

How-To: Douching with Heal-All Tea

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In today's world, most humans have a very congested lymphatic system. On top of this, about 90% of humans have weak adrenal glands and reproductive (gonad) weaknesses. Put this all together in females and we have toxemia in the vaginal wall, cervix, and uterus, fungal (yeast) overgrowths and estrogen dominance.

This causes most of the female related conditions, such as *A-typical cells*, *yeast infections*, *odorous discharges*, *ovarian cysts*, *fibroids*, *endometriosis*, *bleeding problems*, *conception problems*, and of course, the *female cancers* (*ovarian*, *cervical*, *uterine*, etc.).

Douching with botanical (herbal) teas can turn all this around. I have seen hundreds of female *cancers*, *A-typical cells*, and *yeast problems*, etc. eliminated with herbal douching. As a matter of fact, that is why I created our **Heal-All Tea**. I needed a tea that one could douche with that would prevent A-typical cells and help the body rid itself of cancer cells.

One may use any combination of herbs that fit the condition you're working on. Simply make a tea out of the desired herbs, purchase a douche bag or enema bottle and use it as a "holding" douche.

Items Needed:

- Heal-All Tea
- Douche or Enema Bag
- Water (*preferably Distilled or Spring water*)

Suggested Usage:

- 1 cupful, 1 to 2 times a day (*am – pm*)

How to prepare an herbal douche:

- Add 1 heaping teaspoon of herbal mixture per 1 ½ to 2 cups of water (*try using distilled water for your teas.*) You may wish to add extra water for more dilution if you find the tea too strong.
- Let tea cool to room or skin temperature before pouring into your douche or enema bag.

How to administer an herbal douche:

- Lying in a bathtub with your hips elevated, start your douche off where you can hold your herbal mixture in for 15-to-30 seconds. If you don't have a bathtub, any method will have to do, such as sitting on the toilet or standing in the shower where the liquid can drain out of you.
- Try to hold the herbal tea inside you for 15-to-30 seconds until you have finished your concoction (*this is referenced as a "holding" douche*). If you have trouble holding douche, try practicing Kegel exercises.
- You can douche daily for 2 weeks at a time. Take at least a 1-week break in-between before resuming another 2-week douching cycle.

Myths about douching:

There are a lot of myths when it comes to douching. Some women are afraid of it, and others use yogurt or some other medium. Forget about the myths, yogurts, and other ridiculous therapies that exist. Douching is a natural way to restore health to the cervix, uterus and vaginal walls.