



# Ways of Detoxification

## Gallbladder Flush

The liver creates bile that helps to emulsify fats, using bipolar molecules (one end of the molecule is water-soluble and the other end is fat-soluble) to make the globules more assimilable. The bile produced by the liver is stored in the gallbladder, a pear-shaped sac on the underside of the liver.

If the cholesterol content of the bile becomes too high for the amounts of phospholipid and bile salts, gallstones form. This happens when the liver secretes too much cholesterol or the bile becomes highly concentrated in the gallbladder. Gallstones affect not only the gallbladder; but also the liver when the bile does not move.

A diet favorable for the gallbladder is moderately high in protein and low in refined carbohydrates. Take a B-complex vitamin and lecithin along with a liberal amount of vitamin E. Soybeans and eggs are rich in lecithin.

## Gallbladder Decongestion

Hanna Kroeger, an herbalist from Boulder, Colorado, uses a 17th-century Austrian physician's formula for gallbladder decongestion. It is widely used today by various practitioners.

Before you start the cleanse, your bowels must be clean. It is sometimes suggested that patients ingest 3 to 4 capsules of hydrangea or hyssop twice a day for about a week before this cleanse. Adjust the dosage according to the results you receive. To alleviate nausea created by ingesting a large amount of oil at one time, an enema may be necessary during the cleanse. Fast for two days, then consume only the following:

### Day 1

8 A.M. | 1 glass (8 ounces) pure, organic preservative-free apple juice

- 10 A.M. 2 glasses
- 12 P.M. 2 glasses
- 2 P.M. 2 glasses
- 4 P.M. 2 glasses
- 6 P.M. 2 glasses
- 8 P.M. 2 glasses

\*Do not eat on this day

### Day 2

Follow the same routine as on Day 1

Do not eat on this day. At bedtime, drink 3 ounces of olive oil. (You may wash down the oil with hot lemon or apple juice)

As a rule, this congestion formula starts to work the second day. You may find small stones and/or green mud in the fecal matter. The malic acid in the apple juice breaks down stagnant bile. This flush may be repeated in two months.

## Fat Digestion

Poor fat digestion may be accompanied by nausea and soreness in the gallbladder area. To help this condition, prepare as a tea:

- 1 part milk thistle seed
- 1 part artichoke leaves
- 1 part dandelion root
- ½ part mugwort
- ½ part skullcap

Use 1 ounce of herbal combination in 1 pint water. Simmer 20 minutes. Remove from heat and let stand 10 minutes. **Dose:** up to ½ cup three times a day.

## Colon

Even though the colon contains beneficial bacteria, unfavorable strains can be introduced through overuse of antibiotics and improper diet. Often, it is not the bacteria themselves that do the harm, but their wastes, which lodge in surrounding tissues. This creates a breeding ground for harmful bacteria and viruses and causes an imbalance in bowel flora. Even the improper balance of beneficial bacteria can cause problems, known as bowel dysbiosis.

Supplementation with *Lactobacillus acidophilus*, the bacteria normally present in the colon, will help re-establish balance. Allergy extracts for pathogenic bowel bacteria help to cleanse the colon. Extracts also relieve allergic symptoms caused by these organisms.



Homeopathic bowel nosodes are helpful for intestinal dysbiosis. A nosode is a remedy prepared from an organism or diseased tissue. Bowel nosodes are prepared from stool cultures. They are so dilute that the actual organism is not in the remedy. Bowel nosodes are prescribed based on the percentages of organisms found in the stools of patients or on clinical indications.

Colon Cleansing is a controversial method of detoxification/cleansing. There seems to be no middle viewpoint; people are either very much in favor of it or violently opposed to it. Those who favor colon cleansing feel that the health of the body reflects the health of the colon. They further believe that colon cleansing, either with enemas or colonies, is necessary for good health.

Those opposed to colon cleansing feel that there is no medical reason to irrigate the colon. Homeopaths feel this method causes loss of vital body fluids. Opponents of colon cleansing believe that proper diet, sufficient water, and exercise should allow you to move your bowels regularly. When the bowels move regularly, their natural physiological action should keep them clean and working well.

Approach any cleansing method with caution, determining the appropriateness of each method for you. Certainly, sensitive people should be very careful if they try this method. The information presented in this section reflects both views. You will have to make your own decision regarding this cleansing method.

Fasting is sometimes advocated before a colon cleanse. During a fast, your eliminative organs remove concentrated and old, hard wastes. If any wastes remain in the colon, toxins are reabsorbed into the system, causing fever, earache, sore throat, headache, and many other symptoms.

## Enemas

Colon cleansing may be accomplished by administering enemas, which flush the lower intestines. Substances generally used in enemas include water, coffee, herbal tea, mild soap solution, meat broth, chicken soup, wheat-grass juice, barley juice, chlorophyll, oil, or other nutritional substances.

## General Instructions for Enemas

- Use warm distilled or other tolerated water in the enema bag,
- Some people follow the warm water enema with a cool water enema to stimulate peristaltic action and to soak off more material.
- Lying on a comfortable surface, assume a knee-chest position to help water go through the colon.
- Always lubricate the end of the rectal nozzle or French catheter tube with vitamin E, petroleum jelly, or K-Y jelly.
- Insert the tube or nozzle just inside the rectum. For a French catheter, as water flows, gently insert the tube further - never force it. The maximum tube insertion is 18 to 24 inches.
- At the first urge or cramp, remove the tube and allow elimination.
- Always take some form of acidophilus, yogurt, buttermilk, or kefir afterward to replace natural bacteria of the colon.
- The frequency of enema use depends on the person's philosophy. Some people take enemas once a month for preventive health maintenance, Others take a series of enemas seasonally.

The following enemas may be helpful for the indicated conditions:

- For stimulation of the liver; kidneys, spleen, and pancreas. It will also help stop bleeding that sometimes occurs with tissue irritation during rapid elimination: ½ teaspoon cayenne to an enema bag of water.
- As a general cleanser and to help eliminate parasites and Candida: Blend one or two crushed garlic buds in 1 quart of tolerated water, Strain, Add enough tepid water to fill the enema bag. Repeat this process three times.
- To clear allergic reactions: Use 60 grams (8 level tablespoons) of buffered vitamin C per quart of tolerated water. Allow the enema to run in very slowly and retain the fluid as long as you can comfortably do so.

**WARNING:** Never use ascorbic acid in an enema. Use only buffered forms of vitamin C.