

**Basic Healing Remedies-** The following is the basic healing protocol that I recommend everyone follow for the entire 6 week cleanse. These remedies are designed to detoxify the liver, de-acidify and alkalize the blood, balance adrenals and hormones, balance blood sugar, flush the lymphatic system, heal and rebuild the intestinal lining.

**Lemon, Turmeric and Ginger Tonic- liver detox, digestive healing, stimulates production of glutathione (master antioxidant)**

**Preparation time is 20 min. Serves 4. Drink 4-6 oz. 2-3 times daily.**

4 cups water

1 teaspoon turmeric powder (or a 3-inch strip fresh turmeric root, peeled)

1 teaspoon ginger powder (or a 4-inch strip fresh ginger root, peeled) the juice of a full lemon

Put water into a small pot and bring to a boil on the stove. Make sure that the water has come to a full boil. Add turmeric and ginger to the boiling water and reduce to simmer for 8 to 10 minutes. This will extract the beneficial compounds from the turmeric and ginger. Remove the pot from the stove. Strain the tea into a cup through a fine-mesh strainer to filter out the particles of turmeric and ginger. Add lemon

**Bone Broth- The Flavor Chef- 1 cup of Bone broth with 1-3 Tbs. Great Lakes Gelatin every day and every night before bed.** Bone broth is made from chicken bones that are cooked for 24 hours. Cooking the bones for such a long period draws the minerals out of the bones. If you are cooking your own broth, try to use the feet as well since most of the collagen is found in the feet. Bone broth is going to help you heal 30% faster, especially for those who are immune –compromised, have adrenal fatigue, and/or have leaky gut.

**Great Lakes Gelatin-** (the green canister is hydrolyzed) This food is concentrated levels of amino acids. It promotes rapid reproduction of red blood cells for healing and conditioning and is the most productive form of collagen over other proteins for bone and joint care. It rebuilds connective tissues and helps rebuild the mucosal lining of the stomach and intestines. It also helps minimize cellulite. Glycine enhances brain function and works in concert with glutamine. The body uses glycine to make proteins. Glycine is also involved in the transmission of chemical signals in the brain, so there is interest in trying it for schizophrenia and improving memory. Some researchers think glycine may have a role in cancer prevention because it seems to interfere with the blood supply needed by certain tumors.

**Garlic-** Garlic's unique set of sulfur-containing compounds helps protect us against both oxidative stress and inflammation. It's very alkalizing and it also acts as a powerful anti-fungal. Try to include at least 1-2 cloves in your individual food portion. If you're preparing a recipe, we recommend at least 1-2 cloves. You will increase the health benefits you receive from garlic by letting it sit after you've chopped it or crushed it. If you give your chopped/crushed garlic time to sit before changing its temperature (through cooking) or its pH (through the addition of acidic food like lemon juice), it will give the alliinase enzymes in garlic an opportunity to work on behalf of your health. For example, in the absence of chopping or crushing, research has shown that just 60 seconds of immediate microwaving will cause garlic to lose some of its cancer-protective properties. Immediate boiling of whole, intact garlic will also lower these properties, as will immediate addition of a very low-acid ingredient like lemon juice.

Some of garlic's unique components are most durable in food (versus processed extract) form. Allicin—one of garlic's most highly valued sulfur compounds—stays intact for only 2-16 hours at room temperature when it is present in purified (extracted) form. But when it's still inside of crushed garlic, allicin will stay viable for 2-1/2 days.

**Whole Leaf Aloe Vera Juice "Lakewood"- drink 2 oz. with water every night before bed.** This will help with constipation and bloating. It will also help relieve symptoms of diverticulitis. Scroll down and read more about the many health benefits of aloe vera below.

**Hot water- Drink 2-3 cups hot water daily throughout the cleanse-** Perhaps the most forgotten, under-studied and least understood system in the body is the lymphatic system. The lymph travels with the nerves, arteries and veins and is by itself twice as big as the arterial blood supply system – and maybe twice as important. The lymphatic system removes waste and from every cell in your body while regulating the immune system. One of the most common causes of lymph congestion is dehydration. Water, and only water, can adequately rehydrate the body. The best lymph-moving rehydration technique is to sip hot water every 10-15 minutes throughout the day. Do it religiously for one day. If by the end of that day you are experiencing a dry mouth and are now thirsty for this once tasteless sip of hot water, this is a good indication you are dehydrated and your lymph is congested. If this happens, try this rehydration therapy: sip hot water every 10-15 minutes for 2 weeks straight. Keep a thermos of hot water nearby to make it easy to follow this protocol.

**Body Scrub- Daily** The skin is the largest organ of our body. It is related to the lungs and large intestines in oriental medicine. It is a cleansing and detoxifying organ. Body scrubbing stimulates the circulation, the lymphatic flow, the meridians, and also massages the deep internal organs that ordinarily do not receive enough attention.

In the shower, after you have washed and rinsed your body, use a 100% cotton white wash cloth and begin lightly scrubbing at the feet and work your way up to the heart area. Do not apply too much pressure or the pores will close up. It is better to spend more time on one area gently scrubbing than it is to scrub too hard. The skin should become lightly pink but not red. This is a very powerful healthy habit that is recommended daily.

**Oil Pulling-** is an ancient Ayurveda (Indian medical system) practice that helps the body rid itself of accumulated toxins, especially trapped bacteria in the mouth and gums. This practice promotes healing from within by aiding our bodies in its own curative process. Unlike most medical treatments, oil pulling is a very simple, safe, and inexpensive remedy.

The mouth is full of different bacteria that can lead to issues such as cavities and gum disease. The toxins in our mouth can get into our bloodstream causing an array of diseases in different parts of the body.

Oil pulling stimulates the immune system to fight toxins in our mouths and to prevent those toxins from finding their way into our bloodstream. This will stimulate our body to go into a healing mode and begin curing itself of other illnesses. Oil pulling is an essential practice if you have ever had a root canal and trapped bacteria in the mouth. The beauty of oil pulling is that it doesn't only make your teeth whiter, gums brighter, and breath fresher, but it helps your body heal itself of other diseases that aren't even in your mouth! Start slowly since it will feel very foreign at first. Try to oil pull for perhaps five minutes at a time and then build up to 15 minutes a day for a full two weeks, hopefully longer if you like it. This will be so valuable for your body. The most beneficial oil to use for this practice is raw coconut oil. Coconut oil has anti-bacterial, anti-fungal, and anti-viral properties that will eliminate the buildup of toxins at an even deeper level. Oil pulling must be done daily for at least two full weeks (preferably a solid month) to be effective. Use 1 tablespoon of oil (warmed so it is not solid) and pull it through your teeth, not swishing like mouthwash, but a sucking and pulling action. Be patient, as well as methodical, and reap the remarkable health benefits of oil pulling. If you struggle with anxiety, the ancient Ayurveda doctors would recommend that you use organic sesame oil in lieu of coconut oil. This can be purchased at any grocery store. When you use sesame oil, it turns into a thick white milky substance (full of bacteria) when you spit it out. This does not happen with coconut oil because of the nature of the oil, but you are still extracting considerable toxins/bacteria.

**Detox Bath- Once a week-** Add 2 cups epsom salt to a standard tub full of water.

Ideally, you want the water quite hot as we are looking to create a nice sweat.

If your bath water is not filtered, add 1 cup of baking soda as this helps neutralize the chemicals, primarily chlorine, as well as increase mineral absorption.

Immerse yourself in the water, all the way up to your neck. You want as much of your body underwater as you can. Close your eyes, do some breathing exercises and soak for at least 20 minutes.

Once you are done soaking, rise out of the tub very slowly and cautiously. You may feel a little dizzy and light-headed, this will go away as you shower off quickly in cool water.

It is important not to use harsh soaps or shampoos as your pores are open and will just absorb the chemicals found in those products.

Once dry you can apply a natural moisturizer like body butter, shea butter or coconut oil and some aluminum-free deodorant, but again no lotions with perfumes, dyes or chemicals.

Do not eat immediately before or after taking a detox bath. Instead hydrate yourself with filtered water before and after. Allow time after your bath to rest and rejuvenate.

## **Health Benefits of the Remedies**

**Ginger-** has a stellar reputation for controlling nausea of all types. Studies have shown ginger to be especially effective in curbing motion sickness, morning sickness, and post-operative and chemotherapy-induced nausea. Ginger is an excellent digestive by aiding in the absorption of food and elimination of gas and bloating. Ginger

stimulates circulation, so it is good for cold hands and feet.

**Turmeric-** is a powerful dietary spice for autoimmune-related inflammation and pain. Turmeric is also a fantastic source of indirect antioxidants which means that it boosts and stimulates the body's own production of antioxidants for hours after consumption. Some of the longest living people in the world are in Okinawa, Japan. Their longevity is credited to their ability to manage the inflammation process. They do this by drinking turmeric tea daily.

**Bone Broth-** as used throughout history, is truly one of the most effective medicinal foods. It has been affectionately called "Jewish penicillin." Bone broth is still made and ingested today by people around the globe. Healing bone broth is made from organic, raw chicken bones and cooked over a 24-hour period for maximum mineral extraction. This mineral-rich liquid is made by simmering the bones of free-range chicken or beef along with traditional vegetables, herbs, and a small amount of raw apple cider vinegar in Artesian well water to produce a delicious elixir. Bone broth is excellent for our gut repair protocols, to strengthen immunity, and to quicken the healing of the adrenals. Many traditional bone broths also incorporate the chicken feet. While that may gross you out, collagen (the main protein found in our skin, hair, and nails) is found in chicken feet. Collagen will help with protein synthesis and a myriad of other functions in the body.

**The benefits of bone broth:**

1. Healing – has been used successfully in treating gastro-intestinal disorders, including hyperacidity, colitis, Crohn's disease, and infant diarrhea.
2. Digestive aid for grains, beans, legumes, vegetables, and meats and is hydrophilic in nature.
  - Macrominerals – contains highly absorbable forms of calcium, magnesium, potassium, phosphorus, and sulfur, as well as trace minerals.
  - Gelatin and Collagen – is rich in both and promotes bone and joint healing in addition to supporting digestion.
  - Protein – adds easily-digestible protein to your diet.
  - Amino acids – glycine, proline, hydroxyproline, and lysine are formed which are important for detoxification and amino acid production in the body.
  - Joint support – glucosamine, chondroitin sulfate, and hylauronic acid are produced and present for additional muscle and joint support.
  - Immune system – promotes the assimilation of vitamins and minerals and thus supports immunity.
  - Delicious and nutritious – can be used as a soup, a cooking liquid for grains, a sauce, in stir fry, or can simply be drunk like a tea.
  - Synergy – by initially healing the GI tract, bone broth creates an environment for all of the nutrients being taken in, whether by food or supplementation, to increase their bioavailability to your body.

**Aloe Vera-** is truly the most impressive medicinal herb invented by nature. There is nothing on this planet that offers the amazing variety of healing benefits granted by aloe vera. In a single plant, aloe vera offers potent, natural medicine that:

- Halts the growth of cancer tumors.
- Lowers high cholesterol.
- Repairs "sludge blood" and reverses "sticky blood".
- Boosts the oxygenation of your blood.
- Eases inflammation and soothes arthritis pain.
- Protects the body from oxidative stress.
- Prevents kidney stones and protects the body from oxalates in coffee and tea.
- Alkalizes the body, helping to balance overly acidic dietary habits.
- Cures ulcers, IBS, Crohn's disease and other digestive disorders.
- Reduces high blood pressure naturally, by treating the cause, not just the symptoms.
- Nourishes the body with minerals, vitamins, enzymes and glyconutrients.
- Accelerates healing from physical burns and radiation burns.
- Replaces dozens of first aid products, makes bandages and antibacterial sprays obsolete.
- Halts colon cancer, heals the intestines and lubricates the digestive tract.

- Ends constipation.
- Stabilizes blood sugar and reduces triglycerides in diabetics.
- Prevents and treats candida infections.
- Protects the kidneys from disease.
- Functions as nature's own "sports drink" for electrolyte balance, making common sports drinks obsolete.
- Boosts cardiovascular performance and physical endurance.
- Speeds recovery from injury or physical exertion.
- Hydrates the skin, accelerates skin repair.