We are meticulous at cleaning the outside of our bodies, and caring for our skin and hair through regular bathing and showering. But when it comes to cleaning our insides, we are more diligent at caring for our material belongings. We take our automobiles to the shop for periodic maintenance so they don't break down and cease to run. We change the oil, spark plugs, battery, and tend to the "guts" of our cars more than we tend to the inside of our human machinery. Yet, we expect our bodies to operate at peak performance while ignoring its fundamental need to be adequately nourished and periodically tuned and regenerated.

A way to ensure that our bodies stay tuned and regenerated is to undertake a natural Roto-Rooter process known as a "body cleanse." Internal body cleansing enables the body to slough off old waste material. As stagnant material leaves the body and pathogens are purged through our eliminative channels kidneys, liver, colon, lungs, and skin, our internal milieu (body ecology) becomes a healthier habitat for friendly ("good") bacteria to proliferate and flourish, particularly our intestinal flora. As toxic substances are eliminated from the body, nutrients can be properly absorbed. A person's morning breath will become sweet, and fatigue and exhaustion will gradually lift.

The Need to Clean
The by-products of wrong food choices pollute our insides. We consume steady diets of over processed, devitalized foods that lack fiber and bulk. Without these essential materials, our intestines start backing up, failing to move material through the alimentary canal. The body's lymph and blood flow become blocked. Accumulations in the arteries strain the heart and impede circulation. Eventually, all the organs are overtaken by toxemia, including the liver, kidneys, and adrenal glands. You cannot pollute one organ without affecting the others. Little by little, body breakdown occurs. Dr. Bernard Jensen notes that "symptoms in the form of discharges, irritations, pains, and inflammations occur when we have an accumulation of morbid matter or poisons in any part of the body. A weakened body (including sluggish bloodstream and lymph system) hyperreacts to every change in temperature. Every little breeze that blows becomes an ill wind for us—we start catching everything."

When we are not polluting our insides with unhealthy food choices, we are exposing ourselves to poisons in our air and water. Is it any wonder our elimination plugs up, our livers and gallbladders malfunction, and our stomach aches? Then we go on to develop high blood pressure, gallstones, kidney stones, joint aches, and unexpected fatigue. Continuing in this way to violate healthy dietary and environmental principles, one is bound to experience health problems that eventually leave one with "dis-ease."

The Body Cleansing Process
The fundamental objectives of the body cleanse are improved digestion, effective elimination, and rejuvenation of our body organs. A gentle, simple protocol can be undertaken for a few days to a few weeks. The diet focuses on fibrous foods rich in raw fruits and vegetables, nuts, seeds, legumes, grains, and plenty of pure water. Additionally, one should consume a comprehensive, natural bulking compound and parasiticide blend that supplies fiber, cleansing herbs, alkalizing minerals, superfood blends, and soothing essential botanicals.

Cleansing and bulking powders, plus a balanced combination of anti-parasitic herbs, form an optimal protocol for internal cleansing and regeneration. Mt. Capra Products of Chehalis, Washington, manufactures both of these products. A botanical bulking powder like CapraCleanse™ from Mt. Capra will provide mucilaginous foods that gently cleanse and enhance bowel function. Unlike conventional harsh laxatives that can over stimulate and irritate the bowel, this gentle bulking agent contains psyllium husks and seeds, flax seeds, and arabinogalactin (gentle fibers...
that are less irritating than other fiber products). Due to their water attracting nature, they form a gelatinous mass that promote bowel peristalsis while reducing rectal strain, a common problem linked to hemorrhoids.

Three complementary cleansing herbs contained in this natural cleansing powder (with a reputed history for providing intestinal support) include fenugreek, slippery elm, and marshmallow root. Classified as expectorants, this combination of gentle botanicals promotes elimination of mucus. Due to their demulcent properties, all three herbs are commonly used in combination for respiratory issues, including lung congestion. Early Egyptians used fenugreek to prevent fevers, to soothe stomach disorders, and to treat diabetes (fenugreek is known for its ability to stabilize blood sugar).

Providing a broad spectrum of minerals is essential in this cleanse blend. An ideal source of alkalinizing minerals is derived from goat mineral whey powder. Minerals are needed nutrients that enable cells to perform thousands of functions. Whole food minerals derived from goat mineral whey provide all the essential electrolytic minerals (potassium, calcium, magnesium, and sodium) to avoid dehydration. The importance of supplying quality, balanced, alkalinizing minerals may be best characterized in terms of their positive impact on stabilizing pH levels. The importance of maintaining a proper pH level cannot be overemphasized. Urine pH directly correlates to tissue oxygen levels and soft tissue mineral levels.

In addition to supplying the proper minerals, greens are simply an integral part of cleansing and rejuvenating. “If you are green inside you are clean inside,” notes Jensen. Cereal grasses such as wheatgrass, oat, and barley grass, plus alfalfa are some of nature’s finest greens. Greens provide another source of whole food nutrition with an extensive array of bioavailable minerals, nutrients, antioxidants, carotinoids, and enzymes for whole body health. Greens contain chlorophyll, an important pigment that resembles human red blood cells. The molecule of chlorophyll has only one atom that makes it different from a molecule of human blood. The antiseptic and nourishing health effects of chlorophyll found in greens are one of the foods known for neutralizing body acids. Historically, greens head the list of food choices recommended by health legends (Jensen, V.E. Irwins, Gerson, Kirshner, Airola, Bragg) to cleanse and rejuvenate the body.

The hottest topic in medicine nowadays, notes Dr. Andrew Weil, is inflammation, because it is now believed to be the root of our nation’s top disease contenders (heart disease, cancer, diabetes, and stroke). This well rounded cleanse blend includes natural anti-inflammatory compounds derived from herbs and spices such as rosemary, turmeric, ginger, yucca, and hyssop. These are soothing, synergistic herbs known for their anti-inflammatory properties. Rosemary (a potent antioxidant known to support memory) and turmeric contain compounds known as Cox-2 inhibitors, which can impede the growth of new blood vessels. In vitro, tumor cells saturated with Cox-2 inhibitors stop “spitting out” the growth factors that stimulate blood vessel growth. “A tumor without arteries is a tumor without a future.”

Ginger is commonly used to alleviate nausea, associated with morning sickness due to pregnancy or as a natural alternative to drugs prescribed for motion sickness. Yucca, known for its high saponin content, is an integral part of herbal anti-inflammatory compounds, most notably, herbal arthritic compounds. Hyssop, often referred to as the “oregano of the Bible,” is a gentle herb commonly used to facilitate the kidneys’ elimination process, making this an excellent herb to use with body cleansing products.

Is something “bugging” you?
Reports suggest that up to 80 percent of Americans harbor some type of parasitic infection. In fact, parasites have killed more humans than all the wars in history, reported National Geographic in its award-winning documentary, The Body Snatchers. Whether you travel to foreign countries or not, everyone is exposed to parasites from multiple sources. Therefore, one should consider an adjunct anti-parasite regimen like CapraSite™ from Mt. Capra to complement their body cleanse protocol. This formula contains a helminthic herbal blend of black walnut, grapefruit seed extract, ginger, wormwood, garlic, and pumpkin seed, as well as immune enhancing whole food extracts such as corioulus, grifola, lentinula, and schizophyllum. By combining a body cleanse powder with a vermifuge blend, you now have a natural paraciticide that provides additional assistance in helping the body dispose of worms living in the intestinal tract.

It is a popular notion to think that if something is not broken, do not fix it. However, in the case of our human machinery, when something breaks down, such as our immunity, and chronic disease sets in, it is often too late to repair all the damage. The end result is a struggle to survive. It truly behooves us to practice preventative health care at an early age by making healthier lifestyle choices. This includes regular tune-ups to our machinery with internal body cleansing that encourages favorable conditions for our body’s healing processes.

A clean body requires a properly functioning colon, and a properly functioning colon must be able to absorb nutrients and remove waste. If this debris is not immediately expelled, autointoxication will ensue. It only takes a short time for putrefied waste to absorb through the colon wall into the bloodstream and begin to affect other organs. No wonder naturopaths in times past coined the phrase “death begins in the colon.” Beyond our guts, Dr. Hans Selye notes, “Life, the biological chain that holds our parts together, is only as strong as the weakest vital link,” the cell. Disease and aging begin when the normal process of cell regeneration and rebuilding slows down—a process precipitated by the accumulation of waste products in the tissues which impedes the nourishment and oxygenation of cells.

One tool to add to our health regimen is the periodic body cleansing process. This regular practice will strengthen our resistance to disease by keeping our motors revved. After all, why do we want to live a long life without health? Quantity of life without quality is meaningless. Who wants to become a vegetable when we should consume vegetables for better health? Let us set a better example and avoid catastrophic illnesses by taking our system “to the shop” on a regular basis.

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