



Internal Body Cleansing

I first learned about internal body cleansing while taking a flight back home, from Hawaii to New Jersey. We had a long flight ahead, so I purchased a book that I had been drawn to, on our last day there. I so happened to have been in a health food store where I tripped upon this great book. My body had been feeling quite sluggish, after a full week of being lavished in an abundance of rich foods and tropical drinks. The name of the book was “Cleanse and purify thyself” by Richard Anderson. It was a fantastic, eye opening book. It was really speaking to what I was feeling in that very moment. It made me understand the absolute need for why it is so important to cleanse the body, from the inside. I had never heard or had been taught this before, but it made so much sense.

Just like we change the oil and filters in our car, we need to remove the excess waste that gets stored in our body. Anderson is quite passionate about his work, and the effects toxic waste can do to our body’s wellbeing. The colon, intestines, liver, blood, lymphatic system, kidneys and brain are affected by toxic waste in the body. As Anderson says, “Dis-ease is a natural by-product of an unnatural lifestyle.”

He further states, that in his opinion, “All cancer, AIDS, disorders of the liver, kidneys, brain and heart, receive their mutating potential in the form of toxins and congestion, from the intestines.” Other factors are deficient foods, unproductive thoughts etc. There are many things to understand about why we need to cleanse our bodies.

Let’s start with parasites, which have now become an epidemic in North America. I do not believe in using fear tactics to motivate people, but rather, to educate you on their existence, the damage they cause and how to rid yourself of them. One very common parasite many people suffer from, is Yeast or Candida. As long as the balance of the flora in the intestines is positive and your immune system is strong, yeast is not an issue. However, yeast can be related to almost every illness.

Some Symptoms of Parasite infestation/Candida include:

*** Constipation *Diarrhea *Gas and bloating, burping *Intestinal problems, abdominal pain and digestive disturbance *dizziness *Fever *Jaundice *Anorexia *B-12 deficiency *Bleeding rectum *Blindness or blurry vision *Blood in feces or spit *Burning during urination *Chest pains *Chills *Chronic fatigue *Unhealthy skin conditions *Migraine or other headaches * Allergies *Problems sleeping *Joint and muscle aches * Nervousness *Anemia *Mood swings * ADD *Depression *Lung and bronchial congestion *Malnutrition *Muscle spasms *Night sweats *Appendix pain *Poor memory *Mental problems *Rashes *Skin**

ulcers *Swelling of the eyes and face *Vomiting *Weak immunity *Weight gain or unexplained weight loss.

In today's society, certain lifestyle choices can aid in Candida overgrowth, that can get out of control. It contributes to many harmful dis-eases. Those lifestyle choices include: A highly refined carbohydrate diet, processed foods, sugar, heated proteins and high stress levels. Another way we get parasites and yeast in our body, is eating improperly washed fruits, vegetables and grains, consuming undercooked meats and raw fish, as well as, chemical toxins and pollutants, that lower the immune system. Parasites can only live in a toxic environment, so, cleaning up the environment rids anything unhealthy from breeding there.

Basically, any food that does not leave our body with 24-48 hours, starts to rot in our system and becomes toxic. I read that it takes steak 21-24 days to leave the system. The body can become a breeding ground for toxicity, with all the processed foods, chemical toxins, sugars and medical drugs that we are exposed to, regularly.

The human body is amazing! It is designed to heal itself. It works better than any machine. Each organ has its purpose and performs those tasks very well, under good working conditions. Even when we push those organs above and beyond their normal call of duty, they can get the job accomplished. But over time, we must realize that if we ask it to work overtime every day, without a break or downtime, something's bound to give.

If you were hired to work an 8-hour day 5 day a week, I would imagine you could do a pretty efficient job at getting the work load done, with plenty of time to rest and recharge. But, what if your boss started adding to the work load and hours? It might be ok temporarily. What if you had to work overtime, and on your days off, with double the workloads every day? How long do you think you would last before burning out?

Our internal body is no different. The organs need assistance and proper rest as well. The pancreas loses its ability to function properly when over used. How? Unhealthy diet, by consuming way too many processed foods regularly, causing sugar overload.

What happens is, the pancreas' ability to properly supply the insulin the body needs, stops working, which can bring upon adult onset Diabetes.

The best way to look at the body's organs, would be like looking at an engine of a car. It has filters that protect the engine, or it will not run properly. Cleansing the internal body, would compare to cleaning the filters, before they get clogged and stops working. The oil and the gas are the fuel, in which to aid the engine in its performance. That would be equivalent to what we are filling our body with, what kind of nourishment.

It is also good to know, that the body cannot absorb its proper nutrients, if it is clogged up with toxic waste. If you think about a garbage dump; imagine trying to feed the soil underneath, by pouring nourishment on top of the pile of garbage. Unfortunately, this analogy is very close to what our colon, and intestines are like, when not cleaned out

regularly. So, it makes complete sense to why our body would not receive the proper nourishment, even if we are not giving it a good supply of nutrients. This is why, in my opinion cleansing is absolutely necessary.

Years ago, life was much different; lifestyles and the environment were very different. People are more sedentary than ever before. We are subjected to much more radiation, pesticides and pollution in the air. We consume more processed food, and less fruits and vegetables than ever, with stress levels being much higher. It is imperative to give your body and organs the breaks it needs.

This information made so much sense to me. What got me so passionate about cleansing, was when I read about the cause of blemished skin and that it is directly correlated with the dangerous effects toxins have. This caught my attention, because my son was 15 at the time, and his face was completely covered in blemishes. Before reading about cleansing, I dismissed this as “normal teenage stuff.” Once I read this, I started to ask him some personal questions, that a Mom and their 15-year-old may not think to discuss, such as, how often he was having bowel movements. I almost fell over when he said once a week! I shared what I was learning, because they stressed the importance of going at least two times a day, optimally.

He also had trouble sleeping at night, focusing and tended to get depressed. After some prompting, he agreed to go on a Cleanse together.

I am not going to say it was easy, especially when we learned that it will unlock some stuck emotions as well, but the results were dramatic. Afterwards, my son paid closer attention to what he was putting into his body. I cannot tell you how quickly his skin completely cleared up. He started to have regular bowel movements, and it made him more vibrant again. He was able to focus at school so much better and had more energy.

For me, after experiencing how much more energy I had after a Cleanse, I became much more in tuned with my gut health. I can now feel when my body starts to get sluggish. That’s when I know it’s time for my organs to have a break.

So, even though it takes discipline to do a Cleanse, the results are way worth the small investment!

I have tried Isagenix (which is a complete system filled with all organic ingredients,) “The Master Cleanse,” and a few others which has been very effective as well.

Benefits of Internal Body Cleansing Include:

- Allows the body to absorb nutrients more efficiently
- Increases peristaltic action of intestines/ reduces constipation/ enhances elimination
- Reduce gas and bloating
- Reduces appetite
- Help rid the major source of di-eases
- Create a supply of natural energy and vitality

- Supports proper liver and thyroid function, as well as all vital organs (colon, urinary tract, sweat glands, skin pores, and lymphatic system)
- Shrinks abdomen
- Improves nerve flow
- Stops obesity
- Aids in Digestion
- Rejuvenates cells
- Balances hormonal system
- Beautifies skin
- Slows the effects of aging
- Helps release stuck emotions

How to determine if you need a Cleanse:

- If you suffer from any disease or malfunction of the body
- Constipation (less than two BM's a day)
- Bad breath
- Body odor
- Gas
- Dry or hard stool
- A bowel movement that requires a lot of time and pushing
- A history of taking antibiotics (they destroy the friendly flora in the intestines)
- Lack of energy
- Obesity
- Unusual thinness
- Poor complexion, acne is a bowel problem

