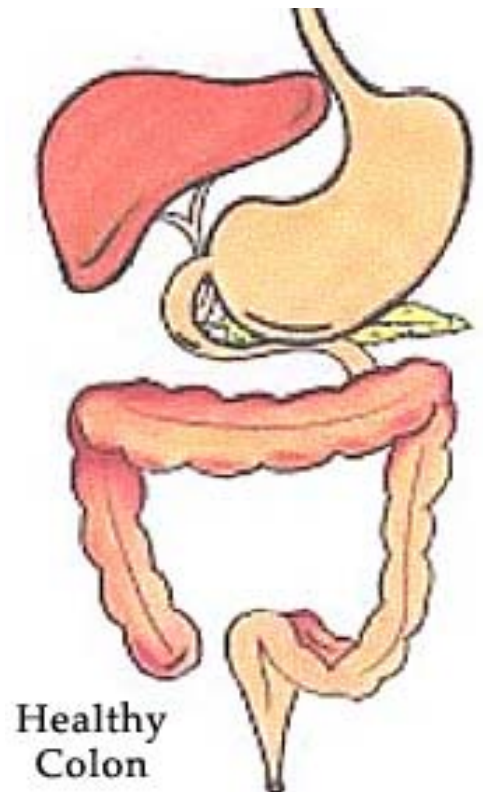
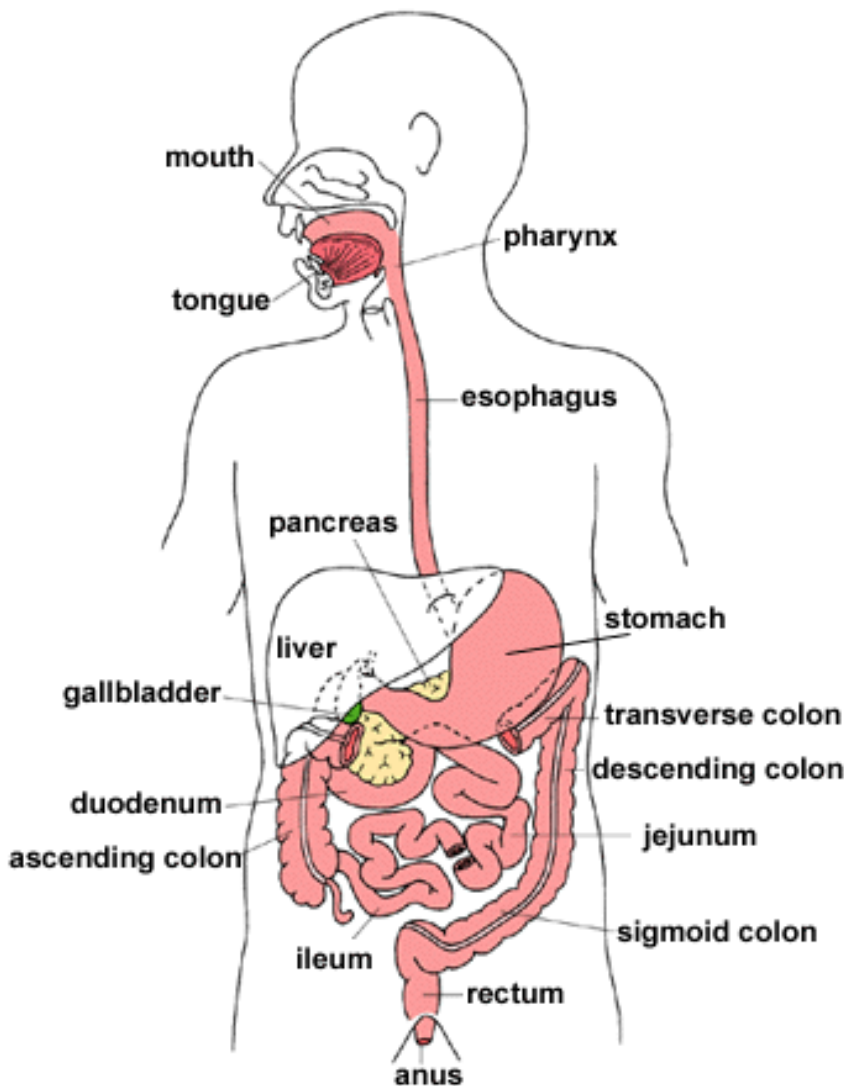


PASCAS CARE

Body Cleanse



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

Em: info@pascasworldcare.com
Em: info@pascashealth.com

PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

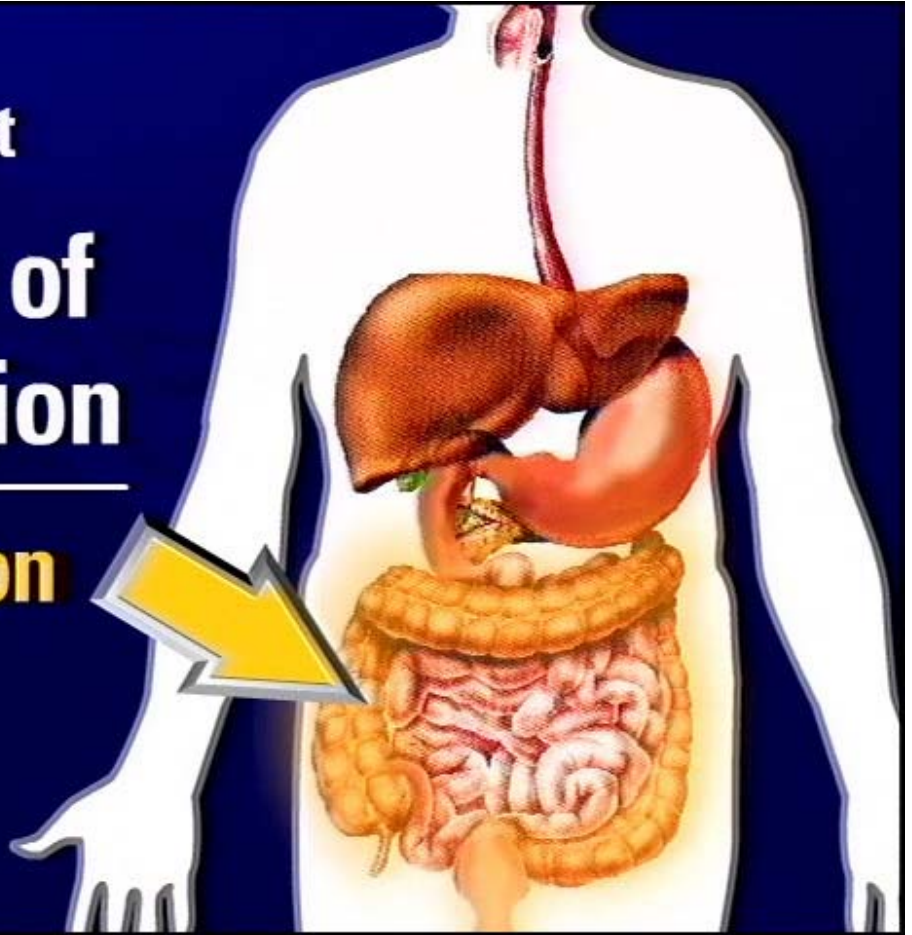
Living Feelings First, *John.*



“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

The 1st Avenue of Elimination

The Colon



SHOULD I COLON CLEANSE?

<http://www.cleanse.net/>

"The colon is a sewage system, but by neglect and abuse it becomes a cesspool. When it is clean and normal, we are well and happy; let it stagnate, and it will distill the poisons of decay, fermentation and putrefaction into the blood, poisoning the brain and nervous system so that we become mentally depressed and irritable; it will poison the heart so that we are weak and listless; poisons the lungs so that the breath is foul; poisons the digestive organs so that we are distressed and bloated; and poisons the blood so that the skin is sallow and unhealthy. In short, every organ of the body is poisoned, and we age prematurely, look and feel old, the joints are stiff and painful, neuritis, dull eyes and a sluggish brain overtake us; the pleasure of living is gone."

– **Dr. Bernard Jensen, D.C., Ph.D., from his *Doctor-Patient Handbook***

Harmful diet and lifestyle cultural norms in the Western World have resulted in a health disorder, which affects countless individuals today in varying degrees. Oftentimes, this disorder is an over-acid condition in the digestive system which leads to a host of other ailments related to incomplete and ineffective digestion. Dr. Richard Anderson estimates that 94% of all meat eaters and 70% of all vegetarians in the United States are over-acid. Problems generally associated with over-acidity include the following; immune disorders, arthritis, bowel disease, indigestion, gallstones, obesity, nervousness, yeast infections, bacterial infections, mood swings, poor eyesight, dermatitis, parasites, heart disease, liver disease, lung disease, fatigue, and bronchitis.

Over-acidity may be determined by a simple pH test of the saliva.* According to Dr. Anderson, "If you are vegetarian and your normal diet is mostly vegetables, fruits and only *small* amounts of grains, then you would be in good shape. Everybody else had better take the tests!" One of the main causes of over-acidity is chronic over-consumption of protein and other acid-forming foods and substances. Americans have been deeply brainwashed to believe that we must have large amounts of protein to be healthy. Proteins are acid forming, and too much protein depletes the body's organic mineral supply. This results in an inability of the body to fully process the overload due to a lack of nutrients (electrolyte minerals) required to do so. The problem worsens over time with continued over-consumption, because without adequate nutrients, the bowel loses its ability to defend itself from acids, toxicants¹, microorganisms and chemicals that damage the bowel wall. Other factors that may also contribute to over-acidity are exercise, stressful emotions, drugs and radiation.

Dr. Anderson developed an outstanding formula specifically to combat extreme overacidity, and a whole cleansing program to support the re-establishment of a healthy digestive system, which is self-sustaining. So far the program, with its numerous interrelated nutritional formulas, has proved to be one of the most beneficial ever developed.

¹Herbicides, pesticides, preservatives and other unnatural chemicals found in our food.

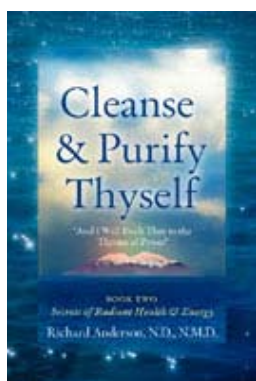
*See instructions for the pH test in Dr Richard Anderson's book 'Cleanse & Purify Thyself'.

In addition to the self-created toxins resulting from over-indulgence of acid-forming foods and substances, there are also a host of environmental factors that contribute to the weakening of our digestive systems and practically every other organ, gland and cell of our bodies. Never before in the history of man has our environment been so full of unnatural chemical poisons. There is not one place on Earth that toxic chemicals haven't reached. 100% of the air on Earth is polluted to some degree or another. Even in the purest mountains, the water may be contaminated enough to need purification for human use. 100% of the wells in some US states have been contaminated. Most of the food we eat has been sprayed or fertilized with toxic chemicals, and the animals people eat are full of antibiotics and hormones, which have caused unbelievable and unexpected reactions. Then there are the cigarettes, soda pop, chocolates, coffee, drugs, etc.

A breakdown of immune function through exposure to these toxins, both dietary and environmental, is seen in a weakened bowel. When the bowel is healthy, IgAs² are capable of destroying virtually every known pathogenic microorganism (bacteria, yeast, fungus, parasites, etc.). When we have lost the necessary nutrients or have acquired an over-acid bowel, the IgA activity can no longer function effectively, and the bowel, as well as the entire physical body, becomes vulnerable to attack. Consistent attacks from the pathogenic microorganisms, unnatural chemicals and acids eventually weaken the structure of the bowel. Microorganisms can then enter the bloodstream, as can larger particles of undigested food, chemicals and other toxic particles.

The liver then takes on the overload of toxins. Relentless flow of toxicity from the bowel eventually weakens the liver. When the liver can no longer function effectively, then other organs, glands and tissues become vulnerable to mucus, congestions and relentless attacks from microorganisms. As this condition continues, the person experiences increasing sluggishness and inefficiency. This is how insufficient bowel function results in a variety of chronic and degenerative diseases. This all contributes to an increasingly widespread inability to handle stress of any kind without getting sick. This is why we cleanse our bodies now, in the hope that we can correct some of these difficulties.

When the bowel functions optimally, then – and only then – can the liver and every other organ have the ability to function optimally. *It should be noted that a perfectly functioning body is virtually invulnerable to any microorganism.*



by Richard Anderson, ND, NMD.

Book I + Book II

Arise & Shine Herbal Products

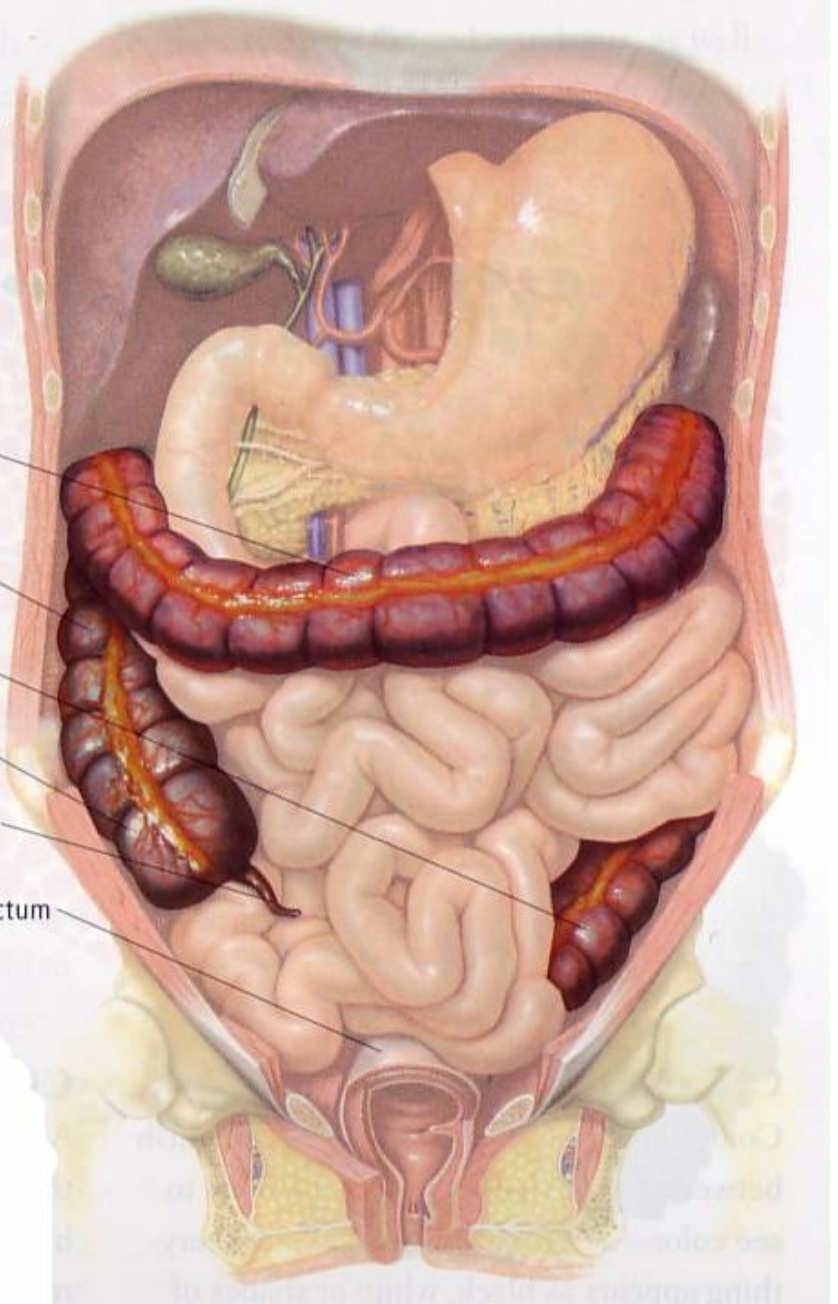
<http://www.ariseandshine.com/>

Colon

The colon is part of the large intestine. It stretches from the end of the small intestine through to the rectum and is made up of several parts. The function of the colon is to move solid material to the anus and to absorb salt and water remaining after passage through the small intestine.



- Transverse colon
- Ascending colon
- Sigmoid colon
- Cecum
- Appendix
- Rectum



Energy Level of Food as calibrated based on the Map of Consciousness scale 1 – 1,000:

The scale is based on the common log of 10, a 1 point jump is a 10 fold increase in energy.

Cookies made for Family	520	Blessing food adds 15 points to calibration.
Green Juice = Raw Power	510	
Home cooked sea fish + organic salad	410	
Home roasted free range chicken + salad	410	Calibrations above 350 involve organics.
Raw Food = Raw Power food blessed	365	(overall menu)
Roadside Farm Stands	355	A 1 point jump is a 10 fold increase in energy.
Raw Food = Raw Power – Byron Bay	350	(overall menu)
Vick's (product)	345	
Herbalife (products)	340	
Wine or Beer	330	Single serve per day.
Campbell's Soup (product)	325	
Uncle Ben's Rice (product)	315	
Quaker Oats	305	
Pepsi (beverage)	305	Single serve per day.
Coca-Cola (beverage)	305	Single serve per day.
Tea, Green	300	
Food, Blessed Homemade	215 +	Organically grown foods have approximately
Food, Homemade	209 +	75% to 350% the nutritional and mineral
Food, Blessed Machine-made	207	value of commercially grown foods.
Food, Commercial	207	Organic home grown foods is even higher.
Vegetarianism	205	
Grilled / BBQ steak	205	
Muesli	205	
Donald Duck (cartoon)	205	Above 200 is pro-life – positive.
Food	200	At this level and above food is life giving.
Food, Commercial Cat	192 – 202	Below 200 is anti-life – negative.
Food, Commercial Machine-made	188 – 200	
Black Tea	185	
Body Piercing	180	
Milk – Pasteurised	180	
Coffee	175	
McDonalds, KFC, Hungry Jacks	175	All food below 200 is detrimental to health!
Microwaved Meals	170	
Taco Bell Fast Food	165	
Pizza Fast Food	165	
Public Hospital Meals	165	
Alcohol Addiction	90	6 or more drinks a day.
Kellogg's Corn Flakes	85	
Cigarettes	85	
Marijuana	80	
Cocaine	7	
Heroin, Methamphetamines	6	Every and any substance can be calibrated!

Most calibrations are sourced from David Hawkins' book 'Truth vs Falsehood'.

THE ULTIMATE GUIDES TO INTERNAL AND COLON CLEANSING

<http://www.cleanser.net/>

Nothing has changed since Dr. John Harvey Kellogg said a century ago that “90% of diseases are due to improper functioning of the colon”.

There is much talk today about the importance of colon cleansing, but how does having healthy intestines actually improve your health?

It has always been an axiom of naturopathic medicine and most forms of natural healing that the digestive system is the foundation for good or bad health. Naturopaths routinely assume that most people are constipated, no matter how many times a day they go.

In fact, nothing has changed since the great natural healer Dr. John Harvey Kellogg, founder of the Battle Creek Sanitarium in Michigan, declared nearly a century ago that “90% of the diseases of civilization are due to improper functioning of the colon.”

In 1987, Dr Richard Anderson developed a four-phase, four-week colon cleansing protocol using herbs, electrolytes, probiotics, and nutrients. Since then, an estimated 70,000 people have done the self-care colon cleanse.

The benefits of cleansing are numerous. One user stated: “The main improvements I have noticed are energy levels, vision, hair, skin, mental attitude, ability to cope with stress situations—generally I’m a much happier and healthier person.”

Other benefits typically cited by users are cessation of menstrual pain, migraines, and joint pain, fewer colds, resolution of lifelong sinus congestion, skin problems, and breast cysts, weight loss, and improved concentration, among many others.

Consider the following cases from Dr Richard Anderson’s patient files:

Lisa, 55, had suffered from a skin rash for 35 years. She had consulted numerous physicians but nothing had reversed this problem. When the intestines are clogged and toxic, and the liver, too, is overburdened, toxins start backing up into the skin for elimination from the body.

By the time Lisa completed the colon cleanse, 95% of her skin symptoms had disappeared. We find Lisa’s experience replicated often; cleansing the colon frequently yields softer, more beautiful skin, with long-standing blemishes removed permanently in many cases.

Traces of an earlier illness often remain in the intestines as potential seeds for a recurrence. During a cleanse, it is not unusual to re-experience the symptoms of the former illness as these traces are purged from the body.

Lil, 42, who suffered from chronic bronchitis, could not exercise or even walk up stairs without wheezing. During the cleanse, she had a ten-day fit of coughing and wheezing, then it abruptly stopped and never returned. By emptying her intestines of old, putrefied matter, Lil had purged her body of the seeds of her recurrent bronchitis.

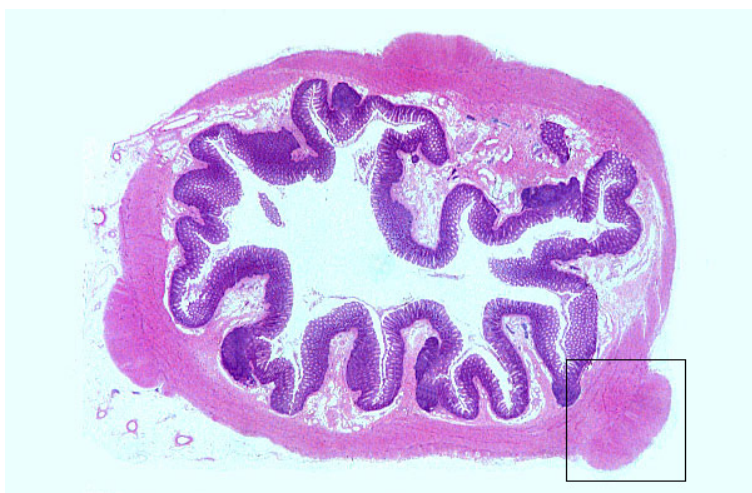
Margot, 47, had been beset by intense hip pain for seven years, such that she needed a cane to walk. Xrays showed that the cartilage was worn off the head of the femur (thigh bone connecting to the hip bone) and the nerves in that area were pinched. Margot had tried numerous alternative therapies but was still relatively crippled.

Margot reported that on the second day of the cleanse, 50% of her pain disappeared and she no longer needed her cane; on the third day, she was able to perform gentle stretching exercises; and over the next several months, Margot's pain continued to diminish leading her to declare: "For the first time in seven years, I'm seeing the reversal of the downward spiral."

What happens in a colon cleanse to produce these benefits?

Merely consider three facts about the intestines. First, if stretched out to their full length, the large and small intestines together would measure 25 feet long. Second, the total surface area in the intestines (made larger by myriad folds) capable of absorbing nutrients is the size of a tennis court.

Third, the intestines can store a vast amount of partially digested, putrefying matter (as well as drugs and other toxic chemicals)—for decades even. Some intestines, when autopsied, have weighed up to 40 pounds (18 kg) and were distended to a diameter of 12 inches (30 cm) with only a pencil-thin channel through which the faeces could move.



That 40 pounds (18 kg) was due to caked layers of encrusted mucus mixed with faecal matter, bizarrely resembling hardened blackish-green truck tire rubber or an old piece of dried rawhide. Richard Anderson calls this **muroid plaque**. This muroid plaque, when it is removed during an intensive colon cleanse, often shows ropelike twists, striations, overlaps, folds, creases—the shape and texture of the intestinal wall.

Muroid plaque may vary considerably, depending on the chemical conditions in a person's intestines. It may be hard and brittle; it may be firm and thick; tough, wet, and rubbery; soft, thick, and muroid; or soft, transparent, and thin; it can range in colour from light brown, black, or greenish-black to yellow or grey, and sometimes emits an intensely foul odour.

One client he knows, in the course of a month-long colon cleanse, passed a single length of mucoid plaque 15 feet long (5 metres); another client excreted a total of 11 pounds (5 kg) of mucoid plaque during a cleanse. It is not unusual to pass a total of 35 to 45 feet of plaque, often in the last week. In his clinical experience of monitoring thousands of intensive colon cleanse programs over the last 14 years, most people pass a staggering amount of this strange substance.

Richard Anderson coined the term mucoid plaque, meaning a film of mucus, to describe the unhealthy accumulation of abnormal mucous matter on the walls of the intestines. Conventional medicine knows this as a layering of mucin or glycoproteins (made up of 20 amino acids and 50% carbohydrates) which are naturally and appropriately secreted by intestines as protection from acids and toxins.



Fecal waste removed with Colon Cleansing

However, mucoid plaque is different from the mucosal lining (mucosa) of the gastrointestinal tract. The latter acts as a necessary buffer to the gastrointestinal wall and as a lubricant for peristalsis; it is also responsible for the secretion of mucins which comprise mucoid plaque. The cells of the outermost layer of the mucosa (the epithelium) stay fresh and vital, renewing themselves every four to seven days.

It sounds paradoxical, but medical research indicates that mucoid plaque is a normal self-defence measure—natural protection from unnatural toxins.

Evidence indicates that mucoid plaque, with the possible exception of that found in the stomach, is unnatural to the healthy body and is found only after the body has moved away from perfect health and into a diseased state. The theory goes that if you were completely healthy, your system would produce no mucoid plaque because it wouldn't need to.

When the body has been chronically subjected to (or put under attack by) drugs (such as aspirin or alcohol), salt, heavy metals (including dental mercury), toxic chemicals, parasites, harmful microbes and their toxins, and circulating immune complexes (immune cells locked onto undigested

particles or foreign substances in the bloodstream), it produces mucoid plaque to protect itself.

The trouble is once the mucoid plaque is created, for whatever biologically important reason, it is not routinely excreted from the intestines. Instead it lodges in the numerous folds and crevices of this large organ and can remain there for many years. Over time, the mucoid plaque grows thicker, firmer, and more widespread—colonizing, as it were, the tennis court-sized interior of the intestines. Old faeces adhere to the plaque and are not removed during a normal bowel motion.

The plaque slows down intestinal action, both waste excretion and nutrient absorption. It can harbour pathogens, including bacteria and parasites, which actually hide underneath the plaque; it may block the normal outflow of lymph and mucin drainage. It binds toxins to itself and contributes to bowel toxicity, slowly emitting toxins into the bloodstream. Finally, plaque creates a friendly environment for disease, in some cases for colon cancer and gastric carcinomas.

Gradually your immune system is weakened as the chronically toxic bowel environment destroys useful bacteria. Your liver becomes overburdened by the unprocessed intestinal toxins, and nerve meridian points in the intestines related to hundreds of other parts of the body are compromised.

A toxic bowel results in toxic blood and lymph, toxic organs and cells, and toxic function. The bowel “feeds” every organ, tissue, and cell in our bodies, so when the quality of feeding from the digestive system is contaminated or of poor quality, the cells and organs elsewhere in the body will be compromised and grow sluggish and inefficient.

So while mucoid plaque is “natural” in that the intestines produce it, it is most unnatural in that the presence of a large amount of it indicates a high degree of intestinal ill health. When the intestines are ill, you will be ill.

Here is a concise review of the essential elements you need:

Assess Your pH—This is a chemical measurement of your body’s acidity or alkalinity and, to a certain degree, your level of toxicity. The simplest way to assess your pH is by moistening a specially prepared (litmus) paper with your tongue; the colour it turns correlates with pH values.

Reduce Your Eating—Generally, as you move further into the program you should eat less. This enables your body to focus on clearing out the toxins and old faecal matter without the distraction and energy output of digesting new foods. Each successive stage in the program involves stricter dietary controls and a higher intake of supplements and fresh juices with a correspondingly deeper cleansing.

Herbal Laxative—You need a formula to soften and break up toxic waste material while detoxifying cells. An herbal combination that works well for this (when mixed in the proper way) includes plantain, cascara sagrada, barberry, peppermint, sheep sorrel, fennel seed, ginger root, myrrh gum, red raspberry, rhubarb root, goldenseal, and lobelia. This herbal formula prepares the mucoid plaque for removal and neutralizes stored intestinal toxins such as pesticides, drugs, and heavy metals. It also helps cleanse the liver and other body tissues.

Herbal Nutrition—At the same time, you need to bolster your system’s ability to detoxify. An effective herbal formula for this works as a vitamin supplement and includes alfalfa, dandelion, shavegrass, chickweed, marshmallow root, yellowdock, rosehips, hawthorn, liquorice root, Irish moss, kelp, and two digestive enzymes, amylase (digests carbohydrates) and cellulase (digests plant fibre).

Bentonite—Liquid clay derived from volcanic ash, bentonite taken orally is highly effective in absorbing toxins from the intestines and removing them from the body.

Psyllium Husk Powder—This fibrous bulking agent forms a gel when mixed with water. While the herbal laxative and nutritional formulas loosen the mucoid plaque, and bentonite pulls out and absorbs toxic debris, psyllium helps push the toxins and waste materials out of your body.

Probiotics—Your intestines need certain “friendly” bacteria (probiotics) to perform all of their functions, including the suppression and elimination of pathogenic micro-organisms. Probiotics can also help restore alkalinity to an acidified intestinal tract thereby assuring that electrolytes will not be lost because of intestines overrun with acidic bacteria. A particularly helpful probiotic is *Bifidobacterium infantis*.

Electrolytes—Your body depends on the essential alkaline minerals potassium, sodium, calcium, and magnesium to remove toxic acids, maintain fluid balance in cells and the bloodstream, and control pH, hormone secretion, nerve conduction, and other functions. An effective way to deliver alkalizing electrolytes is via dehydrated juice of beets, celery, and carrots, combined with goat milk whey concentrate, fig powder, and lecithin.

Antioxidants—As the intestines begin to purge themselves of old matter and mucoid plaque, large amounts of toxins and free radicals are released. It is prudent to take an antioxidant formula while doing the colon cleanse to help your system clean up these released toxins. Good antioxidants to include are milk thistle, curcumin (from turmeric), Ginkgo biloba, grape seed extract, pine bark extract, vitamins C, E, and B6, bioflavonoids, lipoic acid, coenzyme Q10, zinc, and chromium.

Dietary Changes—First, we generally encourage people to not eat meat in order to reduce acid-forming dietary input. Second, we suggest people reduce grains, potatoes, yams, and sweet potatoes for 30 days after they have completed the colon cleanse. Third, we recommend a raw foods diet maintained whenever possible, ideally based on home-grown organic fruits and vegetables. A raw foods diet is rich in digestive enzymes and encourages the body to continue detoxifying.

Is there a connection between old emotions and colon cleansing?

Yes. You will find that in many cases a colon cleanse will purge old emotions and attitudes stored in the intestines.

Consider this case: Jessie, 20, was a vegan yet was bothered by digestive problems and candidiasis. Candidiasis, or the overgrowth of *Candida albicans* in the intestines, is a condition often reversed by an intense colon cleanse. During the first two weeks of the cleanse, Jessie began feeling better, but the turnaround came in week three. Jessie passed what looked like three white cotton balls (presumably *Candida* masses lodged in her colon), and thereafter had no more candidiasis symptoms.

In addition to her physical improvements, Jessie had an emotional benefit as well. She felt an increase in will power, a clarity in her feelings, a new desire to be of service to others, and a release of long-held resentments.

These points highlight an important aspect of colon cleansing. Many people, after completing a cleanse, feel energized, uplifted, and freed of old patterns, thoughts, feelings, and memories that have held them

back. When a person is on a course of personal growth and wants to change their consciousness but is stuck in old negative patterns of thinking and feeling, there is nothing that will get them unstuck and change them faster than a colon cleanse.

In our observation of many individuals doing the colon cleanse, a negative state of consciousness is often, at an energy level, at the root of whatever physical problem they suffer from. Every thought or feeling we have has the potential of moving from the mind into the physical structure of the body where it can provoke illness. I estimate that about 70% of those doing the intensive colon cleanse will experience long-forgotten memories and buried emotions.

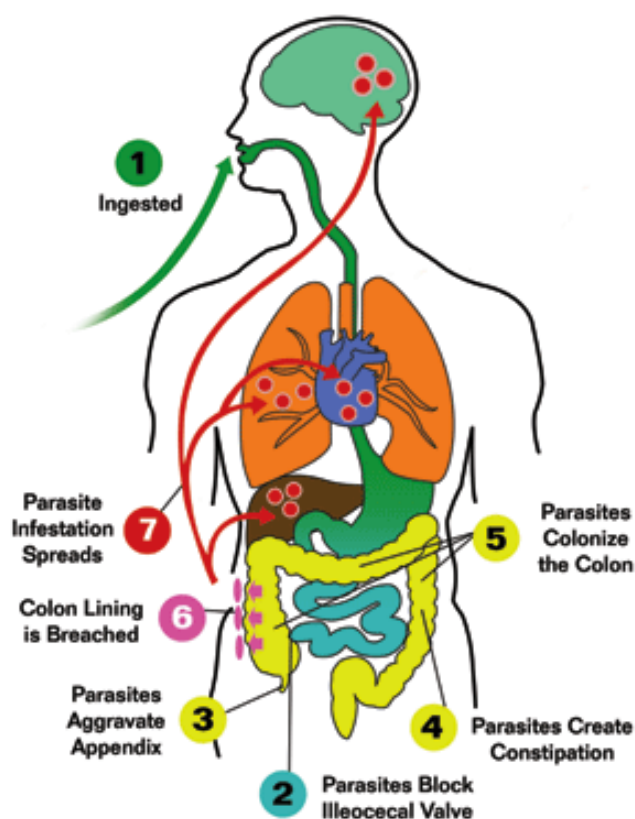
Often the memories and emotions surface into awareness with all their original charge and soon afterwards you pass a large section of mucoïd plaque. As it passes out of your body, so go the emotions. In most cases, you don't re-experience those particular emotional memories.

Here is what is thought to happen. It is as though you can magnetize proteins or undigested food left in the intestines with certain thoughts and feelings. These proteins hold onto the feelings for as long as the proteins remain in the intestines, and the old emotions and thoughts continually radiate through the body and mind.

They remain literally—tangibly—stuck in your body, somehow bound up with the mucoïd plaque and contributing, though not often usefully, to the personality. Both the individual's biochemistry and psyche are continuously negatively affected by these residues of emotionally magnetized matter.

Let's say you were 13 and had a traumatic or deeply embarrassing experience. At some level, every cell in your body was affected by the emotions of that event. It is conceivable that some intestinal matter imprinted by that experience remains in your intestines, wrapped inside mucoïd plaque and bearing the memory of the original pain (even though you are now 45 and barely remember the episode).

The personality and one's operating belief system, after all, are controlled mainly by a massive accumulation of past thoughts and feelings. To a large extent, intestinal matter helps hold these feelings in place. The colon cleanse, by purging the intestines of the mucoïd plaque, flushes out this accumulation of old negative thoughts and feelings.



Courtesy of www.breathing.com



www.breathing.com/8/cleanse.htm

MEGA-COLON

Toxic megacolon

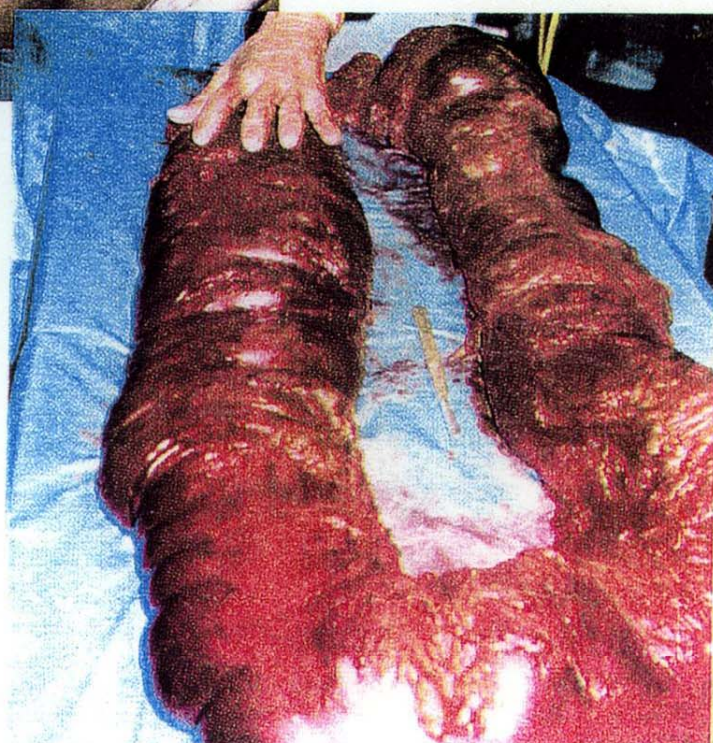
A 66-year-old chronic schizophrenic who lived in a nursing home was brought to the emergency department with the chief complaint of constipation, along with diffuse abdominal pain and shortness of breath. His nursing home records indicated that he had a vigorous appetite, despite not having had a bowel movement for more than a month. Within minutes of presentation, the patient became lethargic and

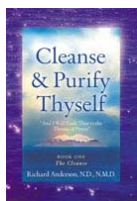
unresponsive and was subsequently intubated. His rectal temperature was 102°F, and his white blood cell count was 22,000/mm³. He had a ventral hernia, his abdomen was extremely distended without bowel sounds, and a plain film of the abdomen revealed absence of air in the right colon. In the operating room, a large, ischemic, dilated loop of bowel was removed. The patient died 3 days later of fulminant sepsis.

Submitted by Carl K. Hsu, MD, Chief Resident, Mount Sinai School of Medicine Integrated Residency in Emergency Medicine at Beth Israel Medical Center and Elmhurst Medical Center, New York

REPRINTED BY PERMISSION OF THE PUBLISHER FROM HOSPITAL MEDICINE® (ISSN 04411-2745) (GST128741063) (IPM0607827), DECEMBER 1995, COPYRIGHT 1995 BY EXCERPTA MEDICA, INC., NEW JERSEY 08502, BY QUADRANT HEALTHCOM, INC.

14 I-ACT Quarterly Fall 1996 www.breathing.com/optimal-digestion.htm
www.breathing.com/8/cleanse.htm



CLEANSE & PURIFY THYSELF:

Book 1 + Book 2
Arise & Shine Herbal Products

Candida / Yeast

Dr. Richard Anderson

<http://cleanse.net/>

<http://ariseandshine.com/>



Doesn't the releasing occurring with bentonite and psyllium wipe away the Probiotics / Yeast End so that they are ineffective?

A. Yes. That is why those with yeast problems you need to take lots of Probiotics while cleansing, especially those who have yeast infections such as *Candida albicans*. Yeast have pretty good roots and while some will be washed away, many can hang on, within hours multiplying again and again creating their unpleasant byproducts. These byproducts can cause bloating, weakness, and other discomfort. Taking a friendly bacteria will help maintain good bacteria as opposed to the bad bacteria and help prevent the yeast from dominating. It is theorized that as long as we continue taking large amounts of Yeast End and Probiotics during a cleanse that the yeast cannot spread, but instead, will gradually be pulled out.

For those who do not have yeast infections, it is still important to keep taking Probiotics while cleansing. Some have learned this the hard way, so please follow this guideline. You will feel better while cleansing. Some people may have a yeast infection and not be aware of it, because it has not yet become acute. The wiping out of friendly bacteria and taking lots of fruit or carrot juice, feeds yeast and allows them to spread. Taking bacteria during a cleanse helps to keep the yeast from taking over. Another reason we take Probiotics during a cleanse is that once the Master phase is completed many people become ravishingly hungry. As long as there is plenty of bulk in the gut, we tend to not get so hungry, and Probiotics helps to provide bulk. After a cleanse it was common for some people to pig out on anything and everything they could find. After they were stuffed to the gills, they were still hungry. Remember, 40% of the stool is, or should be, bacteria. Taking the bacteria during a cleanse prevents this dangerous to your health pig-out episode. It is well worth the cost of the Probiotics.

Cleansing Reactions

Q: If a person is having difficulty even after the recommended enemas, potatoes and milder phase, the shouldn't they just cut out herbs, stopping the entire cleanse? Wouldn't herbs, broth or an alkalizing formula, and shakes help them to feel better faster.

A: NO! If they stop taking herbs they should stop the shakes as well. Stopping the herbs only could cause a person to become constipated and blocked. Never, ever recommend someone take multiple shakes without my herbal cleansing formulas. Stopping a cleanse entirely, taking an alkalizing formula, juice, broth, and/or steamed vegetables most likely will help people to feel better if they were having a rough time due to a lot of toxicity. There are ways of slowing the cleansing process; read *Cleanse & Purify Thyself*, Book 1.

Q: I've been nauseous for a few days but I should just push on, right?

A: Generally, it is best to try the standard approaches of doing an enema (a coffee enema later, if necessary) and if no lasting relief is experienced, then slow down the cleansing process by eating some cooked vegetables or a baked potato and/or cutting back on the amount of herbs one is taking. My cleansing program was designed to be gentle but effective without serious discomfort. When nausea occurs for more than a few hours, many people go back to a pre-cleanse. Afterwards, they usually have no more nausea while cleansing. Always do what feels best for you.

Q: I feel so bloated; what causes it and what can I do?

A: As the herbs begin to work on the plaque, the plaque itself "plumps up" and can cause the feeling of bloat. Parasites can become disturbed and also produce this sensation; if individuals suspect parasites and find their bloat intolerable, it is an option to do the Parasite Program for a while and then resume a cleanse. Sometimes, a bacterial imbalance is responsible: many customers have reported positive results after taking large amounts of Probiotics for 4-5 days. We recommend 2-3 capsules of Probiotics, 5 minutes after lunch and dinner, along with another 1-2 capsules, one hour before bed.

Q: A 60 year old woman just come off a cleanse and she looked horrible, especially in her face area. She had more lines and wrinkles along with much puffiness. It looked like her face was drawn, any explanation and advice you can offer?

A: It is not uncommon for a person at 60 years or older who is finishing a cleanse or water fast to look terrible towards the end. There are two things happening here. One, toxins and emotions are moving out through the skin and two, they are losing weight in their face. Both conditions correct themselves in time and leave a better skin than before. The only exception to this is if a person stopped a cleanse or fast before the toxins had moved out. The other day I ran into a friend that I hadn't seen for almost a year. He looked about 10 years younger. Then I took another look. He had a potbelly and he was getting fat. His face looked better, but I knew that he was worse off. Have you ever noticed that fat people have less wrinkles? Thin people might look worse, but they will live longer, healthier, and more energetically, than obese people. So when we come off a cleanse, we often have lost some unnecessary fat and for a few days look bad, however are actually in better condition than we started.

Q: I had a heavy bitter taste in his mouth after two weeks on a cleanse.

A: It is not unusual to have a bad taste in one's mouth during cleansing. Notice how the tongue becomes coated when toxins are leaving. On my second cleanse my tongue was black for 6 days of the master phase and I had the worst metallic taste in my mouth the entire time. I think it was metals exiting my system. The tongue is a wonderful gauge to help determine how clean we are. If you finish a cleanse and your tongue is still coated and/or your mouth tastes and smells like a sewer, than you know that you still have a ways to go. The grey coating is the breakdown of toxic metabolic waste. It is rot, fermenting, decaying rot. It is what makes people sick. This is what needs to come out.

Q: How to stop headaches after cleansing?

A: After cleansing? I have never known anyone that still had a headache after cleansing. Anyone who follows the directions properly, and completes a cleanse as directed, should not have a headache. I would be asking questions. Did you pass the pH tests before a cleanse? How long were you on a pre-cleanse? How long on the master phase? Did you use enemas? How much Probiotics did you take during and after a cleanse? Have you ever had a liver disease? What have you been eating?

How to stop a headache: Tinctures of Osha (3 or 4 squirts), Ginkgo (2 or 3 squirts) Lobelia (1 or 2 squirt) in a hot cup of water. This works for some people very quickly. Enemas work about 80% of the time, coffee enemas work about 95% of the time. If the enema worked, then it was a toxic colon that caused the headache. If the enema did not work but the coffee enema did, then it was a congested liver that caused the headache. What does that mean? That this person better work on the bowel and liver, for it is sluggish now, what do you think it will be like next year, or 5 or 10 years from now. We need to be working on ourselves as early as possible.

Q: What can we do if people vomit after eating herbs?

A: These people should try taking only one capsule at a time. Wait for 5 minutes and take another one. They also may find that eating an apple or something else will help calm their sensitive stomach. After a few days, they probably will not have this problem any more. Usually the only people who have this problem are those who are environmentally ill and this is what they need to do. If necessary, they can just take ½ the capsule. If after a few days, if they still have a problem, then tell them to stop, and consider that they may have a sensitivity to one of the herbs. Since 1987, I have never found one person who had to stop using herbs.

Q: During the mild phase what does it mean when someone vomits bile in the morning when they get up?

A: It means that their pyloric valve is not working properly. Such a person can drink peppermint tea to feel better. Continuing on the mild phase and through a cleanse will most likely give them wonderful benefits. This occasionally happens after a coffee enema. In this case, the person should take a psyllium bentonite shake and drink plenty of peppermint tea.

Q: What about feet and ankle swelling during a cleanse and nose tingling? (One of my clients experienced the above.)

A: 1. A potassium deficiency can cause oedema of the feet and ankles. Anyone with a potassium deficiency will not pass the pH tests and should not do a cleanse. Anyone who has a potassium deficiency also has an organic sodium deficiency. 2. Too much protein in the form of fibrinogen can settle in the feet and lower legs. That is common with those who have diabetes. That means their diet was poor, they had constipation, and have a serious liver and pancreas congestion. If a person is a borderline diabetic, or some other protein dis-ease, a cleanse could cause temporary congestion simply because there are so many toxins entering the blood and lymph circulation that the body cannot get rid of them fast enough and swelling occurs. These are the people who need to cleanse more than anyone else and are the least likely to do it.

Q: Blood was seen in the stool after the 4th day of the master phase of a cleanse? What is happening? This has happened twice. (This was red blood, not blackened.)

A: Question #1. Had there ever been blood in the stool prior to cleansing? #2. What is the history of bowel disturbance? #3. Are there any white, yellow, or off-white particles or specks seen during a cleanse? If so this is probably polyps being removed. #4. Are there any fuzzy looking globs being eliminated and are there any stringy tentacles-like things coming out? This could be tumours related pieces. One thing for certain, something is being removed. There have been several people who have done a cleanse successfully and beneficially who had severe colitis, Crohn's disease, and irritable bowel. It is my opinion that my cleansing program is beneficial for any bowel disturbance. If bleeding occurs, it can be because something that should not be there is being challenged and that is exactly what needs to happen. I would be watching this person carefully. I would be recommending Probiotics 3 times daily. I would recommend fresh vegetable juices 3 times daily and probably Antioxidants.



Colon Plaque—Stiff Segment
(Drier, harder and more leather-like)

Q: Is a 10% loss of body weight, with a large loss of strength during the first 2 or 3 days of a cleanse a cause for concern. If so what can be done about it?

A: It is not hard to believe that some people could lose 8 or 9 pounds of faecal matter in the first few days of a cleanse. Yes, some people have that much garbage, and more, rotting away in their guts. Anyone that would be this full of toxic debris is quite likely to experience a temporary loss of strength due to extreme toxic elimination. This kind of person is a classic example of one who needs to go slowly. They should stay on the mildest phase longer than most, and gradually go in and out of deeper levels until at last, they have reduced the toxic level enough to feel strong and vitally alive on a gentle cleansing phase

General Cleanse Questions

Q: This is my first cleanse and I've been a vegetarian/vegan for x years (or I've done lots of cleansing and fasting in the past) so it's acceptable for me to do just 1 week of the gentle phase and then do the master phase?

A: We do not recommend it, generally speaking, since an individual may have a significant build-up of plaque from a previous history of a poor lifestyle / diet, it is best to gradually move into your first program by doing the full 3 weeks of pre-cleansing (mild/gentle Phase) and then a week of the Power or Master phase. Reason: many vegetarians still consume many acid-forming or processed / refined foods such as soy products (tofu, etc.), bread, pasta, and grains; such that your electrolyte reserves may be low, you may still be very toxic. By jumping quickly into the Master or Power phases with only a week of the Gentle Phase, one may put an unnecessary burden on their liver and kidneys if the body detoxifies too rapidly. These individuals sometimes also assume that they need not do the pH tests, and may further put themselves at risk. Remember that if one is deficient of electrolyte minerals, the cleansing process itself can generate acids that might force the body to seek out (rob) electrolyte minerals from other various fluids, tissues and organs. The three weeks of gentle phase give the herbs time to soften plaque for removal.

Q: What about exercise while cleansing?

A: While cleansing it is recommended that you limit your exercise to gentle yoga, tai chi, swimming and walking. Jogging, rebounding or any activity that creates a bouncing of the intestine is not recommended. Remember that when you exercise vigorously you are using electrolyte minerals which you may need for cleansing.

Q: How come some people report spaciousness and ungroundedness when we eat just raw fruits and veggies?

A: Most likely your body is going into a cleansing mode and the stirred up toxins are causing this reaction. We believe that it is because the liver is not performing properly.

Q: How about a cleanse for children?

A: We do not recommend that children cleanse. We have seen many children ages 5 and above have wonderful results with a cleanse. We say that we do not recommend a cleanse for children mainly to protect ourselves. For we all know that in this toxic age, children need it too. Dealing with children and pregnant women is risky. Not because a cleanse could hurt them, but because so many people simply do not understand natural healing and cleansing reactions, and sometimes overreact. People, having been conditioned by conventional medicine, freak out when something fails to go the way they expect. And there are so many highly toxic people out there, well; we just better play it safe. For those who are determined to put their children on a cleanse, remember this: compare their weight with an adult and adjust the dosages accordingly. Don't push them too hard. Children often have better intuition than adults and they should be listened to. Don't force them to cleanse. Each situation is different and I hesitate to give too many general directions, but the most important thing we can do for children is feed them natural

fresh organically grown food, help them to be happy and confident, and keep their bowels moving. If they do not have at least two BMs daily, there is a problem developing.

Q: I'm pregnant / breast feeding; can I do a cleanse?

A: It is not recommended since the toxins that are released may release into the bloodstream and therefore, eventually, into the foetus or nursing child. We do recommend some other wonderful products such as a super green food blend, a concentrated liquid mineral formula and Probiotics. It is vital to keep the bowels moving or else toxins will accumulate. We especially like to take this opportunity to recommend Dr. Ted Mortar's Infant Information tape which is a terrific source of information.

Q: Can Probiotics be used during pregnancy?

A: Yes, absolutely. Highly recommended.

Q: What do you recommend to use and not use during pregnancy?

A: We recommend that women not cleanse while pregnant and nursing. Pregnant women can safely use alkalizing formulas, Probiotics, antioxidants, a super green food blend and enzyme products.

Q: What can you say about a very thin person with a bad case of pimples? Her goals are to be able to put on muscle mass and clear up her facial acne. How can I help her attain her goals?

A: Encourage her to keep with the program. Most people who have acne should be on a vegan diet. MSM and L-Glutamine may help her put on muscle mass. Acne is a sign of extreme toxicity and poor digestion.

Q: Muscle mass vs. fat mass: cleansing seems to reduce muscle rather than fat. How come? How do we reduce the fats?

A: No. This is not the norm. Muscle should not be coming off people when they are cleansing. The fat under the skin comes off and they look thinner, but this is not muscle. Fat around the abdomen takes longer to remove. If someone is truly losing muscle mass while cleansing, then this could be a liver or an electrolyte problem. If it is the liver, they could be deficient in glutathione. The body then breaks down muscle to retrieve glutamine and then glutamic acid to combine with l-cysteine to make glutathione which is used for important liver enzymes which are necessary for life. This can be compensated by taking L-Glutamine and antioxidants. Cleansing reduces the fats.

Q: I have had many customers pass pieces of undigested food during the Gentle Phase. The concern is that the Herbs may be pushing the food through too fast.

A: You should not see this unless you were taking enemas. If you are seeing it, then you should be taking more bacteria. Bacteria are necessary to help break down food.

Q: What modifications to a cleanse program are required if a person is taking high blood pressure or other medication?

A: Any person taking medication should consult with the doctor prescribing that medication before embarking upon a cleanse. It has been reported to us that persons often have had to have their medication reduced while cleansing, due to better absorption and a cleaner circulatory system. There have been cases where the doctor monitoring the progress of a cleanser has eliminated medication. We recommend that people on high blood pressure medicine be tested daily by their doctor; they may be very pleased with the results. Remember, the taking of medication is a serious thing and no one should ever just stop taking any medication without consulting with his or her doctor. Do not play doctor unless you are a doctor.

Q: Can I take my vitamins / supplements while on the program?

A: This is strictly up to the individual. While many individuals feel satisfied with what they are receiving nutritionally from organic foods / produce and their juices, also from the herbs, chlorophyll supplements (like a super green food blend) and concentrated liquid minerals, others feel they would like to continue their own vitamins. We generally recommend that vitamins at least be consumed with a meal, as opposed to taking them with the herbs because they may interfere with the action of the herbs. Any soy/rice-based supplements are acid forming and may slow down a cleanse.

Q: How many times a year can I do a cleanse?

A: Generally, most individuals can do 3-4 Cleanses (every 2 months) their first year and then 3/year after that.

Q: I know of people who can't even do the mild phase. What do you do!

A: Can't or won't? Never push anyone to cleanse. If a person sincerely wants to cleanse and has difficulty (i.e. they feel terrible), then it is because they are extremely toxic. They need to spend a lot of time on an alkaline diet. When they can pass all of the pH tests (see my first book) then they should stay on the mild or gentle phase according to the directions. I haven't seen anyone unable to do the Mildest Phase yet. But if I did, I would have them dilute the Mildest phase for a few weeks until they detoxify enough to do the Mildest Phase. After a while they can try the next phase, if they feel bad, they should back down to an easier phase. Stay on that easier phase for several days then try the next phase again. Repeat this process until they do the phase for an entire week, then they can try the Power Phase or go off a cleanse for a while. Between cleanses they need to maintain a diet of almost all, if not all, alkaline forming foods. Then go back on a cleanse after a few weeks. Remember, no one should ever start anything deeper than the Mildest Phase until they can pass all of the pH tests, and this includes the lemon test! People who have cleansing reactions on the Mildest or Gentle Phases have sluggish livers. Liver Life 1 may help these extremely toxic people. This may be the only answer for the weak-willed. Don't forget, some people have a subconscious death wish, and we cannot change that. But you could help them see it and they may be able to eliminate it. I figure about 20% of the population has this death wish and they will subconsciously sabotage their cleansing process. Look out for this kind of people.

Q: What about body building when a protein is needed?

A: Cleansing is not body building. As far as protein is concerned, the body's requirement for protein after extreme hard workouts and sleeping is about the same. The body's requirement is between 20 to 30 grams of protein daily. This is the equivalent of 1 to 2 eggs a day. Any more than that causes electrolyte

deficiencies, unnecessary stress upon the digestive system, and protein accumulation in the body that will eventually cause dis-ease. **All foods, except oils, contain protein. All the protein we need is easily obtained from fruits and vegetables.** The only people who have protein problems are those who have destroyed their digestive system. You want good quality protein, not death, rotting, already used protein from animals. Where do you think gorillas, elephants, and cows (all vegetarians) get their protein? Get the facts; read *Cleanse & Purify Thyself, Book 1, Conscious Eating*, by Cousins MD., *Are You Confused?* by Paavo Airola, and especially read *Diet for a New America*, by John Robbins.

Q: How important is it to drink a lot of water and does it have to be distilled?

A: It is very important. Distilled water is preferable to purified water because of its ability to remove inorganic waste from the body. If one is unable to get distilled, purified water is the next best choice (even a combination of the two is all right). Do not drink or take baths in water with chlorine or fluoride in it, as chlorine has been proven to cause cancer in people. There is extensive research showing that fluoride is very toxic, as well.

Q: Will I be able to do a cleanse and still work?

A: Most individuals are able to do the whole program while still working while some prefer to take time off during the Master phase so they can rest when needed and do the enemas without rushing. This question usually indicates a fear of unexpected trips to the bathroom. Although there's no guarantee that this won't happen, one's bowel movements should NOT include diarrhoea or cramping and so should not be a great inconvenience.

Q: I do strenuous workouts daily; can I continue them during the program?

A: Perhaps during the first week of the gentle phase but moving further into the program, one's workouts should become lighter with only light walking and perhaps gentle swimming during the Power or Master phase. Remember that strenuous workouts generate acids which draw on the electrolyte mineral reserves. It is also important to note that the body is working very hard to detoxify during this period and whenever energy reserves are demanded for a workout, the body cannot focus its energy on detoxification efforts. While cleansing, one should avoid bouncing such as with running or trampoline workouts; while the intestines are loaded with psyllium, this action could cause a prolapsed.

Enemas

Q: Can I use those little premixed enemas (such as Fleet enemas) for my enemas on the Master phase?

A: No, we recommend the use of a standard 2-quart enema / douche bag (for the program's water or herb enemas) which can be purchased from A&S or your local drugstore. Instructions for the enema can be found in *Cleanse & Purify Thyself, Book 1*. No toxic substance is to be put in the body during this program.

Q: Is a full 4-week cleanse without colonics more effective than a 10-day cleanse with colonics.

A: Yes. A cleanse cleans more than just the colon. A colonic does not remove mucoid plaque unless it is already loosened and ready to go. A colonic only flushes out the colon, which is about 4 to 6 feet in length. A cleanse is working on 22 feet of the small intestine plus the colon. It also releases toxins from the entire body, which takes time. The colonic is only effective in removing everything that is not tied down in the colon, and mucoid plaque could be described as being tied down. And what is underneath the mucoid plaque? Do you have the picture? Colonics are good, but not deep. They do not compare to a cleanse, but they can assist a cleanse.

Q: Do those who have a desire to continue coffee enemas have a toxic, sluggish liver?

A: Even though coffee enemas flush the liver of toxins, the procedure is stressful to the liver and should be used sparingly. Once the liver is functioning perfectly, there will be little or no reaction, such as a feeling of relief, after a coffee enema.

Q: How often should I do coffee enemas while cleansing?

A: Coffee enemas are only recommended when a regular water enema has failed to relieve a severe cleansing reaction (headache, nausea, etc.). It is also recommended that they be done only once or twice / week.

Q: Should I do enemas daily while cleansing?

A: No. Enemas can interfere with peristalsis. 1-2 enemas/week on a pre-cleanse are acceptable but ideally, the bowels should be moving on their own during this phase (except when a cleansing reaction merits an enema). I recommend enemas twice/day (A.M. & P.M.) during the Master phase.

Q: I do not tolerate caffeine very well – I get seriously agitated and shaky, sometimes mean. Will a coffee enema have this effect?

A: Drinking coffee causes the following problems: increases reflex response; lowers blood pressure; increases heart rate; causes insomnia and heart palpitations; over stimulates the adrenals; irritates the stomach; and leaves a toxic residue in the body. A coffee enema when done properly will not produce these effects. It is the caffeine that makes the coffee enema work so well. It is 100% useless without caffeine. Read about it in Cleanse & Purify Thyself, Book 1.

Q: Can you say more about how a coffee enema helps herbs into the portal vein?

A: The caffeine acts as a carrier. Caffeine stimulates and triggers permeability.

Q: Does putting herbs in a coffee enema that benefit the liver help them absorb more efficiently?

A: Yes

Q: Should I use the bentonite in my enemas?

A: Not recommended. It can cause damage to the colon if too much is used.

Mucoid Plaque

Q: Is it possible for someone to have a "healthy" pH and buildup of mucoid plaque? If so, why?

A: Yes. If they have had a poor diet at an earlier in life, most likely they created the plaque and there it is awaiting removal. Antibiotics destroy all the friendly bacteria and chances are that about 90% of those who used these drugs, have the wrong bacteria established in their guts, which probably contribute towards mucoid plaque. Parasites abound in American bowels. They also stimulate plaque increase. And there is salt, alcohol, drugs, processed foods, they all take their toll.

Q: I'm getting green stuff out but that's just the psyllium shakes and the herbs, right?

A: Chances are really good that the green stuff is mucoid faecal matter or lymph. Psyllium is never green unless one dyed it green!

Q: How do I know if I'm passing mucoid plaque?

A: This is not always an easy question to answer since it takes many different forms. Generally speaking, anything that looks atypical to one's usual faecal matter is possible plaque. One way to check it out (though some will resist!), is to pull a suspect piece of matter to the side of the toilet bowl with chopsticks and attempt to cut through it. Most will be surprised to find it quite rubbery and difficult if not impossible to sever. For some, this little test can lend itself to increased enthusiasm ("It really is plaque!") regarding the program.

Q: Why do doctors say that they do not see any plaque with sigmoidoscope – that goes from top to bottom, i.e. pink intestinal skin. Does a cleanse create plaque?

A: No, a cleanse does not create plaque, it removes it. Doctors do not know what they are looking for when they say they can't see it. Read chapter 3 of the Cleanse & Purify Thyself, Book 2. This subject is described in detail and is verified with photographs. Plaque has been around far longer than a cleanse. There is a photograph of mucoid plaque in Colour Atlas of the Digestive Tract, plate #439. The authors comment; "a particularly bizarre stool, from a young woman with irritable bowel syndrome". (Avona heard about plaque coming out of people long before she knew about a cleanse. These reports came from people who had done 40-day water fasts. Late into their fasts they suddenly expelled long black rubbery ropes (as they described them). Read Cleanse & Purify Thyself, Book 1.

Health Problems

Q: What precautions should be taken while detoxifying and deep cleansing? The person may have a condition of diabetes, multiple sclerosis or lung conditions.

A: People with health problems should work with a qualified practitioner while cleansing. Diabetes, multiple sclerosis and lung conditions are serious conditions. **DO NOT TRY TO PLAY DOCTOR!** It is a shame that we have to keep saying these things to protect you and ourselves. The truth is there are very few good doctors out there and we only know a few we think we can trust. I have never heard of a medical doctor treating diabetes, multiple sclerosis, or lung problems effectively. I absolutely do not

agree with what they do and as far as I am concerned, they should not be doctors. If they were auto mechanics, they would be much more beneficial to their patients. I believe that I know what to do, but I have to be so careful talking about it that I prefer not to. We live in a country that has lost its freedom of speech and freedom to choose regarding who we select to give us medical treatment. The best that I have been able to do is write my theories in *Cleanse & Purify Thyself, Book 1*. If you really study this, you should be able to pick up everything you need to treat yourself. There is a tremendous amount of information there.

Q: Can I start a cleanse if I suspect an ulcer?

A: We strongly recommend that you do not proceed with a cleanse if you suspect an ulcer. Other conditions that preclude doing a cleanse are the following: ulcerative colitis, bleeding haemorrhoids, fissures and any suspected internal bleeding. We recommend working with a health care practitioner that uses raw juice and similar therapies to heal the condition first and only when full healing is established, proceed with the mildest phase to begin the program.

Q: How would you tell someone who's convinced of a clean intestinal tract after having a colonoscopy that a cleanse will still be effective for them. They are asking for help and are on Dr.'s RX for hepatitis C. (No cirrhosis) They want a natural way, so they can go off medication due to side effects disrupting their life.

A: People taking prescription drugs are people in serious situations and we cannot recommend they go off their prescriptions (although we certainly would not use them under any circumstances). Encourage the person to read the book, *Cleanse & Purify Thyself, Cleanse & Purify Thyself, Book 1*, then encourage them or assist them in locating a practitioner who can assist them in their goals. Each individual is a different, when a person is removing themselves from drugs they need monitoring and personal assistance from someone trained to guide them. Do not attempt to do this unless you are properly qualified. Anyone who has hepatitis of any kind has a problem with his or her bowels.

Q: How to cleanse with blood sugar / chemical imbalances.

A: With the guidance of a practitioner experienced with cleansing and fasting. One thing that would help is to avoid all fruit and carrot juices. Green drinks made from vegetables such as cucumbers, and kale are lower in natural sugars and should make the process easier. Diabetics need to monitor their insulin carefully. Their normal dosages will change during a cleanse and may need to decrease their dosages. People with sugar problems need to work on the liver and suppressed emotions. Look for the "poor me" attitudes, feelings of rejection, childhood abuses, suppressed anger.

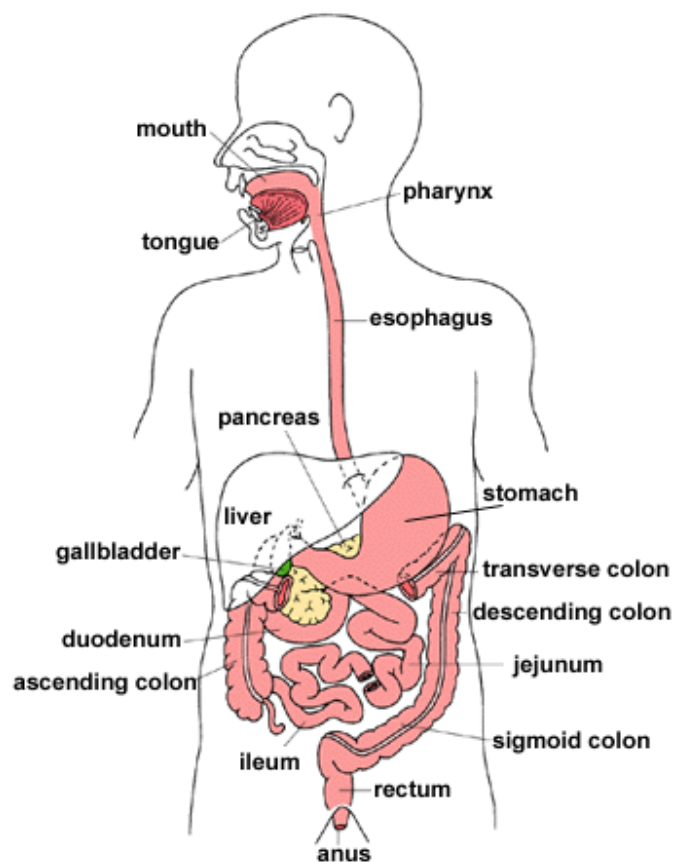
Q: If a person has had their duodenum and most of their jejunum removed – can they do a cleanse and is that maybe why he can't gain weight?

A: Yes they can do a cleanse. If you can eat, you can cleanse. The duodenum and jejunum are the most important parts of the alimentary canal for digestion and assimilation. No wonder that it is difficult to gain weight. What else did the doctors do to this person? What else will they do to them in the future? This is a typical example of why Doctor Robert Mendelsohn said that the most dangerous place in the

world is in a hospital and the second most dangerous place is in a Doctor's office. I agree with him. Doctors do these things because they simply don't know how to treat the body's problems naturally.

Q: Will a cleanse help a person with irritable bowel or ulcerative colitis? Can a cleanse be started if the person still has some mucus, blood in stool and a lot of flatulence?

A: It is possible; you must remember that we cannot treat, diagnosis or claim to cure anything. Testimonies indicate that people benefit greatly from a cleanse. If a person is generally in good health and has the conditions stated above they can start a cleanse. They should pace themselves and be observant that they do not cleanse too fast. Irritable bowel and colitis are caused by what? Think! There has to be a cause! Most of the time there are specific pathogenic microorganisms, including Candida, various bacteria, and often protozoan parasites. I have seen several lab tests verifying this. Medical Doctor's antibiotics are not always effective and when they are not, they don't know what to do. Medical doctors can do some amazing things sometimes, but they flunk when it comes to chronic and degenerative disease. Follow the advice of a medical doctor when it comes to treating bowel problems and some day you? I'll probably have bowel cancer. Why is it that conventional medicine cannot successfully treat these bowel conditions? Simply because their drugs do not always work and they do not understand natural healing or cleansing. It is foreign to them. Do I dare say that I know the cure? Absolutely not, even if it were 100% effective. It may even be risky for me to say that I don't know of anything that is better than my cleansing program, the proper bacteria, and my formula's for building the bowel. And, just in case you forgot, a good vegetarian diet, full of fresh fruits and vegetables and lots of fresh vegetable juices. And you know what? This treatment works wonders on just about anything. What a blessing to know about these simple natural things.



Q: What special measures do you take when cleansing someone without a gallbladder? Especially when there's chronic diarrhoea present?

A: This is a horrible disaster and over 99% of the time, the gallbladder did not need to be removed. But once it is, it is very difficult to maintain good health. These people will usually start gaining weight. Their bowels will become a weaker and more and more polluted. Many will develop sugar problems. Some may end up with diabetes. So what would I do? It is not easy to grow back a gallbladder, but I would try. But I would take great care of my body. I would feed it only the most perfect clean foods. I

would work diligently in removing my bad food desires and I would cleanse. I would expect to do a full Cleanse at least 2 times a year and do a mini-cleanse in between. I would do juice fasting about one week per month, every month. And then I would water fast for 2 or 3 days once a month. And I would also practice meditation and if it felt right, practice yoga. I would learn to visualize and breathe. In my visualization, I would see myself filled with vibrant health, enthusiasm for life, joy and love being expressed to everyone, and most of all, I would make every attempt to truly connect with God.

Cleansing and Supplements

Q: How can a person cleanse if they are extremely allergic to psyllium?

A: One can cleanse only using the herbs. Sipping bentonite water (one teaspoon to an 8-10 glass of water) if one feels toxic has worked when it is not possible to do an enema. Otherwise combine equal parts of Corn silk, guar gum, apple pectin, and slippery elm bark.

Q: What is your opinion of pharmaceutical grade bentonite?

A: It is very poor. The only difference between pharmaceutical grade bentonite and other bentonite is that pharmaceutical grade bentonite has been irradiated (nuked)!

Q: Why are the toxic metals in the minerals not a problem (like Cl, As, Al, arsenic, lead, etc.)

A: These minerals are in small, trace amounts and organic in nature. They are not toxic in this medium. They are derived from ancient vegetation and are naturally chelated to plant proteins. Organic Al actually transmutes into silica and then into calcium according to Professor Lewis Kervran. This is explained in his book 'Biological Transmutations' on page 157, Magalia, California: Happiness Press, 1988.

Q: Would you recommend supplementing with liquid minerals when taking lots of bentonite? Is it true that bentonite absorbs minerals and nutrients as well as toxins?

A: No, the bentonite will not absorb minerals and nutrients from the cells of the body. It only absorbs that which is cell-free in the intestinal tract as it moves through.

Q: Why is maltodextrin in products?

A: It is used a flow agent and in very small amounts. Maltodextrin is a sugar that comes from malt and dextrin. Malt is found in roasted malt, which comes from barley. It is commonly used in bread, cakes, ice cream, candy, baked goods, gelatin desserts, chewing gum, and jelly. There is no known toxicity. Dextrin comes from starch and is used in beer, cereals, etc. Flow agents are essential in the bottling process and maltodextrin is one of the most natural ingredients available.

Q: Can you take Probiotics on a daily basis, long term?

A: Yes.

Q: If you forget to take Probiotics after cleansing for a few days, would you advise doing the Probiotics implant or just start taking the Probiotics daily again and for how long?

A: We do not recommend doing an implant after you have started eating. Just start taking the Probiotics daily until the bottle is gone. Take about 3 capsules 3 times daily for a few days and you will make up for it quickly.

Q: What about people who say they are allergic to psyllium?

A: In the early days of the cleanse, we didn't use the shakes. It was only the herbs. However, most people feel much better using the shakes. A person can do a cleanse without the shakes if necessary. But they are approximately four times more likely to experience toxic cleansing reactions. They should do two enemas daily, especially if they feel bad.

Q: How much is too much enzymes?

A: Take enzymes as recommended on the bottle. While one could safely take more for short periods of time, only take large amounts of enzymes under the guidance and supervision of a practitioner, as a therapy. We have seen damage in the blood of people who take lots of enzymes daily, for extended periods of time. These people were taking 8 or more capsules a day relentlessly. Oftentimes they were taking very high potency enzymes as well. There are a lot of enzymes on the market, some of which are only available through practitioners. I do not know whose enzymes these people were taking; one woman actually owned her own enzyme company. Unfortunately, her health was deteriorating rapidly and she looked pretty bad.

Q: Since some people get upset tummies with concentrated liquid minerals, it is okay to just take with meals? Or must they be taken with herbs.

A: For maximum use it is ideal to take between meals. They should be diluted when taken. Use with fresh squeezed citrus juice and you are unlikely to have an upset tummy. If that continues, dilute more. Tolerance increases with use. If necessary, it is OK to take them with meals.

Q: Where can one get chelated sodium?

A: There are two kinds of chelated minerals. Natural and processed. **No one chelates sodium.** The only chelated or organic sodium comes from food sources. There is no 100% pure organic sodium available in a bottle, if that is your question. That is why I created alkalizing formula. Foods that are naturally high in organic sodium (that is, sodium chelated to a plant protein) are celery, okra, chard, black mission figs, carrot juice, and goat (not cow) whey.

Q: Is it really necessary to take Probiotics during cleansing? A friend told me it would all get moved out with the herbs and the shakes, so what is the point?

A: Yes, it's very important! Your friend is correct, but even though a certain amount of friendly bacteria (which some individuals might already be somewhat deficient in) is pulled out during a pre-cleanse, it's important to replace it daily, since the body requires friendly bacteria for a host of functions, including the

proper digestion and absorption of nutrients of food (and herbs!). Most people have an imbalance of friendly bacteria. By using FG daily throughout a cleanse, one substantially increases his chances of achieving the desirable bacterial environment.

Q: I know cayenne is highly recommended during your cleansing program; any suggestions on how to proceed?

A: If you already know you have stomach sensitivities, we would not recommend it. Otherwise, if you have never taken cayenne, we recommend starting with 1 capsule in the middle of a meal. If ok, proceed to taking 1 capsule with a set or two of the herbs. If any discomfort arises, a few bites of apple or some apple juice usually helps. Most individuals take 1-2 capsules with each set of herbs.

Q: Is cayenne pepper good for high blood pressure?

A: Cayenne pepper is known for its beneficial properties on the circulatory system, and is traditionally known to be one of the most effective herbs for the heart.

Q: I have heard a few rumours that bentonite is high in aluminum.

A: It is true that bentonite is high in naturally occurring aluminum. Aluminum is probably second only to silica in abundance on this planet. It is in almost every food. The aluminum in bentonite is not processed and the body does not absorb it. The electrical charge of the bentonite causes it to be repelled by the intestinal wall and it passes through, absorbing up to 40 times its weight in toxins. It has been used safely for hundreds, if not thousands, of years by native peoples. It is on the FDA GRAS list, that is, it is Generally Recognized As Safe. I have even had hair analysis performed after using lots of bentonite, there was no indication of a problem.

Q: Can you overdo Probiotics?

A: Too much would cause bloating for a few hours or days, but the effects would not be damaging.

Food

Q: The book states: "Eat all the fruit, salads and raw or cooked vegetables you want. Is this for meals only or in between too?"

A: Whereas many programs (dietary or otherwise) restrict the actual quantity of food consumed, one can eat as much as he/she likes on his/her cleanse meals. It is acceptable to have a snack of juice (fresh, raw carrot/beet/celery is excellent!), fruit or a few carrot/celery sticks. The general guideline on light snacks is to take them 45 minutes after a shake and 25 minutes after Herbs.

Q: Can I eat potatoes everyday?

A: Generally speaking, during the mild/gentle phases, potatoes (incl. yams/sweet potatoes) should only be eaten 2-3 times a week, since they slow the cleansing process considerably. Remember, that a baked potato works wonders and is recommended for slowing down the process when cleansing reactions occur.

It is recommended to abstain completely from baked potatoes or any grains if one has a history of colitis, Crohn's disease, Irritable Bowel Syndrome, Cystic fibrosis or other bowel infections.

Q: How detrimental is it if I eat a piece of bread during a pre-cleanse?

A: Although it seems like a minor substance transgression, consuming moderate amounts of any processed/refined foods (bread, crackers, pasta, tofu, etc.) can almost (if not totally) bring the process of removing plaque to a halt. Baked bread is a poison just like pasteurized dairy products are poison. Why poison yourself when you're trying to eliminate your poison accumulations??

Q: When can I drink carrot juice on the program?

A: As with a snack of an apple or a few pieces of dried fruit, it is recommended that the juice be taken 45 minutes after the shake and up to 25 minutes after herbs.

Q: After my cleanse, when can I start eating regular food again?

A: A diet of alkaline forming foods should be followed for two weeks after the program. At the very minimum, it is our hope that most would wait 7-14 days before consuming any grains, bread or the like.

Q: What can I use for seasoning on my food during a pre-cleanse and is Braggs Liquid Aminos ok to use?

A: We do not advocate the use of Braggs, soy sauce or other soy derived seasonings. Kelp and dulse are acceptable as are various non-salt/pepper seasonings, as well as spices. We encourage individuals to get creative in making salad dressings with cold pressed oils (olive or flax), spices such as turmeric, dried mustard powder and Italian seasoning (basil, oregano, etc.).

Q: Can I have oil on my food during a pre-cleanse?

A: Yes. As the cleansing guide indicates, use cold-pressed olive or flax seed oil. The important note here is to not fry, sauté, or otherwise cook with oils.

Q: What form of calcium is best?

A: An organic form of calcium from fresh leafy green vegetables or carrot juice would be the best. Never use calcium carbonate, it is toxic and often used because it is the cheapest. Never use bone or dolomite. Our research indicates that calcium amino acid chelate is most absorbable; always look for a chelated calcium. The best calcium product should be approximately 50% magnesium. Perque makes the best formulas that we know of at this time.

Q: What can I eat on the mild/gentle phases?

A: For some individuals who are accustomed to processed / refined meals, the prospect of raw fruits, salads, and cooked / steamed vegetables, seems very difficult. We recommend getting A Cleanse Cookbook by Christine Dreher. Please note that not all the recipes in A Cleanse Cookbook are Cleanse worthy, however they are great for transiting from the standard American diet. We also recommend,

Living In The Raw by Rose Lee Cababro, and Angel Foods by Cherie Soria. These books can help one considerably with variety and taste.

Q: Where do I get my protein from alkaline diet?

A: There are many schools of thought on how much protein one needs. We feel excessive protein (animal protein, soy products, etc.) causes electrolyte deficiencies. We feel it is difficult to not get enough protein since it is in everything one eats except oils. Where does a cow get its protein? We assert that the only way people can have a protein deficiency is because their digestive system is not functioning properly. If one is really concerned, he/she might consider spouted nuts (mod. amts.), dark, leafy greens, legumes and algae products as excellent sources of protein.

Q: How can an acid fruit such as an orange, pineapple, etc., be considered an alkaline food?

A: The term is actually alkaline-forming. While the juice may be acidic, it contains enough electrolyte minerals to more than make up for the electrolytes lost because of the acids. In other words, after all the acids were removed from the body, it actually gained alkaline potential. This means that alkaline-forming foods, even though they have some acids, provide more alkaline electrolyte minerals than were consumed by digestion. The body uses electrolyte minerals while removing acids. Acid-forming foods deplete mineral reserves by using more electrolytes than are found in the food. Interestingly, there are some alkaline foods that are acid-forming. Sugar and some dairy products can be either neutral or electrolyte positive, but because of the extreme metabolic stress caused by these products, they use up all the electrolytes that were in the product and then go to our inner reserves to obtain the rest of what is needed to finish the job. Read Cleanse & Purify Thyself, Book 1 for more information on this extremely important subject.

Q: How important do you consider food combining?

A: Very important. Unless you want gas and indigestion.

Q: How does Bragg's Liquid Amino Acids interact with the body? Can it be used on a pre-cleanse?

A: Our observation is that Bragg's interacts with the body like table salt. The PPC in Seattle has a content warning on the shelf that Bragg's, like soy sauce is very high in sodium (sodium chloride). Because of the oedema that many people experience using Bragg's we feel that it is not an organic sodium and should be avoided during cleansing and used sparingly, if at all

Q: I haven't seen anything about **microwaving** in your literature. Can you please give some insight as to how bad it is or if it is O.K.

A: **It is probably one of the worst things a person could ever do to food.** It reverses the polarity of the food and makes it toxic. A healthy cell has a negative polarity. A cancer cell has a positive polarity. We have learned, but have not verified, that normal food also has a negative polarity and is changed to a positive polarity when it has been microwaved.

Q: Where can we get salad dressings?

A: Check out some of the recipe books mentioned above. Consider Udo's.

Q: How much protein is needed and how much is too much?

A: Dr. Ted Morter, Jr. explains in some of his books that the body uses between 20 to 30 grams of protein a day. This equal, in terms of mass, to about 4 to 6 level teaspoons a day. Clinical studies have shown that eating too much protein induces calcium deficiency. This is called Protein-Induced Hypercalciuria. Too much protein also reduces life expectancy, increases various diseases, especially osteoporosis, cancer, irritable bowel syndrome, chronic fatigue, heart disease, hypoglycemia, etc. All of this is in *Cleanse & Purify Thyself, Book 1*. Another great resource on this topic is *Are You Confused?* by Paavo Airola.

Q: On the alkaline food list I see soaked almonds, chestnuts and lima beans, what about other seeds, nuts and other beans or legumes? Are they also alkaline?

A: **Generally all seeds and nuts are acid-forming.** Theoretically, soaking releases certain enzymes and makes these foods more easily digestible. But we do not know if this is really happening until they sprout. Soaked almonds, chestnuts, and soaked and cooked lima beans may be more alkaline than all the other seeds and legumes, and marginal at best. The alkaline-forming foods are: all fresh organically grown fruit and vegetables. Steaming, baking or otherwise cooking these foods generally does not alter the alkaline-forming characteristic, but does affect the food's vitality. Acid-forming foods are beans, grains (except, quinoa and millet), processed foods, meat, and dairy. It is true that when seeds are soaked and sprouted that they become more and more alkaline-forming. As a general rule, be careful of nuts and seeds. If they are not sprouted to a certain degree, they have too much protein and many people cannot digest them properly. This could gradually cause liver and kidney congestion and you may end up with chronic fatigue.

Q: Is there an organic sodium on the market?

A: There is none that is dispensed like salt that we know of. You can use one of my alkalizing formulas on food as a salt substitute; these are decent sources of organic sodium. Celery, chard, black mission figs, and goat whey are also good sources of organic sodium.

Q: Why do certain alternative health authors include milk in their list of Alkaline-forming foods?

A: Milk is an alkaline food, but is not alkaline-forming. Its acid-producing qualities are produced because *Homo sapiens* do not have the digestive enzymes necessary to digest milk after about 3 years of age. Pasteurized milk is even more acid-forming and harmful because its life-force and enzymes have been entirely destroyed. Pasteurized milk will kill a calf between 3 to 6 months of age. What do you suppose it does to humans?

Q: Are bottled juices okay to consume during a cleanse or do they have to be fresh, raw juices?

A: It is acceptable to drink pasteurized juices, although we recommend they be organic. We also recommend drinking them in moderation. It is ideal to consume fresh, raw juices when doing so for a snack, as they are full of enzymes and nutrients that pasteurizing destroys. It is also strongly

recommended (unless a sugar sensitivity prevents this) that fresh, raw carrot/beet/celery/kale and similar vegetable juices are taken to boost electrolyte mineral reserves throughout, as well as after, the program.

Q: Can you consume juices or tea (herbal) after the evening Probiotics?

A: Yes.

Q: Do I need to strain juice on the Master phase?

A: If using a Vitamix, yes. Most juicers do a good job of straining out the pulp, which is high in cellulose-the energy necessary to digest pulp would slow a cleanse somewhat.

pH/ Electrolytes

Q: I have trouble reading the pH paper during a cleanse. Do you look at the colour of the paper initially or after it dries a bit?

A: You should be able to read the pH paper within 20 seconds. We do not recommend taking pH tests during a cleanse, except for the lemon test, as you will not have meaningful results. You must pass the pH tests prior to cleansing. During a cleanse most people dump a lot of stored acids, that is part of the cleansing process. So, the difficulty in reading the paper is that the reading is an acid reading. If your urine is highly acidic it will not change the colour of the pH paper much, if at all.

Q: On the pH test: when we do the 3 readings of the lemon test, do we take an average or just the last numbers? (Since each test came up different?)

A: Take the highest score.

Q: How important are the pH tests?

A: Very! Refer to Appendix I in Cleanse & Purify Thyself, Book 1 for instructions on pH testing. These tests check electrolyte mineral reserves which are critical to the body's ability to buffer acids. Deficiencies of electrolytes have been shown to result in some kind of metabolic dysfunction. See the write-ups on my alkalizing formulas. Doing a simple pH test is very useful. It will tell you if you are healthy enough to safely do a cleanse.

Q: How do I get electrolyte minerals?

A: In addition to an alkalizing formula, two great sources of these minerals (which are NOT the same as trace minerals!) are fresh, raw carrot/beet/celery juice (green, leafy vegetables too) and a fresh vegetable mineral broth (see the recipe elsewhere on this site.) We emphasize that it is best to secure these vital electrolyte minerals from the plant kingdom which the body can readily and easily absorb.

Q: Is it okay to just do the saliva pH test or must I do all three?

A: No, the saliva test is only one indicator and can be inaccurate. It is generally best to do all three tests as various factors such as bacteria and the air a person breathes can affect the saliva pH. By doing all three at the beginning of the mild/gentle phase, it is easier to check an overall trend. Remember that once one is well into a cleanse, it is best to only do the lemon and saliva tests because acids are being released through the urine and may affect test readings.

Q: How important is it to pass the pH tests prior to doing the Power or Master phases?

A: It is extremely important. Refer to *Cleanse & Purify Thyself, Book 1*. If one is already deficient in electrolytes, he may risk robbing crucial electrolyte minerals from other parts of the body during the deeper cleansing phases of the program. This could cause damage and will definitely inhibit the cleansing process.

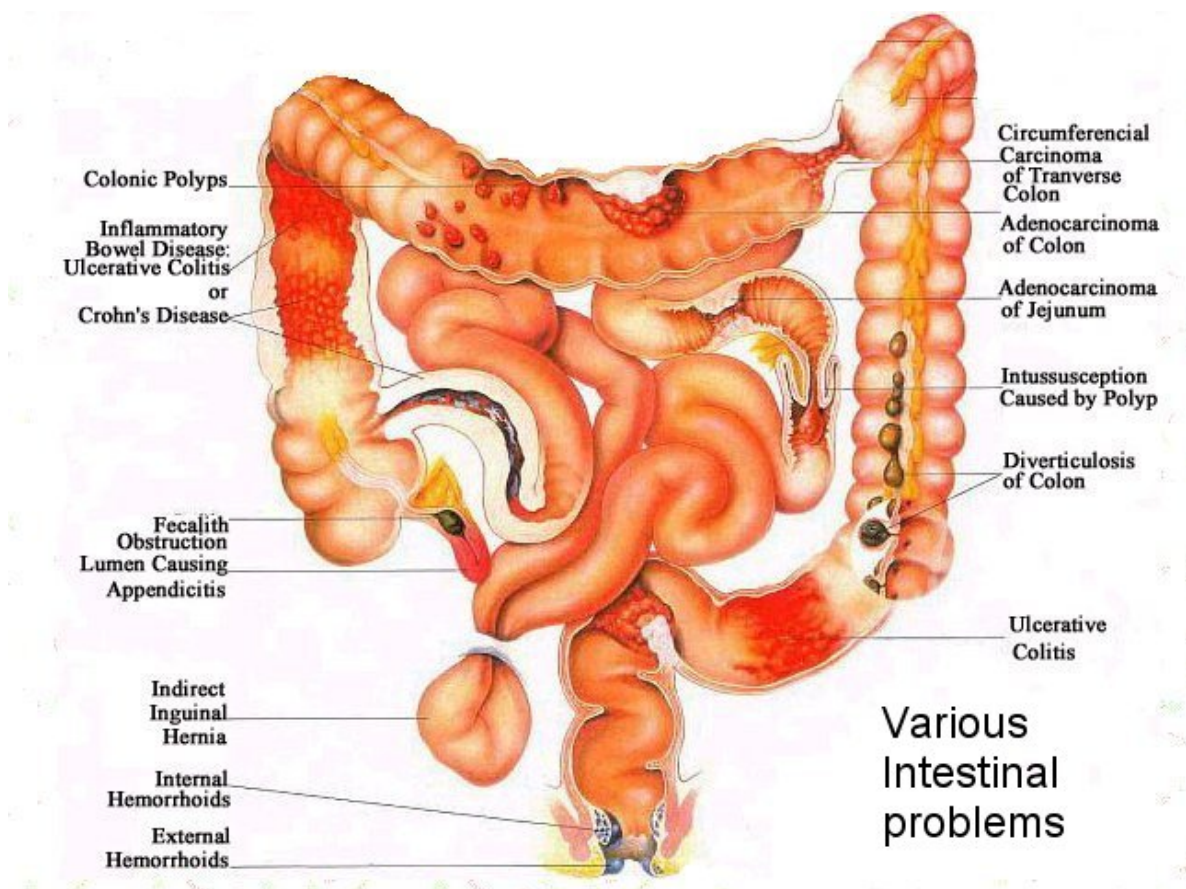
Parasites

Q: What do you recommend for parasites and how do I know what kind I have?

A: It is possible to test for parasites though it is commonly understood that these tests are partial at best since the parasites can hide in the mucoid plaque as well as congestion in various tissues and organs.

See the Article: Basic Parasite Information on this site.

<http://www.cleanser.net/>



Understanding the material expelled from the Colon

Examination of expelled mucoid matter can be very revealing, if you have the stomach for it.

The following picture was taken after a single colonic, on the fifth day of a ten day retreat here. It is laid out on an A4 sheet of paper, as an indication of size.

The Colon was previously cleaned four times using standard Mechanized Colonics, and parts of it were already comparatively clean, as evidenced by the visible impressions of centrelines.

Move mouse over top half of photo to reveal **centrelines (Teania Coli)** of Colon.

However, the Small Intestines, not touched by previous irrigations were very responsive to the Karuna colonic sessions, yielding much hardened material, and eluding to much more to come by their gnarled and notched form; evidence of toxic pockets affecting Peristaltic activity.

And over lower half to indicate **constriction points**, and **balloons** in the small intestine.



INSIDE CELLULAR NUTRITION

by Dr. David Katzin, M.D., Ph.D.

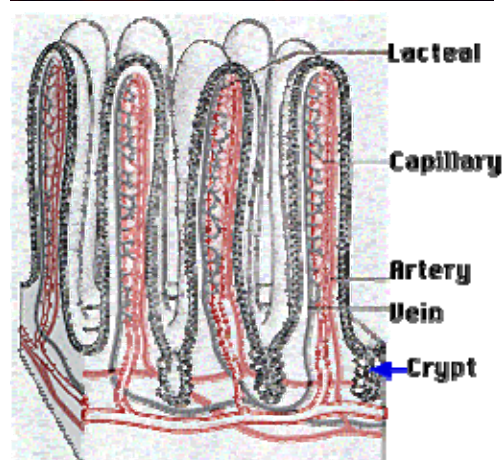
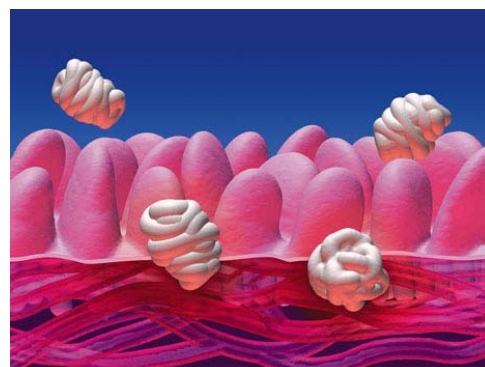
Dr. David Katzin, M.D., PhD, with a specialty in Cardiovascular Physiology, an expert in nutrition and the interrelationship between Nutrition, Health and Disease presents the newest concept in nutritional discoveries.

As more and more people hear about Herbalife's Cellular Nutrition I find them asking certain Key questions. "What is Cellular Nutrition?" and "What can it do for my health and the health of my family?" When most of us think of nutritional advice, we tend to think of the guidelines, which have been worked out by health authorities to avoid the excesses in our diet that can lead to overweight conditions and can compromise the cardiovascular system leading to heart attacks and strokes. Most of this advice takes the form of don'ts: Don't eat so much red meat. Don't eat so much fat. Don't eat so much sugar, salt, etc.

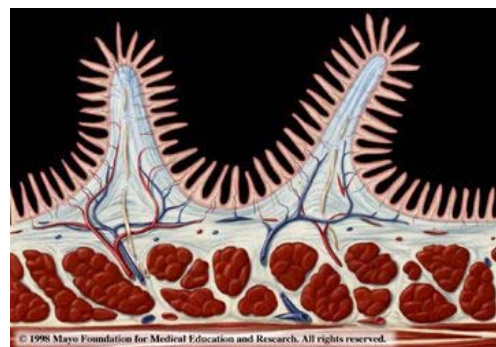
Whereas this advice is very good, many individuals are asking questions relating to what they should be eating and how they can be sure that they're getting all of the essential nutrients and micronutrients, such as proteins, vitamins, minerals and trace elements. One of the disturbing findings of which we have become aware is that the same kind of eating habits that lead to excesses of fat and cholesterol in our diets also result in deficiencies of key micronutrients which are needed by the cells on a daily basis to maintain health and vitality; to allow the cells to grow and repair, and to maintain the highest level of cell and organ function. The sad truth is that for the vast majority of people the average diet is a kind of double jeopardy. It contains excesses of foods that are harmful and can lead to disease. At the same time it has deficiencies of other micronutrients that are needed to maintain a high level of health and vitality.

Cellular Nutrition simply means a Nutrition program that has been designed so that the cells of our bodies – the tiniest living units – are as fully nourished as possible. This allows the cells to grow and repair, and to perform their functions with the maximum efficiency possible. The results are that we feel and look better; we are better able to prevent and fight diseases and to control our weight when necessary. Assuring proper Cellular Nutrition is considerably more complicated than simply avoiding a few excesses of the average Western Diet. It is even more than just adding a few vitamins, healthful foods, juices, etc. Cellular Nutrition begins by taking in a complete nutritional program that includes all of the essential micronutrients, eating a balanced diet and avoiding the excesses known to be harmful. At the same time it means taking advantage of the wealth of information that has been gained from the botanical world by incorporating health-building, nutritional herbs.

“One of the major differences about Cellular Nutrition is that an excellent nutritional program is a good beginning, but it is only a beginning”. Simply consuming good nutrition will not really make



a difference if the body is not able to fully digest and, more importantly, absorb all the nutrients that are consumed. Most of the nutrients that we consume are absorbed into our body through the **villi of the small intestine**. These are small, finger-like projections, which specialize in the absorption of nutrients. Most of us take it for granted that our bodies absorb all the nutrition from our diets efficiently and completely. Unfortunately, nutrient absorption may be diminished or impaired as a result of severely compromised eating habits, persistent dieting and other factors, which may be due to the severe stress that often accompanies modern life. Many of us are eating well but not getting the full nutritional benefit.



One very important aspect of the Cellular Nutrition program is to assure that our bodies absorb, to the fullest extent possible, the nutrients that we do consume. In this way, we can counteract some of the damaging effects of poor eating habits, a stressful life style, or even minor illnesses, and begin a process of regenerating and revitalizing our cells with good nutrition. Cellular Nutrition even goes a step further. An important part of the Cellular Nutrition program is a group of micronutrients and herbs, which help energize the body's cells so they can function more efficiently and use the nutrition to further, improve health and vitality.

This process is the result of the exclusive and balanced micronutrient formula contained in Herbalife's Cellular Nutrition program. The end result is we feel the difference! Herbalife's Cellular Nutrition Program is new because it goes beyond the basic nutritional recommendations of what foods to avoid and provides the best herbal and micro nutrition possible in an easy to use, convenient form. It is also designed so that our bodies can absorb the essential nutrition, and the cells can use the nutrition as effectively and completely as possible. The natural result of this is that our body's cells themselves are better nourished.

How do we experience this? We experience this as an increased sense of well-being, energy, vitality and alertness. At the same time, we are assured that our bodies are receiving the kind of nutrition to help prevent and fight disease to the best of their ability. For most of us who have been eating the average diet, the results are quite dramatic when we begin Cellular Nutrition. We can actually feel and see the difference. We find that our health moves to a new and more vital level. We feel better and more alive. These results make us more highly motivated and it becomes easier to stick with a calorie-reduced program to help control our weight.

It's difficult to explore all of the nutritional and biochemical aspects of Cellular Nutrition in a few paragraphs. It is easy, however, to try Cellular Nutrition and feel the difference for oneself. Here is my recommendation. If you are searching for a better nutritional program, one that can help you "feel" the difference, it's my belief that you will find what you're looking for in Herbalife's Cellular Nutrition program. Try it!



THE ULTIMATE CLEANSE

theherb@ihug.co.nz

A powerful yet gentle spring clean for your inside, Natures way to tune up your body.

The Ultimate Cleanse is a full intestinal, organ and tissue cleansing program which is completed over five or ten days. It leaves you feeling fresh, revitalised, light and clear.

It has been formulated from a traditional herbal combination, which forms a unique process of detoxification involving the entire body. This method has been passed on by American Indians and has been developed to suit the modern lifestyle.



Common results include: Bowel activity improves, Toxic problems such as skin disorders, mucus congestion, fatigue, headaches (particularly migraines), arthritis, acne, obesity, addictions and asthma may all be reduced. It can help relieve gout, allergies, rashes, bowel disorders, indigestion, sinus, bloating, gas, haemorrhoids, blood pressure and cholesterol, parasite infestations, kidney and gall bladder dysfunction, peptic ulcers, Crohn's or diverticulitis and many other common complaints. We have an average of 4-6kg in weight loss achieved and in some cases up to 20kg. The list of results depend on what level of cleanse your body needs to feel great.

Why do it ?

Why should you change the oil in your car every 12 months? To keep it clear and running smooth. The intestine is also a site of combustion and residue is inevitable.

Look at it this way. The intestine is a continuous canal from the mouth to the rectum and anything still in transit is classed as being outside your body. We all take care to keep our body clean so the tissue remains healthy. With the intestine however it is more important because it is a site of absorption. In other words any unclean or unhealthy organism, if allowed to reside can eventually find its way into the body. Colon cancer is about the third most common form of cancer and studies have shown that other forms of cancer house intestinal parasites at the tumour site, which indicates a connection between poor intestinal hygiene and virtually all cancers. We maintain that intestinal health is the foundation for all healing.

We are aware of no other cleansing program which gives such a complete effective cleanse as ours.

Even a full colonic performed without a full intestinal precleanse is futile because the small intestine is not treated.

This treatment will greatly increase the effect of other therapies which may also be ineffective if the intestine is not clear.

Our cleanse program is a combination of two acclaimed American doctors' methods. This is a full intestinal, liver and kidney cleanser using large doses of herbal powders, herbal shakes and juice therapy. This is known to remove 90% of faecal plaque (impactions) from the body. We have seen these herbs in action and been astounded at the results. Kilo's of black material that has been accumulating in the body for a lifetime can be removed. Toxins from the lymphatic system drain into the bowel once the faecal plaque lining the intestine is removed. Acidophillus and probiotic culture are implanted afterwards.

Example of a Mucoïd Plaque removed by doing The Ultimate Cleanse. This is the most common result and usually leaves you feeling extremely happy and content.

THE CLEANSING PROCESS

A full breakdown of the Ultimate Cleanse program is provided with the herbal cleanse kit which gives day by day instructions. A brief overview is given here.

DIETARY ADJUSTMENTS

Prior to undertaking this kind of program it is advisable to seriously consider whether you will be able to cope with the dietary changes. At least four days of preparation is recommended.

Avoid the following completely if possible.

- Meats in general
- Dairy products in general
- Bread and wheat containing products in general
- Refined or processed foods in general
- Preserves and pickles
- Eggs
- Nuts and beans
- All fried foods
- Sweets and soft drinks

Eat plenty of the following.

- Fresh salads
- Fresh fruit
- Steamed vegetables
- Baked vegetables (not fried)
- Home made soups
- Unsweetened yogurt
- Fruit and vegetable juices
- Herbal teas
- Herbs and spices



**PASCAS
HEALTH**



**Feeling
Healing with
Divine Love is
the key!**



If you can manage a week of this diet then you will certainly be able to manage the Ultimate Cleanse program because you will not get any hungrier than you did here.

The Ultimate Cleanse Kit

Detoxify ! Then you can heal.

Detoxify organs and tissues • Increase metabolism • Strengthen defences • Lose weight

This 5, 10, 25 or 50 day program comes with full instruction booklet which covers diet, juicing, colonic therapy treatment, plus full daily directions for the herbal cleanse kit.

This program has been formulated from Dr. Bernard Jensen's Ultimate tissue cleansing program and Dr. Richard Anderson's clean me out program. We have combined these to give a simple effective complete herbal cleanse and build.

Up to 20 kilos of compacted faecal plaque has been known to move from the body within the 10 day program. For a detailed breakdown order the Ultimate Cleanse booklet.

Herbal Kit Contents

1 x 100 cap bottle of Cleansa; Slippery elm, Fennel seed, Buckthorn bark, Wormwood bark, and Psyllium seed

1 x 100 cap bottle of Digestaid; Fennel seed, Licorice, Peppermint, Barley grass, Dandelion, Ginger and Cayenne

1 x 100 cap bottle of Supafood; Barley grass powder, Alfalfa powder and Berry fruit powder

1 x 100 cap bottle of Gentlelax; Psyllium powder, Guar gum and Carob powder

1 x 10 cap sachet of Acidophillus 7.5 billion cells/caps

Full in depth instruction booklet with day planner, menu and recipes

Retail (NZD) \$119.00 inclusive

To PURCHASE:

theherb@ihug.co.nz



Results

Because your intestines represent such a huge surface area and it is where you absorb nutrients from your food it is no wonder that this kind of cleanse has great results.

Apart from having large increases in energy levels, metabolism speeds up in general. Allergies may decrease although sensitivities to unhealthy foods may increase. This is because your body will be better able to identify what it is encountering. This means also that enzyme secretions to particular food groups will improve and digestion will also improve.

Bowel motility increases. Transit time decreases. Toxic problems such as skin disorders, mucus congestion, fatigue, headaches (particularly migraines), arthritis, acne, obesity, addictions and asthma may all be reduced.

Emotional issues will also be addressed when going through this program. Because our intestine is an emotional organ it often connects food with emotional needs. This is an important area to look at when doing any kind of natural healing because bringing the physical body into fuller function will allow emotional healing to take place also.

FURTHER INFORMATION

The most effective 7 day detox system you will ever use to cleanse your intestines, liver and kidneys. You will be amazed at what comes out of your bowels and how light and energetic and clear minded you feel afterwards. The ULTIMATE CLEANSE is the finest available herbal detox and cleansing system available in Australasia. It has been improved over many years and there is nothing else on the market like it.

What does ULTIMATE CLEANSE do?

ULTIMATE CLEANSE contains 19 highly effective herbs, in capsule form, to be taken at different times over 7 days to cleanse your body in three steps.

Step 1. Compacted faecal matter and mucus from years of eating unhealthy processed foods are softened by powerful herbs and flushed out of your entire 7 metre length of intestines. You would be horrified at what comes out (see picture below). Any parasites are also killed and passed out. Weight loss can be huge.



Step 2. Wholesome herbs and healing foods detoxify and cleanse your liver, kidneys and the lymphatic system.

Step 3. At the end of the 7 days your bowel flora is completely restored to an optimum balance over the next 5 days with billions of high quality, live acidophilus and lactobacillus probiotic bacteria which are supplied in a sealed sachet with your cleanse kit. By this time you will be feeling like a new person.

Easy-to-understand instruction booklet

You get an easy-to-read full instruction booklet including a list of healing foods you are able to eat during your cleanse. Also tasty breakfast, lunch and evening meal recommendations for each day of your cleanse.

All these health disorders have responded to the ULTIMATE CLEANSE

Acne
Indigestion
Allergies
Intestine problems
Arthritis
Irritable bowel
Asthma
Kidney problems
Bad breath
Lazy Bowel
Bloated feeling
Listlessness
Bloating
Liver problems
Boils
Low energy
Bowel problems
Memory loss
Candida
Mucus congestion
Constipation
Obesity
Depression
Oedema
Digestive problems
Parasites
Eczema
Psoriasis
Fatigue

Sinusitis
Gas
Skin problems
Gout
Toxaemia
Headaches
Weight gain
Heartburn
Wind

ULTIMATE CLEANSE the best on the market

The ULTIMATE CLEANSE creator, a top Tauranga Herbalist, Brett Elliott says, 'Nobody has been disappointed with the results of the ULTIMATE CLEANSE. This product stands alone as far as a total body cleanse and flush-out goes. Nothing I have seen on the market is even in the same ball park.'

This powerful cleansing program has been inspired by the great pioneers in the herbal cleansing field – Dr Bernard Jensen, Dr Richard Anderson and Dr Sandra Cabot, along with traditional American Indian herbal cleansing. It is not the cheapest herbal cleanse on the market, but it is 100% effective.

No shortcuts have been taken to save cost. Yet it is well priced for what it does. Similar herbal cleanse systems overseas typically cost three times as much.

What foods am I allowed?

Most vegetables and all fruits (either whole, or as juices or salads), yoghurt, avocados, olive oil, brown rice, herbal teas, natural condiments and herbs. Usually as you do the cleanse you will lose a desire for unhealthy foods and sweets. These changes can be life-long.

Can I continue to work or travel?

Yes certainly, as long as you are not too far from a toilet. You will be passing motions several times a day.

Am I allowed coffee, tobacco or alcohol?

The Ultimate Cleanse is an ideal time to quit these habits. However if severe withdrawal symptoms occur, do not overstress your self, just cut back as best you can. You will still benefit greatly from the cleanse.

Should I stop my prescription drugs?

Continue taking any current medications and consult your doctor about any changes. Digestive drugs should not be needed after this cleanse. See your doctor.

TESTIMONIES

'Following my first cleanse I lost a staggering 22 lbs. I lost another 14 lbs on my second cleanse. I was very overweight prior to the cleanses and can emphatically state that I felt marvellous following each one. With the second cleanse I felt a more spiritual cleanse as well as the other great benefits.' Alan.

'My headaches have disappeared, feeling fantastic. Thank you.' Nicole.

'At the end my thinking was clearer, my energy had returned and healthy eating habits had been re-established. I no longer craved those unhealthy foods that I knew I shouldn't be eating.' Janet.

'Wow! Words cannot describe the results I achieved from the Ultimate Cleanse! I have suffered from constant bloating, constipation, fatigue and headaches from my early teens. My weight was a constant battle. I tried cleanses of other brands which did not seem to help either. I visited Brett Elliott at 'The Herbalist' and he put me onto The 'Ultimate Cleanse' program. I completed it with wonderful results. For the first time in my life, my stomach is flat. It's the best cleanse on the market.' Karen.

'I spent two years with a gastroenterologist for my Irritable Bowel Syndrome with little or no result. I took the Ultimate Cleanse. Within a week I had lost 10kg in weight and felt my energy return. I have been absolutely amazed at the results.' Brian.

'I was left stunned at the material that left my body. It looked like it had been there all my life and smelt like toxic diesel fumes. My pain has now ceased and I put it down to the Ultimate Cleanse.' Paul.

If you are pregnant, breast-feeding, have a chronic medical condition or are elderly, weak, obese or badly constipated consult your doctor before doing this cleanse.

A tune to learn and sing to yourself:

**'Every little cell in my body is happy!
Every little cell in my body is well!'**

This tune is immensely life enhancing!

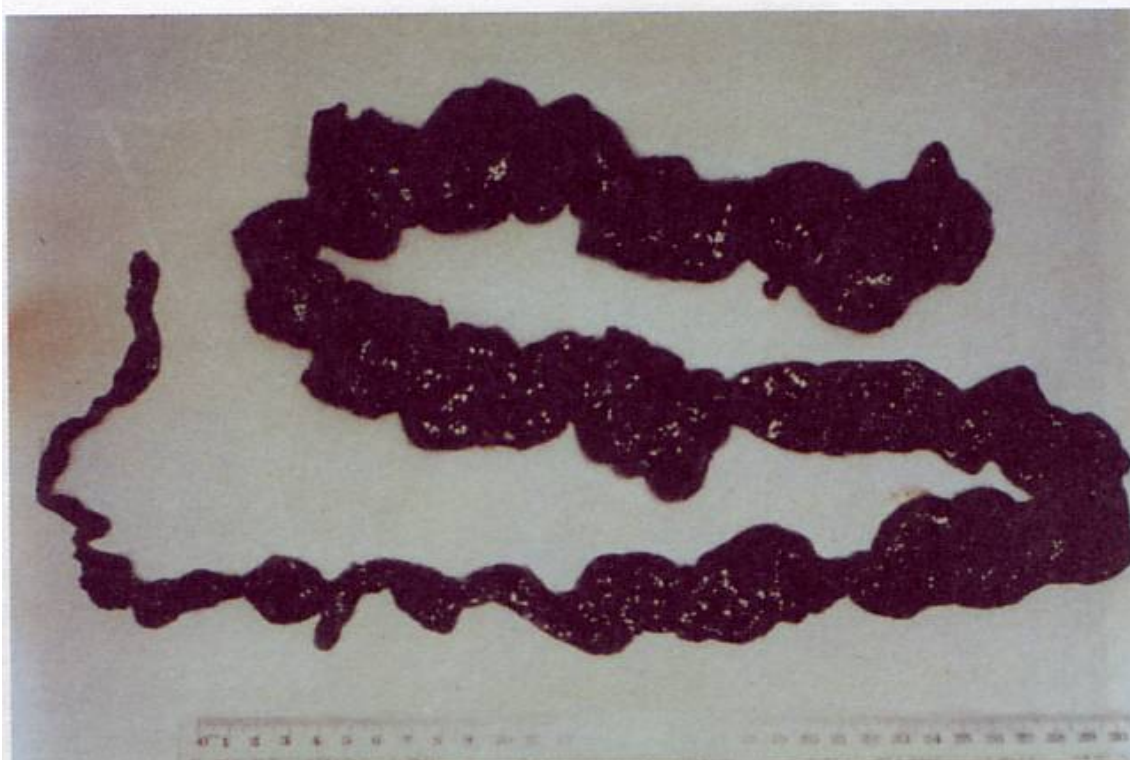
By living true to ourselves, true to our feelings, we are living true to God. It's that simple.



**PASCAS
PERS**



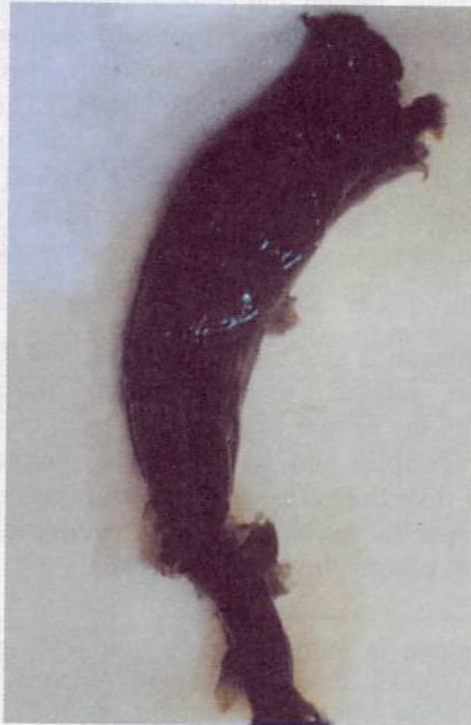
Yellow Mucoid Plaque from Upper Ileum



Long Piece of Mucoid Plaque.
Note the distorted shape and narrowing of the alimentary canal.



Black Muroid Plaque from Colon



Brown Muroid Plaque from Jejunum
Note the long, fairly straight and shallow creases running lengthwise along the surface of the plaque.

Dr. Richard Anderson, – Herbalist, Nutritionalist, Author

Arise & Shine Herbal Products

<http://cleanse.net/>
<http://ariseandshine.com/>

Here are a variety of Dr Richard Anderson's sayings and musings that people often find helpful and inspiring.

Following Dr Richard Anderson's list, he has also included some sayings by others that have inspired him.

Causes of dis-ease

- **Congestion**
- **Toxicity**
- **Deficiency**

1. Disease is a natural result of an unnatural lifestyle.
2. A smile is a bloom of the soul.
3. Disease occurs only when our internal environment is favourable for disease growth. And we create our internal environment through our diet, life-styles, and thoughts.
4. As you never see flies in a clean garbage can, you also never see disease in a completely pure being.
5. We tailor-make hormones perfectly designed by the intensity and type of thought and feeling. In this way we virtually control every physiological activity in our bodies.
6. The goal therefore, is to achieve unconditional love for everybody and everything and then, to amplify it continuously.
7. THERE IS NO SUCH THING AS AN INCURABLE DISEASE .
8. How can a truly clean person possibly become infested with parasites or pathogenic bacteria? They can't.
9. In America, far, far more people die from too much protein than not enough.
10. Attacks by germs (parasites, fungus, virus, bad bacteria) can only be successful when our bodies have devolved into a severely polluted environment.
11. All dis-eases are the result of mental and physiological filth.
12. Germs can only cause infection in a susceptible host.

13. It is what we do to ourselves that governs our state of health, not what is done to us.
14. We do not need to know the name of disease, but we do need to know how to get rid of the internal filth which comprises the environment that causes the disease.
15. We never need to be attacked by outside entities, commonly called germs. We can create them within our own bodies by polluting our bodies.
16. Whatever we have put into our bodies that interferes with its ability to function properly, must be removed.
17. Did you know that there has never been a disease that someone hasn't conquered?
18. We also need to treat the liver by cleansing and strengthening it, and we can never successfully accomplish this without first cleansing the bowels.
19. The survival of every animal, bird, fish, plant, and germ (whether it be bacteria, viruses, fungus, or protozoa), depends entirely upon its environment. Pathogenic germs cannot overcome a clean, healthy, and vibrant human body.
20. Disease occurs only when our internal environment is favourable for disease growth.

Vegetarianism

21. The ability to love at higher levels is inhibited by the brutality and cruelty of flesh-eating.
22. Studies show that vegetarians are stronger, more agile, have twice the stamina, less disease, and recover from fatigue faster than meat-eaters.
23. A Yale University study revealed that vegetarians have nearly twice the stamina of meat-eaters.

Our Bodies, Minds, and Affairs Are Modified by Our Thoughts and Feelings

24. Let us see ourselves the way we want to be. Let us, to the very best of our ability, act as though we are now that which we want to be.
25. When we begin to practice these exercises, all the negative thoughts and feelings that interfere with our desired goals will begin to surface.
26. Watch that our attention does not become fixed on the things we do not want.
27. For what we give or do to other parts of life we force into ourselves.
28. If we want perfection, we absolutely must see perfection in others as well as ourselves.

29. If you do not see perfection, if you see other than God's perfection, then you contribute to the darkness of the world.
30. Judging the mistakes of others binds us to them.
31. The original sin is egotism, which is the failure to see the Oneness of life.
32. I challenge everyone reading these words to practice gratitude, appreciation, and non-judgment, for these bring forth love and healing like nothing else does.
33. If we are not laughing or at least chuckling to ourselves every few minutes, then we can be certain that we are suffering from illusion.
34. The fulfilment of all hopes is love.
35. Joy is love in action.
36. The most important effort anyone can ever make to obtain success, happiness, and health, is to establish the habit of unconditional love for everyone and everything. No greater aspirations exist.
37. For it is consciousness – the beliefs we hold about ourselves, our basic mental points of view, our emotional habits, which govern our physiology.
38. Our subconscious mind doesn't function in limitation, only our conscious mind does that.
39. Emotions such as grief, guilt, feelings of failure, resentment, and suppressed anger produce over-secretion of the same hormones that suppress the immune system. Can we reverse this condition by creating emotions of love and joy?
- 40. Both small and large masses of tumours have disappeared virtually overnight. Just before the cure appears, almost every patient experiences a dramatic shift in awareness.**
41. Unconscious mind doesn't care what seeds we give it, nor what it will manifest for us. Its fruits are always the results of the seeds we planted within it.
42. Whenever people consider themselves victims, (thinking: this is not my fault; it was imposed upon me!), then at the very moment they proclaim their belief, usually unconsciously, that they do not have the power to protect or heal themselves. This is a grave mistake, for it blocks the healing process.

Modern Medicine

43. Modern medical science is the only organization that suggests using treatments worse than the disease.
44. Drugs and radiation suppress the body's toxin and emotion releasing activity. If we want true healing, we must allow all toxins to surface and be released.

Electrolytes

45. Following breathing, and the heart beating, the next most important physiological function our bodies perform is to maintain balanced pH.
46. When the body becomes low in its supply of an electrolyte, it will go to other parts of the body, break down tissue, and retrieve the needed electrolytes.
47. Eating only organically grown produce is the only way we can be confident that we are receiving adequate supply of minerals, since commercially grown produce is usually deficient in minerals.
48. Adequate healing cannot occur until we have replenished our mineral supply and brought our bodies into the proper pH.
49. A lack of organic minerals anywhere in our bodies means a decrease in cell and enzyme function.
50. Only slight changes in pH from normal levels can cause extreme alterations in the rates of chemical reactions – inside and outside the cells.

51. Every function of our bodies is dependent upon an adequate supply of minerals.

Mucoid Plaque

52. Mucoid plaque seems to be the forerunner of many disease conditions. Not just in the bowel, but diseases throughout the entire body.
53. One of the main problems with mucoid plaque is that it can inhibit the in and outflow of the gastric and intestinal fluids, and interfere with proper digestion.
54. Mucoid plaque actually protects pathogens from what ever luminal attack we may wish to administer. Clinical studies have shown that pathogenic bacteria, such as E. coli, actually hide underneath the mucoid plaque and are completely separated from luminal contents.
55. Food must make contact with the 22 or more digestive enzymes that extrude from the epithelium and out through the glycocalyx. However, this is not happening with the vast majority of people in the Western World, because of the layer or layers of mucoid plaque.
56. Mucoid plaque is a normal by-product of unnatural acids or toxic stimulation.

Digestive System

57. The bowel feeds every organ, every tissue, every cell in our bodies and when the quality of feeding from the digestive system is contaminated or of poor quality, the cells and organs in the rest of the body will also be of poor quality. A toxic bowel means toxic blood and lymph, toxic organs and cells, and toxic function.

58. All physiological, chemical, and anatomical processes in every cell and organs in our bodies are completely dependent upon the digestive system.

Steps in Overcoming Disease

59. The first step in overcoming disease is to *put a stop to its cause*. This should always begin by eliminating the source of the habits and acts of creating negative thoughts and feelings which are the original cause of disease.

60. The second step is the most important of all, and that is to seriously and enthusiastically practice appreciation, joy *and Love* – for all life unconditionally. Love, peace, harmony, gratitude, and praise trigger positive hormonal and nerve influences – expanding the life, energy, and light in the body, bringing vitality and happiness. For these states of consciousness purify and strengthen the life force within us.

61. The third step toward overcoming disease is to *remove congestion and toxins from the body, mind, and emotions*. *These toxic substances have lodged deep within our bodies*.

62. The fourth step toward perfect health of the body is to *stop eating "foods" that are dead, deficient, processed or toxic*, for they cause mucus, excess acid, more toxins, and congestion.

63. The fifth step toward lasting health is to *supply the body with the needed elements of organically grown foods, clean air, pure water, alkaline minerals, and massive doses of Love and joy*.

64. The sixth step is to *rebuild the body's organs and glands*. This means to rebuild the digestive function after we have cleansed it, and to cleanse and rebuild the liver, kidneys, spleen, and the glandular system. It means also to strengthen the heart, lungs, and muscles.

65. The seventh step is to *exercise* on a regular basis.

66. And, third, "Now we know just how far you are willing to go to purify yourself. That will be your greatest benefit." Saint Germain

67. The liver is one of the keys in getting well. We must remove as many of the toxins as we can, the more the better, as quickly as possible, and without over-burdening the already over-burdened liver and – I must add – the kidneys too.

68. We attack our own bodies principally by eating the wrong foods and generating stressful emotions which alter our internal environment.

69. The entry of an outside entity (bacteria, virus, parasite) usually has little effect upon our bodies unless our internal environment has become acidic and polluted.

70. Disease is never *acquired*. It is always *earned*. Disease is a natural result obtained from an unnatural lifestyle. Disease is not a question of exposure. It is an internal development which can lead to exposure susceptibility.

71. Each cell in the body has the intelligence to grow an entirely new body, and it doesn't matter whether the body is 2 years old or 120, the cells always know what to do. Our mission, should we choose to accept it, is to make certain our bodies have the material it and cleanliness it needs to do its job.

72. All life on our planet depends upon a specific environment for survival. Including germs.

73. We must alter our normal healthy internal environment before germs can survive.

74. Our negative feelings are the kinks that produce every undesirable experience that we have ever had or ever will have in our lives. Indeed, we reap what we sow.

75. How is it that the slow deterioration of old age occurs with almost everyone? For, over 90% of our bodies are completely renewed in less than a year.

76. We do this by maintaining the positive consciousness during the cleansing process and allowing the old negative consciousness to be released without judgment. For it is the judgment that binds them to the new cells.

77. Any time we cleanse, it is *essential* to keep our attention upon the things we want rather than the thing we do not want – the thoughts, feelings, and habits that move us toward perfect health, vitality, success, and love.

78. It is through cleansing and later fasting, that we can quickly remove the physical accumulation which has anchored various mental and emotional blockages.

79. The most vital, most important part of all is to see, feel, and act as though our goals are complete – now!

80. You see the subconscious mind has already created our life to be the way it is now, because we programmed it to be that way.

Sayings From Miscellaneous People

1. "We become that upon which we put our attention...God if thou seest God, dust if thou seest dust." – Anonymous

2. "As everything is impermanent, fluid and interdependent, how we act and think inevitably changes the future. There is no situation, however seemingly hopeless or terrible, such as a terminal disease, which we cannot use to evolve." – Sogyal Rinpoche

3. "For this is the great error of our day, that physicians separate the soul from the body." – Plato

4. "Called or not called, God shall be there." – Erasmus

5. "Every tissue is fed by the blood, which is supplied by the bowel. When the bowel is dirty, the blood is dirty, and so on to the organs and tissues....it is the bowel that invariably has to be cared for first before any effective healing can take place." – Doctor Bernard Jensen, DC, ND, Ph.D.

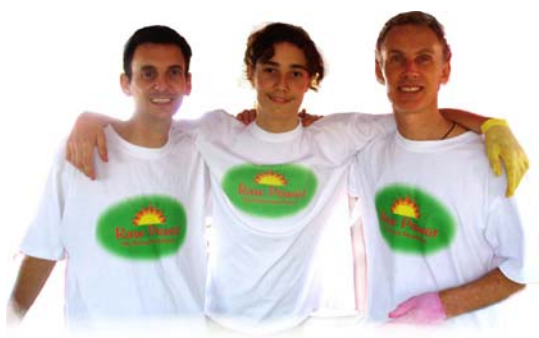
6. "There is but one disease and that is deficient drainage." – Sir Arbuthnot Lane MS, FRCS, surgeon for the King of England

7. "I am exceedingly impressed by the sequence of cancer and intestinal stasis." – Sir Arbuthnot Lane MS, FRCS, surgeon for the King of England

8. "Of the 22,000 operations that I have personally performed, I have never found a single normal colon, and of the 100,000 that were performed under my jurisdiction, not over 6% were normal." – Dr. Harvey Kellogg, M.D. of the Kellogg Sanitarium.

Arise & Shine Herbal Products <http://www.ariseandshine.com/>

Raw Power highly recommend the Anderson **Arise & Shine** cleanse. Eating well just isn't enough if you have had years of eating toxic / cooked / processed food.



www.rawpower.com.au

Brightfood Pty Ltd [ACN: 151 129 609]
trading as "Raw Power"

Phone: 07 3715 7620

The Raw Power Team:

Anand Wells

3/149 Bluestone Cct
Seventeen Mile Rocks
QLD 4073 Australia

Dr. Richard Anderson, – Herbalist, Nutritionalist, Author



In 1983, Dr. Richard Anderson was close to death with severe memory loss, devastating fatigue and pain. After various healing attempts, he went into the wilderness to fast and pray. Sudden and unexpected results occurred with his inspired discovery of a unique combination of herbs that allowed for thorough cleansing and revitalization of his internal organs. A series of unusual events further developed Dr. Anderson's exceptional method of healing, based on internal cleansing, which promotes ongoing states of remarkable love and happiness. Rich went on to develop the Cleanse Thyself™ internal cleansing program as well as many other herbal formulas for Arise & Shine Herbal products, a company he founded. He has written two books and several booklets based on his experience and research. Rich is well-known for his colon cleansing theory and for the superior products that he creates.

Dr. Richard Anderson, – Herbalist, Nutritionalist, Author – Articles:<http://www.cleanse.net/>[A Powerful Nontoxic
Natural Anti-parasite Program](#)[An Alkaline Diet Success Story](#)[Antioxidant Formula \(expanded 8/17/03\)](#)[Before You Cleanse...](#)[Bringing the Abdomen Back Into Shape](#)[Building the Bowel](#)[Cayenne Pepper](#)[Control of Yeast](#)[Exceptional Herbal Formula for Nutrition](#)[Gallbladder Flush](#)[Green Black Walnut Extract](#)[Give your Immune System Support](#)[Heavy Metal Detox](#)[Herbal Extracts – Recommended](#)[Hydrated Bentonite](#)[L-Glutamine](#)[Liquid Minerals](#)[Mineral Rich Vegetable Broth](#)[Mucoid Plaque](#)[Parasite Program](#)[Raw Food Versus Cooked Food](#)[Removing Gallbladder Stones](#)[Renewing the Intestinal Wall](#)[Scientific Facts About Meat](#)[Should I Cleanse?](#)[Super Powerhouse of Antioxidants](#)[The Coffee Enema](#)[Trekking Through the Digestive Tract](#)[Ultimate Super Food Formula](#)[Vegetarian Recipes](#)[Why One Should Cleanse](#)[Why Use a Liver Strengthening Formula?](#)

Cleanse & Purify Thyself Book 1 by Richard Anderson
www.amazon.com www.cleanse.net www.adyar.com.au

ISBN 0 9664973 1 7

Cleanse & Purify Thyself Book 2 by Richard Anderson
www.amazon.com www.cleanse.net www.adyar.com.au

ISBN 0 9664973 2 5

<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

Feelings First Spirituality The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

Be free in your feelings
Free your feelings from your mind's control
Live true to your feelings; your feelings are your true self
Live true to yourself through your feelings



Live true to yourself by living true to your feelings.
Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
BAD feelings.
Want to understand why you're feeling them.
Use your surface feelings to take you deeper into your repressed and
hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True path for humanity.
It embraces all people.
It completely unifies the world.
Everyone can relate to everyone else through their feelings.
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one's feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God's Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we've all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

Feelings *first*

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids



Eat the Colors of the **Rainbow**

Fresh is Best!