



# CLEANSSES

## WHY CLEANSING IS IMPORTANT

Our clients experience optimal health with regular cleansing of their body. Proper cleansing and nourishing of the body can help restore normal function and maximize health gains.

Every client's cleanse experience is different, contact our office or your practitioner for extra support and/or questions.  
We want you to be successful with improving your health!

"The basic rule of natural healing and wellness...you must first cleanse, strengthen and tone the elimination organs, especially the bowel, liver and kidneys. The purpose of doing any type of cleansing or detoxification is to get accumulated toxins out of the body."

-Samuel Young, M.H., N.D.

## GOOD FOODS LIST

The full food plan can be found at  
[www.livingwithelevation.com/resources](http://www.livingwithelevation.com/resources)

### PROTEINS

- MEATS: Range fed beef, lean beef, lamb, veal, beefalo, and wild game meats, chemical free chicken, turkey, Cornish hen
- No lunch meat or cured meats with sugar, nitrites or MSG
- SEAFOOD: Any fish or shellfish, fresh or frozen
- OTHER PROTEINS: Tempeh, legumes, lentils
- NUTS & SEEDS: Natural nuts and seeds, almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, etc., raw or dry roasted
- Natural nut butters where oil rises to the top - avoid commercial brands (containing hydrogenated oils and sugar), best is almond butter.

### DAIRY

- Replace cow's milk with rice or almond milk / cow or goat raw.
- Fertile, free range or organic eggs
- Butter (NO MARGARINE!!)
- Hard white cheese (raw and/or organic), Cottage or cream cheese (non-colored)
- Yogurt without added sugar

### GRAINS (LIMITED QUANTITIES ONLY)

- Organic, sprouted grain bread: "Ezekial"
- Whole grain breads/crackers (NO enriched flours)
- Whole grains - brown rice, quinoa, bulgar, millet
- Whole grain cereals, pastas - i.e. shredded wheat, oatmeal, health store cereals (organic is best!)

### SWEETENERS

Not advised at all. But if you must, limit to limited amounts of the following:

- Stevia, raw honey, pure maple syrup, fresh fruit

### VEGETABLES & FRUITS ARE UNLIMITED

# PHASE ONE FOOD PROGRAM

The full food plan can be found at  
[www.livingwiththelevation.com/resources](http://www.livingwiththelevation.com/resources)

Food Category	Included Foods	Excluded Foods
Sugar	Honey in small amounts (raw and locally grown)	All other forms of sugar
Sweeteners	Herbal stevia (liquid only) Xylitol	All other forms of sweeteners
Fruit	Green apple, berries, avocado, grapefruit, lemon, lime	All other fruits
Meat	Fish, poultry, beef	Pork, breaded meats, processed
Eggs	Yolk intact	Scrambled
Dairy Products	Plain yogurt, goat yogurt, cream cheese, whipping cream, sour cream, butter, raw milk	All other forms of dairy including margarine and butter substitutes
Vegetables	Fresh vegetables and black olives not aged in vinegars	Potatoes (white and sweet), yams, legumes (beans and peas), corn
Beverages	Water (distilled, bottled, or filtered), non-fruit herbal teas, homemade lemonade sweetened with stevia, unsweetened coconut milk	Coffee, black tea (including decaf), fruit herbal teas, sodas, diet sodas, alcoholic beverages
Grains	Quinoa, arrowroot, tapioca, amaranth, buckwheat, millet	Pasta, rice, corn, wheat, oats, barley, and any other flour products
Yeast Products	None	All – including breads, beer, mushrooms, and pastries
Vinegar Products	Unpasteurized apple cider vinegar	Pickles, salad dressings, green olives, sauerkraut
Oils	Coconut, olive, avocado, flaxseed, walnut, almond (cold pressed when available)	Hydrogenated and partially hydrogenated oil, peanut oil
Nuts	Raw nuts and seeds	Peanuts and pistachios

# HEALING CRISIS/REPROGRAMMING

“With natural therapies such as herbal remedies, homeopathy, acupuncture, chiropractic, and other biological therapies, the client may experience an increase in symptoms, or what is known as a “healing crisis” (*reprogramming of the body*). This crisis usually lasts around three or four days and can be similar to what one experiences when ill, for example, with a cold or flu. It may start with a headache, body ache, and occasional fever with perspiration, or one may just feel very tired and sluggish. Doctors from the old school welcome these symptoms as the initiation of the healing process.”

– Dr Bernard Jensen

- Eat a small baked potato.
- Two tbsp. extra virgin olive oil, 1/2 FRESH squeezed lemon, Bragg's Apple Cider vinegar (1/2 the amt. of the lemon). Mix together and drink. Repeat three times a day.
- Continue usage recommendations for products being used for the cleanse protocol.
- Spend two minutes brushing the skin with a vegetable brush, brushing toward the heart.
- Massage the whole body with sesame oil, any grocery brand. The skin is the largest organ of the body. Sesame oil will immediately start pulling toxins from the body.
- Put a solution of 1 cup baking soda and 2 POUNDS of Epsom salt in bath water. Soak in bath solution for 20-30 minutes. Again, this will pull toxins from the body.
- Coffee enema - An enema is a great detoxification tool. The portal vein aligns with the colon and will carry the coffee directly to the gallbladder which in turn will stimulate the gallbladder to purge the liver and gallbladder of toxins, carrying the toxic waste back into the colon for elimination.

# CLEANSING NOTES

**FIRST-TIME CLIENTS:** Take the smallest recommended dose for each cleanse.

These protocols require total commitment by the client to achieve successful results. To help support all body functions, keep elimination channels open, and enhance your cleanse, use Herbal Perfect Superfood daily year-round. Following our “Good Food List” or “Phase One Food Plan” is recommended during all cleanses.

## INTESTINAL CLEANSE

It may be necessary to repeat the intestinal cleanse more than once to remove a lifetime build-up of sludge in the intestines and colon.

## LIVER/GALLBLADDER CLEANSE

For those with severe or chronic liver and/or gallbladder concerns, the cleanse can be repeated a minimum of 3 times with a week off between each cleanse.

## KIDNEY/BLADDER CLEANSE

For those with severe or chronic kidney or bladder concerns, the cleanse can be repeated a minimum of three times with a week off between each cleanse.

## LYMPH DETOX CLEANSE

For those with severe or chronic lymphatic concerns, the cleanse will need to be repeated at least three times.

## PARASITE CLEANSE

For those with severe or chronic parasite concerns, this cleanse can be repeated a minimum of three times with a week off between each cleanse. *Phase One Food Plan is recommended.*

**RECOMMENDATIONS:** If there are personal pets in the home or the client works around livestock, a parasite cleanse should be done four times a year, most easily remembered as the seasons change, Spring, Summer, Fall, Winter.

## YEAST (CANDIDA) CLEANSE

For those with severe or chronic yeast concerns, this cleanse can be repeated as long as needed. *Phase One Food Plan is recommended.*

## METAL/CHEMICAL CLEANSE

For those with severe or chronic metal/chemical concerns, this cleanse can be repeated a minimum of three times with a week off between each cleanse.

## CARDIOVASCULAR/CIRCULATION CLEANSE

For those with chronic cardiovascular concerns, this cleanse can be repeated as necessary.

# INTESTINAL CLEANSE

## Products

Herbal Perfect ICF #1

Herbal Perfect ICF #2 (capsules or powder)

Herbal Perfect Superfood

- Improves digestion and relieves gas/cramps
- Strengthens, cleanses, & promotes normal peristaltic action of the colon
- Increases flow of bile which helps cleanse gallbladder, bile ducts and liver
- Promotes healthy intestinal flow and increases gastro-intestinal circulation
- Strengthens muscles of the large intestine
- Cleanse small intestinal tract & enliven the villi for better nutrient absorption
- Helps the body eliminate unwanted toxins, parasites, and heavy metals
- Remove drug residue lingering in the digestive tract
- Mucilaginous properties will soften hardened, encased fecal matter for gentle removal

## **STEP 1: START WITH ICF #1**

1 Capsule Daily with the **LAST MEAL** of the day. An increase in bowel action, consistency, and the amount of fecal matter eliminated should be evident next morning. **\*\*If there is not a noticeable difference, take 2 capsules with the last meal of the day going forward. If still not noticing a difference, can continue to increase by 1 capsule per day. STOP** at the number of capsules needed to consistently have 2-3 bowel movements daily (can divide between meals as you increase). There is no limit to increasing as long as you only increase 1 per day.

**Always take this product with FOOD.**

## **STEP 2: ADD IN ICF #2 (POWDER OR CAPSULE):**

- **ICF #2 Powder:** One hour after morning Superfood drink, mix 1 heaping teaspoon of Herbal ICF #2 powder with 4 ounces of water or beverage of choice, shake mix vigorously and drink. Follow by drinking 8-10 ounces of water. Repeat ½ hour before lunch, between lunch and dinner, ½ hour before dinner, and 1 hour before bedtime, consuming a total of 5 heaping teaspoons of the formula each day.
- **ICF #2 Capsule:** 4 Capsules 5 times Daily unless instructed differently by a Natural Health Practitioner. Drink 8 ounces of water with each dose. First dose to be taken after morning Superfood Drink.

**\*\*IMPORTANT: DO NOT BEGIN ICF #2 UNTIL YOU HAVE BEEN ON ICF #1 AND ESTABLISHED 2-3 BOWEL MOVEMENTS DAILY. (THIS VARIES INDIVIDUALLY) THEN BEGIN THE INTAKE OF BOTH PRODUCTS DAILY WITH NO CHANGE TO THE ICF #2 DOSE, BUT INCREASE OR DECREASE THE ICF#1 AS NEEDED.**

## LIVER/GALLBLADDER CLEANSE

### Products

Herbal Perfect Liver/Gallbladder

Herbal Perfect Detox

Herbal Perfect Superfood (optional)

ICF #1 if needed for 2-3 bowel movements daily (see Intestinal Cleanse: Step 1)

**Important:** Please ensure bowel movements continue as normal and communicate with staff if not having 2-3 bowel movements daily.

1. Upon awakening, drink 8-12 ounces of distilled or purified water.
2. Prepare and drink the Liver/Gallbladder Flush Drink (see below).
3. Fifteen minutes after the Liver/Gallbladder Flush Drink, take the recommended dose of Herbal Perfect Liver/Gallbladder tincture or capsule and recommended dose of Herbal Perfect Detox tincture or capsule.

Choice of capsule or tincture is your preference:

- HP DETOX TINCTURE: 2-4 droppers full 15 minutes after Liver/Gallbladder Flush drink in the morning followed by 2-4 droppers full 4-5 times daily. Drink 16 ounces of distilled or purified water after each dose.
- HP LIVER/GALLBLADDER TINCTURE: 2-4 droppers full 4-5 times daily until bottle is gone
- CDH DETOX CAPSULE: 2-4 Capsules 15 minutes after Liver/Gall Bladder Flush drink in the morning. Followed by 2-4 capsules 4-5 times daily. Drink a 16-ounce glass of distilled water after each dose.
- CDH LIVER/GALLBLADDER CAPSULE: 2-4 Capsules 4-5 times daily until bottle is gone

### HERBAL PERFECT 5 DAY LIVER/GALLBLADDER FLUSH DRINK

1. Mix 8 ounces of unsweetened fruit juice of choice with 1 squeezed lemon or lime and 8 ounces of distilled or purified water.
2. Add 1 clove of raw garlic. Start with 1 clove of garlic, increasing by 1 clove daily. The clove should be approximately the size of a thumbnail.
3. Add 1 tablespoon of organic, cold pressed virgin olive oil. Increase by 1 tablespoon daily.
4. Add approximately 1 inch of fresh ginger root.
5. Blend all ingredients together, strain and drink.

## KIDNEY/BLADDER CLEANSE

### Products

Herbal Perfect K/B

Herbal Perfect Kidney Bladder

Herbal Perfect Cayenne

Herbal Perfect Superfood (optional)

ICF #1 if needed for 2-3 bowel movements daily (see Intestinal Cleanse: Step 1)

*Intestinal Cleanse and Liver/Gallbladder Cleanse is recommended prior to starting the Kidney/Bladder Cleanse*

1. Upon waking in the morning, drink 8-12 ounces of distilled or purified water.
2. Prepare and drink the Kidney/Bladder Flush Drink (see below).
3. Fifteen minutes after the Kidney/Bladder Flush Drink, take the recommended dose of Herbal Perfect Kidney/Bladder tincture or capsule and recommended dose of Herbal Perfect K/B tincture or capsule.

Choice of capsule or tincture is your preference:

- HP K/B TINCTURE: 2-4 droppers full 3-4 times a day
- HP KIDNEY BLADDER TINCTURE: 2-4 droppers full 3-4 times a day
- CDH K/B CAPSULE: 2-4 capsules 3 times a day
- CDH KIDNEY BLADDER CAPSULE: 2-4 capsules 3 times a day

### HERBAL PERFECT 5 DAY KIDNEY BLADDER FLUSH DRINK

1. Mix the following in a blender.
2. The juice of one lemon and one lime.
3. Distilled or purified water, 16-32 ounces.
4. 5 drops of Herbal Perfect Cayenne tincture. Can be increased as recommended by your Natural Health Practitioner.
5. Optional-A small amount of maple syrup for taste.
6. Blend all ingredients together and drink.

\*This drink needs to be made fresh daily. Do not make ahead of time and store. The lemon and lime will lose their effectiveness.

## LYMPH DETOX CLEANSE

### Products

Herbal Perfect Lymph Detox

Herbal Perfect Detox

ICF #1 if needed for 2-3 bowel movements daily (see Intestinal Cleanse: Step 1)

Herbal Perfect Superfood (optional)

### **INTESTINAL CLEANSE TO BE COMPLETED WITHIN THE LAST 3 MONTHS**

*Liver/Gallbladder & Kidney Bladder Cleanses is recommended prior to starting the Lymph Detox Cleanse*

**Important:** Client should have already started or completed the Intestinal Cleanse before starting this protocol. The blood and lymph toxic waste from the lymph are eliminated through the colon and it must be clean. Please ensure bowel movements continue as normal and communicate with staff if not having optimal bowel movements. If currently taking ICF #1, continue with recommended doses during this cleanse to insure 2-3 bowel movements daily.

1. Consume 1 gallon of water each day. (Can be combination of water, herbal tea, or juice)
2. Take the recommended dose of Herbal Perfect Lymph Detox and Herbal Perfect Detox within the same time frame.

Choice of capsule or tincture is your preference:

- HP LYMPH DETOX TINCTURE: 2 droppers full 4-6 times a day for five days, finishing the entire 2-ounce bottle in five days. Mix with a few ounces of grape juice or grapefruit juice to make tincture palatable.
- HP DETOX TINCTURE: 2 droppers full 4-6 times a day for five days, finishing the entire 2-ounce bottle in five days. Can be mixed with a few ounces of grape juice or grapefruit juice to make tincture palatable.
- CDH LYMPH DETOX CAPSULE: 2 Capsules 4-6 times daily until bottle is gone.
- CDH DETOX CAPSULE: Take 2 capsules in the A.M. followed by 2-4 capsules 4-5 times daily.

## PARASITE CLEANSE

### Products

Herbal Perfect Paractive

Country Doctor BioFlora

ICF #1 if needed for 2-3 bowel movements daily (see Intestinal Cleanse: Step 1)

Herbal Perfect Superfood (optional)

### **INTESTINAL CLEANSE TO BE COMPLETED WITHIN THE LAST 3 MONTHS**

*Liver/Gallbladder & Kidney Bladder Cleanses is recommended prior to starting the Parasite Cleanse*

**Important:** Client should have already started or completed the Intestinal Cleanse before starting this protocol. The toxic waste is eliminated through the colon. It must be clean. Please ensure bowel movements continue as normal and communicate with staff if not having optimal bowel movements. If currently taking ICF #1, continue with recommended doses during this cleanse to insure 2-3 bowel movements daily.

Choice of capsule or tincture is your preference:

- CDH PARACTIVE CAPSULE: 2-4 capsules A.M. and P.M. until bottle is used.
- HP PARACTIVE TINCTURE: 2-4 Droppers full A.M. and P.M. until 2-ounce bottle is used.
- CDH BIOFLORA (*only available in capsule*): 1 capsule 2 times a day until bottle is gone. *Reduce to 1 a day and increase ICF #1 if constipation starts to occur.*

*\*For best results, start this cleanse the week of the full moon.*

# YEAST (CANDIDA) CLEANSE

## Products

Herbal Perfect YST RDX

Country Doctor BioFlora

ICF #1 if needed for 2-3 bowel movements daily

Herbal Perfect Superfood (optional)

### **INTESTINAL CLEANSE TO BE COMPLETED WITHIN THE LAST 3 MONTHS**

*Liver/Gallbladder & Kidney Bladder Cleanses is recommended prior to starting the Yeast Cleanse*

**Important:** Client should have already started or completed the Intestinal Cleanse before starting this protocol. The toxic waste is eliminated through the colon. It must be clean. Please ensure bowel movements continue as normal and communicate with staff if not having optimal bowel movements. If currently taking ICF #1, continue with recommended doses during this cleanse to insure 2-3 bowel movements daily.

Choice of capsule or tincture is your preference:

- CDH YST RDX CAPSULE: 2-4 capsules A.M. and P.M. until bottle is used.
- HP YST RDX TINCTURE: 2-4 Droppers full A.M. and P.M. until 2-ounce bottle is used.
- CDH BIOFLORA (*only available in capsule*): 1 capsule 2 times a day until bottle is gone. *Reduce to 1 a day and increase ICF #1 if constipation starts to occur.*

# METAL/CHEMICAL CLEANSE

## Products

Herbal Perfect HV-MET

ICF #1 if needed for 2-3 bowel movements daily (see Intestinal Cleanse: Step 1)

Herbal Perfect Superfood (optional)

### **INTESTINAL CLEANSE TO BE COMPLETED WITHIN THE LAST 3 MONTHS**

*Liver/Gallbladder & Kidney Bladder Cleanses are recommended prior to starting the Metal/Chemical Cleanse*

**Important:** Client should have already started or completed the Intestinal Cleanse before starting this protocol. The toxic waste is eliminated through the colon and it must be clean. Please ensure bowel movements continue as normal and communicate with staff if not having optimal bowel movements. If currently taking ICF #1, continue with recommended doses during this cleanse to insure 2-3 bowel movements daily.

### COMMON EXPERIENCES WITH TOXIN OVERLOAD

- Unexplained irritability/Sudden anger
- Numbness and tingling in extremities
- Unexplained chronic fatigue
- Insomnia
- Bloating feeling
- Twitching of face and other muscles
- Frequent heartburn
- Excessive itching
- Frequent periods of depression
- Tachycardia
- Unexplained skin rashes
- Metallic taste in mouth
- Frequent ringing or noise in ear
- Frequent leg cramps
- Pain in joints
- Constipation and/or diarrhea
- Difficulty remembering
- Cold hands & feet, in warm weather
- Frequent urination during the night

- HP HV-MET TINCTURE: 1-2 droppers full 3 times daily or as directed by your Natural Health Practitioner. Must combine with a bite of apple or 1 ounce of unsweetened apple juice. Use entire bottle.

# CARDIOVASCULAR/CIRCULATION CLEANSE

## Products

Kroeger Herb CircuFlow

Aloe Vera juice

ICF #1 if needed for 2-3 bowel movements daily (see Intestinal Cleanse: Step 1)

Herbal Perfect Superfood (optional)

- CIRCUFLOW CAPSULES: 3 capsules 3 times daily before meals with 2 tbsp of aloe vera juice until bottle is used

For more information on cardiovascular health, see “Arteriosclerosis and Herbal Chelation” by Hanna Kroeger, Minister of the “Chapel of Miracles.”

*Booklet available in our office when requested*

# ORGAN FLUSHES

These flushes can be done in conjunction with any cleanse or can be done when needed.

## LIVER FLUSH

Juice of 3 oranges, 2 lemons and 5 oz of olive oil. Peel and juice the oranges and lemons. Drink this first thing in the morning: do not eat for 2 hours. Repeat for 3 days.

## GALLBLADDER FLUSH

Drink 8 oz of unfiltered apple juice every 2 hours starting at 9 am and ending at 9 pm for 2 days. At the end of the 2<sup>nd</sup> day drink 3 oz of olive oil with 1-inch square of ginger root (juiced) and the juice of ½ a lemon. Drink, lay down on the right side and curl up in a loose fetal position.

This will assist in the elimination of gall stones from rice size to cherry tomato size. It will take 2 or 3 flushes to clear gallstones completely.

## PANCREAS FLUSH

Drink 1/3 tsp of ground nutmeg in ¾ cup of warm water, stir well. Drink this first thing in the morning for 5 consecutive days. If reprogramming symptoms occur, eat a baked potato and visit the Healing Crisis/Reprogramming page for more information. The potato acts like a sponge soaking up toxin residue.

## DETOX BATH

This bath opens the pores, eliminates toxins and helps relieve pain. 2 pounds of Epsom salts, 1 cup of baking soda, and 2 tablespoons of ginger stirred in a cup of hot water first, then added to bath, is beneficial. Do not remain in the tub for more than 30 minutes.

# THE POWER OF USING SUPERFOOD DAILY

## FORMULA

Spirulina Blue-Green Algae, Broken Cell Chlorella Algae, Barley, Alfalfa Grass, Wheat Grass, Purple Dulce Seaweed, Beet root, Spinach Leaf, Rose Hips, Oat Straw, Orange and Lemon Peels, in a base of non-fermentable Saccharomyces Cerevisiae Yeast which supplies a multitude of B-vitamins

## THERAPEUTIC ACTION

Live raw foods contain live nutrition, including natural vitamins and organic minerals along with enzymes missing in cooked foods. Enzymes are the life energy science ignores. Life energy is what an acorn uses to grow into an oak tree. Superfood is an excellent product designed to nourish and replenish the body on a daily basis. Country Doctor Herbal Perfect Superfood is a balanced blend of Mother Nature's finest ingredients formulated to provide a natural food source of vitamins, minerals, amino acids and essential trace nutrients.

## USAGE

The adult usage is 2 rounded, heaping tablespoons per day. If extra nutrition is required because of an illness, take an additional 2 tablespoons in an afternoon natural health drink. In the morning put 8 ounces of fresh fruit juice, 8 ounces of purified or distilled water, 1/2 to 1 cup of fresh organic seasonal fruit and 2 tablespoons of Super Food in a blender. Mix and drink! Swish the first drink in mouth for 20-30 seconds to prepare the stomach. This drink will provide 3 to 4 times the vitamins and minerals needed for the entire day! Many of the natural foods in Superfood are single celled plants meaning they are almost pre-digested and easily assimilated into your bloodstream in minutes.

\*\*When beginning Superfood, start with 1 tablespoon and work your way up to 2 tablespoons. It takes the palette about 2-3 weeks to adjust if you are new to concentrated green superfoods.

## LIVING WITH ELEVATION NATURAL HEALTH CENTER

313 4<sup>th</sup> St ~ Downtown

Rawlins, WY 82301

307-328-5800

[info@livingwithelevation.com](mailto:info@livingwithelevation.com)

[www.LivingWithElevation.com](http://www.LivingWithElevation.com)

[www.facebook.com/LivingWithElevation](https://www.facebook.com/LivingWithElevation)

Join our FREE Facebook Support Group @

[www.Facebook.com/groups/lwenhc](https://www.Facebook.com/groups/lwenhc)