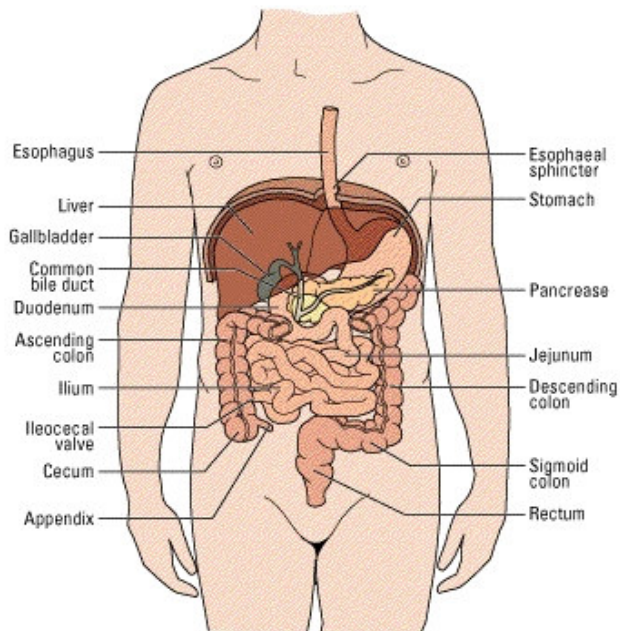


## Clearing out the alimentary/digestive/ bowel system.

Recently Eddie and I embarked on an “Inner Cleanse Program” to clear out our alimentary/digestive/ bowel system. We were inspired to do this after speaking with my sister Rangana and a friend, Alva Gilmour who is also a gifted psychic. We discussed the cleanse options with Alva and she helped us customize “the cleanse” according to our needs. As many of you have asked us what is required to do this cleanse we have put together a summary. Over the years Eddie and I have tried out a variety of fasts and special fruit diets. Last year alone we did 3 [liver flushes](#); we tried out a recipe given to us by a herbalist, Jenny Gaze the first time and then adapted it according to our needs. We found them to be powerful experiences. I also took a break from cooked foods for 3 weeks in August 05. I just had fruits. So this was not a first. What was a first for me was trying the colema, which is a cross between a colonic and an enema. That was an interesting experience. It was not all that comfortable for me but I felt it was an efficient way to wash out the gunk. For those who are drawn to it I recommend it. For those who are not drawn to it there are other ways and means. It did break my aversion to enemas; it also helped me clear faecal matter faster.

**Digestive System**



The program we used included a 3 week pre cleanse and a 6 day cleanse juice fast.

Before beginning the 7-day fast, one has to prepare and do a pre cleanse. The pre cleanse is very very very important. The pre cleanse diet needs to be for a month/ 3 weeks/ 2 weeks depending on the level of toxicity or acid in the system. We chose 3 weeks. The ideal pre cleanse diet will consist of 75% green salads and vegetables raw and cooked (avoid potatoes and heavily starchy vegetables) 25% fresh fruits. Soups can be spiced up with herbs and olive oil can be used liberally on salads. Carrots, seeds and olives help with the nibbles. The first few days seem difficult but once you get into the rhythm the detoxification process begins. You can have some oats if you are really missing the cereals / the carbohydrates.

!Stop! all meat, wheat, fish, eggs, rice, dairy, legumes, sugar, cereals on this diet.

The simplest pre cleanse is eat as much of the allowed foods as you want and take Vitamin C or a strong antioxidant formula. Drink plenty of water herb teas and supergreens in water. Take the essential oils once a day. You may want to add liquid minerals (Maximol) to this regimen, as it will help the detoxification process big time.

For those who want to take the pre cleanse to the next level you can include a psyllium shake (1 teaspoon of psyllium husks in 8 ounces of water and apple juice) between your meals. For those who want to also do a parasite cleanse at the same time. Have the herbal supplements with breakfast and dinner. We did the parasite cleanse (using Parafree and Feelin’Good) and had the psyllium shakes.

For the 6 day cleanse Alva worked out a timetable with us which we followed :

Time	Detox shake/ Supplements	Juice
8.00 am	Detox Shake	
9.30 am	Supplements	With Beetroot Juice
11.00 am	Detox Shake	
12.30 pm	Supplements	With Carrot Juice
2.00 pm	Detox Shake	
3.30 pm	Supplements	With Broth
5.00 pm	Detox Shake and oxy powder	
6.30 pm	Supplements	With Carrot Juice and Broth
8.00 pm	Detox Shake and oxy powder	
9.30 pm	Supplements and oxy powder	Acidophilus and Liver Flush drink

We also has plenty of filtered water

The quantities below are for 1 person

The Detox Shake 5 times a day:

Approximately 4 ounces organic orange or apple juice

1 heaped teaspoon of psyllium husks

1 tablespoon of Liquid Bentonite Clay

Add approximately 4 ounces water and shake vigorously, drink immediately

For those not having an enema or colema they need to take oxy powder or colon cleanse powder with the Detox shake.

Supplements 5 times a day:

Organic Wheat Grass (1gm)

Probiotic (1 capsule of Higher Nature Probiogest or similar)

Vitamin C (500 mg)

Essential oils containing omega 3,6 and 9 (2 capsules of Omega Nutrition Essential Balance)

Supergreens Combination

Optional: Liquid Minerals like Maximol Solutions (15 ml only once in the day)

Juices:

Beetroot

Carrot

The Broth:

1 large potato cut in quarters

Similar portions of swede, celeriac and carrots

2 cloves of garlic and the same amount of ginger

If available sprigs of Thyme, Rosemary and sage

Celery is optional

Put it all in a saucepan add at least 2 large mugs of water, bring to a boil and then simmer for 2 hours.

Strain the vegetables and the broth is ready to drink.

The Liver Flush Drink:

2 ounces organic olive oil

½ lemon juice

1 clove of garlic

Similar quantity of ginger

¼ teaspoon of cayenne pepper

4 ounces organic orange juice

Blend and drink

I had 2 colemas in the 6 days and we had the oxy powder to help move things along. At the end of it we definitely felt that the vibration of the body had gone up, we had both expelled a fair amount of gunge. I also had the sensation of "getting my body back". It was as if I felt more comfortable with / in it. So we will definitely be cleansing regularly.

Doing the Cleanse with Alva

If you want to do "the inner cleanse program" with Alva. She will help you customise your cleanse give you recipes for your pre cleanse and support you all the way through. She can even come and stay with you during last part of your cleanse the 7 day fast. She came and stayed with us and we really enjoyed her insights into the whole process as she guided us through it.

What is the best [bowel cleanse](#)?

Many of you have asked us to give you a guideline as to what we would consider to be the best bowel cleanse. During the recent bowel cleanse we also researched what other people had tried and tested we became so aware that there are as many ways to clean the guts out as there are people. Next time we will try a different cleansing protocol. We are all different and the way our constitution works is also unique so it is impossible to say that one single way of cleansing bowel is any better than the other.

That is why there is no such a thing as "The Best" bowel cleanse. Every person with experience in cleansing

bowel has his/her idea of what "The Best" bowels cleanse could be. Every person is different; every person may need some variation - something that is just specific for him/her. Just like with diets. You will have to find what way of cleansing is the best for you! Some people prefer enema, other prefer herbal cleansers, other prefer just a raw diet, or a lot of probiotics, or colonics, or any combination of those, ... some people hate enemas, some people hate herbal remedies, other are allergic to any yoghurt culture, some people can not tolerate psyllium, or bentonite, or are allergic to herbs.... Not every cleanse is good for every person.

We do however recommend the perusal of the following web pages

<http://curezone.com/cleanse/bowel/default.asp> This website contains a wealth of information on a variety of cleanses and has a forum where people who are concerned about health share ideas.

<http://www.cleanse.net/newsite/index.html> This is the official website of Dr. R. Anderson. Richard is the author of the most respected, well-known and well-loved books on internal cleansing: [The Cleanse and Purify Thyself Book Series](#). Richard is an herbalist and medical researcher. His books are a must read if you are serious about colon cleansing.

<http://www.bernardjensen.org/homepage.html> Bernard Jensen is one of the pioneers of using colon cleansing to improve a person's quality of life. His book *Tissue Cleansing Through Bowel Management*, (Escondido, CA: Bernard Jensen, D.C., 1980), by Dr. Bernard Jensen, DC, ND, Ph.D. is also very informative.

<http://www.blessedherbs.com/?sp=3882> This is another very informative site it also provides more than one side to the story, below is an excerpt from the site:

*"You may have seen the following quote on other colon cleansing sites. In fact we once had it on our own site before I realized the information on John Wayne and Elvis was probably false:*

*The following was reported in January 11, 1999 issue of USA Today:*

*"Most people who eat the standard American 'goo and glue' diet have about 5-10 pounds of matter stored in the colon. It's said that, according to the autopsy, John Wayne had 40 pounds of impacted fecal matter in his body at death. Elvis reportedly had 60 pounds."*

*This quote has drawn a large amount of negative attention to colon cleansing on the Internet. I tried researching it and found that the information on John Wayne and Elvis is very hard to verify and is most likely false. I was able to find the complete article from USA Today and the quote was part of an article talking about the journalist's experience at a health spa. Someone at the spa told her that information and she quoted it in her article. I think it is unfortunate that so many sites in their enthusiasm to prove the benefits of colon cleansing grab such information without verifying the source. Even I was guilty of this. In hindsight I see this reflects poorly on what we do know and the real experiences of people who have done colon cleansing. The fact is colon cleansing is not widely accepted by the medical profession and I think it's OK to share that with consumers. I think this gives more validity to the experiences we do know. Again I'll say it is critical thinking that is the key to holistic health. It is not accepting what someone else proved or disproved. If you want to know more about colon cleansing and the many benefits experienced by thousands of people I suggest you read *Cleanse & Purify Thyself: Book Two*, by Dr. Richard Anderson and also *Tissue Cleansing Through Bowel Management* by Dr. Bernard Jensen."*

<http://www.fresh-network.com/shopping/reviews/cleansing/ejuva.htm> This site has a very interesting article on yet another method of colon cleansing without bentonite clay. It is purely with herbs. We would like to try this one in the future.

The next cleanse we embark on will probably still include a pre cleanse then a juice fast but we will use different supplements. We won't use the bentonite as I found it very drying and I was also concerned about the amount of aluminium in it. Will include the psyllium shakes with vitamin C and drink puritea from Newways as the herbal cleanser. For supplements we'll use The Newways Digestamin, Newvera, Noni and Maximol Solutions, Supergreens from Innerlight, Essential oils from omega nutrition, probiotic support from Higher nature. Will also do it closer to the new moon in spring or autumn, transitional seasons. During the last cleanse the feeling of hunger persisted and I felt that doing the fast in the middle of winter and at the time closest to the full moon did not help. The effect of the cleanse is powerful and we are hooked. When I first embarked on our health journey over 9 years ago it was about moving from a state of disease into a state of health. We have had a healthy lifestyle for a while now and what I discovered is that health can be improved upon, there is no limit to how healthy one can be, we are beings of infinite potential and health too is part of this abundance.

All that said. I want to emphasize the importance of YOU taking responsibility for your own health. Not just here, with your decision to colon cleanse, or not. But with every decision you make in your life. It's your life. For me, embracing the responsibility for one's own life is the principal that I see at the heart of holistic living. I urge you to not hand it over to us or anyone else. Only you know what is right for you. Love always, ranjana and eddie appoo