

The Detox & Cleanse mini-manual

10 Effective Ways to Detox & Cleanse



Peter and Beryn Daniel



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Contents

Disclaimer	1
Introduction	2
Chapter 1: Why Cleanse?	3
Chapter 2: Toxicification	4
Chapter 3: The Poisons of the Palate	6
Chapter 4: You are what you eat	7
Chapter 5: 10 Effective ways to Detox & Cleanse	15
Chapter 6: Daily Cleansing Program	30
Chapter 7: Detox Symptoms	31
Chapter 8: The Benefits of Cleansing & Detoxification	33
Chapter 9: Extra Cleansing Tips	34
Chapter 10: After Cleansing	35
Recipes	36
Final Note	39
Resources	40

Disclaimer

The information in this book is not intended as medical advice and is not intended to replace the relationship that you have with your primary health care provider. Any decisions you make with regard to your food or supplement choices should be made with the one-on-one help of a qualified health care provider.

Introduction

Congratulations, you are one amongst many who are searching and researching, looking for new answers.

The questions stem from a deep place of intuitive knowing - most likely you have become aware of the fact that to be healthy and happy is our birthright. Yet, in practice it is very difficult to be happy, if you are not healthy. So once again, congratulations for being one of those people who have decided to take back responsibility for your own health.

The wonderful thing about questioning is that new ideas will find you, and:

'A mind once stretched by a new idea, never returns to its original dimensions.'

This book is a compilation of many simple ideas and explanations that we have discovered on the topic of cleansing and detoxification.

Cleanliness is next to Godliness. Inner cleanliness is paramount. If you beautify yourself from the inside eventually and inevitably that radiance will be infused into every cell of your body and will ooze out of your pores shining and visible on the outside for all to see.

Radiant health, clear skin, sparkling eyes, abundant joy and happiness are just some of the 'by-products' that we have experienced from venturing down this road. Enjoy the journey!

This book is simple and easy to understand. We have eliminated as many of the big nutrition-speak words that we can. Having come to health and nutrition via the catering and cheffing world we know how overwhelming all this new information can seem at first. Fortunately what you will find is that once you get a grasp of the core concepts – it's nearly all common sense!

Our hope is that you will be able to zip through this book in a few hours and then, equipped with this new information you can begin to make better choices. By putting this new information into action you will begin to feel the results for yourself and become even more knowledgeable about your own body and health through your own experiences.

Chapter 1:

Why Cleanse?

No matter what the disease – the road to health begins with cleansing and detoxification. It would not be an understatement to say that your digestive system is the cornerstone of your overall health.

The food that we eat does not just randomly affect us, it becomes us. It is the primary thing that affects our health. Every culture and religion the world over has within it, the understanding that YOU ARE WHAT YOU EAT. To this you can also add – YOU ARE WHAT YOU DRINK.

The truth is that taking responsibility for your health means taking responsibility for what you put in your mouth. You control the quality of your blood, the quality of your bones, lymph, muscles, skin, hair, nails and ultimately the quality of your life by what you choose to eat and drink. It's that simple. Your body is like a state-of-the-art Ferrari that is designed to run on the highest quality fuel. If you put inferior fuel into its engine it coughs and splutters – never performing at its true potential – how frustrating!

So, what is this high quality fuel that we are meant to be putting into our beautiful bodies? This is where all those conflicting ideas about nutrition and health start to derail us. Again it's really simple and it's common sense – the answers lie with nature and the foods that she provides to us in abundance.

But more about that later, first we need to understand how we toxify our body systems.

“Infirmity and sickness, at any age, is the direct result of loading up the body with food which contains no vitality, and at the same time allowing the intestines to remain loaded with waste matter.”

Dr. Norman Walker , inventor of “juicing”

“Think not that it is sufficient that the angel of water embrace you outwards only. I tell you truly, the uncleanness within is greater by much than the uncleanness without.

And he who cleanses himself without, but within remains unclean, is like to tombs that outwards are painted fair, but are within full of all manner of horrible uncleanness’ and abominations.”

Jesus, according to “The Essene Gospel of Peace”

Chapter 2:

Toxification

How do we toxify our bodies?

People living in city environments are subjected to and exposed to many forms of toxins. These toxins can and do accumulate in the body, threatening the health of the entire system in the form of disease.

Our process of toxification is not only limited to physical toxins, our mind and emotions play a big part in our toxic burden as well.

What we think & feel

Habitual thoughts are expressed through your lifestyle and actions. People are masters at keeping themselves stuck and intoxicated with negative self-chatter. Thinking positively is one of the most powerful tools for transformation available to us. Your thinking affects your attitude, which determines your results. If your thinking is in order and flows from the heart your world will be an extraordinary place to live.

What we see

Our eyes are constantly bombarded by imagery through media. TV is likely the primary source of perceptual clutter. We literally form our worldview by what we see – what are you looking at most of the time?

Violence, anger, deceit or mountains, trees, plants, the ocean?

Give away the TV. You don't need it. It clutters your mind.

"If the doors of perception were cleansed every thing would appear to man as it is, infinite."

William Blake

What we hear

Listen to what you talk to your friends about. Are the topics constructive, helpful, open, and loving or are you indulging in gossip? Gossip is one of the primary ways we lose energy and self-respect. By talking about others negatively behind their backs we invite negativity into our lives. We are actually all connected. Those you talk about KNOW your deceit at a subconscious level.

What we physically absorb

Our bodies are an extension of our environments. The following toxins and poisons affect and toxify us at a cellular level and begin to disrupt the proper functioning of our cells.

- Highly processed, denatured foods
- Food chemicals
- Pesticides, fungicides, herbicides
- Pollution
- Household chemicals
- Body 'care' products
- Dental fillings and other dental intervention
- Pharmaceuticals

to name but a few.

Since 1950, at least 70,000 new chemical compounds have been invented and dispersed into our environment. Only a fraction of these have been tested for human toxicity.

*Herbert L. Needleman, M.D., Philip J. Landrigan, M.D.,
Raising Children Toxic Free*

Of the chemicals found in personal care products: 884 are toxic, 146 cause tumours, 218 cause reproductive complications, 778 cause acute toxicity, 314 cause biological mutations, 376 cause skin and eye irritations.

United States House of Representatives Report, 1989

Recent studies indicate that of all the toxic chemical residues in the American diet, almost all, 95% to 99%, comes from meat, fish, dairy products and eggs.

John Robbins, Diet for a New America

Chapter 3:

The Poisons of the Palate

An area that needs to be expanded upon is the large area of toxin exposure through the ‘foods’ we eat. These are types of highly processed foods that are also highly sprayed, chemicalised, denatured and altered so that they bear little or no resemblance to the original food they came from. Here is a list of the primary offenders:

1. Trans Fats
2. White Refined Sugar
3. White Refined Flour
4. Dairy
5. Soya
6. Fizzy Drinks
7. Artificial Sweeteners
8. Alcohol
9. Coffee

Although these foods make up the bulk of many peoples diets they are in fact not appropriate for health and over time lead to disease. For further reading on what makes them toxic to our bodies please read through our ebook entitled *The Poisons of the Palate* which is a compilation of articles and documents from various sources on the topic.

“Dis-ease symptoms are an effort of the body to eliminate waste, mucus and toxemia. This system assists Nature in the most perfect and natural way. Not the dis-ease but the body is to be healed; it must be cleansed, freed from waste and foreign matter, from mucus and toxemia- accumulated since childhood.”

Professor Arnold Ehret

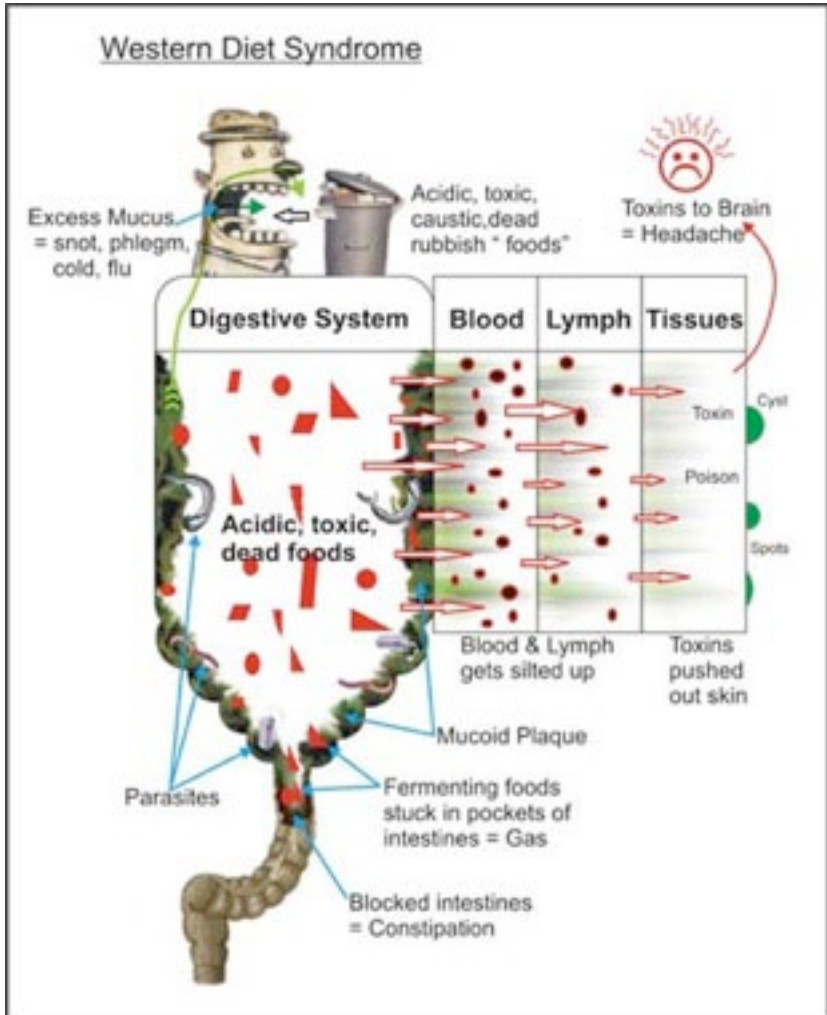
For further reading on this, visit:

<http://www.soaring-free.com/files/The-Poisons-of-the-palate.pdf>

Chapter 4:

You are what you eat

The following diagram will help walk you through the process of how what you eat becomes what you are and how we toxify ourselves.



The Digestive System

It has become common practice to treat our digestive systems like rubbish bins – open wide and shovel in the junk. The food that comes into the system is overly processed, denatured and lifeless. The interesting thing about the body is that it does not recognise this food as food! Instead it sees these highly cooked, fried, distorted molecules as invaders and gets to work trying to get rid of them.

The food that is best designed for our bodies is food that is alkalisng, water rich and plant-based foods filled with enzymes, minerals and nutrients. All the foods on the poisons of the palate list are acid forming foods.

The body's first line of defense is to create mucus to try and flush out the toxins, in the same way as your system would try to flush out a cold virus by releasing mucus via the nose and mouth. This is why it is common to wake up in the morning with mucus in your nose and phlegm at the back of your throat. The mucus is actually there to protect you from the invasion of acid foodstuffs. It protects the mouth, throat and gut from these strong acids and toxins.

Over time, this mucus begins to harden and gets accumulated in the folds of the colon, forming mucoid plaque. Constipation results where old food remnants and fecal matter lodge in the folds and pockets of the colon rot and ferment causing bloating and farting. This is the perfect breeding ground for parasites and bacteria. Often in an attempt to get rid of the build up, your body will throw even more mucus at the problem and this results in periodic diarrhea.

As a result:

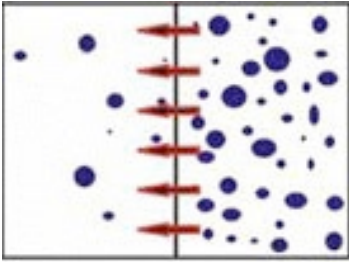
- the body can't absorb good nutrients into the blood
- the body can't release harmful substances into the digestive system for elimination such as environmental toxins absorbed via the skin and lungs
- toxins stored in the mucoid layer are constantly being re-absorbed into the blood

Even though this mucoid layer is in fact there to protect the blood from the harmful affects of the acidic food we eat, it also prevents the good stuff from getting through. This is why it is said that even though, as a rule we are not starving on a Western diet, we are indeed malnourished and lacking in life-supporting vitamins, minerals, enzymes and good fats.

The colon was never designed to store this much toxic waste. There just isn't enough room! Due to this chronic internal lack of space situation the colon begins to stretch and expand in an attempt to adjust to all this backed up waste. Eventually the inner lining of the intestines are stretched too thin and shrink away

from each other leaving spaces for harmful substances to move directly into the blood. This is called leaky gut syndrome.

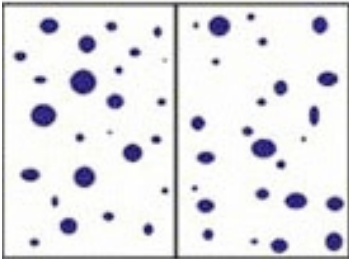
The Blood



To continue further, it is vital that you understand the principle of diffusion. It's simple really, here goes:

The principle of diffusion

Areas of greater concentration move to areas of lesser concentration, until equilibrium or a state of balance is reached.



This is similar to having a long checkout queue in the shop, and then the cashier in the next door checkout opens up and people from the long queue move over to the shorter queue until both queues are roughly the same.

Now that a toxic situation has been created in the digestive system; *by the process of diffusion* these toxins (and

some nutrients) move into the blood. This is because the blood has a lesser concentration of toxins and nutrients than currently in the digestive system.

We now have toxins in the digestive system *and* toxins in the blood as well. And don't forget the parasites moving around freely between the mucoid plaque, the blood and other tissues of the body.

The heart pumps our approximately 4.5 liters of now toxic blood around our bodies feeding every cell with these harmful substances. From the blood these toxins diffuse into the lymph.

Lymph

The lymph is the body's sewerage system. It is meant to mop up impurities, dead cells, poisons, toxic matter and harmful bacteria and release them into the blood and then into the intestines for excretion, or via the other elimination channel - the kidneys and urine.

It is a clear liquid substance and unlike the blood it has no pump of its own and relies on movement and exercise to keep it pumping around the body doing its invaluable job. In total it comprises approximately 18 litres of liquid.

In an unhealthy body where the blood is silted up because of a blocked colon the toxins overflow into the lymph instead of being released and eliminated.

Once again we can see that because of how badly we are treating our digestive system, and by the process of diffusion, the toxins are flowing into the body and not being effectively removed.

Since so many people have opted for a sedentary, toxic lifestyle it is plain to see why we are in the health crises we find ourselves. Once this lymph system is also silted up and in-toxicated it bubbles over into the tissues ... it is like having a blocked toilet that when you flush it everything comes pouring out over the rim.

Tissues

Hopefully by now you are starting to see the bigger picture. Please continue to refer to the diagram at the beginning of this chapter.

Everyone is different and your toxic waste will find its own outlets. It may bubble up through the skin giving you pimples and acne, dry skin or eczema. Your toxins could go to your head resulting in headaches or migraines. Worse still, you may be predisposed to cysts or even tumours which can form.

This is why at the very beginning of this book I said that your digestive system can be considered the cornerstone of your overall health.

What you eat determines the quality of your digestive health, blood, lymph and tissues. High fat-burgers, chips dripping in heated oil and refined salt, sugar laden fizzy drinks, plus chocolate bars and donuts rich again in trans fats and sugar?

All this stuff is silting your colon, sludging around in your blood, getting laid down in your arteries, your heart is having to work overtime to pump this thick sludge around, increasing your risk of heart disease and strokes. The oxygen content of the blood is greatly diminished, the acidity of your blood is increased which in turn increases your risk of cancer too, not to mention making your body lethargic and your mind slow.

Your lymph becomes toxic and can't do the job it was designed for, meaning that your sewerage system is blocked. The inevitable result unfortunately is illness of some kind.

Some Facts:

Our modern lifestyle has become a disease syndrome of its own. The Western diet syndrome has taken its toll on our digestive and elimination organs resulting in our current intestinal health crisis.

These are American statistics, and similar results are being confirmed in countries eating a highly-processed and Westernised diet.

- more than 100 million Americans are afflicted by digestive disorders
- the number 1 cancer among men and women is colon/rectal cancer
- 4.5kg – 10kg of fecal matter can be stored in a sluggish colon (up to 30 kilograms has been reported)
- over 50 million physician visits and hospitalisations are due to digestive dysfunctions
- 60 – 80% of the world's population has worms and parasites in their intestinal tract
- over 150 million people in America alone suffer from intestinal parasite infection

The following once rare diseases are now common household names. Just because most people are afflicted by them, does not make it normal. None of these conditions are contagious – they are lifestyle afflictions which comes straight back to the food we choose to put into our mouths.

Digestive diseases and their relatives

Simple symptoms such as constipation, bloating, heartburn etc should be your first warning signs that something needs to change.

The immediate family

- Constipation
- Irritable bowel syndrome (IBS)
- Bloating
- Heartburn
- Gas/Farting
- Intestinal spasms and cramping
- Vomiting
- Diverticular disease (herniations of the colon)
- Candida
- Crohns disease
- Colon and rectal cancer
- Hemorrhoids

The unwanted relatives...

- Diabetes
- Gall stones
- Kidney stones
- Gout
- Hypertension
- Obesity
- Varicose veins
- Rheumatoid arthritis
- Psoriasis

Although the second list may at a glance seem unrelated to the first, many doctors have made the link between these diseases and dysfunctional colons, which is why the statement: "Death begins in the colon" is so accurate. You may be familiar with some of these diseases or you may not. If you are, then colon cleansing and detoxification could help to alleviate some of these symptoms. If you don't know what half of these diseases are - it doesn't matter. Prevention is the best cure, so by cleansing and maintaining a state of internal cleanliness, you will ensure that you never need to know more about these painful and undesirable modern afflictions.

The Parasite problem

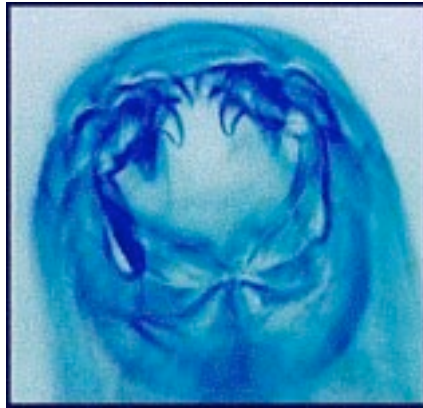
Parasites seem to be one of the last things people consider when taking into consideration why they are not achieving their health aims. Ironically it should be one of the first, particularly when you take into account that 60 – 80% of the world's population have worms and parasites in their intestinal tracts and over 150 million American adults and 55 million American children are afflicted. Parasites are all too often at the bottom line of long standing health issues.

Parasites thrive in a dysfunctional and blocked up digestive system. They can get up to 1 foot long! Most parasites come from meat and fish (especially raw meat and fish), but vegetarians are not exempt either – they are in everything!

In true carnivores like lions, their digestive tracts are short and the meat usually passes through them within 3 to 8 hours. Humans however, have long digestive systems and food takes 17 to 24 hours to pass through, and oftentimes more (up to as much as a week) if you are constipated! Because of this long process time, the larvae in the parasites have the time they need to hatch and get rooted into the mucoid layer and other compacted feces. This doesn't happen with true carnivores as the food is in and out before the larvae has had a chance to hatch.

Once in the intestinal tract, parasites have easy access to other parts of the body. If the gut lining has become weak (leaky gut syndrome), the parasites can cross the barrier and go into the blood. From here they migrate into any body tissue, even the brain.

Parasites have their own bodily functions and therefore are constantly excreting their own feces and toxins directly into your tissues as well, causing even more toxic build up.



Hookworm

Some symptoms of parasite infections include:

- ulcers
- digestive discomfort
- aches and pains that move around the body
- grinding of the teeth at night
- nervousness
- nausea
- diarrhea
- itching
- acne
- furry tongue
- bad breathe
- jaundice
- fatigue
- menstrual irregularities
- insomnia

Even worse, they can cause grave complications by:

- enlarging the liver
- invading the lungs
- occupying space in the brain
- infecting the skin

Everyone should do a parasite cleanse. Parasite cleanses consist of various different anti-parasitic herbs that help flush these unwanted organisms from your body. There are various foods and supplements that you can choose that help to maintain a parasite-free environment as part of your cleansing protocol.

How much toxic waste are you carrying?

It is not uncommon for people to be carrying around 4.5 – 10kg of old fecal matter inside their colons. Up to 30kg has been reported!

When the digestive system is continually put under strain by bad food choices the colon begins and continues to get blocked up and retain these kilograms of waste in the folds of the colon. What's more is that once the colon is backed up, the body is continually re-absorbing these poisonous toxins back into the blood. The result is that you find yourself in a very negative loop of more ill health and lethargy.

How do I know that my system is blocked?

“How often should I be going to the toilet for a bowel movement?”

This a very valid and important question as there are plenty of misconceptions about what constitutes ‘regular.’

It is now considered normal for a healthy person to be having one healthy bowel movement for every meal that they eat. If you eat 3 meals a day, that's 3 visits to the toilet.

Chapter 5

10 Effective ways to Detox & Cleanse

Now that we have established there is a problem, lets look at solutions. What can we DO about the situation.

There are MANY powerful and effective cleansing strategies out there. In practice we have found that the simplest ones are often the most effective.

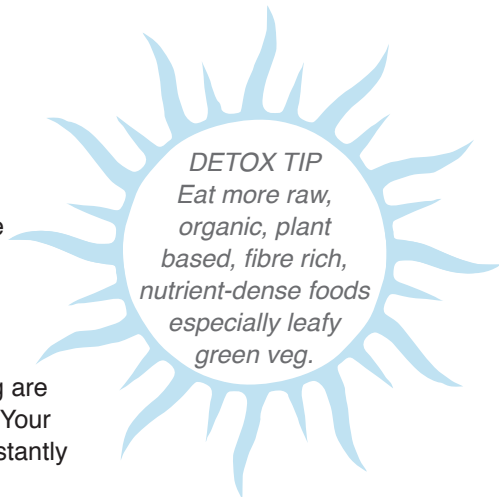
10 Effective ways to Detox & Cleanse

- DETOX TOOL #1 - Raw Food & Alkalisiation
- DETOX TOOL #2 - Supplements
- DETOX TOOL #3 - Herbal Colon Cleansing Program
- DETOX TOOL #4 - Colonics
- DETOX TOOL #5 - Juice Fasting
- DETOX TOOL #6 - Water
- DETOX TOOL #7 - Breathing
- DETOX TOOL #8 - Exercise
- DETOX TOOL #9 - Grounding
- DETOX TOOL #10 - Mental & Emotional Cleansing

DETOX TOOL #1 – *Raw Food & Alkalisiation*

In order to understand the fundamentals of overall detoxing, cleansing and health it is important to understand the concept of alkalisiation. There are a number of supplements that you can take to facilitate detoxification and cleansing, however none of them are ‘magic bullets’ and ultimately the road to radiant health and abundant energy is achieved and maintained by eating for alkalinity.

The best foods for alkalisiation and cleansing are also the best foods for longevity and health. Your daily meals can be your primary tool for constantly cleansing and renewing your body.



Acid and Alkaline – why follow an alkalisng diet?

Disease flourishes in acidic environments. Cells cannot function effectively in an acidic body. We need to consume more alkaline minerals to balance our body pH. The best sources of alkalisng foods are leafy greens. Consuming green juice, green smoothies and or wheatgrass juice daily is a powerful way of alkalisng. In order to release built up acidic toxins we need to first neutralise them with alkaline elements to then be released from our systems.

Hunger is your body's search for minerals. When you eat raw, organic, plant based, fibre rich, nutrient-dense foods that nature has provided to us in abundance you are eating the best fuel and building blocks for your body.

New Year's Detox resolutions

Why cleanse at the beginning of every year after the festive binge, only to go back to eating the same foods that clogged and silted your body up in the first place over the next 11 months, only to start the whole process all over again the following January.

Acid foods:

The most acidic foods are the foods listed in the poisons of the palate section
Others include: all animal products including meat, fish, chicken, dairy and eggs.

Alkaline foods:

The most alkaline foods are the green foods that grow above the ground and towards the sun

- green leaves
- green leafy vegetables
- most fruits, flowers and other vegetables
(excluding root veg, which are slightly acidic)

*nuts and seeds are slightly acidic to neutral, depending on which you choose.

pH:

pH 7 is neutral. Above 7 is alkaline, below 7 is acidic. Balance and moderation is usually the key to most things, but if you consider that it takes 20 cups of something alkaline to neutralize 1 glass of milk, and 240 cups of something alkaline to neutralize one cup of ice-cream, you will begin to realise how acidified and chronic our current eating style is.

Looking at our closest relatives in nature and what they eat, the Chimps or Bonobos consume mostly: green leaves, fruits, roots, nuts and seeds and only about 1% insects. Our bodies have not adapted to be able to tolerate high-acidic foods and drinks such as burgers, chips and fizzy drinks – this is clearly visible in the increasing number of lifestyle diseases plaguing our civilisation.

For this reason it is a good idea to begin to adopt a 70/30 or even 80/20 principle. Choose 70 – 80% alkalising foods and 30 – 20% wholefood slightly acidifying foods such as grains and root vegetables to start to reclaim and rebalance your health.

Alkalise, alkalise, alkalise is the number 1 key to cleansing!

Raw Food

The 3 meals perfectly geared to get you clean are:

Juices:

Freshly pressed green leafy veg juices diluted with water are the ultimate health boost.

See the recipes chapter for guidelines.

Smoothies:

The fastest way to get pre-digested supernutrition into your body. Green smoothies are incredibly powerful healing drinks.

See the recipes chapter for more ideas.

Salads:

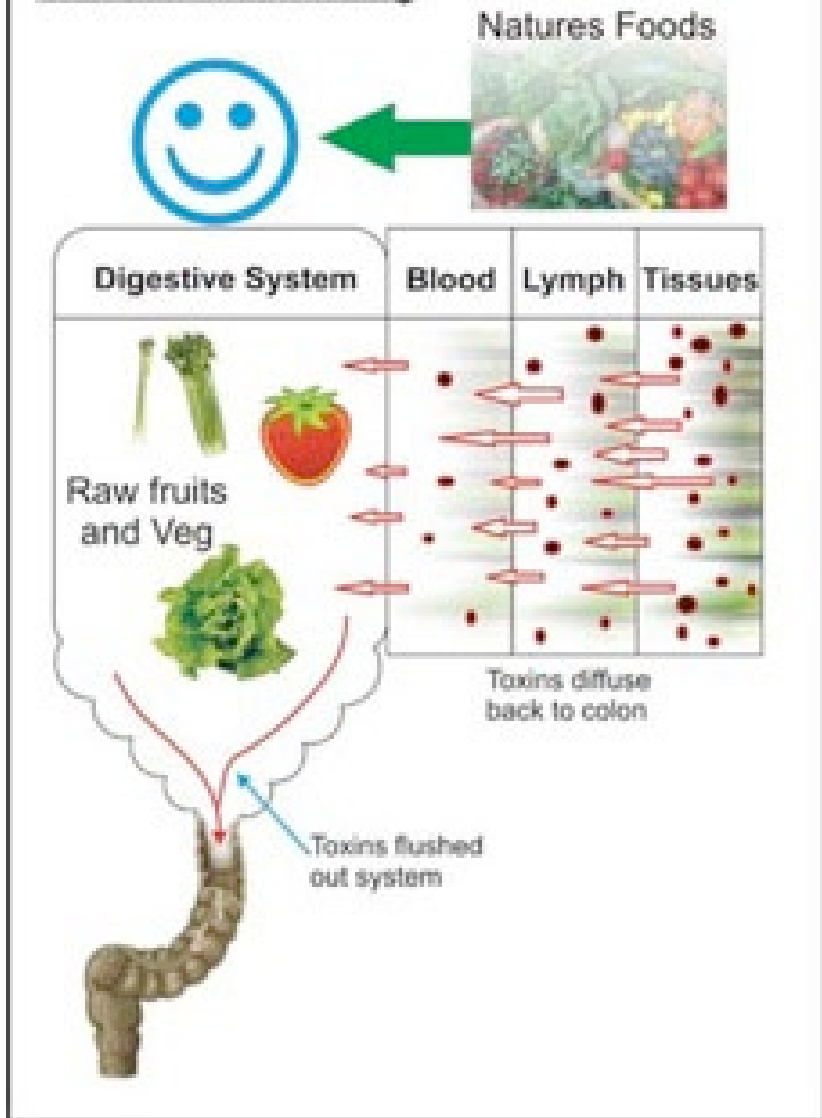
Mixing up green leaves, sprouts, avo, cucumber, tomatoes and home made dressing is the ultimate cleansing and nutritious meal.

See recipe suggestion in the recipes chapter at the end of the book.

It doesn't get easier than this yet just adding these 3 meals into your daily diet can have a massive positive impact of your health and vitality.

Our book Rawlicious <http://www.superfoods.co.za/rawlicious-raw-food-book.htm>, describes what to eat, why to eat it and how to eat it in simple, easy to digest terms. Over 140 recipes will guide you to prepare and experience raw food meals that will delight your taste buds.

Raw food and Detoxing



In this diagram of someone eating plenty of raw foods and alkalising foods you can see the toxins being released from the tissues back into the digestive system for excretion. The good nutrient rich food can pass through the linings of the intestines and feed the blood, lymph and tissues with all the vitamins, minerals and nutrients necessary to sustain a healthy, agile body and mind.

This forms the basis of detoxification. Detoxification can be as simple as slowing your rate of in-toxification. As soon as you are putting less bad stuff in and more good stuff in instead, your body has the chance to start pulling toxins out of the tissues and sending them back towards the digestive organs for excretion.

Everyone gives their house or car a good thorough cleanse at least a few times a year, what about our bodies?

Your body is your Ferrari for your lifetime. Would you put the worst fuel you could find into it or would you seek out the best that money can buy?

DETOX TOOL #2 - Supplements

There are many supplements and herbs available that can fast track your cleansing process. For a daily detox the following additions to your supplement regime represent a highly effective ongoing cleansing program:

- Probiotics
- Fibre
- Enzymes
- Zeolites & MSM
- Fulvic Acid
- Anti-Parasite formula



The above 6 supplements are the key elements in your detox toolkit.

Probiotics

Probiotics are microscopic, good bacteria. Every inch of your gut, from mouth to anus should be covered with these 'good guys'. If you were breast-fed this happened naturally as mother's milk is rich in probiotic cultures. There is plenty of research to support the findings that babies that were breast-fed have far greater intestinal health, suffer less infection and enjoy better overall health than babies who were fed formulas.

Probiotics are the body's first line of defense against harmful organisms and microbes. When every inch of your digestive system is lined by this army force, it is well near impossible for the harmful bacteria to gain a foothold and reproduce. The probiotics literally crowd them out.

Probiotics are responsible for some of the following:

- Drive out harmful bacteria, yeast, fungus and mold
- Produce a significant amount of B vitamins
- Aid proper digestion
- Aid the proper function of the immune system
- Improve absorption and hence better nutrition
- Lower cholesterol
- Protect against candida
- Protect against vaginal yeast infections
- Correct constipation or diarrhoea
- Inhibit cancer growth

What destroys our probiotics?

A healthy system will have anywhere from 100 billion to 100 trillion good bacteria per millimeter. In people with average poor western diets, the number of these bacteria have been tested and revealed to be at a shocking 4 per millimeter. That's 100 trillion down to 4; not 4 billion or 4 million, or even 4 hundred just 4! With that sort of difference it is not surprising that researchers have begun to recognize that a lack of probiotics tends to mark the onset of degenerative diseases.

We destroy our beneficial colonies in many ways. The most common are:

- Antibiotics – these wipe out all good and bad bacteria at once, leaving you vulnerable to further infection and attack
- Meat, chicken and dairy – all non-organic meat, chicken and dairy have been fed and administered hormones and/or antibiotics which have become concentrated in the flesh or milk, again wiping out virtually all good bacteria when consumed
- Over the counter anti-inflammatory drugs
- Bad bacteria thrive in an acid environment, so all food choices that acidify the body promote the growth of the bad bacteria, yeasts, molds and fungi. These include foods such as red meat, saturated animal fats, dairy, wheat, sugar, coffee and fizzy drinks
- Smoking, alcohol and stress
- Chemotherapy and radiation
- Constipation, which allows for the bad bacteria to hang around for longer, gain a foothold and multiply
- Drinking chlorinated water
- HRT and the Pill

How do we replace them?

It is absolutely essential that you replace and sustain your good bacteria. A good probiotic formula is the best way in which to replace and rebuild your colonies. Eating a diet high in fruit and vegetables helps to maintain and sustain their growth and proliferation. Foods such as sauerkraut and kimchee are also high in good bacteria.

Yoghurt is commonly considered a good source of probiotics, but the truth is yoghurt does not contain the most beneficial strains of probiotics. Besides if the yoghurt has been pasteurised then all the good bacteria have been destroyed anyway (not to mention any added sugar which creates a counter productive acidic environment).

In the resource section at the end of this book I have included my recommendations and resources for good sources of probiotics.

Fibre

Fibre is important for the following reasons:

- It increases the bulk of the stools, allowing the colon to excrete more efficiently
- Fibre absorbs and retains water. This increased moisture eases the passage of waste from the intestines minimising straining
- Fibre binds to excess cholesterol and estrogens and escorts them from the body
- It reduces constipation, hemorrhoids, herniations of the colon and the incidence of colon cancer

Low fibre means that the waste matter has a longer transit time through the body increasing the time it has in contact with toxins and increasing their re-absorption into the bloodstream.

Which source of fibre is the best?

- Chia Seeds
- Green smoothies

Chia seeds are one of the best forms of dietary fibre, it aids weight loss by stabilising blood sugar levels and it acts as an anti-inflammatory, moisturising and nourishing the walls of the digestive tract. They are also rich in omega 3's - the perfect brain food and are very high in anti-oxidants

Making smoothies especially green smoothies is one of the most powerful cleansing methods – by liquidising your food you are making it easier for the body to digest and absorb the nutrients (effectively bypassing chewing) while at the same time keeping all the dietary fibre intact.

All vegetables (preferably raw) and salad leaves have a lot of fibre in them and for this reason it is a good idea to include a salad or veggies with any cooked food you may be eating.

Another good source of fibre is from Psyllium seeds or husks. These are almost always included in a good herbal colon cleansing program.

Enzymes

The more enzymes you have the longer you live. In his book on enzyme nutrition Dr Howell clearly puts it like this:

[‘A person’s lifespan is directly related to the exhaustion of their enzyme potential.’](#)

Enzymes control all the metabolic functions in your body. Everyone is born with a large store of enzymes, which get used up as we go through life. We rely on our food to continually replenish our store of enzymes. The more quickly our supply of enzymes is depleted, the more rapidly we age and our bodies degenerate.

Enzymes therefore help protect our bodies against premature aging and disease. The more enzymes we get in via our food, the less we use of our reserves. It is therefore very important to look for ways to take in more live enzymes. This is a no brainer! If you want to live a longer and healthier life, add enzymes into your diet. Insist that everyone you care about does the same.

Live enzymes are only present in raw foods and enzyme supplements. Unfortunately, if you cook, microwave or process your food you virtually destroy all the enzymes contained within them. Most of the foods consumed in an average western diet are enzyme deficient and life-less which accounts for so many of the health challenges we are now facing.

Enzymes provide:

- Relief from indigestion and heartburn problems
- Relief from gas and bloating
- Increased energy levels, because your body’s digestive workload is being shared

- Relief from food allergies, stemming from incomplete digestion of protein
- Relief from ulcers

Above all, enzymes help remove stagnation and they work on all levels. Physically, within the colon they help to remove excess waste and toxins and encourage weight loss. Emotionally and mentally they help to remove negative emotions and negative thoughts that block and keep one stagnant. You are what you eat extends far beyond just what you look like, it affects how you think and how you feel as well.

Enzyme Therapy and Enzyme supplements:

Juicing as enzyme therapy. A great source of live enzymes is from freshly extracted juices. If your system has been overloaded by years of eating the wrong foods this is one of the fastest ways to put your overdrawn enzyme bank account back into positive.

Enzyme supplements. This is one of the easiest and most immediate supplements you can add in. Always look for vegetarian or plant-based supplements. Digestive enzymes should be taken with every cooked or refined meal that you eat. 1 – 3 enzymes per meal is a good idea depending on how much cooked food is on your plate. The more cooked food you have, the more enzymes you should take.

The Enzyme Experiment

Make 2 bowls of instant oats and let them go sticky and stodgy.

Break open a few of your enzyme capsules and sprinkle them over one of the bowls.

Wait for approx 20 minutes and recheck the 2 bowls.

The one with the enzymes in it will be a watery 'digested' consistency and the other will look like cement. Which one do you think is going to pass through your system with more ease and less stress?

Zeolites

Zeolites is ancient volcanic rock and ash. It is a mineral compound that contains more than 60 trace minerals and 12 amino acids. In essence, zeolites take on toxins and clear out contaminants. They've been used in agriculture, to improve soil quality, and as an anti-ageing formula in cosmetics. They're also

used in NASA's space programme to decontaminate air and water supplies. Why? Because zeolites have a chelation-like effect that removes heavy metals, pesticides, herbicides, and other toxins. In fact, they're naturally designed for detoxification.

Zeolite is a "molecular sieve", composed of tiny cage-like structures or chambers. The detox effect starts when these little chambers pull out positively charged environmental toxins, free radicals, radioactive substances, viruses and heavy metal ions, like cadmium, mercury, lead and arsenic, and trades them with the health-enhancing ions and minerals.

MSM

Methylsulphonylmethane, or MSM is an organic form of sulphur.

It helps to open 100's of different detox channels.

MSM helps to relieve pain and stiffness and restores elasticity in the body. It is good for skin, hair and nail growth. It helps to combat high homocysteine levels. Homocysteine is a precursor to toxic amino acids known to cause heart attack and stroke. MSM's methyl groups can help convert homocysteine into harmless methionine. MSM also provides nutritional support for the respiratory system and research has shown that it helps reduce hayfever.

Fulvic Acid

Fulvic Acid has been called "the giver of life". It is one of the best electrolytes known and is able to restore electrical potential to our cells. Disease and electronic pollution decreases our electrical potential and therefore our efficient functioning and wellbeing.

Fulvic Acid makes minerals and trace elements readily available to our cells. Minerals and trace elements are essential for the assimilation of vitamins in the body. It converts toxins like herbicides, pesticides and heavy metals into a bio-chemically active form, allowing the body to safely utilise or excrete them. Fulvic Acid makes nutrients more absorbable by increasing enzyme production and efficiency, as well as actively transporting nutrients into the cells. It also stimulates metabolism and increases oxygen availability and is useful for losing weight and for sports activities.

Fulvic Acid increases metabolism of DNA and RNA speeding up their repair and the healing mechanisms of the body.

Fulvic Acid is a bi-directional Super Antioxidant able to neutralise free radicals in any form, acting as either a donor or receptor. It also protects the body from radiation.

Fulvic Acid boosts and regulates the immune system, acting as an

immunomodulator.

Fulvic Acid is antiviral, anti-bacterial and anti-fungal and is said to be able to arrest food poisoning within minutes.

Anti Parasite Formula

Intestinal parasites not only consume your food but more importantly excrete toxins into your body. If the gut is weakened they can also get into your bloodstream causing major damage to organs. We need to get the freeloader out.

A herbal supplement containing clove, wormwood and black walnut hulls is highly effective. Some parasite larvae can take up to 90 days to hatch so you need to stay on the supplement for 90 days to make sure you get them all.

Another powerful tool is the zapper, a simple electronic device that you strap to your arm or leg that kills parasites. Look into the work of Dr Hilda Clark for more info.

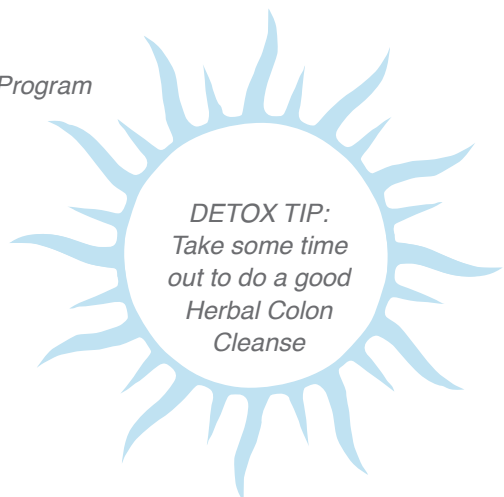
A note on supplements for Heavy Metal detoxification

Cleansing out toxic heavy metals is an important step toward health. We are subjected to dangerous levels of metals like mercury primarily through silver-mercury fillings. These interfere with our ability to absorb minerals and impair brain function.

The best tools for detoxing them are: chlorella, cilantro or coriander, MSM, zeolite and fulvic acid. Doing a hair mineral analysis or blood test will tell you what your levels are of these dangerous metals. Have your mercury fillings removed by a specialised dentist who will use a rubber dam in conjunction with other detox protocols to make sure that you do not inhale and absorb more mercury toxicity

DETOX TOOL #3 - *Herbal Colon Cleansing Program*

It is vitally important to regenerate the health and functioning of the colon. The dietary suggestions above will regenerate it over time however a focused herbal colon cleanse is an important step in the process. You can either kick-start your new cleansing regime with a herbal cleanse or ease yourself into it by eating more alkalisising raw foods and taking the cleansing supplements first and then progressing to a



*DETOX TIP:
Take some time
out to do a good
Herbal Colon
Cleanse*

herbal cleanse after 3 to 6 months. You will feel massive benefits regardless of which way round you do it. Blessed Herbs is a really great program that is simple to follow and takes just over a week to do. You can find out more about the Blessed Herbs cleansing program by contacting Soaring Free Superfoods, see the resource section at the end of this book for details.

DETOX TOOL #4 – *Colonics*

Colonics are an important healing tool during a cleanse. They are best done during a herbal colon cleansing program or a juice fast, to facilitate the release of stuck fecal matter and toxins from your system. Once the large intestine has been flushed in this manner it is easier for the digestive system to release toxins more effectively from your system.



DETOX TOOL #5 - *Juice Fasting*



The process of digestion uses up a lot of energy. By giving your body a break for a few days, you speed up the detoxification process. Unwanted toxins are more speedily removed from your body, so that you can start to feel the benefits of a cleansed healthy system in a shorter space of time.

Many people report their surprise when they realise they were not nearly as hungry as they expected to be. The first day is often the trickiest

as your body sends its normal eat signals, but once you've passed through the first day or 3, you may also be surprised to find that these calls for food pass and the body gets to work cleaning up the trash that's already lying around inside.

Often it's the mental or emotional associations of food that are the cause of any desperation on a fast.

Fast or Feast?

Juice fasting is easier and safer than water fasting and should be more positively renamed juice feasting. The truth is that the reason why the body craves food is because it is looking for nutrition or mineral-rich food. This is also the reason why people over-eat junk, highly processed foods – they simply do not satisfy the appetite because they don't satisfy the body's search for minerals.

When you undergo a juice fast you get all the minerals and goodness from the fruits and vegetables absorbed directly into your body, without putting the body under the strain of digestion. Your juicer will do the job of chewing and breaking down your foods for you. Vegetable juices are better as they are more mineral rich. Fruit juices are sweeter and will help with the transition to veg juices if you are new to it all.

Start with 1 day in a week and see how you feel.
Progress onto 3 day and 7 day feasts as you feel the inspiration to do so.
The focus needs to be on green vegetable juices.

For more on the best Juicers to buy go to the Resource section at the end of this book.

For more information on juice fasting please call or email us on 0861 000976
info@superfoods.co.za

DETOX TOOL #6 - *Water*

The best water to drink is spring water – nature has already figured out the filtration solution which is good quality spring water, filtered through rock and minerals. If you do not have access to spring water, put a filter on your household taps and better yet, the household mains so that you do not bath or shower in chlorinated water.

We need to flush out toxins from both ends, through colonics and drinking enough water. Dehydration is a primary cause of disease, as the cells cannot effectively release toxins without adequate hydration. Start your day off with a litre of clean water, and keep a bottle of water with you throughout the day for constant hydration. For more info on the importance of water you can read “Your Body’s Many Cries for Water by F. Batmanghelidj”



A quick note about water

Whenever you undertake a colon cleanse, you should always up your water intake. This is to facilitate the body to flush out any toxins that are being released during the detoxification process. The simple fact of the matter is that water is essential for life and most people in the western world are chronically dehydrated.

If your body is dying of thirst, all excess water is being sucked out of your stools resulting in constipation and unnecessary straining. Since your goal is to have a well functioning bowel, drinking enough water is essential in order to maintain this.

DETOX TOOL #7 – *Breathing*

Deep abdominal breathing oxygenates our systems which supercharges us with energy as well as creating an environment of vitality internally that fends off disease. The primary cause of disease was discovered in 1931! Dr Otto Warburg won the Nobel price for proving that cancer is caused by weakened cell respiration caused by lack of oxygen at a cellular level!

In the fast paced world we live in today we forget to take deep breaths but rather breath in a shallow way. This drastically reduces the amount of oxygen we get in.

DETOX TOOL # 8 - *Exercise*

Your body is designed to move! Without exercise we stagnate. Exercise stimulates the movement of the lymph system which is responsible for escorting toxins out of our bloodstream for excretion. Without exercise these toxins build up in our bodies. It's like living in a house where the toilet is constantly overflowing with waste, stinking out the entire building!

Cardiovascular exercise stimulates the heart and lymph - you need to sweat!
Try walking or hiking to get fit. Rebounding



(mini trampolining) is a powerful way to move the lymph as well. Strength training builds bone density and muscle mass. Try simple exercises like push ups, pull ups, sit ups etc to build strength. Yoga is also an excellent form of exercise for both cardio and strength.

DETOX TOOL # 9 – *Grounding*

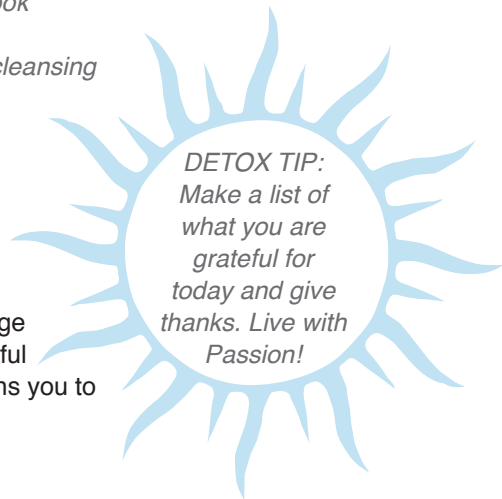
The earth is covered with free electrons. Free electrons support health by acting as antioxidants, reducing inflammation and pain. When we are electrically disconnected from the earth by wearing insulated shoes made from rubber or plastic we do not get the benefit of these healing electrons. We become ungrounded. Taking off your shoes and touching the earth with your bare feet connects you to this endless supply of healing energy.

Another amazing benefit of being grounded is that your body's electric field can discharge the build up of radiation from electro-smog sources such as cell phones. For all the scientific info read "[Earthing, the most important health discovery ever?](http://www.earthinginstitute.net/index.php/book)" <http://www.earthinginstitute.net/index.php/book>



DETOX TOOL #10 - *Mental and emotional cleansing*

Meditation and relaxation practices are of primary importance here. Learn to be quiet your internal mind, observe the peace and tranquility of nature and connect to your creator. Practice GRATITUDE. We are incredibly fortunate to have access to the wonders of life all around us. Acknowledge these gifts. Make a list of what you are grateful for daily. This is a powerful practice that aligns you to experience more joy.



Have clear boundaries.

"If you don't stand for something you will fall for anything."

Don't accept inappropriate behavior or comments from yourself and others.

Get in touch with your Dharma. Dharma means doing that which you were born to do, that which you love to do, that which brings you joy and fulfillment and that uplifts all of life on this earth. Live with PASSION.

Chapter 6

Daily Cleansing Program

To sum up what has been said so far, and to get you going with a simple and effective daily detox program, start with the following:

- *1 litre clean water on rising*
- *Probiotic capsules and fulvic acid liquid or capsules with water*
- *500ml fresh green juice or green smoothie before breakfast and another 500ml during the day in a flask*
- *Enzymes with each meal*
- *MSM tablets or powder, with water, before breakfast*
- *Eat as much of your food as you can raw, organic and plant-based*
- *Chia porridge for breakfast. See Recipe chapter*
- *Snack on fresh organic fruit during the day*
- *Eat a sprout salad for lunch*
- *Have zeolites before bed with water*

Additional cleansing protocols can include:

Parasite cleanse, heavy metal cleanse and an herbal colon cleanse.

Chapter 7

Detox symptoms

Why it gets worse before it gets better

Often symptoms will seem to get worse before they get better. This is because previously the toxins that were stored away in your tissues, as excess fat or showing on your skin as spots etc are now being released back into the blood and circulating around there while they wait to get released out of the body.

This means that for a while your blood is actually dirtier than when you first started out. It is because of this increase of toxins in the blood that some people experience what is known as a 'detox crisis'. Different people experience this in varying degrees and some, not at all.

Nausea, weakness, light-headedness, rashes, smelly breath, furry tongue, lethargy, fatigue or flu-like symptoms are not uncommon. If you experience any of these whilst undertaking a cleanse – drink lots of extra pure water to help flush circulating toxins from your system and take supplements from the DETOX TOOL #2 especially zeolites, fulvic acid and enzymes.





This simple analogy may help you understand this detoxification process a little better:

Picture for a moment a pond. It looks clean so you put your foot in. When your foot touches the bottom it stirs up all the dirt and mud that had settled on the bottom. You realise that the pond needs cleaning and set to work scrubbing the sides and the bottom of the pond to release the grime. When you look at the pond now, it looks filthy, much worse than when you first put your foot in and stirred things up. But was it really cleaner before you started cleaning it? Of course not, the grime had just settled and was lurking at the bottom.

Chapter 8

The Benefits of Cleansing and Detoxification

There are many benefits to doing a detox from simply feeling better, lighter and more energetic to facilitating massive healing within your body.

Physical Benefits:

- More beauty
- More vitality
- Increased energy
- Improved health
- Release of toxic waste
- Improved digestion
- Better response to stressful situations
- More flexibility
- Better immunity
- Cleansed of parasites
- Cleansed of harmful bacteria
- Cleansed of yeast and fungal overgrowths
- Cleared out mucus & congestion
- Recolonisation of healthy bacteria

Mental and Emotional Benefits:

- Increased concentration abilities
- More clarity
- More fun
- A greater experience of fulfillment and joy
- Enhanced creativity
- Improved memory
- Improved sense of well-being
- Stabilisation of mood swings
- Negative thought patterns replaced by positive ones
- More happiness

Extra Cleansing Tips

There are a number of ways that you can speed up your cleansing and detoxification processes. Please use your own discretion here and don't overdo it. The Detox Tools listed above and the Daily Cleansing Program along with plenty of fresh raw plant foods will give an excellent cleanse all on their own. Use these extra tips if you are feeling strong and confident that your body can handle a little bit more.

- *The full moon* - Plan your cleanse so that its completion coincides with the full moon. The moon has a strong pulling energy and will help to strengthen your cleansing cycle.
- *Saunas* - Sweating will help to release excess toxin buildup.
- *Aerobic exercise* - Again, sweating will help to release toxins and movement will help to get the lymph moving and doing its job.
- *Hot springs* - The water that comes up at hot springs is very rejuvenating and mineral rich and will support any cleansing program.
- *Hot baths* - Soaking in a hot bath of pure non-chlorinated water also supports detoxification. Adding salts to the bath will help draw out toxins.
- *Massage* - Going for a massage is extremely relaxing and also invigorating. It helps to get energy freed up and moving again. Lymph drainage massage and shiatsu are especially useful as it aids the lymph in releasing toxins.

Chapter 10

After Cleansing

There is so much to investigate, learn, read and become aware of. This is where things really start to get exciting, because now you have the opportunity to re-educate yourself.

Prevention is better than cure and preventing disease and the early onset of aging is an enjoyable and exhilarating process. This earth has been filled with an abundance of the most amazing variety of fruits, vegetables and superfoods that the culinary delights are endless.

You've taken out what the body doesn't need, now put in what it does. If common sense prevails you will realise that it is time to start eating right. If you give your body the right raw materials now it will astound you by constructing new healthy cells creating a new healthy body. Every cell in our body is replaced within 7 years. That is, within 7 years you are an entirely new being. What raw materials will you give your body to create these new living cells from?

Remember your body wants mineral-rich food. Choose food combinations that aid, not hinder digestion. Most people are allergic to either refined wheat or dairy or both. Both wheat and dairy form 'glue' in your intestines, mucus and mucoid plaque.

One of the most exciting areas of nutrition that we've discovered is raw food nutrition. Within this vast topic falls the category of superfood nutrition. You'll be surprised to learn that there are healthy alternatives to chocolate in the form of raw cacao plus many more delightful and super-nutrient rich foods that are healthy and delicious. You no longer have to enforce willpower to be healthy or deprive yourself. Just choose the healthy options.

For more information on the topics of raw food, superfoods and overall health and abundant energy get yourself a copy of Rawlicious – our raw food recipe book. Rawlicious <http://www.superfoods.co.za/rawlicious-raw-food-book.htm>, describes what to eat, why to eat it and how to eat it in simple, easy to digest terms. Over 140 recipes will guide you to prepare and experience raw food meals that will delight your taste buds.

You can also visit our website www.superfoods.co.za to find out more about superfoods and lectures, seminars, courses and retreats that we are running.

Chapter 11

Recipes

The Green Alkaliser Green Juice

Makes 500 ml dilute with the same quantity of water to make 1 litre

- 1 apple
- ½ grapefruit or orange
- ½ cucumber
- ½ lemon
- 5 celery stalks
- 4 spinach leaves
- 1 sprig parsley
- 1 segment of fennel
- 1 kale leaf
- 2 pak choi leaves
- 3 tatsoi leaves

Juice all the ingredients and dilute with water.

If you are drinking a litre or more of this juice per day it's likely that it can take the place of a meal. At the very least it will discourage mid morning and mid afternoon snacking.



Green Smoothie

1 Bunch(100-150g) dark green leaves
eg: spinach, chard, kale, cos lettuce, parsley, celery leaves
2-3 pices of 1 type of fruit
eg: pear, peach, banana, orange, mango, pawpaw
750ml water/ice mix
pinch of sea/rock salt
½ a lemon
5-10 dates

Blend the fruit, greens and water till smooth.

Start with around half greens half fruit for sweetness. Once used to the green taste, slowly reduce the fruit content to about 40%.

Sprout Salad

1 C mixed sprouts
½ C spinach
½ C rocket
¼ C diced cucumber
1 avocado
1 handful of baby tomatoes (or sundried tomatoes)
olives
olive oil to taste
lemon juice to taste
Himalayan Rock salt to taste

Mix all the ingredients in a large salad bowl and enjoy!



Chia Porridge

- 1 C chia seeds
- 2 C water
- honey
- raisins
- cinnamon
- chopped fruit
- superfoods

Take the chia and cover it with the water and allow it to soak up the water for 10-20 minutes – it will swell to almost 10 times in size. Use this as a porridge base and add honey, cinnamon and raisins to taste and/or add freshly chopped fruit sprinkled with nuts and superfoods.

You can also make a sesame milk and pour over the top.

Sesame Milk

- 750ml water
- 1 C sesame seeds
- 2 T honey

Blend all the ingredients in a power blender and strain through a nut milk bag.

Final Note

We hope by now you are feeling excited and empowered to begin your chosen form of cleansing.

Just remember step by step is the key – you can't jump up a flight of stairs in one go without falling back down to the bottom with a thump.

Do things at a pace you can handle. There is no competition involved here to see who can cleanse the fastest or the longest. Cultivate an ear for listening to your body's innate wisdom and do what is right for you.

To your journey to radiant health.

Beryn & Peter

Resources

To find out which of the supplements we use or recommend visit and shop at our online webshop or offline physical shop.

WWW.SUPERFOODS.CO.ZA

You will find directions to our physical shop in Westlake Business Park, Tokai on our website on the CONTACT US page.

Both our online and offline shop only stocks products that we would use personally.

We have:

- Superfoods
- Raw Foods
- Select Supplement Essentials
- Equipment
- Books
- and other Health-enhancing gadgets

You'll find everything you need to get you going in the direction of raw and radiant health.

If you have any queries you can contact us at 0861 000976 or email support@superfoods.co.za