

Center for Traditional Medicine

Detoxification

Routines

THE COFFEE ENEMA

Coffee enemas have been used for over a hundred years, as a generalized detoxification procedure. Despite rumors to the contrary, coffee enemas are perfectly safe when taken as directed. Coffee enemas stimulate the liver and gallbladder to release stored toxins and wastes, and this enhances liver function.

Unless otherwise specified, we recommend each patient take the enema each morning and afternoon.

We usually recommend patients prepare a quart of coffee, using 2 tablespoons of organic coffee grounds per quart of water. The water should be purified with the reverse osmosis filtration unit; if you do not have such a unit, store bought spring water will suffice. Of course, organically grown coffee is best for this procedure: " "

Decaf coffee will not work for enemas.

The coffee should be made in a stainless steel or glass coffee-maker. Aluminum is not recommended, since aluminum is a toxic metal and can leach into the coffee while perking. You should add one tablespoon of unsulfured blackstrap molasses to each quart of coffee, while the coffee is hot: the molasses aids in retaining the enemas. It is acceptable to make the coffee the night before use; this allows the coffee to cool. The coffee is best used at body temperature. If it cools too much overnight, reheat slightly before using.

When preparing to take the enema, lie on your left side, and lubricate using KY Jelly, Surgilube, or similar substance. Insert the colon tube slowly 12-18 (and never more than 18) inches into the rectum; if it kinks, pull back and try again as kinking will block flow of coffee. We recommend the use of a 28 French colon tube.

Release the stopper, and let about a pint of coffee slowly flow in, then reclamp. If the coffee won't flow, this usually means there is a kink in the tube, and you must withdraw the colon tube and reinsert. At first, it may be difficult to retain the enema, but we usually recommend holding the coffee about ten minutes before expelling. Holding the enemas for longer than 15 minutes is counterproductive.

Repeat the enema, holding for another ten minutes. You should do two doses, each consisting of one pint held for ten minutes, in the morning, and two doses in the afternoon between 2 P.M. and 5 P.M. At first, you may feel slightly jittery, although most patients find the enemas relaxing. Usually, the jitteriness lessens after about the third session. If the jitteriness continues, this means you are making the coffee too strong.

LIVER FLUSH PROTOCOL

Materials:

- 1 gallon of apple juice
- 1/2 bottle of super phosphozyme
- Acid Calcium
- Epsom salts
- Heavy cream, & berries
- Olive oil
- Bentonite liquid

1. Add one-half bottle (one ounce) of super phosphozyme to the gallon of apple juice, and shake. Over the next four days, drink the full bottle of juice (this usually breaks down to about 3-4 full glasses a day, best taken between meals). To protect your teeth you should use a straw and rinse your mouth out with baking soda or brush your teeth after drinking the juice. While drinking the apple juice, eat your prescribed diet; you do not have to drink carrot juice during this time. Take your coffee enemas as you normally would throughout the procedure.
2. On the last day of the procedure (the day after you finish the apple juice) eat breakfast and lunch as usual. Once you have completed lunch, the only food you will eat is what is specifically listed in the protocol for the rest of the day. You may drink water throughout the day as desired. Take two capsules of Acid Calcium immediately before breakfast and two capsules of Acid Calcium immediately before lunch.
3. Two hours after lunch, take 1-2 tablespoons of Epsom salts dissolved in a small amount of warm water. Add juice to cover the taste, if desired.
4. Five hours after lunch, take 1 tablespoon of Epsom salts dissolved in warm water. Add juice if desired.
5. Six to seven hours after lunch, eat a dinner of heavy cream and fruit, as much as desired. Any fruit is acceptable; most patients generally prefer a mixture of berries, either frozen or fresh. The mixture of fruit can be blenderized to make a shake, or the cream may be whipped and eaten over the berries. With your fruit and cream; take one Acid Calcium.
6. One half hour before bedtime, drink 1/4 cup of bentonite liquid.
7. At bedtime, drink 1/2 cup olive oil. A small amount of orange, grapefruit or lemon juice, ginger, or garlic may be added if desired. Immediately after finishing the oil, go to bed and lie on the right side with knees drawn up for 30 minutes. You may feel nauseated during the night, due to the release of stored toxins from the gallbladder and liver. This is normal, and will pass. To us it is a good sign because it means the procedure is working.
8. On the next day, resume your prescribed diet. Take two (2) Acid Calcium with breakfast, two (2) Acid Calcium with lunch and one Acid Calcium with dinner. The liver flush, in a simpler version, was first used during the 1920's as a means of improving liver function. The procedure we recommend is a refinement of the original technique, and serves several important functions. First, the ortho-phosphoric acid helps remove calcium and lipids (fats) from arteries, and normalizes cholesterol metabolism. The phosphoric acid, working with malic acid found in apple juice, also dissolves and softens gallstones in the gallbladder. The magnesium in the Epsom salts relaxes the sphincter of the gallbladder and bile ducts, allowing for easy passage of the softened, shrunken stones. Finally, the cream and the oil cause a strong contraction of the gallbladder and liver, forcing out stored wastes, bile, and stones, which easily pass into the small intestine. These wastes and stones are then excreted. We have found that the liver flush is a simple way of removing gallstones without surgery, while at the same time lowering cholesterol levels and improving liver function.

CLEAN SWEEP PROTOCOL

Materials:

Intestinal Bulking Agent (Psyllium Seed Powder)
Organic apple, carrot or tomato juice

Add one (1) level teaspoon of Intestinal Bulking Agent to 8 ounces of juice. Shake or stir to mix thoroughly in a jar or shaker, then drink immediately (mixture will solidify if allowed to sit).

Follow with an 8 ounce glass of water.

Repeat this three times a day for five days, for a total of fifteen doses. During this procedure, follow your prescribed diet, but take the doses away from meals. Continue your coffee enemas daily.

When you have finished the Clean Sweep, resume your supplements and eat yogurt two to three times a day for the next five days to replenish your bacterial flora. We recommend only brands with active cultures.

The bulking agent can absorb many times its weight in water, and in the gut enlarges much as a sponge does when exposed to water. The swollen mass gradually works its way through the small and large intestine, filling every nook and cranny and forcing out all manner of stored wastes that would not otherwise be excreted.

During the procedure, you may feel discomfort the first day or two due to the expansion of the bulking agent in the intestinal tract. This is a good sign, and means the bulking agent is pushing out waste material.

Most patients on this protocol pass a variety of exotic particles and substances.. Many describe passing long casings, similar to a snake skin or sausage casing, that actually represent dried mucous and dead cells from the surface of the intestines. These wastes can accumulate over a period of many years and seriously interfere with the absorption of nutrients.

This procedure is also the most effective way, in our experience, of removing abnormal bacteria and other organisms from the gut that often take hold after antibiotic use.

CLEANSING THE SKIN

The body uses four main systems to excrete waste materials; the liver and the intestinal tract, the kidneys, the lungs and the skin. Too often, we forget that the skin can be used to help detoxify the body, and speed the removal of metabolic waste. On our program, breakdown products and other metabolic debris can accumulate, and our patients develop all manner of skin eruptions and blemishes. Such conditions may be worrisome, but should be viewed as a good sign.

Once a week, rub your skin from head to foot with a mixture of equal parts of olive and castor oils (the castor oil is available at any pharmacy). Then, with the oil still intact on the skin, take a warm bath for fifteen minutes. The bath allows the oil to penetrate to the deepest levels of the skin. After the bath, go to bed under heavy covers for one hour to sweat out the poisons. Be careful getting in and out of the bathtub - the oil will make you slippery. Finally, take a hot shower.

The oil soaks should be done weekly for the first three months of the program; at that time, they can be discontinued.

MANAGEMENT OF HEMORRHOIDS

The soft, inside part of the banana peel has a powerful bioflavonoid that is an effective treatment for hemorrhoids. The use of banana peel to treat hemorrhoids is actually an ancient folk remedy from Africa.

Use only the soft material from the inside of the peel. Scrape this off and apply to the affected area twice per day. A pad can be worn on the undergarments to prevent staining.

For a less messy approach, take the soft inner material from the peels of one or more bananas and roll small amounts in your palms to form cylindrical pellets. Put the pellets on a plate, cover with wax paper or a plate, etc. and put into your freezer. The frozen pellets can then be inserted into the rectum like suppositories. Before inserting, we suggest you warm the pellet slightly in the hands and then insert into the anus. They can then soothe the affected area from the inside. Use the suppositories twice per day.

NASAL IRRIGATION

Nasal irrigation with saline is very helpful for patients with sinus problems and allergies. We suggest the use of the Neti pot, This small porcelain container makes irrigation of the nose easy and neat.

The directions for irrigating the nose are included with the irrigator. Put 1/4 teaspoon of salt with warm water in the irrigator and use as directed. Be sure to use purified water when performing this procedure.

ADDITIONAL DETOXIFICATION ROUTINES

1. Salt and Soda Baths. During periods of intense toxicity a warm bath with added baking soda and salt can greatly help to mobilize toxins out of the body through the skin. In a fairly warm bath, add one cup of baking soda (sodium bicarbonate) and one cup regular table (or sea) salt. Lie in the bath for 20-30 minutes. Rinse with plain water when finished soaking to prevent the salt from drying your skin. The bath should be repeated daily until symptoms diminish.

2. Vinegar Baths. To Acidify ONLY: In a warm bath, add one cup of organic apple cider vinegar. Lie in the bath for 20-30 minutes. The vinegar will help to pull toxins from the skin. During periods of intense toxicity, the vinegar bath can be done daily.

3. Mustard Foot Soaks. This particular remedy is very helpful for toxic headaches, generalized "goopy" toxic symptoms, muscle aches and pains, and water retention in the ankles or other parts of the body. In a basin of warm water, add one tablespoon of dry mustard and one teaspoon of cayenne pepper. Sit in a comfortable chair and soak your feet in the basin for 20-30 minutes. The mustard soaks can be repeated 2-3 times each day, and should be continued during periods of intense toxicity.

4. Castor Oil Compresses. This is an old folk remedy that helps draw out toxins from the body. The compresses are particularly useful when applied to areas of pain, where tumors might be breaking down. Buy castor oil from your health food store. Warm the oil gently in a pan. Soak a washcloth, towel, or other natural cotton cloth in the oil and apply to tumors, areas of pain, and areas of inflammation. Keep the compress in place for 90 minutes. You can place a hot water bottle on the compress to keep it warm. Wash the oil off your skin when you are finished.

The castor oil poultices can be applied as often as you need relief, as they are not harmful. Do be careful not to overheat the oil or you might burn yourself when applying the compress. -

5. Skin Brushing. Skin brushing is a method of stimulating and cleansing the lymphatic system, and detoxifying the skin. However simple it may seem, it is a very powerful, effective technique. Use a long-handled brush (with natural vegetable bristles) or a loofah sponge; these are available in most health food stores. The brush or sponge should be kept dry. The body should be dry, and the brush should be passed over the skin in a clean sweeping motion - no back-and-forth or scrubbing motions. The brushing should be done in the direction of the lower abdomen - up the legs, up the arms, and down the neck and trunk. The face should not be brushed. Skin brushing should be done once or twice per day. In times of intense toxicity, the brushing can be increased to four times per day.

HOT AND COLD FOOT BATH

Feeling hot and cold temperatures is great for the entire body and especially for the feet. It improves circulation and relaxes us at the same time. It is especially good after a long day of work, when you have a headache (it draws the blood out of the head) or when you have poor circulation such as occurs in diabetes

If you have circulation problems or diabetes, and/or do not have much feeling in your feet, make sure you or a friend tests the water temperature first. Instead of using hot water, you can use an herbal infusion by throwing in some spruce tips or cedar or some drops of essential oil like lavender.

You will need:

2 foot basins (2 dish tubs)

Hot water in one basin, 2/3 full

Cold water in the other basin 2/3 full

1. Heat the water to approximately 103 degrees. The water temperature will feel very warm but will not burn you.
2. The cold water should be about 60 degrees
3. Place your feet in the hot water first, for 5 minutes.
4. Next, place your feet in the cold water for 2 minutes
5. Go back and forth between the temperatures for as long as you want, ending with the cold water treatment.
6. Pat your feet dry and then rub them with Olive Oil

POLARITY TEA

- 1 oz. Licorice root (pieces)
- 1 oz. Fennel seed
- 1 oz. Fenugreek seed
- 2 oz. Flax seed

Preparation: Mix the ingredients together while dry. Take 1 tsp. Of the mixture and simmer it in approximately 2 cups water. Strain and drink. The recommended dosage is 2 cups per day.

LIVER FLUSH (Simple Ayurvedic recipe)

- 6 oz freshly squeezed citrus juice (orange or grapefruit)
- ½ Lemon
- 1 clove of garlic or ½ tbsp. of fresh ginger
- 1tbsp. virgin cold-pressed olive oil

Preparation: Mix the ingredients together in a blender. Alternate 1 sip of the liver flush mixture with one sip of the Polarity tea in the morning. ***Do not eat for 1 hour after!***

10-DAY CLEANSING DIET (Only for Alkaline Types)

- Begin each morning with the Liver Flush and Polarity Tea.
- For the rest of the day, eat **only** fruit and vegetables (stay away from starchy vegetables like potatoes and squash)
- Olive oil, lemon, and garlic dressing may be used, but only after the vegetables have been cooked – Do not cook in the oil!
- Maintain this diet for 3-10 days. Headaches, nausea, and flatulence are a normal part of the cleansing process and should not be of great concern.
- Take it easy during this cleansing period.
- You may eat as much as you wish.