

DETOXIFICATION GUIDE

A BASIC AND EASY TO UNDERSTAND BOOKLET FOR PEOPLE WISHING TO LEARN PROVEN METHODS OF DETOXIFICATION AND HOW TO IMPLEMENT THEM

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1. WHY SHOULD WE DETOX?



Our health care professionals would have us believe that our bodies have evolved in a way to cope with the numerous toxins that we are exposed to daily basis. But in the same breath they will tell you that cancer rates are at a rate of 1 in every 3 individuals, and within the next 2 decades will reach 1 in 2. You have seen the stigma on television and in other media sources disputing the need to detox.

But have you heard of “Multifactorial Disease?”

Probably Not!

Many individuals and diseases have an hereditary/genetic tendency towards disease. Such as breast cancer in some women, heart disease and prostate issues in men to name but a few. But these diseases do not just occur, they need a trigger. Our hospital consultants, cancer research establishments and government all know this. The trigger is always TOXINS. To give you a few examples. The nitrates and chemicals used in the Curing of Ham is now proven to increase the risk of “Pancreatic Cancer”.

“Xenoestrogens” chemicals that mimic oestrogen are wreaking havoc and contributing toward ovarian, breast and prostate cancers.

“Cadmium” a very dangerous carcinogenic metal that is found in tobacco is the trigger for many diseases.

“Multi Factorial Diseases” or “Multi Factorial Genetic Mutation” is the number one reason diseases and cancer develop. THAT IS FACT!

PREVENTION IS BETTER THAN A CURE!!!!!!!!!!

2. TYPES OF, AND OUR EXPOSURE TO TOXINS:



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Our bodies absorb toxins in many ways. If we can smell it we absorb it. If we touch it or bath in it, we absorb it. We eat and drink them. They are impossible to eradicate from our lives. They fall from the skies in the rain. We deliberately apply them to our bodies.

Household chemicals

Cosmetics

Deodorants

Exhaust Fumes

Drugs

Smoking

Industrial Waste

Paints and solvents.

Pesticides

Heavy metals include – mercury from fillings, aluminium, cadmium, lead, copper imbalances.

It is impossible for even our Organic Foods to be toxin free.

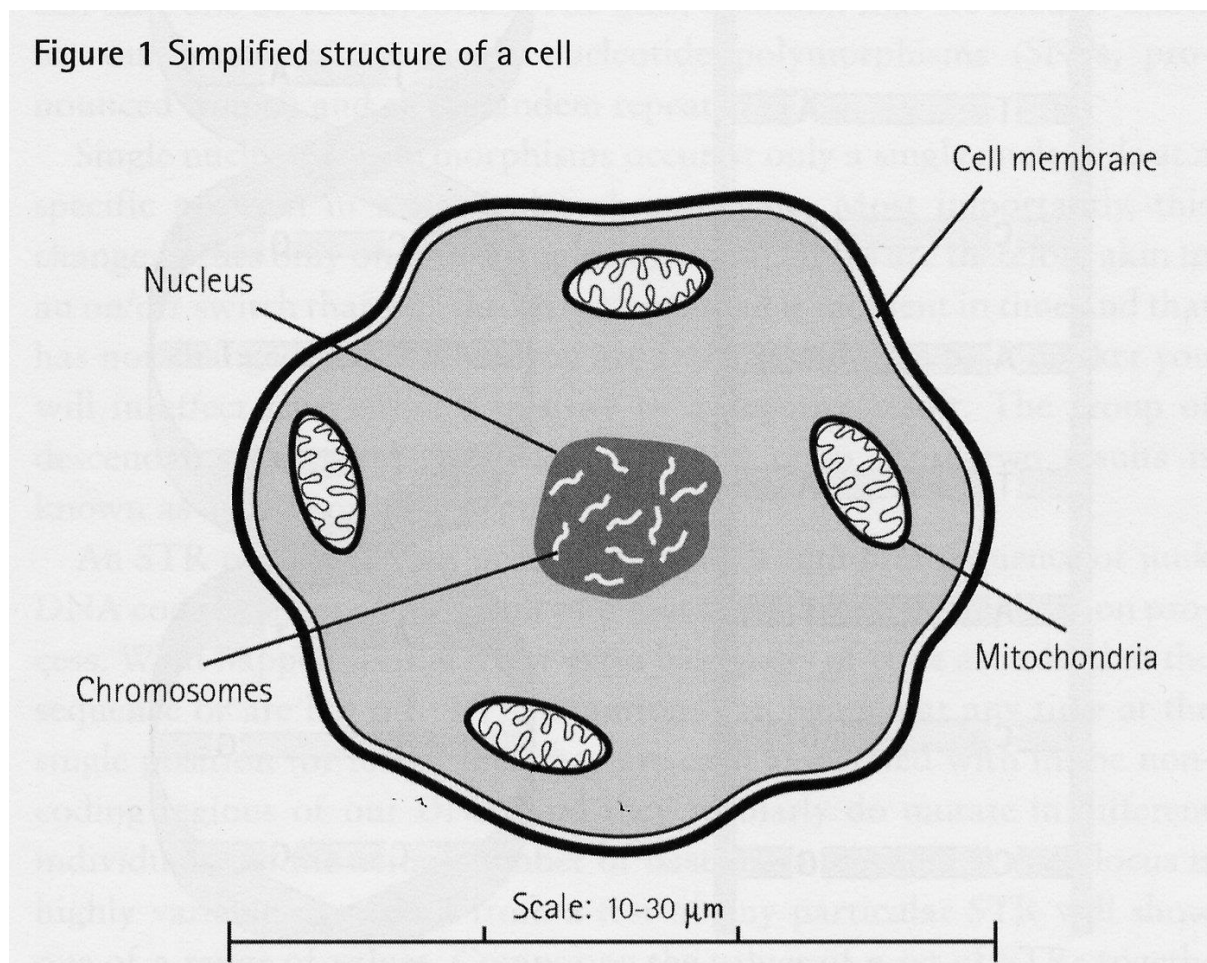
Symptoms may include: insomnia, pain, liver issues, candida, parasites, boils, spots, brain fog, muscle twitches, palpitations, fatigue, digestive issues, hormonal imbalances, sharp testicular pain, renal colic, food sensitivities, IBS, compromised immune system, dry skin and eczema, hypertension. **This list goes on.**

OUR HEALTH CARE SYSTEMS TREAT TOXEMIA WITH DRUGS TO ELEVATE A SYMPTOM.

3. BASIC PRINCIPLES OF THE HUMAN “CELL” AND “OSMOSIS”

ORGANELLES (STRUCTURES OF A CELL)

Figure 1 Simplified structure of a cell

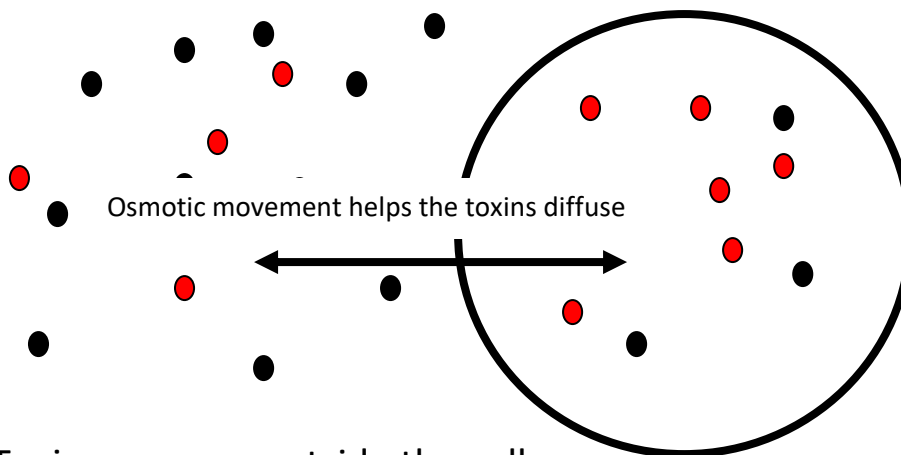
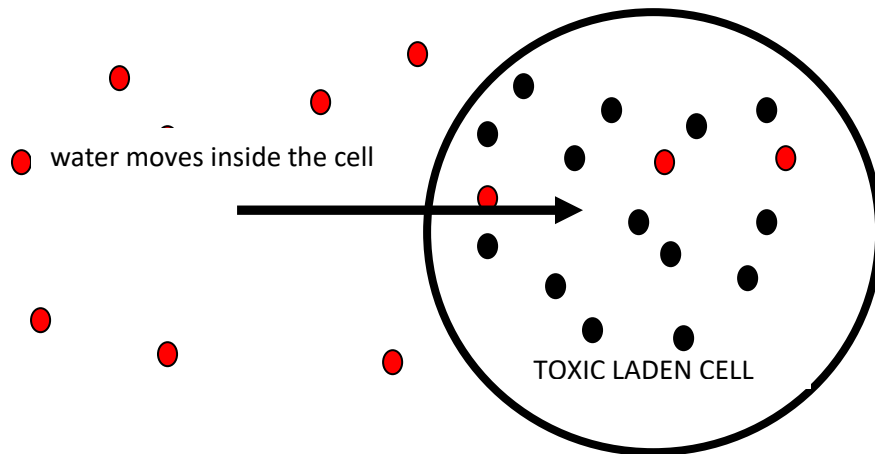


NUCLEUS – Central Part of the cell containing the **CHROMOSOMES**.
The Chromosomes consist of Hereditary Factors ie. DNA.

MITOCHONDRIA – Known as the power house, is responsible for producing Adenosine Triphosphate (ATP) the energy carrying molecule.

CELL MEMBRANE – Semi permeable membrane protects the cell and regulates movement of substances in and out of the cell.

OSMOSIS – is the passive movement of water from areas of high concentration through a partially permeable membrane. Allowing chemical levels inside and outside the cells to be equalised.



Toxins are now outside the cell

Cellular Respiration – when oxygen is inhaled into the lungs, absorbed into the blood and then arrives in the cell, the oxygen and glucose react to create carbon dioxide, water and ENERGY.

If this process is impeded when cell becomes loaded with toxins and the transportation of water, nutrients and glucose fails –

DISEASE WILL INEVITABLY BE THE RESULT!!!!!!!

4. OUR ELIMINATION PATHWAYS AND ORGANS



So now we understand a little more about toxins and how they gain entry. What about how they are expelled.

Bowels: are the obvious response to this question, bacteria, food waste and toxins are all expelled via the bowels. If the bowels are sluggish and an individual is constipated the term AUTOINTOXIFICATION becomes relevant. More on this under liver.

Liver: the most important detoxification organ, responsible for hundreds of functions. Detoxification being one of them. Toxins that the liver wishes to expel are done so via the BILE. This bile gets dumped into the duodenum and onto the small and large intestines for elimination with the bowel movement. If the bowel transit is slow and the individual is constipated or not opening there bowels daily this risk of these toxins being reabsorbed back through the intestinal wall increases. This is AUTOINTOXIFICATION. Bile salts are also reabsorbed via the same process, this is sometimes known as the theoretical BILE LOOP. WHEN WE DETOX, A GREAT DEAL OF FOCUS MUST BE PAID TO THE LIVER AND BOWELS.

Skin: the largest organ of the human body, many toxins are eliminated via this organ. Often the power of the skin to detoxify is underestimated. The skin is also a major issue for the ABSORPTION of toxins and not just the elimination. AGAIN, GREAT FOCUS IS PAID TO AIDING THE SKIN ELIMINATE DURING DETOXIFICATION.

Lymphatic System: A run in parallel with cardiovascular system, but the lymph system does not have a pump. This system relies on the movement of our body, muscular contractions, respiratory movement and digestive peristalsis. The lymphatic system is involved in the elimination and destruction certain foreign bodies and bacteria. It does this via lymph nodes that trap and then encapsulate foreign particles with **lymphocytes (killer cells of our immune system)**.

Kidneys and Urine- a pretty obvious response but very often people buy into products and methods that claim to cleanse the kidney. The kidneys maintain ELECTROLYTE balance, maintain pH balance (hydrogen ions), eliminate certain waste by products, eliminate unused nutrients such a water soluble vitamins like B vitamins and vit C to name a few.

Lungs – VERY OFTEN OVERLOOKED - if the lungs didn't eliminate carbon dioxide and water vapour we would all be dead. But I cannot stress enough that good quality fresh air and exercise are vital to improve oxygenation of our blood and help improve cellular respiration and detoxification.

5. OUR WATER QUALITY – DISTILLED WATER AND DIFFUSION.



Water makes up more than two thirds of human body weight, and without water we would die in a few days. The human brain is made up of 95% water, blood is 82% and lungs 90%. A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic maths, dark and smelly urine, difficulty focusing on smaller print. Mild dehydration is also one of the most common causes of daytime fatigue.

Water quality even in well developed countries is still to this date a very controversial issue. Drinking water that we obtain from our taps is processed from wastewater and raw sewage. Because of this, great efforts are made to ensure, via filtration and chemicals that no health hazards exist. So, as a result of this chlorine and fluorides are added to safeguard its consumers. When we turn on our taps, we are drinking chlorinated water. That is fact!

Chlorine is a highly efficient disinfectant, and it is added to public water supplies to kill disease-causing bacteria that the water or its transport pipes might contain.

Chlorine introduced into the water supply can react with other naturally occurring elements to form toxins called trihalomethanes (THMs), which eventually make their way into our bodies. THMs have been linked to a wide range of human health maladies ranging from asthma and eczema to bladder cancer and heart disease.

Chlorine has done its job immediately you turn on your tap, it is not used nor needed by the human body. My main concern with chlorine is the effect it has on the digestive system and its ability to kill bacteria in the digestive tract. It does not discriminate; it kills beneficial bacteria in the bowels as well as the bacteria in water that it intended for. But now, the “World Health Organisation” is warning that low concentrations of Pharmaceutical Drugs are being detected. These drugs enter the water chain via urine and excreta, out of date products are discarded via the toilets, with poorly controlled pharmaceutical manufacturing and production facilities allowing waste to enter local water courses. How many women are on the contraceptive pill? How many women are on hormone replacement therapy?

Rainwater flushes airborne pollution from the skies, and then washes over the land before running into the rivers and lakes that supply our drinking water. Any and all chemicals generated by human activity can find their way into water supplies.

In my clinic I distill tap water and keep the residue to show clients. You certainly would not consider drinking this residue because the smell and color are without doubt a little concerning to say the least. We need to remove the chlorine to enable re-population of the digestive tract with Beneficial Bacteria, and for the very important process of DIFFUSION to occur as easily as possible.

Distilled water is as pure as can be achieved, remember OSMOSIS is the movement of water from low chemical levels to higher chemical levels. **Note !!! DIFFUSION does not differentiate between chemicals and minerals, distilled water is pure H₂O. Tap and mineral water is not.**

6. PHASE 1 - CHANGING DIET, LIFESTYLE, USE RAW FOODS – FRUITS AND VEGETABLES



Detoxification for the newcomer can be thwart with pitfalls and barriers and as a result must be taken slowly. Feel your way through the process but do not jump straight into fasting and juicing from day one.

Look at your lifestyle and environment. Change all cosmetics and household cleaning products to natural where possible. Stop spraying ALUMINIUM laden deodorants under your arms and use Bicarbonate of Soda solution instead. **If possible use organic, but do not be put off if you can't afford it. Use conventional.**

Distil or at a minimum filter ALL water that is consumed.

START EATING – A VEGAN TYPE DIET: protein quality is currently at an all-time low and for a short period of a few months meat abstinence will do you no harm. Fruits and vegetables must form the main part of all meals. Eaten Raw if possible: raw foods are enzyme dense, enzymes aid with digestion and absorption and even have a cleansing effect on the bowels, helping with bowel motability and digestive transit. Enzymes support, and are necessary for the many biological processes that take place in the human body.



Spend this first few two or three weeks adjusting to your new lifestyle and more importantly, you need to be working towards obtaining at least 1 or 2 bowel movements daily. THIS IS VITAL. Start taking a probiotic supplement daily on an empty stomach. **Jarro-Dophilus EPS (Enhanced Probiotic System)** would be my choice for this purpose, shop around and see what prices you can find.(eBay is cheap). Take **2/day and DO NOT STOP.**

Chlorella: is a micro-algae that is naturally occurring, a whole food rich in many phytonutrients, some of which have been identified but many of which are still unknown. A group of elements referred to as chlorella growth factor, or CGF, are believed to be one group of compounds in chlorella that give it its health-promoting ability. Chlorella stimulates the growth of friendly bacteria, which in turn has the probiotic effect of strengthening gut flora and resisting disease. In essence it is a prebiotic (food for the friendly bacteria). It also is a very effective chelator of heavy metals. I can concur it's effectiveness in the use of eliminating constipation, it is probably the number one supplement I recommend in all bowel issues.

Take 4 x 500mg tablets with each meal of the day. Chlorella is widely available on eBay and other internet sites. Also available, but at very high prices, in high street health foods shops.

IT IS VITAL BEFORE MOVING ON THROUGH THE PROCESS THAT BOWEL FLORA IS NORMALISED. BOWEL FUNCTION HAS REACHED A MINIMUM OF DAILY MOTION, TWO ARE IDEAL .

IF CANDIDA IS SUSPECTED THEN A CONSULTATION MUST BE SOUGHT AND A SEPARATE TREATMENT PLAN WILL BE REQUIRED.

COLONICS AT THIS EARLY STAGE ARE RECOMMENDED IF BOWEL ISSUES EXIST. SEEK ADVICE.

Hemp Seeds and Seed Oil - Essential fatty acids are some of the "good fats" that your body needs for healthy performance. 'Essential' designates these fatty acids as ones that are not made by the human body, and therefore must be replenished through food. These fatty acids are responsible for regulating cell function. They maintain the integrity of cellular walls, and allow transference of waste and water.

Hemp Seed Oil - 3 teaspoons of oil daily. (DO NOT STOP)

These changes are essential and are the initial building blocks for further development and success of any detox regime. You need also to be introducing EXERCISE to your lifestyle at this stage if not already undertaken.

7. BOWEL & LIVER CLEANSING



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BOWEL ALWAYS FIRST:

Many methods exist, products sold to aid with the cleansing of the bowel. Like it or like it not irrigation by water is always best employed at some stage. Colonic irrigation first or home enema's used in conjunction with other protocols. "Digestive Enzymes" when taken on a completely empty stomach instead of digesting the food for which they are intended start to break down mucus build up and compacted pockets of faecal matter. As this process progresses Clay Water (Bentonite) and sometimes "Psyllium Husk" are added to the regime. Water irrigation is then applied to enhance to whole process. Many people resist this but please research the issue. The results attained via the use of irrigation are greatly enhanced.

DIGESTIVE ENZYMES –



Both the enzymes above are broad spectrum vegan products, both are effective. Shop around and buy accordingly. You will need between 12 to 16 tablets daily. (up to 80 tablets for a 5 day bowel cleanse).

CLAY WATER DRINKS



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Bentonite clay is composed of aged volcanic ash found in different parts of the world and has been used in treating medical conditions since earliest recorded history. The largest and most popular deposit is found near Fort Benton, Wyoming - hence the name bentonite clay.

Clay is extremely absorbent, so it draws toxic substances and swells to many times its size in water. Various toxins drawn by clay are pathogenic viruses, herbicides, heavy metals, pesticides, radioactive substances, and parasites.

Always mix clay in water before consumption: In a glass jar or shaker add 1 LEVEL TEASPOON of clay to 8 fl oz of water, shake vigorously before drinking. Always try to take the drink on an empty stomach. NEVER USE CLAY DRINKS IF CONSTIPATION IS PRESENT. RECTIFY BOWEL ISSUE FIRST. REFER TO CHAPTER 6.

WHEN using the clay drinks during juice fasting. i.e no solid foods are being consumed then add to the clay drink 1 LEVEL TEASPOON of **psyllium husks**.



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WATER IRRIGATION – COLONICS AND ENEMAS

Colonic irrigation – although this may be costly and not at times be practical, colonic irrigation is more efficient at getting higher around the colon to the **ileocecal valve**. Water irrigation is not just used to cleanse the bowel during a bowel cleansing phase but is also used when appropriate to ease any cleansing reactions that may occur during detoxification regimes. Water irrigation of the colon greatly supports the liver in its elimination role (more on this later).

Home enemas –



The water used in enemas should at a minimum be filtered. Boiled and cooled to approx body temperature. The top of the bag should be approx 3 ft of the ground. Lubricate the tip.

The colon holds approximately 2 and a half litres of water. The enema bags shown also hold the same. Therefore the goal would be

to fill the enema bag and inject 2 litres of water to ensure to start, the full length of the colon can still be reached and cleansed with this volume. This will take quite a while as you will continually have to stop and release water has solid matter is slowly removed during the process. Don't be disappointed if you can only get a litre in, it's a start.

Massage your abdomen wherever possible during the process.

What to expect: well who knows but it is not uncommon especially when juice fasting has been used when bowel cleansing to see this:

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Mucoid Plaque:



5 DAY BOWEL CLEANSE PROTOCOL



a. BOWEL CLEANSING WHILE EATING SOLID FOOD:

Between meals on an empty stomach take **4 enzymes midway through EACH meal interval**. So, if you eat meals at 8:00 am and 1:00pm for instance take the enzymes at around 10:30. 3 MEALS A DAY TAKE 12 ENZYMES IN TOTAL. 4 MEALS TAKE 16 ENZYMES IN TOTAL.

Half an hour before each meal take the Clay drink **without** the psyllium husks.

FINISH EACH OF THE FIVE DAYS WITH A HOME ENEMA OR A COLONIC. OR IF NOT, MAKE SURE YOU GET A COLONIC AT THE END OR AFTER THE TOTAL 5 DAY CLEANSE.

NEVER STOP TAKING THE CHLORELLA AND PROBIOTICS AS PER CHAPTER 6. THROUGHOUT ANY DETOX REGIME.

b. BOWEL CLEANSING WHILE JUICE FASTING – cleansing the bowel while juice fasting is the ultimate way to attain maximum benefits. Follow the above protocols but add psyllium husks to the clay drink. Add one level tea spoon of husks to the drink.

Take the enzymes between juice drinks as above. You will be taking 16 enzyme tablets per day on this protocol. TAKE THE CLAY DRINKS HALF AN HOUR BEFORE JUICE DRINKS JUST AS ABOVE. **WATER IRRIGATION DAILY FOR MAXIMUM RESULTS.**

LIVER CLEANSING - ALWAYS AFTER THE BOWEL

Herbs:

Milk Thistle Seed extracts and Tinctures – Milk Thistle is without doubt the number one herb for liver health. It helps normalise function and has a protective roll also to play. It is the herb that helped me regain liver health from serious liver disease. When detoxing, take it and do NOT STOP only to purge the liver. It would be my advice for anyone trying to combat disease including cancers to use this herb.

Other Cleansing Herbs to consider for liver health:

Artichoke - The Artichoke leaf has been shown to improve liver function and help lower cholesterol levels. It does so by improving bile flow and as result aids in digestion. It is its property to encourage bile flow that has the cleansing effect on the liver.

Blue Flag Root - Blue flag is a powerful hepatic (liver) stimulant. It will clear the bile ducts of catarrhal obstructions and restore the normal flow of bile.

10 DAY LIVER CLEANSE – Liver Cleanse Drink

This protocol is best used (but optional with Herbs on page 17). At a minimum you must use Milk Thistle in conjunction with this protocol. As a guide only do this for 10 consecutive days then rest for 10. But you will adapt this as you see fit as you start to understand and feel what your body needs.

You will need:

- 1 Empty **Jam Jar or drinks container** with a lid to mix and shake the drink in.
- 2 One bottle of raw **unpasteurised apple cider vinegar with mother** (Bragg – is a brand widely available on the internet) – this is composed mostly of acetic acid and malic acid . Acetic acid has been shown to have the ability to protect our liver cells; research is studying its effect on liver tumours. These trials are still taking place in animal studies, but are showing promising results with minimal side effects.
- 3 **Organic lemon Juice** or the juice from freshly squeezed lemons.
- 4 Cold pressed **olive oil**.
- 5 **1 bottle of 100% Pure Organic–Lemon Essential Oil (10ml)** - this encourages bile secretion. • Antibacterial qualities of Lemon Oil also benefit the liver • Aids liver function. • Boosts metabolism. • Helps decongest a toxic liver. • Reduces toxin build up in fat cells. • Supports bile flow. • Assists in weight reduction by stimulates the lymphatic system.
- 6 **Bottle of 100% Pure Organic– Peppermint Essential Oil (10ml)** this helps clear the liver of toxins. • Helps with lymph flow and drainage. • Assists in overcoming digestive upsets, flatulence, nausea and vomiting.

- 6 **Apple juice** – your choice, but a good quality one. (fresh is best)
- 7 Milk Thistle at a minimum: follow instructions on the products you chose to use.

Directions: (In the morning on an empty stomach)

To the jam jar add: 2 table spoons of cider vinegar, 2 table spoons of lemon juice, 2 table spoons of olive oil, 2 **DROPS** of lemon essential oil, 2 **DROPS** of peppermint essential oil. Top up to about 4 to 6 fl oz with apple juice, shake well and drink. **Wait one hour before consuming breakfast, if on solid foods. If taking coffee enemas also, wait 2 hrs after “Liver Cleansing Drink” before administering enema.**

THIS CLEANSE IS ENHANCED WHEN A COFFEE ENEMA IS TAKEN 2 HRS AFTER THE CLEANSING DRINK. KEEPING THE STOMACH EMPTY UNTILL AFTER THE COFFEE ENEMA

IMPORTANT – NEVER USE ESSENTIAL OILS FOR INTENAL USE UNLESS ADVISED IT IS SAFE TO DO SO! RESEARCH ! PURE, ORGANIC ARE ESSENTIAL.

THE COFFEE ENEMA



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The coffee enema is regarded as the royal treatment for liver toxicity. Coffee greatly enhances the effectiveness of a colonic and home enema, in removing circulating toxins. When used in a retention enema (retain for at least 15 minutes), it dilates the bile ducts in the liver, causing the liver to release bile. In addition some fluids are absorbed through the bowel wall during the colonic, diluting the hemorrhoidal and then the hepatic portal blood which goes into the liver and dilutes the bile, causing the bile to flow more readily.

Considerable research also shows that the substances found in coffee – kahweol and cafestol palmitate promote the activity of the enzyme systems within the liver, which is capable of removing free radicals from the blood stream. When the coffee enema is retained the liver filters the blood of the entire body every three to four minutes much more effectively. Hence retain the coffee for 16 mins

DIRECTIONS - Using same equipment as home enema's.

You will need 1 litre of distilled or filtered water (300ml boiled, rest cool) for instant coffee, and 1 and a quare litres of water (boiling for ground coffee)

Glass (Pirex) Jug 1ltr or larger

Organic instant coffee or Organic Ground Coffee. (if budget is an issue use the best coffee within your budget, do it rather than not).

Add 4 heaped **table** spoons of coffee to the 300ml of boiling water. Mix and **cool down to body temperature** adding the remaining water. For Ground Coffee - boil, cool, filter 4 table spoons coffee in 1.1 lts of water. This should yield about 1 litre of liquid.

After clearing the colon with enema or colonic, add the coffee preparation to enema bag, release into colon, retain for 16mins.

8. EXERCISE AND THE LYMPHATIC SYSTEM.



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The lymphatic system is an extensive drainage system that returns fluid and proteins from various tissues back to the bloodstream. It is comprised of a network of ducts, called lymph vessels or lymphatic's, and carries lymph, a clear, watery fluid that resembles the plasma of blood. Some scientists consider this system to be part of the blood and circulatory system because lymph comes from blood and returns to blood, and because its vessels are very similar to the veins and capillaries of the blood system. Throughout the body, wherever there are blood vessels, there are lymph vessels, and the two systems work together. However the significant difference is this, our **circulatory system has a pump**, the Heart, and the **lymphatic system does not**. Our lymph system relies on movement, the contraction and relaxation of our muscles to help squeeze this fluid around our bodies. Bearing in mind the lymphatic system is predominantly involved with immune function, we may now see that living a sedentary life style and being a couch potato has many more ramifications other than weight gain. Our immune system is also reliant on our movement and exercise choices. It is impossible for us to be truly healthy without a flowing lymphatic system.

Possible Symptoms of a toxic congested lymph system include:

- Swelling of the body - WATER RETENTION
- Rings tight on the fingers
- Ankles swelling
- Breast soreness or swelling

- Rashes or itchiness on the body
- Sore muscles
- Sore throats
- Allergies
- Headaches
- Fatigue
- Swollen glands and tonsils.
- Puffy eyes and dry skin.
- Skin eruptions
- Decreased immunity & DISEASE INCLUDING CANCERS.



Exercise and movement are essential to keep the muscles contracting against the lymph vessels. Vibration plates you now find at many Gymsnasiums are ideal.

“Lymphatic Drainage Massage” is also a great alternative, find a local masseuse who is familiar and trained in the technique. These are invaluable in the initial stages of treatment and great as a preventative measure also. Great for enhanced detox also.

The Herb “Cleavers” (Galium aperiine) is indicated for this issue, take a total of 60 drops per day, that is 2 x 30 drops spread over the day, or 3 x 20 drops. CLEAVERS MAKES A VALUABLE ADDITION TO THE BENEFICIAL HERBS WHEN DETOXIFICATION REGIMES ARE BEING FOLLOWED. Widely available at the time this document was written.

EXERCISE ALSO IMPROVES OUR METABOLISM, INCREASES BODY HEAT AND MAKES US SWEAT. MANY TOXINS ARE EXPELLED VIA PERSPIRATION MAKING EXERCISE ESSENTAIL FOR DETOXIFICATION.

REDUCTION OF OUR FAT CELLS (ADIPOSE TISSUE) ALSO REDUCES THE KEY BINDING SITES FOR TOXINS – LOSING WEIGHT DETOXIFIES!

9. DRY SKIN BRUSHING AND EPSOM SALT BATHS



The skin is the most underestimated elimination organ of our bodies. It is very often ignored during detoxification protocols but can rescue an individual very quickly from detoxification reactions. (more on this later).

Dry skin brushing, or in the beauty world, exfoliating is an essential part of detoxification protocols.

The objective is not just to brush away dead skin, but to stimulate and dilate the millions of blood capillaries under the surface of the skin, thus improving blood flow.

DRY SKIN BRUSH DAILY (Your entire body)

EPSOM SALT BATHS (MAGNESIUM SULPHATE) –

DIRECTIONS – Dry skin brush before the bath, Add 2 cups of Epsom salts to a bath that should be as hot as you can stand., get in. Once used to the temperature add more hot water. Sipping

hot herbal tea in the bath also helps increase perspiration. Submerge head and all body parts. After 10 to 15 mins stand up slowly (you will be dizzy), wrap yourself in towels, even around your head. Put on dressing gown and go and lie down to sweat. (relax). When relaxed and perspiration has stopped, take a cool shower to wash away excreted toxins and to contract the capillaries of the skin.



THESE BATHS CAN BE TAKEN EVERY OTHER DAY OR WHEN REQUIRED. TWICE A WEEK AT A MINIMUM.

SAUNA'S IF YOU HAVE ACC

10. MEAL REPLACING WITH ACIDIC AND MINERAL DENSE JUICES



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So why is juicing used to detoxify? Simply the sheer volume of nutrients taken in during a juice drink is far far greater than if one consumed a solid meal. The other benefit is that it allows better bowel cleanse results and also, but very importantly, it allows the digestive process to rest. The energy that the body then uses for digestion is more readily available to be used for the detoxification process. The body simply starts to clean up its own house.

Each meal is replaced by 500ml of juice split into 250ml servings. So, one meal is replaced by two juice drinks. JUICE IS EXTRACTED USING A CENTIFUGAL JUICER THAT SEPARATES JUICE AND PULP.

Now to understand the role of certain food types – it is acids within our food that cleanse the cells, when used with pure water (Malic Acid, Citric Acid and Ascorbic Acid). When adjusting diet and adding juices instead of solid meals the acid containing foods will be added slowly and gently. Lemons and Limes, Sour Green Apples and Oranges.

A toxic congested Cell will not take in minerals very readily (remember Osmosis). So we start to slowly add acidic juices to the protocols. Eventually when you become experienced, when juicing, you will need to spend a few days on acid juices only (cleansing phase) followed by several days on mixed vegetable juices that are

extremely nutrient dense (rebuilding phase). Vary the vegetables, try for 4 or 5 different coloured vegetables daily. This is when detoxification becomes more advanced and progresses with your experience and knowledge. START SLOWLY.

11. PUTTING IT ALL TOGETHER IN A PLAN



	Example for Beginners				Example for Further Advanced			
	WK1	WK2	WK3	WK4	WK1	WK2	WK3	WK4
Pure water Ch.5 Page. 8	YES	YES	YES	YES	YES	YES	YES	YES
Chlorella Ch. 6 Page.11	YES	YES	YES	YES	YES	YES	YES	YES
Oils Ch.6 Page.11	YES	YES	YES	YES	YES	YES	YES	YES
Probiotics Ch.6 Page.10	YES	YES	YES	YES	YES	YES	YES	YES
Herbs Ch. 7 & 8 Page.17 & 22	YES	YES	YES	YES	YES	YES	YES	YES
Exercise Ch.8 Page.21	YES	YES	YES	YES	YES	YES	YES	YES
Vegan Meals/Day Ch.6 Page.10	3	2	1	2	1	0	1	2
Mixed Juices/Day Ch.10 Page.24	1	2	3	2	3	2	3	4
Acidic Juices/Day Ch.10 Page.24	1	2	3	2	3	6	3	0
Daily Skin Brush Ch.9 Page.23	YES	YES	YES	YES	YES	YES	YES	YES
Epsom Salt Baths Ch.9 Page.23	YES	YES	YES	YES	YES	YES	YES	YES
Bowel Cleanse Ch.7 Page.12			YES			YES		
Liver Cleanse Ch.7 Page.17				YES			YES	

AS YOU BECOME EXPERIENCED AND BEGGIN TO UNDERSTAND YOUR OWN BODY THEN START TO BUILD YOUR OWN PROGRAMME TO MEET YOUR INDIVIDUAL NEEDS. MEET AND SPEAK ABOUT YOUR EXPERIENCES WITH OTHERS, SHARE YOUR STORY.

12. DETOX REACTIONS AND CLEANSING FROM WITHIN.



WHAT TO EXPECT - Remember we are now attempting to cleanse ourselves of many toxins that have the potential to cause many diseases and symptoms. We are NOT treating a symptom with drugs, we are trying to eradicate the cause of the symptom. As a result of toxins being drawn from organs and tissue, at times one can experience unpleasant reactions, reactions to a sudden increase of toxins being drawn back into the blood.

Detox reactions include – acne, rashes, head ache, severe fatigue, brain fog, fever, strange tastes in mouth, insomnia, bad wind, smelly bad wind, sharp pains (kidneys and testicles, these can be indicative of heavy metals), dizziness, and incoherence (again signs of heavy metals). DO NOT BE PUT OFF.

WHAT TO DO! You now have an armoury procedures to deal with these situations. Support your eliminations organs – take a liver cleansing drink, coffee enema, epsom salt bath and even clay drinks can all be used outside of the programme as and when called upon.

A HEALING CRISIS – is the body retracing old aches and pains. If you for instance have a pain that intermittently arises in a part of the body, as this heals, expect the pain to increase and be much, much

more prolonged. Viruses can even raise their ugly heads once more, this is not a time to regret but a time to rejoice as cleansing and healing is truly being experienced at a deep level from within.

TO CONCLUDE:



HOPE YOU FIND THE BOOKLET USEFULL AND ENCOURAGE OTHERS TO DETOX – DETOXIFICATION IS A COMPLEX PROCESS, THAT BY NOW YOU SHOULD UNDERSTAND.

PLEASE NOTE: HEAVY METALS ARE NOT COVERED IN THIS GUIDE AS MANY PITFALLS EXIST WHEN CONSIDEREING HEAVY METAL REMOVAL. PLEASE CONSIDER DIRECT SUPERVISION WHEN APPROACHING THIS ISSUE!



PLEASE OBSERVE THAT COPY RIGHTS HAVE BEEN REMOVED FROM THIS DOCUMENT. PLEASE SHARE AS YOU SEE FIT. It's an introduction and the start of your journey TO REGAIN HEALTH. WHY NOT SHARE IT.