

Types of Cleanses Offered

There are many type of herbal cleansing programs; the cleanse should be individualized according to your lifestyle and habits, your general state of health, and your willingness to make changes. The products that are commonly used are as follows:

Zand-two week long cleanses. The Zand cleanse has a liver detox, herbal laxative and fiber product along with variety of herbal formulas included.

Colonix- a month long cleanse that is easy to follow. We give instructions on how to facilitate the cleanse and enhance its great capabilities, but a person could just follow the directions on the box and receive a good colon cleanse. It is a parasite formula, an herbal laxative tea, and fiber powder. This cleanse may be continued up to 3 months at a time.

Dr. Christophers Cleansing kit- this cleanse lasts up to six weeks. It has 2 bottles of kidney cleansing herbs, 2 blood cleaner herbs, 4 liver-gallbladder herbs, and 4 lower bowel. I usually add to this parasite syrup and a quick colon formula. This is a deep tissue cleanse. A fiber product may be added for more colon action.

Nature's Sunshine cleanses-

Tiao He Cleanse - a 15 day nutritional program designed to help the body achieve tiao he-balance and harmony. It combines Chinese nutritional and Western herbal experience. The Taio cleanse is designed to support the cleansing mechanisms of the body by targeting the intestinal and digestive systems. Each packet contains 1 capsule each of Chinese liver balance (digestive support), All Cell Detox, LBS II (intestinal support), Psyllium Hulls (bulking agent), Burdock Root (intestinal system), and Black Walnut Hulls (digestive system).

Nature's Sunshine Big Guns Cleanse- This cleanse has enough product for 2 10 day cleanses so it may be divided between 2 people. You can order the products directly from Nature's Sunshine at wholesale using the following number _____. This is a more comprehensive cleanse, especially good for people needing immediate relief from constipation, diarrhea, bloating, etc. and for those who need rapid cleansing at a very strong and deep level. Five times a day, you will take the following:

- 1 tablespoon Bentonite Clay 1725-9
- 1 Capsule Acidophilus
- 1 Capsule Black Walnut 90-8
- 1 Capsule Liver Cleanse Formula 1010-3
- 1 Capsule Pau D' Arco 504-2
- 1 Capsule Psyllium Hulls 545-9
- 1 Capsule LBS II 990-1
- 1 t. Liquid Chlorophyll 1683-7 (optional)

Master Cleanse- The master Cleanse is a part of each of the above and can be used for a week/weeks alone with no food with some good results. Either way, for each of our cleanses, this cleansing drink is a part:

Drink the following first thing in the morning and several times per day:

½ lemon, 1-2T. Grade B maple syrup, dash ¼ teaspoon cayenne pepper, 2C. water. This may be made in gallon batches to be drunk throughout the day.

INFINITY HEALTH CENTER

14501 LEMOYNE BLVD ♦ BILOXI, MS 39532 ♦ (228) 392-9535

How does the cleanse work?

Alkaline Foods

Eliminating acid-producing foods in our bodies is step one to well physical body; when we feel better physically, our emotional and mental states improve rapidly. Ultimately, this increases our level of enlightenment and our spiritual selves feel lighter and more connected to the unmanifest. If we analyze the typical American diet according to the chart of the ph of various foods, it is easy to see that sugars, fast foods, carbohydrates, and stress are putting most into a state of hyper-acidity. Eating alkaline will balance the blood acidity and pull the acid toxins out of your cells so that the body can eliminate them. When our body is more alkaline, “dis- ease” can’t survive in the body. So eating alkaline is step number one to a more healthy you.

Kidney Cleanse

Getting the body ready to cleanse requires opening up the channels of elimination. This is why we start with the flow of liquids out of the body and the increase of liquids into the body. During this phase, we are increasing the alkaline reserves so that the colon cleansing stage will be much easier. It is important to use skin brushing and deep breathing practices during this time because the skin each day will bring the toxins or “black blood” as the orientals call it, to the surface to be eliminated through sweating and bathing. Filling the lungs with fresh oxygen each day will bathe the cells with life-giving air. We use tea or kidney herbs to promote toning the kidneys.

Digestive tract and colon cleanse

The herbs in the colon cleanse have a drawing, pulling and softening action; they also supply fiber. Mucoïd plaque lines the large and small intestines over time as acidic foods and lifestyles create sticky waste that adheres to the lining. This plaque prevents us from absorbing nutrients from the food we eat, that is if the food we are eating has any nutrients. As we “peel” away these layers of plaque, our body’s cells receive more nourishment and we feel more energetic and life-full each time we cleanse.

Liver Cleanse and using the “Master Cleanser”

I can’t tell you how many people have had gallbladder surgery who have wished they had taken better care of these two! Taking the olive oil and lemon juice to purge the gallbladder is a perfect adjunct to the colon cleanse, so be sure to do it during this phase of the cleanse. With the liver/gallbladder cleanse, you will drink olive oil and grapefruit juice at night before bed. The master cleanse is the lemonade drink, which promotes cleansing throughout the body.

REBULID

After cleansing, rebuilding the body is so important. Don’t skip this important step! Use acidophilus. Green drink, and herbal nutrition to supply important nutrients.