

**Question:** If you could only have one car that had to last your entire lifetime... how would you take care of it?

**Answer:** You would maintain it very well!



## So, take care of the only body you will ever have!

### Here's how:

1. Health is a personal choice
2. Health comes from constant maintenance and early repair
3. A clean digestive tract is the foundation of health
4. Avoidance of unhealthy foods and environmental poisons and vigilantly eating nutrient dense foods are the disciplines that adds years of healthy living

It is one thing to let an automobile deteriorate through neglecting proper maintenance... you can buy another automobile... but those who neglect proper care of the human body... are going to encounter a big problem... you can't buy yourself another human body.

The Five Habits of Health are the equivalent of maintenance. Medical intervention is the equivalent of repair. **MAINTENANCE IS BETTER THAN REPAIR** as a general principle.

But, repair is wonderful... when it is needed. So, anytime you're not feeling good, you should visit your doctor and get a diagnostic checkup. Health is the result of nutrition plus medicine, or in other words, preventative maintenance and early repairs of problems.

Health problems are not entirely avoidable. We live in a world where infectious contagion can change our health in a moment, where genetic problems arise late in life, where depleted soils mean inferior foods that can over time result in serious cellular damage and where a multitude of traumas may damage our body. NEVER ignore the lifesaving blessings of the medical technology that now exists.

The second habit of health is to regularly perform engine/exhaust system tune-ups (Or Detoxification / Cleansing of your body)

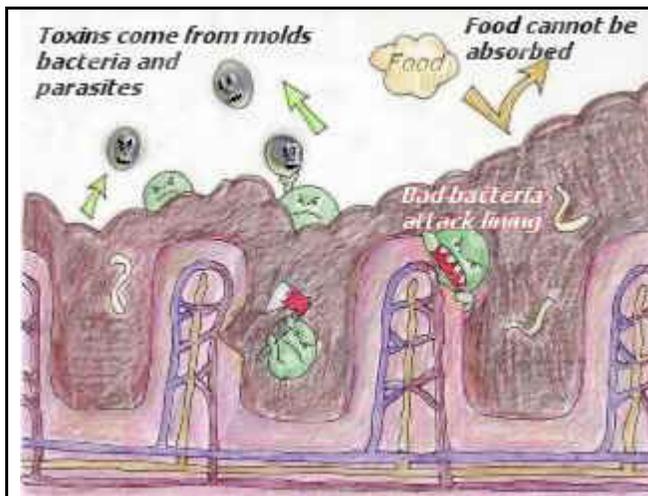
The difference in how people feel who have tuned up their digestive and eliminatory tracts is tremendous. It's similar to a car that has been tuned up and suddenly surges with new found power.

### Here's how to do a tune-up:

- Remove intestinal wall accumulations (like cleaning oxidation off spark plugs)
- Remove bad bacteria, fungi and parasites (like cleaning carburetors, dirty filters and gas lines)

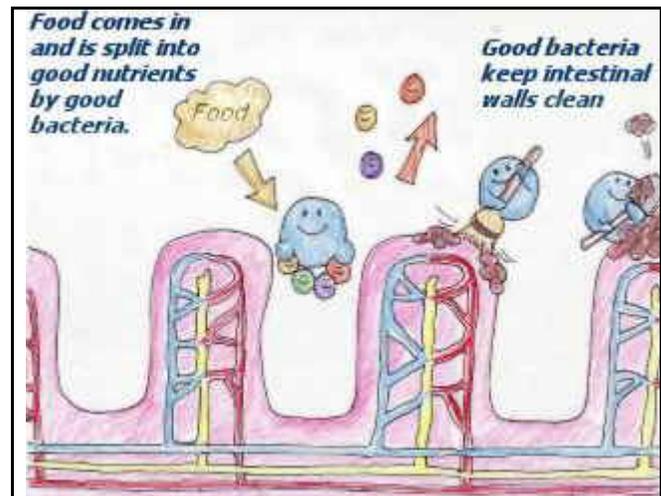
**Supply good bacteria** (like putting in a fuel additive to keep the engine clean)

**Go from an intestinal tract cross section that looks like this...**



**BAD**

**... to one that looks like this!  
And feel the DIFFERENCE!**



**GOOD**

There is nothing more important for your health than a clean digestive/eliminary system.

We repeat there is nothing more important for your health than a clean digestive / eliminary system.

According to numerous alternative health care practitioners, dirty intestines are the beginning of disease:

Dr. John Harvey Kellogg said a century ago that "90% of diseases are due to improper functioning of the colon."

Dr. Bernard Jensen, a proponent of natural health and author of *Tissue Cleaning Through Bowel Management* says, "In the 50 years I've spent helping people to overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems."

Dr. Arnold Ehret theorized that all disease is caused by a clogging of the tube and membrane structures within the body due to a build-up of restrictive mucoidal plaque.

### **More information about digestive system tuning**

The digestive system is the engine of the human body. Digesting our food is like the fuel filtering, fuel injection and fuel combustion of an automobile engine. Both automobile engines and digestive organs need to be tuned-up periodically to clean out the dirt and accumulations that degrade their power production and efficiency.

With a car, we change the dirty oil and filters and replace (or clean) its spark plugs. The tune-up maintenance that is needed for our digestive systems is:

### **Supply Good Bacteria:**

A healthy adult should have about four pounds of good bacteria in his/her intestines. These good bacteria are critical to good digestion because many foods contain elements that enzymes from the stomach, liver, small intestines and pancreas cannot break down. When these undigested elements

reach the colon, the good bacteria in the colon ferment these food particles into nutritious and wonderfully, protective chemicals that are absorbed into our bodies and assist our bodies in lowering cholesterol, inhibiting tumors, cancers and doing many other good things for our body.

Unfortunately, in many people, the good bacteria have been killed off to a large or small degree and therefore the many protective and good compounds produced by these bacteria are in short supply. Also, with the good bacteria gone, bad bacteria and yeasts take over our intestinal tracts. As a result, we get muddy stools, irritation, gas and other gastrointestinal complaints.

Supplying good bacteria to our body is like supplying fuel additives that keep your engine clean

Restoring these bacteria is probably the one piece of nutrition that all doctors and nutritionists completely agree on. It is good for you! Especially, after the use of antibiotics (which kill all bacteria everywhere in the body, including the intestines) we need to restore good bacteria to our intestines.

Sugar, sand and other contaminants don't belong inside car engines. Likewise, bad bacteria, parasites and fungi don't belong inside the digestive system because they interfere with the critical processes of digestion.

When there are bad microbes in our digestive tract, it's like having contaminated fuel.

Parasites, bad bacteria and fungi, in addition to interfering with digestion, produce toxins that damage and stress cells throughout the entire body. Also, they prevent good bacteria from flourishing, which means lowered production of the many vital nutrients that good bacteria provide for our bodies.

***“85% of adult North Americans are infected with parasites”*** - Dr. Hazel Parcels

“I believe the single most undiagnosed health challenge in the history of the human race is parasites. I realize that is a pretty brave statement, but it is based on my 20 years of experience with more than 20,000 patients” - Dr. Ross Anderson N.D

The digestive tract, one of the largest of all body systems, extends approximately 30 feet long and extends as a long continuous tube, from mouth to anus! The Small Intestine is the real hero of the digestive system. The small intestine is a tube that is about 22 feet long!

Over time, adults accumulate a layer of sticky mucous gel/plaque (incompletely digested, fermenting proteins) on the intestinal walls that interferes with absorption of nutrients. Although the thickness of this gel or plaque is usually less than an eighth of an inch (and considered normal by doctors), these accumulations provide an easy place for bad bacteria, fungi and Cleaning our intestines of mucoidal plaque is like replacing dirty spark plugs in a car engine.

In the realm of maintaining our bodies, removing this layer of intestinal interference is extremely important. It's like cleaning a car's spark plugs. In the words of Dr. Bernard Jensen, “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.” Again, by Dr. Jensen, “Bowel cleansing is the single most important thing that you can do for your health.”

## **Summary:**

The digestive system must work well in order for the body to have access to its full potential power, energy and health. If someone wants to immediately feel increased energy, a digestive system tune-up is the way to accomplish this.

# THE IMPORTANCE OF INTERNAL CLEANSING

By Dr. Lindsey Duncan, CN, ND

## The Foundation of My Success

My success as a nutritionist and natural doctor can be attributed to my unwavering and deep conviction in the healing powers of internal cleansing and detoxification. I had serious health problems as a child, and struggled to overcome them as a young adult. Internal cleansing played a huge part in helping me to overcome my physical problems, as well as regaining my health and vitality. Internal Cleansing WILL profoundly change your life and health for the better!

## Let's Talk About Bowel Movements!

Talking about "going to the bathroom", especially in western society, has always been an embarrassing and taboo topic. We just don't talk about it. My parents never talked to me about "bowel movements" as I was growing up, nor did they keep track of "if and when" my brothers and I happened to "go".

Like most parents of my generation, my mom and dad were uneducated on proper bowel management. They relied on the family doctors to take care of any health problems that concerned their children or themselves. Unfortunately, the medical profession, with all of its modern technology, was intent on curing symptoms and illness with prescription drugs and surgical techniques, while drifting further and further away from the old school of natural and non-invasive healing. As an adult, I find it ironic that the foundation of my successful practice has been built upon addressing and educating my patients on proper bowel management and internal cleansing, with emphasis on the body's 5 channels of elimination...the bowel, kidneys, lungs, skin and lymphatic system. I discovered the benefits of internal cleansing in my early twenties, and the effect it had on my life at the time was "earth-shattering"! I was so amazed at the positive changes and rejuvenation it brought about in my body that internal detoxification became a passionate part of my life, as well as a main component in my nutritional practice.

Many experts claim that the intestinal system and bowel is the true center and hub of the human body. They also claim that toxic build-up in the bowel is a precursor to various types of degenerative disease. My teacher and mentor, Dr. Bernard Jensen, nutritionist, lecturer and author of over 30 books on natural health care, states:

"Every cell and tissue in the body is fed by the bloodstream, which is supplied by the bowel. When the bowel is dirty, the blood is dirty and so are the organs and tissues. It is the bowel that must be cared for first before any effective healing can take place"

***That's Right.. I Said "2 to 3" Bowel Movements Per Day!***



Proper bowel function entails having 2 to 3 good bowel movements per day! Most people are not aware of this, and go through their daily lives eliminating once a day, once every other day, or less. I ask my patients this question on a daily basis: If we eat 3 full meals a day and only eliminate once a day, once every other day, or twice a week, what happens to all the un-eliminated waste matter? Where are all the other meals hiding? I always find humor in their stunned reactions. I often validate the importance of eliminating 2 to 3 times per day by using an infant as an example. Ask any new mother for further proof - a baby will eat and immediately eliminate. Their fresh, new digestive systems have not had time to develop mal-absorption problems caused by improper diet, environmental toxins, stress, and pollutants in our water and food. Faulty digestion and elimination develop in our bodies over time, through years of improper lifestyle and dietary habits, along with negative environmental factors, which we'll talk about in a minute.

## Unexpelled Waste Spells Trouble!

When we are not eliminating properly, wastes may not be expelled for days, weeks, months, or years. When we don't eliminate our waste, toxins back up in the colon, which can cause auto-intoxication, or self-poisoning. This occurs when the actual bowel walls become impacted with uneliminated fecal matter, hampering the absorption of vital nutrients and providing a breeding ground for unhealthy bacteria, organisms and even parasites. Blood capillaries lining the bowel wall which normally extract good nutrients from our digested food and distribute them throughout the body, begin instead, to absorb these toxins into the bloodstream, consequently polluting all of our organs and cells. These poisons rob our body of good health and energy, making us feel old, tired and sick.

**Interesting Fact:** Did you know that in the early 1900's, standard hospital practice included administering warm water enemas to almost all sick patients. Flushing and cleaning the lower bowel almost always provided relief and overall improvement in the patient's health.

I like to use the following analogy with many of my patients. What would happen if we didn't empty our kitchen garbage cans for months and we kept on throwing more and more food waste on top of the old?

Wouldn't all of our homes start smelling like a garbage dump? Wouldn't our kitchen garbage become a breeding ground for nasty organisms of all shapes and sizes? The same thing happens with a constipated, clogged-up colon. The toxic wastes have nowhere to go, so they build up in the bowel. These poisons eventually seep into every cell and tissue, especially settling into the weaker areas and organs of our body. This process is setting the stage for degenerative disease and chronic illness. This auto-intoxication lowers our overall feeling of health and vitality. We start to blame other factors such as aging on why we experience a lack of energy, why we don't have that "zip" in our walk, or that "sparkle" in our eyes. The true fact is that age has nothing to do with this depletion of energy and life-force. Ninety percent of the time, these complaints can be alleviated or greatly reduced through internal cleansing techniques.

### **How Do I Know If I Need To Cleanse?**

Many of my seminar topics focus on internal cleansing and bowel management. Repeatedly, I am asked the same question by seminar attendees: "How do I know if I need to cleanse?" My answer is quite simple... After consulting with over 20,000 patients, I can honestly state that I have never worked with an individual that did not directly benefit from detoxifying his or her body. In this day and age, we ALL need to cleanse! In a world where dietary choices are poor, environmental pollution is heavy, stress levels are high, and exercise is often a last priority, internal cleansing is more important than ever for optimum health.

**The Doctor of the future will give no medicine, but will interest his patient in the care of the (human) frame, in diet and in the cause and prevention of disease.**  
- Thomas A. Edison

The body is a living, breathing machine. Like an automobile engine, it burns fuel for energy (our food), and expels the by-products of that fuel as waste. Over time, all engines need "steam-cleaning", tune-ups and periodic maintenance. The pipes become clogged, spark plugs become congested, oil, grit and grime build up around the engine block. Without preventative maintenance, our cars begin to perform poorly, eventually breaking down. And so it is with the human body. Internal cleansing and detoxification is maintenance and insurance all rolled into one! We must keep our "pipes" clean and in good shape to experience good health.

### **HOW THE DIGESTIVE SYSTEM WORKS**

Understanding the basics of how your digestive system works is really important. We live and die by what foods we put in our mouth and how our bodies assimilate these foods. Digestion starts in our mouths, when we bite into our food and begin chewing it and mixing it with saliva, a powerful digestive enzyme. As our food travels down to the stomach, it mixes with hydrochloric acid, a powerful digestive acid that liquefies the food and prepares it for further digestion in the small intestines with help from the pancreas and liver.

Our intestinal systems are connected to a network of blood vessels and veins which wrap around the stomach, small intestine, and bowel. Our blood receives nutrients from our digested food through this network of blood vessels, which look and function much like the roots of a tree, drawing dissolved nutrients out of the intestines and transporting them to the liver, where they undergo further breakdown, recombination, and storage. Later, the heart pumps these nutrients, stored in the liver, to nourish the various living cells that make up the tissues of the human body. By-products of the digestive process are passed into the bowel, where they solidify, and "in a perfect world", are completely excreted from the rectum.

This is basically how our body gets nourishment and energy. After it delivers nutrients throughout the body, the blood also collects cellular waste materials (by-products of metabolism) and "drops them off" at appropriate eliminative stations (lung, kidneys, skin, lymphatic system, colon) where, also, "in a perfect world" they are quickly excreted from the body.

Unfortunately, our "modern day society" is NOT a perfect world. Pollutants, toxins, chemicals, fertilizers, growth hormones, pesticides and other hazards to our health bombard and infiltrate our air, water and food on a daily basis. Our diets, no longer wholesome and fresh, consist of fast foods, junk foods, pre-prepared foods, fatty foods, and devitalized foods. There is no way our digestive systems can function optimally with the heavy burdens placed on them on a day-to-day basis. Digestion becomes sluggish, assimilation becomes inefficient, mal-absorption of nutrients begins, the metabolism slows down (weight gain!) and elimination becomes poor.

## In a nutshell... poor digestion = toxic build-up!

Digestion starts in our mouths, when we bite into our food and mix it with saliva, which contains a powerful digestive enzyme...

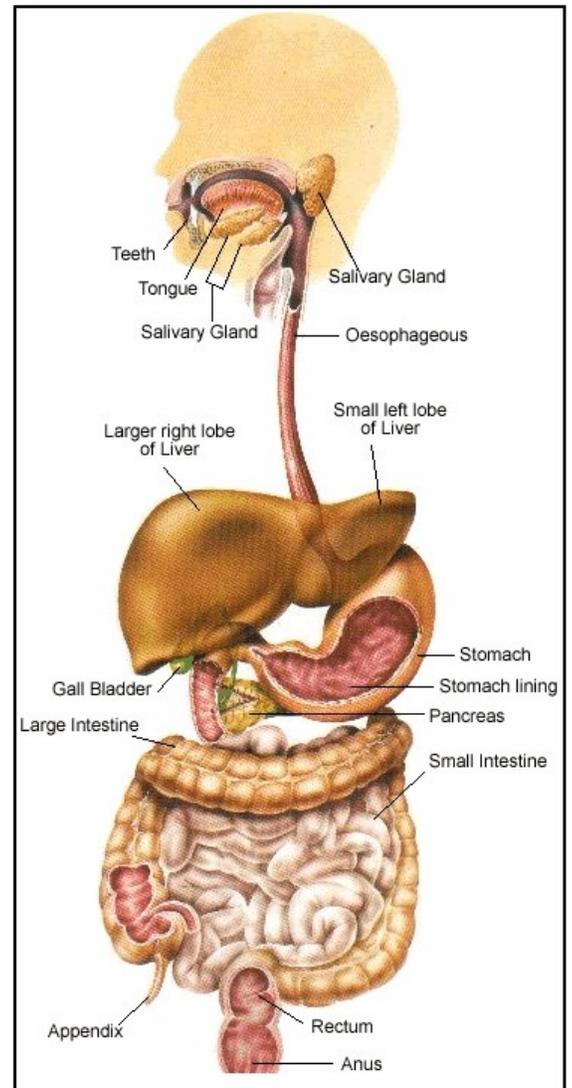
Once in the stomach, it mixes with hydrochloric acid, another powerful digestive acid that liquefies the food and prepares it for further digestion in the small intestines, with help from the pancreas and liver...

Our blood receives nutrients from our digested food through a complete network of blood vessels, which draw dissolved nutrients out of the intestines and transporting them to the liver...

In the liver, they undergo further breakdown, recombination, and storage...

Later, the heart pumps these nutrients to nourish the various living cells that make up the human body...

By-products of the digestive process are passed into the bowel, where they solidify, and "in a perfect world," are completely excreted from the colon.



## Possible Signs and Symptoms of a Toxic Body

- Poor Elimination
- Poor Digestion
- Stomach Bloat
- Gas
- Fatigue and Low Energy
- Weight Gain
- Premature Aging
- Poor Skin and Blemishes
- Brain Fog, Poor Memory
- Headaches
- Low Immunity
- Yeast problems
- Food allergies
- Arthritis
- Body Odor
- Bad Breath
- Lower Back Pain
- Depression

## How We Become Toxic?

Now that we all know the basics of what internal cleansing is, and how important it is to cleanse for overall health, I want to list for you, the 8 most common causes of toxic build-up in the human body. I have validated this list time and time again through my clinical. This information, once assimilated, can be a huge help in keeping you on a healthy path in life. Learn these basics and apply them to your everyday life by making the right choices...

**1. CONSTIPATION** - The colon is your body's sewage system. If your sewage system backs up, toxins become trapped in your colon. Chronic constipation means these toxins are fermenting and decaying in the colon, often being re-absorbed into the bloodstream, which in turn, pollutes all of our tissues and cells, and sets the stage for chronic disease and illness to follow.

**2. POOR DIET** - Poor diet includes dead, cooked, devitalized, clogging, low fiber foods, fried foods, junk foods, over-processed foods, etc. As a modern society, we have drifted further and further away from eating raw, organic "good for you" fruits, vegetables and whole grains high in natural fiber, nutrients, and enzymes. We now use processed and pre-prepared foods to fit with our busy lifestyles. Unfortunately these foods do nothing to benefit our health. These foods, unlike live foods (fresh, raw fruits and vegetables), lack the proper enzymes to assist in proper digestion and assimilation, and lack the fiber or bulk to assist in proper elimination. They are also lacking in essential vitamins, minerals and other basic, life giving nutrients. You are what you eat! Eat healthy!!

**3. OVER-CONSUMPTION** - Overeating puts a tremendous amount of stress on our digestive system. Most people eat too much food, too fast. A meal should be eaten slowly and food chewed thoroughly. Saliva mixed with food in the mouth plays a huge role in foods being digested properly. The body must produce hydrochloric acid, pancreatic enzymes, bile and other digestive factors to process a meal. When we over-eat, the digestive system cannot always meet the demands placed upon it. The stomach bloats as the digestive system goes into turmoil. Foods are not properly broken down and tend to lodge in the lower intestines. Vital nutrients are NOT absorbed. Try to eat smaller meals, with "healthy" snacks in-between meals. If you only eat when you're "starving", you will constantly over-eat and wonder why you feel so heavy, bloated and tired afterwards. Eat light and stay healthy!

**4. LACK OF WATER** - Water makes up 65 to 75% of the human body. It is second only to oxygen in order of importance to sustain life. Water cleanses the inside of the body as well as the outside. It is instrumental in flushing out wastes and toxins. When our bodies do not receive enough water, toxins tend to stagnate, hindering all digestive and eliminative processes. Drinking 8 to 10 glasses of water a day is imperative to good health. By the way, sodas DO NOT COUNT as water intake! Sodas of any kind (Coke, Diet Coke, Sprite, etc.) contain high levels of sodium, sweeteners, caffeine, and very bad-for-you chemicals. Over time, sodas can be a big contributor to ill health. Try and limit your soda intake and drink as much water as possible.

**5. STRESS** - Stress affects every cell and tissue in the human body. Stress breaks down the immune system as well as all of the major organs. Have you ever noticed how much easier it is to get sick when you're under a lot of stress? Stress is TOXIC to our bodies! It robs the body of important vitamins and minerals, and over time, can cause severe acid build-up. Stress hinders proper digestion, absorption and elimination of foods by throwing the digestive system out of balance. The worst thing a person can do is to eat a meal while experiencing extreme stress. This usually causes indigestion, and nutrients will not be absorbed. Regulate and control the amount of stress in your life, and you will be a healthier and happier person.

**6. ANTIBIOTICS** - Antibiotics, despite their benefits in fighting certain bacterial infections, have a damaging effect on the intestines. Their prescribed purpose is to eliminate unhealthy bacteria in the body; bacteria that causes illness. However, antibiotics also eliminate the healthy, necessary, good bacteria in our bodies! They strip the colon of ALL intestinal flora... good and bad. After antibiotics are taken, it is usually the bad bacteria that regenerate and multiply quickly, often causing nagging yeast infections and digestive and eliminative upset. Our entire gastrointestinal tract becomes imbalanced, creating problems in the colon and hampering proper digestion. When we are forced to take antibiotics, it is extremely important to supplement our diets with cultured foods that contain live "good" bacteria, such as yogurt, cottage cheese, and probiotic supplements. We must replace the good bacteria, for optimum health and proper intestinal function.

**7. LACK OF EXERCISE** - Exercise strengthens our entire bodies. It stimulates the circulatory and lymphatic system, building muscles, nerves, blood, glands, lungs, heart, brain, mind and mood. Blood is pumped throughout our bodies by the heart, but lymphatic fluid depends solely on exercise to be circulated throughout our lymphatic system. The lymphatic system is the human body's sewage system... it is responsible for the removal of cellular and toxic waste. Here is a remarkable fact... there is 3 times more lymphatic fluid in the human body than blood! Physical exercise and movement is the lymphatic system's only "pump", so to speak. If we don't exercise, our lymphatic system becomes sluggish and toxic, effecting our over-all health. Lack of exercise lowers metabolic efficiency, and without circulatory and lymphatic stimulation, the body's natural cleansing systems are weakened. Exercise is extremely important.

**8. EATING LATE AT NIGHT** - The human body uses sleep to repair, rebuild and restore itself. In essence, our bodies use the sleeping hours to cleanse and detoxify, and to build strength and immunity. When we eat late at night and go to sleep with a full stomach, the body IS NOT at rest. Even though our mental processes are quiet, our physical body is actually quite busy digesting and processing a large amount of food. This inhibits the vital cleansing, building and restorative processes that normally occur while we sleep. We've all had the experience of going to sleep with a full stomach, and waking the next morning feeling tired, exhausted and disoriented, despite 8 hours of sleep. This is because your body, in actuality, did NOT get 8 hours of sleep... more like 3 hours of sleep, after working hard most of the night to digest and process the big meal you ate before bed. Do not eat late at night! Eat an early dinner, and eat light in the evenings.

Education is the Key!

Perfect dietary and lifestyle habits, stress management and a proper exercise program cannot be incorporated into a person's daily regime overnight, and I don't expect everyone to be "perfect" all the time, but an increased awareness of these health tools and their positive benefits will serve as a basic and powerful guide to many individuals for the rest of their lives. I encourage my patients, clients, friends and associates to read and educate themselves on natural health, proper nutrition and the powerful benefits of internal cleansing. Learn, learn, learn, all you can! Our motto is "Health Through Education". I believe in these words passionately. Through education, all things are possible. It's time to take charge and regain control of our own bodies and our own health... after all, who "really" knows the body better than you, the owner!

Remember, your health is not everything, but everything is nothing without your health!

## **HAVING A DIFFICULT TIME LOSING WEIGHT? It May be the Result of Toxins**

### **Toxins and Obesity**

If you have a difficult time losing weight, it may be a result of the toxins that are constantly being introduced into your bloodstream. The more fat your body has, the more toxins it will retain, and as you lose weight those fat cells will release toxins into the bloodstream. Once the toxins are in the bloodstream, they can cause harm to the body.

Detoxification is the process of binding up these toxins and releasing them from the body.

Although the study of detoxification and its impact on obesity is relatively new, researchers do understand some of the mechanisms involved with how toxins impact weight gain. In particular, toxins can impact your ability to lose weight in three significant ways:

- Toxins slow your metabolism
- Toxins decrease your ability to burn fat
- Toxins slow down the satiety response time (the time it takes you to feel full)

### **Toxins Slow Your Metabolism**

In the past it was thought that your resting metabolic rate (RMR) declined with weight loss primarily because of the decrease in caloric intake or changes in the ratio of muscle to fat. But clinical studies are now showing just how toxic internal toxins can be to our weight loss efforts.

One of the first things toxins do when released into the bloodstream is slow down your RMR. So, as you begin to lose weight, those surfacing toxins begin to inhibit your ability to lose weight. However, if you can eliminate those toxins from the body quickly enough during or before a period of weight loss, you may be able to reduce the decline in your metabolism.

### **Toxins Decrease Your Ability to Burn Fat**

The last thing you want to hear is that something in your blood is preventing your body from burning fat, but that is just what toxins can do. In 1971, for example, a study at the University of Nevada Division of Biochemistry determined that chemical toxins weakened by 20 percent the co-enzyme necessary to burn fat in the body. In 2002, researchers concluded that toxins released during weight loss had the capacity to damage the fat-burning mitochondria.

The damage was significant enough to negatively impact the body's ability to burn calories and, in effect, fat.

### **What Can You Do about Toxins?**

Although we cannot simply live in a bubble and avoid toxins altogether, we must somehow address the cruel reality that our bodies are inundated with countless chemical pollutants, pesticides and toxic metals.

When you begin to see a pattern of failure in your efforts to lose weight, it is time to consider other variables that may not be obvious on the surface—variables that have nothing to do with caloric intake and output. The following is a simple two-step program to help you reduce your exposure to toxins and lose the weight you want to lose.

**Step One: Minimize your intake of environmental toxins**

1. Eat organic foods
2. Use natural cleaning products
3. Install water and air filters

**Step Two: Remove internal toxins from your body**

1. Detoxify and cleanse frequently
2. Exercise regularly
3. Use the sauna
4. Try herbal supplements and cleansing programs
5. Consider colon hydrotherapy

**Jump Start Your Weight Loss with a Cleanse**

Clinical studies have shown that toxins are released from our fat cells during weight loss. Those toxins inhibit our ability to lose weight and may, in fact, be the primary reason that our metabolism slows down during weight loss. For this reason, it is critical that our cleansing and detoxification systems are performing at maximum efficiency when we begin a weight loss program.

A natural health practitioner can help you determine whether or not your body's natural detoxification systems are operating efficiently. Several tests are available, one of which is the Comprehensive Detoxification Profile offered by Geneva Diagnostics of North Carolina. Herbs, supplements and changes in diet can also improve the efficiency of the detoxification process.

Most detoxification and cleansing kits contain two formulas in a single box and can be found at health food stores. The first formula usually is a detoxification formula that contains natural herbs that will help pull toxins from your organs. The second often contains different herbs and minerals that help the colon eliminate those toxins more efficiently. It is best to look for an internal cleansing system that is designed as follows:

**Cleansing Formula**

This is important enough to merit its own formulation. Look for a formula containing gentle, non-irritating, organic herbs that will soothe the bowel, stimulate peristalsis, and help eliminate mucus from the bowel. During a cleanse, it is important to also add extra fiber to your diet to help absorb toxins and “sweep” them out of the colon. (Some kits often include fiber as a separate formula). There are many approaches to cleansing and detoxification. Depending on your individual needs and preferences. Completing a cleanse will greatly enhance your weight loss efforts. Always look for a formulation that is delivered in vegetable capsules and contains no fillers. Always follow label instructions.

It is also important to take plenty of supplemental fiber when you are cleansing. Soluble fiber supplements can be beneficial in removing toxins that have been pulled from the organs and cells with herbs. Try to get an extra 5g to 10g of soluble fiber in your diet every day during any herbal cleansing program.

*1 Imbeault P. et al., Weight loss induced in plasma pollutant is associated with reduced skeletal muscle oxidative capacity, Am J Physiol Endocrinol Metab. March 2002; p. 282(3):E574-9.*

*2 Mark Hyman, M.D., Ultra-Metabolism (New York: Scribner, 2006), p. 195.*