



Bowel Cleanse part 2

After the last newsletter we had loads of queries about the bowel cleanse we did in early January. Why did we do it? And a bit more about how we felt after. The two illustrations above probably give a good idea about why we did it. The bowel is a good place for gunk to get stuck and even on a healthy diet it easy for this grime to build up. I recommend reading Dr. Bernard Jensen's book (He is one of the pioneers of using colon cleansing to improve a person's quality of life) *Tissue Cleansing Through Bowel Management*, (Escondido, CA: Bernard Jensen, D.C., 1980) and Dr. Richard Anderson's [The Cleanse and Purify Thyself Book Series](#).

We were also asked about how we felt during and after the cleanse. The cleanse we embarked in January itself was quite detailed. We found the whole regime very consuming, taking all the tablets very involved. We were also not

that keen on the liquid bentonite, which we found drying. It may also be because Eddie and I have a very simple regimen normally and this seemed so complex. On a normal day we eat twice once about 10am fruits and a light brunch and then about 6pm for supper. The rest of the day we have warm water or herb teas. Any caffeine we have is in the morning with our brunch. If we do get hungry I freshly roast a handful of nuts and seeds and we are sorted. We take all our supplements in the morning with brunch. So this was a real routine breaker. Eddie and I decided that the next time we do a cleanse it has to be simpler for us and more economical. Saying that, we felt really good after the cleanse. Eddie had lost a fair bit of weight and he felt cleaner. I felt good as if I was getting control of my body even though I did not loose much weight. It made me feel like running and exercising. I found myself doing shoulder stands every morning going for long walks and feeling fit. I also cleared some mental and emotional baggage without effort. We both felt the vibration go up and we sensed this in our meditation.

Couple of months later towards the end of February I found myself slipping from our healthy eating regimen, craving bread and not wanting to exercise, I decided to embark on a mini 4 day cleanse to get back on track. This time I chose Stanley Borough's master cleanse as the regimen. I absolutely loved it. Simple, inexpensive very natural and easy to do. It involved fasting on lemonade (made with fresh organic lemons, organic maple syrup and cayenne pepper and loads of pure water), salt water flushes in the morning and purifying herb teas (like puri-tea from Neways and mint tea in the evening). The only supplements I took were the supergreens in water. I had a

headache on the first day but after that my energy levels were balanced and I started to feel good. In fact next time instead of the 4 days I will go for ten days I enjoyed it that much. Hunger was not really an issue for me at all. The lemonade kept my digestive system satisfied. The addiction for food or the craving for food, biting, chewing, came and went easily, whenever the emotions came up, I tapped (using EFT or emotional freedom technique) and had Jin Shin Jyutsu sessions. I was very impressed with my stamina and will considering I was still cooking for Eddie and he chomped away on chocolate cookies next to me, watching him eat was a little weird but I got over it. During the cleanse I also recommenced my pranayama exercises (yogic breathing) and started a little chi gong. I found my body moving easily and effortlessly and began to feel flexible again.

After the cleanse I took some probiotics for 2 weeks and returned to having Maximol and Noni everyday. I felt really good. I had this amazing sense of clarity. I can hardly wait to give this fast another go in the summer.

According to Mr. Stanley Burroughs Originator of The Master Cleanse. Disease, old age and death are the result of accumulated toxic poisons and congestion throughout the entire body. These toxins become crystallized and hardened, settling around the joints, in the muscles, and throughout the billions of cells all over the body. Lumps and growths are formed all over the body as storage spots for unusable and accumulated waste products, especially in the lymphatic glands. These accumulations cause degeneration and decay. The liver, spleen, colon, stomach, heart, and our other organs, glands and cells come in for their share of accumulations, thus impairing their natural action.

If you want more information about this cleanse I can email you more information or you can just do a search on google on Stanley Burroughs. For those who cannot go online call me for the info. You will need to send me a cheque of £7 for the printing and postage costs.

Comparing the two fasts I have embarked on recently would be very difficult so I would never say one is better than the other. There is a time and place for most things and there are 6 billion ways to do them. The important thing is going with your guts...

May you all be blessed with good health
Ranjana Appoo