

The Art of Detoxification in a Nutshell

Once you've finished perusing this document you should have developed a fairly accurate idea of how the process works.

Detoxification is not always a linear path to traverse, and there is a tendency for the individual to encounter several minor or major bumps along the way contingent upon how the person approaches the cleansing process (slow and steady or aggressive). Knowing what can happen and what to prepare for, ahead of time, will give you ease of mind knowing that the symptom of elimination you're experiencing isn't uncommon and will help you better deal with it.

Some of the most common cleansing symptoms encountered include:

- Cold and flus; Stuffy nose; Significant amounts of mucus draining; Fevers.
- Temporary weight gain usually from fluid retention; Edema.
- Hair loss (mostly females).
- Nails falling off.
- Diarrhea.
- Rashes; Hives; Pimples.
- Aches and pains of varying intensity.
- Headaches.
- Sore throats.
- Mucus congestion breaking loose within lung tissues; Deep coughing.
- Fluctuating energy levels.

On the emotional level, especially as a result of gradual rebuilding of the adrenal glands, some people may encounter hurdles that must be dealt with. If you feel like bursting out in anger, do so (shout, scream, land a decent punch or two on a pillow, etc.). If you must cry, then cry. Drain the river and let it all out. In other instances the individual can experience bouts of exceptional joy and happiness.

You are encouraged to read the document entitled, 'Detoxification Symptoms; "Healing Crisis"' as it outlines the moderate and stronger symptoms that can be experienced.

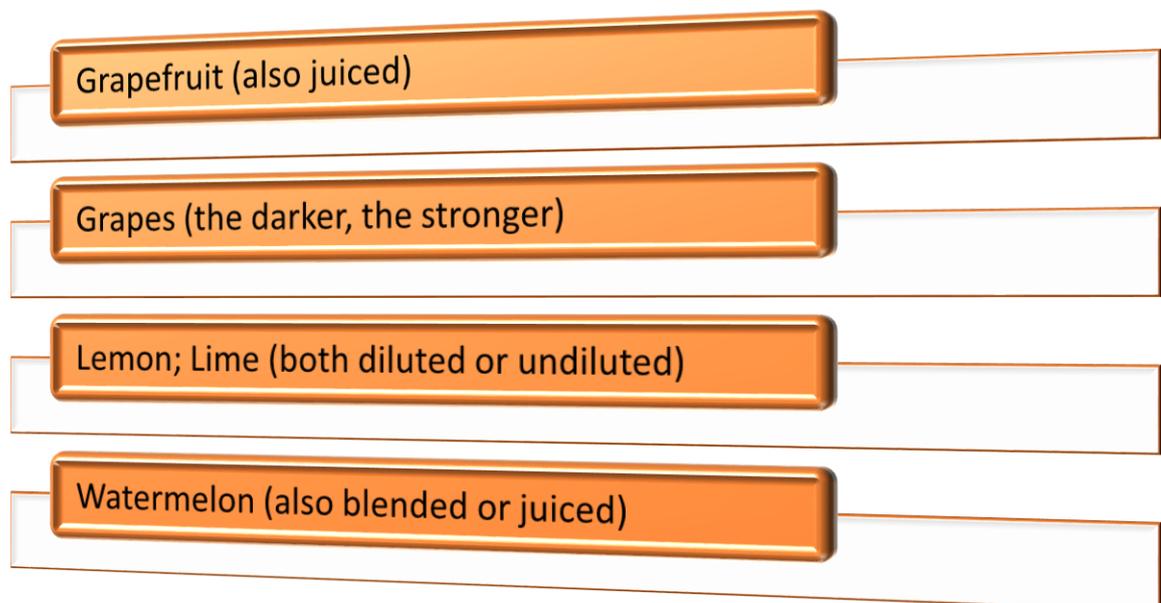
Some of the symptoms may require you to get a little creative and/or seek guidance from someone who's knowledgeable of this process to help you through it.

The primary goal of detoxification is first and foremost to restore the kidneys to their proper functional ability, thus enabling them to filter the body's great lymphatic system. The kidneys are the main eliminative organs which drain lymphatic sewage. If you move lymph faster than your kidneys are able to keep up, you will eventually run into uncomfortable and seemingly adverse elimination reactions. So, we've provided a list of details for clarification purposes. Keep in mind that the following is general advice, and no

two individual's healing journey will be identical. Also, there is much more to the art of detoxification than outlined below - but it's a useful summary.

1.) Eliminate all high-protein foods and dairy products as soon as possible. Basically, you should consume a diet of predominantly fruits with some tender leafy greens (depending on what level of detoxification you're on). Root vegetables (rutabaga, sweet potato, squash, etc.) may be consumed for settling cravings, if necessary. Raw foods are most effective, but stewed or cooked fruits and cooked (preferably steamed) vegetables are always better than pushing yourself too far with an inclination to end up binging on junk foods as a result. Try to incorporate as much fresh, tree-ripened raw fruit as you can. Be mindful of unripe acid-type fruits such as lemons, oranges, grapefruits pineapples, kiwi, etc.

Examples of Excellent Detoxifiers



2.) With the assistance of a detoxification specialist, have it determined whether an organic, raw bovine glandular would be beneficial for supporting and strengthening your pituitary gland, adrenal glands and/or thyroid. Use the following health assessment documents to help tailor an appropriate protocol.

[Download](#) 'Self-Assessment Health Questionnaire'

[Download](#) 'Basal Body Temperature Study'

[Download](#) 'Initial Client Assessment'

Compromised adrenal glands often result in a neurological shutdown of kidney filtration impeding their ability to expel lymphatic wastes through urination.

With a hypoactive thyroid, the resulting decrease in low body temperature will limit your ability to eliminate through your skin (due to decrease in sweating and diaphoresis). Your skin (considered the 3rd kidney) then backs up subcutaneously and acid wastes will now protrude more slowly, often resulting in various inflamed-skin type conditions such as rashes, eczema, psoriasis, rosacea and the like.

The pituitary is one gland you do not want to overlook. Failure to recognize and address pituitary gland weakness can result in little or no success. The pituitary serves as the 'CEO' of the endocrine gland system. A weak pituitary can end up significantly reducing adrenal and thyroid function. Not dealing with this, is one reason why people are sometimes very unsuccessful in their attempt to restore glandular functioning - because they did not address the pituitary gland.

Although all bodily tissues are important, the pituitary, adrenal and thyroid glands, along with the kidneys, are our primary focus. If other significant weaknesses are spotted in the individual we're working with, these weaknesses will of course be addressed.

3.) Utilize plenty of herbs for rebuilding and strengthening the kidneys and adrenal glands. You can combine some of the more powerful kidney cleansers and strengtheners such as:

KIDNEY CLEANSERS AND STRENGTHENERS	
* Cleavers	
* Corn silk	
* Dandelion greens	
* Gravel root	
* Nettle herb	
* Parsley	
Also	
* Beetroot (juiced)	
* Watermelon	

For the adrenal glands, you can incorporate:

ADRENAL STRENGTHENERS	
* Astragalus root	
* Borage leaf	
* Juniper berries	
* Licorice root	
* Saw palmetto berries (all berries except cranberries)	
* Siberian ginseng	

Also, concerning the adrenal glands, ample amounts of undisturbed rest and overall reduction of stress in your life will aid greatly in their recuperation and recovery.

4.) Always remember the 'Fab Four' core areas of focus. These four areas are: the kidneys, gastrointestinal tract, endocrine glands, and the lymphatic system. View the PDF entitled, 'Herbal Protocol Basics' for a better understanding of how to put together an herbal protocol.

5.) Check your urine for sediment. Once you see sediment in the urine, you're now filtering. Sediment includes a snow-globe-like appearance, threads of mucus, and overall cloudiness of your urine no matter the color. The degree to which you're filtering (i.e. the amount of sediment you see) can vary and change all the time. Sometimes you will filter a lot, other times not so much.

6.) Once you're filtering, you're in a good position to increase or step up to the much stronger lymphatic herbs (Lymphatic System III, Lymph Nodes II, III, IV, V) now that you know your kidneys are filtering. This will help immensely in the continual draining of your giant internal sewer system, speeding up the process of eliminating all the lymphatic congestion, toxic debris, and similar elements within your system.

From henceforth, it's all about speeding up or slowing down your detoxification. It's similar to that of riding a wave. You have to find a maintainable balance.

So, when you're feeling ready and amped, feel free to utilize a stronger lymphatic formula and/or attempt a mono-fruit fast or juice fast.

When you're feeling a bit run-down, eat more heavy fruits like bananas, dried fruit (dates, raisins, banana chips, dried mango, dried figs, etc.) or cooked fruits like homemade apple sauce or stewed prunes and some green salads.

Always walk with balance, and make detoxification a fun journey. You should enjoy the process despite ups and downs encountered.

Make sure your kidneys continue to filter. Do this right, and you're on the road toward what we lovingly refer to as 'WellVille'. There's a great team of people available to support you at all times in our community.