

# Operation Detoxification



## Cleansing for Health

Excerpts taken from article by Ted H. Spence, DDS, ND,  
PhD/DSc, MPH

<http://chetday.com/spencedetox.html>

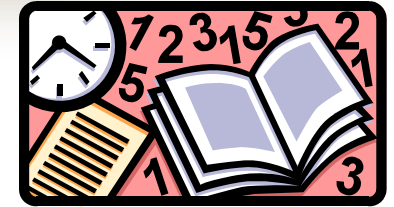
# Presentation Overview



*Clean as rain...*

- Defining Detox
- Detoxification systems in the body
- Helping the body detoxify itself
  - Diet
  - Herbs
  - Fasting
  - Machines
  - Modalities

# Detoxification Definition



1. To counteract or destroy the toxic properties of a substance.
  2. To remove the effects of poison from something, such as the blood.
- Natural health detox
    - Methods of ridding the body of toxins
    - Used to be common practice
    - Many forms used today are ancient, while others are recently invented

# Why Detoxify?

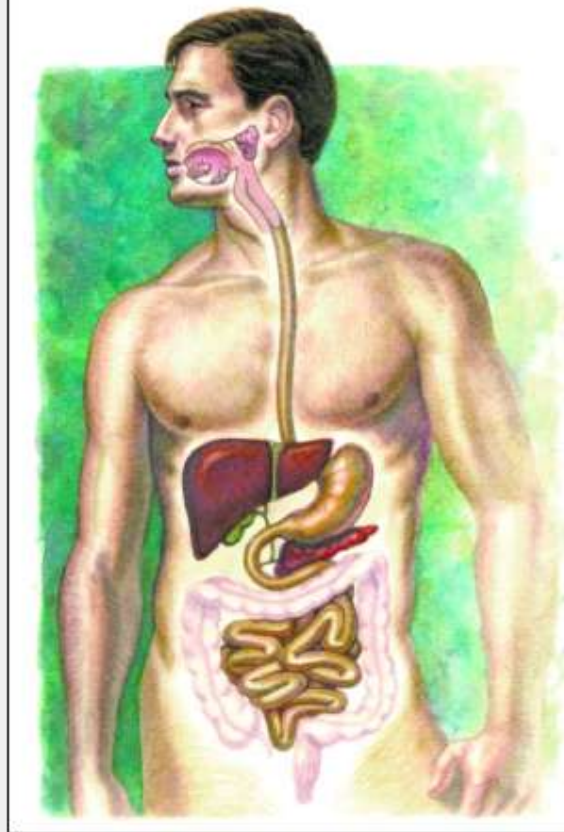
- Our environment is toxic
- The foods we eat contain poisons
- The air we breath has toxic gases
- The water we drink is laden with chemicals



**Need any other reasons?**

# How the Body Detoxifies Itself

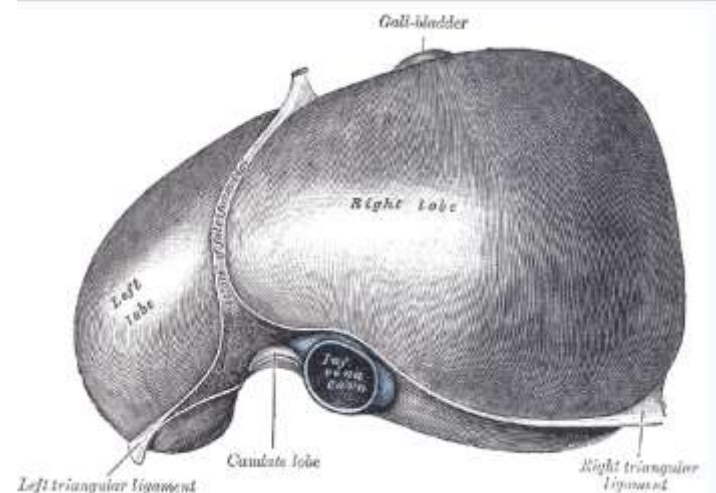
- Liver
- Lungs
- Kidneys
- Colon
- Skin
- Blood



- Immune system detects foreign substance (not me)
- Substance is subdued and channeled to an elimination organ

# Liver is the Main Detoxifier

- “In-line” filter for the removal of foreign substances and wastes from the blood
- Reduces toxins into compounds that the body can safely handle through other elimination organs
- Urine = kidneys
- Skin = sweat
- Lungs = expelled air
- Colon = feces





# Helping the Body Detox

- Many detox programs available
  - Vary in actions and intent
    - Bowels only
    - Cleanse liver/blood
    - Aid kidneys
  - Combined is best for total health
- What happens when the body is detoxified
    - Restored health
    - Enhanced energy (natural)
    - Revitalized outlook
    - More youthful appearance
    - Less susceptible to disease

# Other Factors to Consider

- Nutrition
- Water
- Exercise
- Rest
- Sunshine
- Fresh air
- Emotional and Spiritual health





# Detoxification Diets

- Diet is very important
- Sets the foundation of any detox program
- Often eliminate trigger foods that cause problems with elimination organs
  - Sugar, wheat gluten, dairy, meats, refined and processed foods
- Vegetarian diets
  - Fiber for good bowel elimination
  - Plenty of vitamins
  - Enzymes from raw foods
  - Meat is difficult to digest and requires many enzymes
  - Natural cleansing

# Herbal Detoxification



- Diet may not stimulate the elimination organs
- Herbal cleanses hone the cleansing process by focusing on a particular organ or process
- Teas, powders, extracts
- **Liver**  
Dandelion, red beet, liverwort, parsley, horsetail, birch leaves, chamomile, blessed thistle, black cohosh, angelica, gentian, goldenrod
- **Kidneys**  
Uva ursi, parsley, dandelion, juniper berries, Parsley, uva ursi, marshmallow, ginger, goldenseal, dong quai, cedar berries
- **Lungs**  
Comfrey, marshmallow, mullein, slippery elm, senega, Chinese ephedra

# Herbal Detoxification

- Best when combined with good diet
- Take most herbs with meals
- Make sure colon is eliminating first, otherwise toxins have nowhere to go
- Herbs can speed the detoxification diet





# Example Herbal Cleanse

- **Rising**

Drink a glass of lemon water or drink a glass of water with added: one teaspoon of apple cider vinegar and one teaspoon of blackstrap molasses

- **Morning**

Drink a glass of water with psyllium husk powder (follow with another glass of water).

- **Meals**

- Take 2-3 multi-digestive enzymes
- Take liver herbs

- **In Between Meals**

Drink herbals teas which support the liver, including  
Dandelion/licorice/  
ginger/fennel



# Skin Cleansing

- Largest elimination organ
- Sweat glands combined detox as much as one kidney
- Heavy metals released through pores with sweat
- Good nutrition vital
- Sauna sessions and exercise are good for health
- Good skin care without chemicals
- Bathe using natural soaps
- Wear fibers like cotton that absorb sweat
- Skin brushing



# Detox Bath

- ½ cup baking soda
- ½ cup Epsom salt (or sea salt)
- Essential oils with carrier
- Soak for 10-20 minutes
- Scrub skin with soap on natural fiber brush
- Once per week during detox program and once a month for maintenance

# Fasting

- Allows gastrointestinal tract to rest
- Energy resources dedicated to digestion available for other processes (like detox)
- Good preparation is key
  - Book: “The Miracle of Fasting”
- 3<sup>rd</sup> Day is amazing!



- Juice Fasting Easier
  - Usually pulp is discarded
  - Juice contains antioxidants, enzymes, vitamins
  - Easy to digest
  - Helpful with cleansing

# Friendly Flora Essential



- Probiotics defend the body from pathogenic species of bacteria
- Detoxify chemicals
- Make B vitamins
- Secrete mediators in which pathogenic forms cannot grow
- Secretions from pathogenic organisms create disease
- Replenishing probiotics enhances health and aids in detoxification
- Take probiotics in capsules



# Antioxidants

- Vitamins A, E, & C
- Neutralize free radicals that cause mutations and cellular damage
- Without antioxidants
  - Low energy
  - Detoxification reduced
- Sources
  - Fruits
  - Vegetables
  - Supplements
  - Tonics



# Enzymes

- Enzymes are catalysts that either activate or facilitate a process in the body
- Found naturally in raw foods
  - Destroyed by processing and cooking
- Digestive enzymes break down foods into microscopic particles for absorption
- Sources
  - Raw fruits
  - Raw vegetables
  - Supplements



# Bowel Cleansing

- Major step in health recovery process
- “Death begins in the colon” – Sir Jason Winters
  - Growth of pathogens
  - Acids from rotting food
  - Unreleased toxins can be reabsorbed
- Enemas and colonics wash out long-standing bowel encrustations
- Balanced diet with sufficient fiber
- Herbal combinations speed and ease bowel cleansing procedures



# Bowel Cleansing Options

- Drink water!
- Add psyllium husk powder to water
- Apple juice
- Hydrated bentonite
- Probiotics
- Avoid chemical laxatives
- Herbal laxatives
  - Mild = slippery elm
  - Moderate = cascara sagrada
  - Aggressive = senna and aloes
  - Start S L O W
  - Combinations encourage movement while nourishing tissues



# Herxheimer Reaction

- Body is detoxifying too rapidly
  - Toxins released faster than body can eliminate them
  - Headaches, nausea, vomiting, malaise
  - Healing crisis – must be managed
  - If severe, cut back
- Minimize it
    - Drink lots of pure water
    - Exercise daily
    - Lots of sunshine
    - Don't increase herbals
    - Keep elimination organs open
    - Take detox baths
    - Use aromatherapy (peppermint, birch, wintergreen)
    - Sweat
    - Avoid chemicals



# Plan to Detox

- Disease indicates toxicity
- Open elimination channels before stimulating a detoxification program
- If your body did not detoxify itself, you would die in one day
- Keep your “temple” clean
  - Avoid toxic environments
  - Avoid toxic products
  - Eat organic foods
- Always start with the colon when beginning a cleanse program

# Things that Help Detox

- IonCleanse
  - Pulls toxins from the body
- Frequency
  - Helps increase flow
- Massage
  - Releases toxins in tissues



# Emotional Detoxification

- Why?
  - Life on this planet can be difficult
  - We live with people
    - Insensitive
    - Immature
    - Judgmental
    - Controlling
    - In pain themselves
  - Emotions are powerful enough to affect physical health





# How to Detox Emotions

- Be transparent
- Do not stuff emotions
- Write about how you feel in a journal
- Confide in a good friend
- Pray
- Do something positive that defuses the negative impact
- Counter balance a negative emotion with a positive affirmation
- Know that your feelings and their resulting emotions are valid
- Be an overcomer!



# Spiritual Detoxification

- Why?
  - People teach what they think is truth
  - We get our instruction from other sources that are not THE Source
  - We make many spiritual determinations when we are not mature
  - People hurt us and we blame God
  - We fill the God-shaped vacuum with other things
  - Spiritual toxicity can negatively impact physical health



# How to Detox Spiritually

- Cultivate a personal relationship with the Creator of the Universe
- Thoughtfully examine every “truth” you believe
- Meditate regularly on sacred texts (Bible recommended)
- Write in a journal about spiritual things
- **Simplify**

# Cleansing the 3 Thirds Way

- Good plan
- Good supplements
- Good nutrition
- Good affirmations
- Good habits
- Good results

