to give impetus to peristalsis by regulating abdominal pressure. The lungs expel toxins through breathing, especially deep breathing. Deep breathing stimulates lymphatic flow, which eliminates toxins. The skin eliminates waste and toxins through perspiration. The colon eliminates toxins from the liver and digestive tract. The lungs are our attachment to the breath of life and the large intestines is its buddy. Incorporate deep breathing and exercise along with a tall glass of psyllium husk to get things moving.

The Liver and Gallbladder

In TCM, the liver is the "farmer who cultivates". It stores blood, governs and regulates the blood, organizes the "free flow" of Qi energy to promote circulation which cultivates our emotions, soothes digestion, regulates menstruation and bile secretion. The liver changes harmful toxins into substances, which can be eliminated safely the colon or kidneys. The liver is our master cleansing organ and the gall bladder is its mate. Enjoy a tall glass of water with a 1/2 lemon squeezed into it.

The Spleen and Stomach

In TCM, the spleen transports and transforms food and body fluids for transporting, for absorption, raises the body energy and controls the blood by keeping it in the vessels. When improper function occurs with the Spleen there is weight gain, high cholesterol, hypertension, bleeding disorders, dampness and a heavy sensation, muscle weakness and atrophy. The **blood** and **lymphatic system** transport waste and toxins to other areas for elimination, including cellular waste. The stomach is the center of our 'gut feelings' our immune system center and the spleen (pancreas) is its associate. Eat the cleanest, purest foods, that are the least processed. Enjoy health probiotics found in yogurt and acidophilus. Avoid greasy, fried foods.

The Kidneys and Bladder

In TCM, the kidneys store our essence or the basic materials that make up our constitution and the reproductive fluids that create life. All organs are dependent on the Kidneys for proper growth, reproduction, water flow and control and the balance of "fire and water". The liver sends water soluble waste to the kidneys, where they are further filtered and passed through the bladder for elimination. The kidneys filter nutrients and waste from the blood. The kidneys are our major filter and the bladder is its friend. Boil 4 cups of water and a handful of corn silk. Drink this tea for amazing results.

Herbs To Compliment Your Detox

Consider herbs such as Alfalfa, Basil, Burdock, Dandelion, Garlic, Ginger, Gotu Kola, Hawthorne Berry, Milk Thistle, Red Clover and Yellow Dock, which are among the best for detoxing and cleansing the system.

Alfalfa alkalizes and detoxs the body. Can act as a diuretic, balances hormones, eases inflammation, may lower cholesterol. Must be used in fresh raw form to provide vitamins. Contains an antifungal agent. Its high protein and vitamin content make it a good nutritional source. Medicinal uses of alfalfa include treatment of stomach upset, arthritis, bladder and kidney problems, boils, and irregular menstruation.

Cilantro is the great metal detoxer! Leaves of the coriander plant (cilantro) can accelerate the excretion of mercury, lead, and aluminum from the body. Cilantro is considered the "poor man's chelation treatment." Simply add cilantro to your diet daily, for two or three weeks. Consider adding a handful of fresh cilantro to a salad, mix a couple of teaspoons of cilantro pesto with whole wheat pasta or have it with your favorite fish or soups.

Basil has been shown to kill bacteria on the skin surface. Apply this tincture directly to the skin surface on a compress. This works to kill the bacteria that forms as the detox process happens. It is also possible to steep two to three teaspoons of dried basil in a cup of boiling water. Allow the herb to steep 5-10 minutes or more in order to extract the healing oils from the plant. Then soak a washcloth or compress in the tea and apply to the areas where pimples, acne or skin eruptions are most present.

Burdock is a tonic herbs and have been used in the treatment of skin conditions. Burdock is an herb that boosts immunity and purifies the blood. It's a traditional liver tonic and a mild, natural diuretic. Burdock's laxative and diuretic properties help remove toxins from the system. The Chinese utilize it against tumors, inflammation, fungal and bacterial infections. It is often recommended for dry, scaly skin. You can take burdock in capsule form (follow the directions) or make a acne fighting tea. Burdock root tincture may be taken in 2-4 ml amounts per day. Dried root preparations in a capsule or tablet can be used at 1-2 grams three times per day.

Dandelion is a leading remedy for detoxing the liver. It stimulates the flow of bile, a fluid that aids fat digestion, which is why it's used for liver and gallbladder disorders. Dandelion has scientifically documented potent diuretic properties. It relieves constipation and eases bloating and swelling. Dandelion should be used for 4 to 6 weeks at a time. For it's liver benefits, dandelion is helpful for detoxing.

Garlic controlling free radicals, countering the tendency of the blood to clot, and possibly reducing blood pressure and cholesterol levels, garlic has many benefits. Preliminary evidence suggests that regular use of garlic may help prevent cancer. Garlic may be an effective antibiotic when it contacts the tissue directly, but there is no evidence that it works like a standard antibiotic, spreading throughout the body and killing organisms everywhere. Garlic has known antifungal properties and there is preliminary evidence suggesting that "Ajoene", a compound derived from garlic, might help treat athlete's foot. Garlic has also been proposed as a treatment for asthma, candida, colds, diabetes, and vaginal infections.

Ginger is used for the prevention and treatment of various forms of nausea. These include motion sickness, the nausea and vomiting of pregnancy (morning sickness), and post-surgical nausea. Ginger has been suggested as a treatment for numerous other conditions, including atherosclerosis, migraine headaches, rheumatoid arthritis, high cholesterol, burns, ulcers, depression, impotence, and liver toxicity. Stops cough and stops vomiting. In traditional Chinese medicine, hot ginger tea taken at the first sign of a cold is believed to offer the possibility of averting the infection.

Gotu Kola is the blood purifier. Commonly used to help protect and repair or heal the skin, blood and nervous system. It combats stress and improves reflexes. Antidepressant, improves memory and reduces mental fatigue. The nuts, roots, and seeds of this herb are used in cardiovascular and circulatory disorders, fatigue, kidney stones, poor appetite and sleep disorders.

Hawthorne Berry may help strengthen the heart, help increase blood flow, encourage healthy blood pressure levels and maintain healthy arteries. Useful for anemia, and circulatory disorders, high cholesterol and lowered immunity. High in Vitamins B & C, it is also used as a kidney tonic. Often used as a digestive aid.

Herbal Foot Patches are made from bamboo vinegar; ingredients Japanese scientists have proven have the ability to draw out toxins from the body. These foot detox pads are well renowned and have been used in Asia for years and are just now being recognized for their health benefits in the West. The feet are a "**detox portal**", and that keeping your body clear of toxins may help you live a longer, stronger and healthier life. Detox patches are said to stimulate nerve endings on the bottom of your feet, due to its combination of Qi moving herbs, which in turn stimulate the secretion of lymph fluid. Now that we know why it is crucial to cleanse and detoxify our body regularly, we have to know how to do it properly. These disposable patches are said to have the ability to pull out the impurities in your body by focusing on the acupuncture points in your feet.

Milk Thistle is the great liver detoxer! The importance of milk thistle in cleansing your liver, may decrease your chances of developing cirrhosis, chronic fatigue, PMS, and cancer. The fruits, leaves, and seeds in any form, contain some of the most potent liver protecting substances known. Protects the kidneys and is good for adrenal disorders, bowel disorders, and weakened immune systems.

Red Clover is an herb suggested for chronic conditions affecting the skin. It is a diuretic, but it's unknown exactly how it works for skin conditions. Use non-fermented red clover, which is safe.

Triphala is a traditional Ayurvedic Indian herbal compound used for constipation and poor bowel tone and is designed to support the body's natural cleansing process. It is one of Ayurveda's most important herbal formulas for thousands of years. Triphala is a balanced blend of three Indian Herbal Fruits: Harada, Amla, Behada. This combination of fruits is unique because the astringent qualities of the fruits serve to tonify the colon therefore promoting internal cleansing naturally. This is highly recommended for anyone doing a detox program.

Yellow Dock is another herb that purifies the blood. It has compounds called anthraquinone glycosides that stimulate bile production, aiding digestion and cleansing the liver. Some herbalists believe that chronic skin problems like acne improve with long-term use of yellow dock. **Warning: Don't take yellow dock if you have kidney stones.**



Essential Oils To Compliment Your Detox

Essential oils recommended are juniper, lavender, orange, rosemary, rosewood, tea tree, thyme ... These essential oils work as an antiseptic, diuretic and fight infection. Excellent for their detoxification properties. Stimulates lymphatic circulation, improves immunity. Stimulates the adrenal glands, circulatory system, liver, gallbladder, promotes nerve health

Juniper: This oil is an antiseptic, diuretic and fights infection. Excellent for its detoxification properties. In small quantities it can help alleviate urine retention, though in large quantities the opposite is true. Excellent oil for urinary tract infections. A good oil for skin conditions such as eczema and dermatitis, though the condition may appear to get worse before it gets better, as is the case with most forms of natural healing. **Warning:** Avoid during pregnancy. Activates the kidneys. Consult your healthcare provider with kidney problems.

Lavender: This oil is an amazing therapeutic oil. Stimulates new cell growth, lifts depression, calms nerves, fights infection, reduces inflammation, and eases congestion. Relieves pain and muscle spasm. Lowers blood pressure.

Orange: Stimulates lymphatic circulation, improves immunity, fights infection, reduces inflammation, relieves muscle spasm, eases digestive disorders. Cools fever and warms chills, calms nerves, diminishes depression. **Warning:** may irritate skin, promote photosensitivity. Avoid going in the sun while using this oil.

Rosemary: Stimulates the adrenal glands, circulatory system, liver, gallbladder, promotes nerve health, improves the functioning of the heart and nervous system. Tones and tightens the skin, regulates oil secretion, fights infection, joint pain, muscle spasms, and eases digestive orders. **Warning:** This oil may trigger epileptic seizures in prone individuals, may irritate sensitive skin. Avoid if you have high blood pressure.

Rosewood relieves pain, fights infection, diminishes depression, stimulates the brain, clears the head, improves immunity, helps skin disorders, and stimulates sexual desire.

Tea tree fights infection, and fungi, soothes skin disorders, and heals wounds. Releases mucous, relieves respiratory congestion. Increases immunity. Kills insects. Excellent for foot, nail fungus, athlete's foot. **Warning:** May be irritating to sensitive skin.

Thyme fights infection, improves immunity, eases pain of arthritis, eases muscle pain, improves digestion, and relieves urinary tract infection and respiratory ailments. Improves circulation, elevates blood pressure. Overcomes emotional fatigue, nervousness, and stress, regulates oiliness of skin, regulates skin disorders. **Warning:** Avoid during pregnancy, or if you have hyperthyroidism, or high blood pressure. Can irritate or sensitize skin and mucous membranes, stimulates menstrual flow.

Words of Empowerment

There is an emotional aspect to every illness. Often times, it is the emotional thoughts or "excess emotions" that will lead to illness. The following thoughts are utilized for calming the mind, help with stress relief and focuses on our mental powers over any situation. The ability to balance your emotional, mental, physical and spiritual self is up to you. Here are some suggestions:

A Disciplined Mind Is A Free Mind!

- **Gain control over your thoughts...** and you maintain control over your life.
- **Calming the mind is a behavioral technique used to interrupt, minimize and eliminate "psychological noise".** Retrain your mind and you regain your freedom.
- **Obsessive, repetitive thoughts, anxiety and fears are all apart of negative, self-destructive patterns...** that can benefit from the positive affirmations and mind quieting.
- **Detox by using the seasons as a guide. This allows us to work with...** the "flow of nature" and change as our bodies change.
- **What is your belief system? Does it serve you well?** Program thought to be positive and your energy and spirit will reflect it!

Learning to regulate everything in my life was my greatest lesson. Regulating my food, my behavior around food and my emotions and how they must not play into HOW I regulate my food choices.

It is through this book and my clinical practice in New York City, that I have had the privilege, the practice and the experience to meet and work with so many hundreds of people. All reaching for a similar goal, only in the way they know how. Learning the lessons we each have to learn and having the support to do so.

I hope this book gives you much love and support and that you use it as a workbook. We know everyday is different with different challenges. Use this book to bring you through each day. Use it to your advantage. Chart information, emotions, feeling or simply words that come up during the day and need attention.... Good or bad. I have always found charting, journaling and reading to be my window to my soulful thoughts. I hope you have the same experiences.

Blessings,

Andrew Pacholyk, MS, L.Ac
Peacefulmind.com
Therapies for healing
Mind, body, spirit

About Andrew

Andrew Pacholyk, MS, L.Ac. has obtained a Four-Year Masters of Science in Traditional Oriental Medicine (M.S.T.O.M.) degree from Pacific College of Oriental Medicine in New York City. He is a Licensed Acupuncturist (NY) and is a board certified Diplomate in Oriental Medicine from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). He is certified by the Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) in Clean Needle Technique. Andrew has a board certification in Chinese herbology. Andrew is also a graduate of New York State University, College at New Paltz.

Andrew specializes in rejuvenating naturopathic therapies based in the ancient Chinese Medical approach to Endocrinology, Gynecology and Pain Management. By improving circulation and an increase in metabolism, Andrew treats hormonal imbalance, infertility, menopause and menstrual disorders, as well as increasing blood flow and vital energy in order to decrease pain, trauma and its associated symptoms. Andrew, through his New York City clinic, ProAcuMed, his many classes, private teachings, cross country lectures, health community and his website, Peacefulmind.com, has helped thousands of thoughtful people with his diagnostics and natural prescriptives.

Andrew has created some of the most informative and diverse healing courses that can change your life. Learn and study energy medicine in many forms through Andrew's homestudy courses. Many of these courses are certification courses that can also start you on your way to becoming an energy healer!

You can find a full description of each course at
<http://www.peacefulmind.com/workshops.htm>