

## Bodywork techniques

*Pick bodywork and relaxation techniques to accelerate and round out your cleanse.*

**Enema:** Take an enema at the beginning of the cleanse to release toxins in the colon and remove undue stress on the gallbladder through backup of colonic toxins. (Enema instructions page 151).

**Apply castor oil packs** to the abdomen daily throughout the cleanse for 1 to 2 hours at a time.

**Take a gallstone essential oil bath:** Add a total of 10 drops of essential oils to your bath. Stir the water briskly to disperse evenly. Use a combination of two or three of the following essential oils: bergamot, lemon, eucalyptus, chamomile, camphor, geranium, hyssop, lavender, or rosemary. Or, put a total of 15 drops of these above essential oils in 1 oz. of jojoba oil and rub on gallbladder area.

**Flower Essence Remedies:** Bach Flower Rescue Remedy or Deva Flowers Crab Apple.

## For your continuing diet

The key to both prevention and control of gallstones is diet improvement. Increase your fresh fruit and vegetable intake for more food fiber. Vegetable proteins from foods like soy, oat bran and sea vegetables help prevent gallstone formation. Reduce your intake of animal protein, especially dairy products (casein in dairy products increases formation of gallstones). Avoid fried foods and sugary foods altogether if you are at risk for gallstones

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## detox diet for GERD

GERD (Gastroesophageal reflux disease) is due to leaking of stomach acid back into the esophagus and acid coming up into the throat. GERD also occurs in severe cases of osteoporosis, when the rib cage and upper body collapse to the point where normal food transit is impeded. (My mother suffered from this; it was extremely painful.) People who suffer from acid



reflux are far more likely to develop cancer of the esophagus, now the fastest growing type of cancer in the western world. Antacids do not reduce the cancer risk, only mask symptoms and often do more harm than good. They don't prevent or cure the underlying condition and can upset stomach pH causing it to produce even more harmful acids. Modern surgical procedures like Laparoscopic are minimally invasive and can greatly reduce GERD, but surgery side effects like diarrhea may be permanent.

What puts you at risk for GERD? Overeating and resulting obesity, enzyme deficiency, constipation from a low residue diet and too many fast foods, fried foods and dairy foods (all acid-forming), prescription drug side effects, and severe osteoporosis can all lead to GERD. A hiatal hernia is another common cause of GERD. A hiatal hernia occurs when a part of the stomach protrudes through the diaphragm wall, causing difficulty swallowing and breathing, burning and reflux in the throat, and great nervous anxiety. Today's American diet habits mean that a hiatal condition is common... and so is GERD.

### Signs you may have GERD

- Chest pains, heartburn and bloating after eating
- Belching, hiccups and regurgitation after eating
- Difficulty swallowing and a full feeling at the base of the throat, leading to chronic hoarseness
- Raised blood pressure usually accompanied by gastro-intestinal bleeding, or a stomach ulcer

### The problem with antacids...

15 million Americans have heartburn daily. Another 50 million suffer heartburn at least once a week severe enough to disrupt their sleep. We spend \$1.7 billion on indigestion remedies each year! But antacids are designed to provide only temporary relief. Evidence is piling up that excessive use of over-the-counter antacids may cause long term problems for digestive health. They may even become a health problem themselves because they radically change your digestive chemistry.

### Do any of these antacid side effects pertain to you?

**The tolerance effect:** The more you use antacids, the more you need them. Antacids neutralize stomach HCl (hydrochloric acid), needed for digestion, or they block it, confuse the body and disrupt its normal processes. If you take a lot of antacids, your body overcompensates, producing excess stomach acid.

**Antacids disrupt your pH balance:** Optimum pH is between 7.35 and 7.45. If you take lots of antacids, your GI tract fluctuates between over alkaline and over acid, leading to problems like diarrhea or constipation, gallbladder disorders and hiatal hernia. A friend thought his heartburn symptoms would improve if he doubled his acid blocker dosage. He ended up in the bathroom all night, passing completely undigested food. Disrupting body pH alters bowel ecology, potentially causing dramatic growth of harmful organisms, like candida yeasts.

**Pernicious ingredients:** Many antacids contain aluminum which causes constipation and bone pain. Others overdose you on magnesium causing diarrhea. Some contain both aluminum and magnesium, so you may get alternating constipation and diarrhea. Antacids full of sodium may cause water retention.

**Some drugs interact with antacids:** People on drug therapy for HIV should know antacids can decrease their HIV drug absorption by up to 23%. Oral contraceptives like "the pill" may lose their effectiveness if taken with antacids. People using NSAIDS drugs for arthritis along with antacids suffer 2½ times more serious gastrointestinal complications than those taking a placebo! Antacids not only block drug absorption, they also block your food absorption of nutrients, especially B12, necessary for virtually all immune responses.

**Some antacids build up and impede body processes:** I know a woman who was hospitalized three times for kidney stones. Her physician advised her to stop taking her antacids because the unabsorbed calcium in them was causing her kidney stones.

**By blocking critical stomach acid, your natural line of defense against germs, proton pump inhibiting drugs can lead to serious disease.** The newest research reveals protein-pump-inhibiting drugs, now available over-the-counter, may double the risk of pneumonia, especially dangerous for the elderly or those with weakened immune systems.

## Detox diet plan for chronic heartburn or GERD

*Cleanse the digestive system and establish good enzymes.*

Start with a detox, pectin mono diet of apples and apple juice for 2 days. (For people that really suffer, this makes them feel better almost right away.) Then for 4 days, use a diet of 70% fresh foods and brown rice for B vitamins. Take 2 glasses of mineral water or aloe vera juice daily. Add high fiber foods gradually if digestion is delicate. When digestion has normalized, follow a low fat, low salt, high fiber diet.

### Follow with an alkalizing, purifying plant-based diet

- For ongoing relief, drink juices for stomach acid balance at least once daily. Choose from: Carrot juice, or Green Foods Carrot Essence for healing vitamin A; Carrot/cabbage, a stomach healer; Pineapple-papaya for extra enzymes; Liquid chlorophyll, 1 tsp. in water before meals.
- Eat plenty of cultured foods like yogurt, kefir and miso soup, fresh and lightly steamed vegetables, fruits, and enzyme-rich foods like papaya and pineapple. More alkaline-forming foods to add: mineral water, sea veggies, herb tea, miso, brown rice, honey, and most fruits. (Some melons aggravate reflux.)
- Eliminate fried and spicy foods—they slow the rate at which your stomach empties, allowing food to travel back to the esophagus. Eliminate refined carbohydrates and sugary foods—they boost gastric acidity.
- Omit red meats, fatty dairy foods, dried fruits, sodas and caffeine (coffee especially forms acid). Switch to herbal teas, like a green and white tea blend with ginger for better digestion.
- Foods that aggravate a hiatal hernia: coffee, chocolate, red meats, hard alcohol drinks, sodas.
- Frequent bouts of hiccups are very common today—try Wild Cherry tea (sometimes dramatic help).

### Quick Tips:

- If 1 tsp. cider vinegar in water relieves your heartburn, you need more stomach acid.

- If you are bloated, take ½ tsp. baking soda in water to ease distension. (short term)
- If you have flatulence, take a catnip or slippery elm enema for immediate relief.
- If your stomach is sour, settle it with lime juice and a pinch of ginger.
- If you absorb poorly, a glass of wine can offer better absorption.
- At first sign of heartburn, take 2 oz. aloe vera juice.

## These supplements help normalize digestion and smooth out heartburn

**Bitters herbs help the cause of heartburn:** Crystal Star Bitters & Lemon extract each morning as a preventive; Flora Gallexier; Gaia Herbs Sweetish Bitters; Crystal Star GERD Guard caps before and after meals (highly recommended).

**Enzyme therapy:** Crystal Star Dr. Enzyme (between meals for best results); Nature's Plus chewable bromelain; American Health Papaya Chewables; Transformation Digestzyme and Gastrozyme.

**Get to the heart of heartburn:** L-glutamine 1500 mg. daily for long-term relief; Nutricology Perm A Vite if you also have leaky gut syndrome. Lane Labs Nature's Lining to strengthen the stomach wall (highly recommended); Betaine HCl capsules after meals for people over 40.

**Soothe the burn:** Slippery elm tea or lozenges; Marshmallow tea; Hylands homeopathic Indigestion after meals; Umeboshi plum paste. Acute indigestion: Nature's Herbs DGL Power; 2 tbsp. Aloe vera juice.

**For belching and burping:** AkPharma Beano drops; Rainbow Light Advanced Enzyme System.

**Good digestive teas:** Peppermint, spearmint or alfalfa-mint tea; ginger, dill, caraway ease digestion. Catnip-fennel-lemon peel tea; Chamomile tea; Wild Yam tea, especially if you have eaten too much refined sugar.

**Probiotics for friendly flora:** UAS DDS-plus + FOS; Jarrow Jarro-Dophilus.

## Bodywork and lifestyle changes do wonders for digestion.

- Avoid all tobacco. Nicotine affects gastric functions.
- Lie on your back and draw knees up to chest to relieve abdomen pressure. To prevent night time reflux, elevate head off bed 6 – 8 inches. Don't eat within two hours of your bedtime.
- Have a chiropractic adjustment to the area or a massage therapy treatment at least once a month. (I have personally seen massage therapy work for many people.)
- NAET (Nambudripad Allergy Elimination Technique) helps eliminate food allergy reflux.
- Try to eat when relaxed. Eat smaller meals. Chew food very well. No liquids with meals. Eat slowly so that you are less likely to swallow air and belch. Don't lie down after eating.

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## kidney stone cleanse

Every decade since World War II, the U.S. has seen a steady rise in kidney stone cases. Today 10% of American men and 5% of American women have a kidney stone by the time they're seventy. Kidney stones are directly linked to low dietary fiber, high fat and high calcium (usually from dairy sources), and large amounts of animal protein, refined sugar, alcohol and salt. They parallel the rise of the Standard American Diet, full of fat, fried foods, rich dairy products and sugar. Excessive use of antacids and adrenal exhaustion also contribute to kidney stones. Kidney stones form when minerals that normally float free in the kidney fluids combine into crystals. Too much inorganic mineral waste and too little fluid, means the molecules can't dissolve and form sharp-edged stones. There are three types of kidney stones: those composed of calcium salts, the most common type (75 – 85% incidence), struvite, or non-calcium-containing crystals (10 – 15% incidence), and uric acid crystals (at about 5 – 8%). It takes from 5 to 15 hours of vigorous, urgent treatment to dissolve and pass small stones.

A vegetarian diet, low in proteins and starches, that emphasizes fresh fruits, vegetables and cultured foods to alkalize the system, is the key to avoiding kidney stone formation. This type of diet is high in fiber to reduce

urinary calcium waste. It eliminates acid-forming foods, like caffeine-containing foods, salty, sugary and fried foods and soft drinks that inhibit kidney filtering. It avoids mucous-forming foods, like pasteurized dairy products, heavy grains, starches and fats, to relieve irritation and inhibit sediment formation.

## Is your body showing signs that it needs a kidney stone cleanse?

There may be no apparent symptoms at first except a dull ache in the lower back. When the stone(s) become large enough to block the urinary tract, there is excruciating, radiating pain with extremely painful urination. The abdomen becomes distended. A woman may have heavy menstrual bleeding or anemia, signs of a vitamin K deficiency, which can lead to stones. As infection sets in, there are chills, nausea, vomiting and fever.

## Pointers for best results from your kidney stone cleanse

- Dehydration which causes a reduction in urine volume and an increased rate of excretion of stone constituents is a factor relating to kidney stones. Drink 8 – 10 glasses of bottled water each day of your cleanse, so that waste and excess minerals are continuously flushed.
- Use fresh vegetable and fresh fruit juices during your cleanse.

## After your cleanse

- When you begin eating solid foods, make sure you are eating enough fresh fruits and vegetables. Studies have shown that even meat eaters showed a lower incidence of stones when they ate higher amounts of fresh fruits and vegetables.
- Keep salt and protein low for at least 3 weeks.
- Establish a diet with plenty of fiber.