

table of contents

| | |
|--|---------------|
| introduction – do you need to detox? | pg. 9 |
| Why should you detoxify? | pg. 10 |
| What are the steps in a good detox program? | pg. 11 |
| Unsafe detox programs to avoid | pg. 12 |
| how detoxification can go wrong | pg. 13 |
| section 1: Healthy Healing detoxification programs ---- | pg. 15 |
| Not sure where to begin? Start here. | |
| body cleanses for everyone | |
| Spring Cleanse..... | pg. 16 |
| Twenty-Four Hour Cleanse..... | pg. 18 |
| Stress Cleanse | pg. 20 |
| Mucous Cleanse | pg. 23 |
| Brown Rice Cleanse | pg. 26 |
| Pollutant/Heavy Metal Cleanse | pg. 28 |
| Fat/Cellulite Detox..... | pg. 31 |
| detoxing your body: which body systems do you need to cleanse? | |
| Bladder-Kidney Cleanse | pg. 33 |
| Blood Purifying Cleanse | pg. 35 |
| Colon Cleanse | pg. 37 |
| Gland Cleanse | pg. 40 |
| Liver Cleanse | pg. 42 |
| Lung and Respiratory Cleanse..... | pg. 46 |
| Lymph Cleanse..... | pg. 48 |
| Skin Cleanse | pg. 50 |
| Healthy Healing detox programs for specific health problems | |
| Addiction Detox (Drug, Alcohol) | pg. 53 |
| Allergy/Asthma Detox | pg. 56 |
| Alzheimer's/Parkinson's Detox..... | pg. 60 |
| Arthritis Detox | pg. 64 |

| | |
|--|----------------|
| Blood Sugar Imbalances: Diabetes & Hypoglycemia | pg. 67 |
| Candida Detox | pg. 72 |
| Detox for Female/Male Fertility Problems | pg. 76 |
| Gallstone Cleanse..... | pg. 81 |
| Detox Diet for GERD (Gastroesophageal Reflux Disease) | pg. 83 |
| Kidney Stone Cleanse | pg. 86 |
| Modified Cancer Detox | pg. 88 |
| Parasite Infection Detox | pg. 93 |
| Detox for Weight Loss, Weight Control..... | pg. 95 |
| section 2: green cuisine cleansing & detox recipes----- | pg. 99 |
| Detoxification Drinks | pg. 100 |
| Enzyme Therapy | pg. 113 |
| Cleansing Soups & Hot Tonics..... | pg. 118 |
| Cold Spring and Summer Soups for Easy Cleansing | pg. 124 |
| Simple Raw Salads & Dressings for Cleansing | pg. 126 |
| Simple Sauces & Dressings for Your Cleansing Veggie Salads ... | pg. 132 |
| Salads with Sea Vegetables | pg. 135 |
| Sea Vegetables Main Dishes for a Detox Diet | pg. 137 |
| section 3: bodywork for detoxification----- | pg. 145 |
| section 4: natural health study guide----- | pg. 163 |
| Detoxification Traditions: Cleansing Around the World..... | pg. 163 |
| Quick Detox Glossary..... | pg. 171 |
| Materia Medica of Detoxification Herbs | pg. 183 |
| bibliography | pg. 217 |
| product resources..... | pg. 218 |
| index..... | pg. 220 |