

## Detoxification

*"Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Corinthians 7:1*

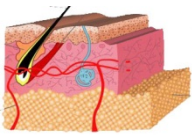
### I. Formula for Good Health

- A. Good Food & Drink + Good Digestion + Good Elimination yields:
  1. Pure Blood
  2. Good Health
  3. Spiritual, Mental, Physical Health

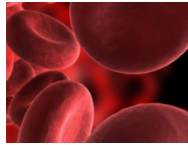
### II. Formula for Good Elimination

- A. Good Food + Good Digestion = Good Elimination
- B. Poor Food + Good Digestion = Good Elimination
- C. Good Food + Poor Digestion = Poor Elimination

### III. Seven Channels of Elimination



#1-Skin



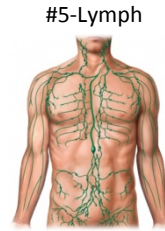
#2-Blood



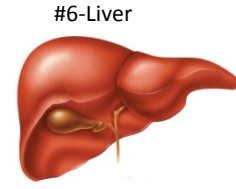
#3-Lungs



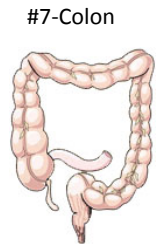
#4-Kidneys



#5-Lymph



#6-Liver



#7-Colon

### IV. What are Toxins and How Can They Affect Us?

- A. Toxins are substances that create irritating and/or harmful effects in the body, undermining health and/or stressing biochemical or organ functions
- B. Toxins come from a variety of sources
  1. *External Toxins* – toxins that we are exposed to in our daily lives
  2. *Internal Toxins* – toxins that are stored or produced in our bodies

### V. Detoxification

- A. Means to diminish or remove the toxic quality of a compound
- B. Almost everyone will benefit from some level of detoxification
- C. Benefits of Detoxification include:
  1. Improved Digestion
  2. Cleared Sinus Congestion
  3. Normalized Blood Pressure
  4. Mental Clarity, memory Improvement
  5. Stabilization of emotions and hormones
  6. Increased Energy Levels
- D. Best to detoxify on a program that is based on safe, effective, all-natural herbs and nutrients
  1. Program should be gradual and gentle
  2. Program should work with body (not against it)
  3. Initial 2-week phase should include colon cleaning, restoration of liver, blood purification and cleansing of the lymph nodes
- E. Determine if you need to detoxify

### VI. How to Detoxify

- A. Steps to detoxifying
  1. First, cleanse colon with specific herbs to clean out toxic plaque, debris and parasites
  2. Second, while cleansing colon, replenish normal flora ("good bacteria" which protects and is a part of your immune system)
  3. Third, use detoxifying herbs, amino acids, vitamins and minerals to detoxify your whole body
- B. Keep in mind that you should have a bowel movement for every meal every day.
  1. Not having a bowel movement results in a toxic environment in your body
- C. Liver cleanses are also beneficial