

**We strongly recommend reading ALL of chapter 5 in “Butterfly Miracles with Herbal Remedies” by LaRee Westover before starting any cleanse. This is only a summary of the information in that chapter.**

A cleanse done with proper supporting herbs should not cause feelings of discomfort while you are doing it. Cleansing shouldn't leave you feeling tired, out-of-sorts, or less than alert when you are finished. The trick here is to balance system cleansing and strengthening efforts in the proper proportions. This can be done easily if one pays attention to the signals the body is sending.

A renowned herbalist, Dr. John Christopher, was fond of saying that “discomfort” (his polite way of saying downright misery) “will be a sign of carelessness.” Small, frequently repeated doses are more likely to be effective and less likely to cause discomfort.

## **WATER**

Drink! Drink! Drink! (Find good water without chemicals if you possibly can.) This cannot be overemphasized! Sufficient water will keep the eliminative channels open and prevent a host of discomforting symptoms.

## **The Cleanse**

One good cleanse that I have been using, and recommending, for a long time consists of 5 parts:

**1) kidneys, 2) colon, 3) liver, 4) blood, and 5) brain.**

It is best to work with the first 5 of the body systems listed above together. All of the systems of the body are dependent on each other; if one is struggling the others usually are too. It is difficult to keep the liver and kidneys functioning well if the colon is continually dumping poisons into the blood stream.

### **1) KIDNEYS**

**KB** tincture—for the kidneys. Drink, drink, drink (water) and soak, soak, soak.

**Essential oils that may be helpful:** <sup>Le</sup>Reflections, <sup>Le</sup>LettingGo, <sup>Le</sup>Moonlight.

### **2) COLON**

The **CD** tincture is a combination that is well balanced between cleanser and support herbs. This is not a dramatic cathartic and stripper. It is used to support the colon and digestive system while the cleanse is proceeding.

**Sarsaparilla** should be added if you are starting out with a colon that is clogged or malfunctioning in any way.

Support the colon with exercise, mild foods, enzymes, acidophilus, fiber (oat and wheat bran mixture), water, water, water—consistently, every day, no matter what.

**Essential oils that may be helpful:** <sup>Le</sup>InsideOut, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Julia, Peppermint

### **3) LIVER**

The **LC** tincture, for the liver, contains both cleansing herbs and tonic herbs to support and strengthen.

**Essential oils that may be helpful:** <sup>Le</sup>Revitalize, <sup>Le</sup>LivN, Ledum

The liver has a very long list of functions that it performs in the body. One of these functions is the manufacture of carnitine which is essential if cells in the body are going to break down fat—rather than just store it away. Fat accumulates in the cells of the liver first and the liver can store more fat cells than all of the other organs combined. If the liver becomes compromised by fat, carnitine is not created and even more fat accumulates. A fatty liver used to be only in alcoholics. That is no longer true. Today's lifestyle and typical diet is a recipe for disaster to the liver. *Please read the section in the oil book on fatty liver.*

### **4) BLOOD**

**RC** tincture, which is a blood cleanser and purifier, is an illustration of the synergy of formulas—the sum being better than its individual components. **RC** pulls toxins, drug residue, and fatty cells out of the blood and makes them available for excretion by the kidneys. **RC** is also an excellent infection fighter.

Blood cleansing herbs: **RC**, Burdock, Cascara Sagrada, Echinacea, Oregon Grape, Peach Leaf, Red Clover, Rosemary, Sarsaparilla, and Stillingia.

### **5) BRAIN**

If the cleanse is done too rapidly, particularly from the liver, more toxins begin to circulate in the blood than the kidneys can filter. Because of the cleansing herbs being taken during the cleanse, the body is unable to store them in the liver. The body, knowing that you no longer want these toxins in the liver, finds new places to store them. Sometimes the body does this by encapsulating the toxins and storing them just under the skin here and there through out the body. These hard little lumps are called lipomas. The palms of the hands seem to be a particular target for these storage containers.

The brain and brain stem also frequently become the site chosen to store toxic chemicals, preservatives, and drug residues as they are dumped from the liver. This is particularly common if heavy cleanses have been conducted in the past, and the kidneys were overwhelmed. Exposure to heavy metals (welding, for example) or pesticides, weed sprays, and fertilizers can also cause deposits to be made along the brain stem or along the cranial nerves. These deposits can also occur in the joints, within the muscles, or along the nerves anywhere in the body.

Homeopathic detox combinations such as Detox #1 can be very helpful here. Any homeopathic detox formula should be started very slowly. Careful monitoring of the kidneys, liver, and colon as you go along and taking advantage of toxin soaks will clear the brain stem and other areas very nicely.

**Essential oils that may be helpful:** <sup>Le</sup>IQ, <sup>Le</sup>Focus

There are many other good homeopathics and essential oils.

Essential oils can be helpful all the way through this process in both cleansing, balancing, and rebuilding. It would be helpful to support the endocrine system and the hormones. <sup>Le</sup>EndoRelief should accomplish both of these things. <sup>Le</sup>Revitalize can help with energy levels and fatigue during the cleansing process.

The most important thing to remember about the brain and any type of cleanse is that if you cleanse too fast, the debris you are removing from the colon and liver will be redeposited somewhere else. To often, that some where else is along the brain stem where they cause varying degrees of havoc.

A cleanse done too rapidly, or without attention being paid to the eliminative organs of colon and kidney, can create as many problems as it solves. Many times these problems center in the brain, nervous system, and neck. There is no need for this to happen. It has taken years to get the body into this kind of mess. A little patience when cleansing will pay big dividends in the long run.

*Some herbs that nourish the brain are:* Ginkgo, Dong Quai, Ginseng, Oatstraw, and Rosemary.

## ADJUSTING THE DOSAGE TO PERSONAL NEEDS

Use the signals that the body sends (or muscle testing, if you do that) to adjust dosages according to personal needs. It is in this adjustment that you are able to keep the cleansing process well balanced. If these five phases of the cleanse are balanced properly, you should be able to avoid nearly all uncomfortable symptoms.

### *SOME EXAMPLES OF THE NEED FOR ADJUSTMENT:*

A frontal headache indicates that too many toxins from the liver are circulating in the blood. It would probably be wise to back off on the LC tincture by taking less at a time and taking it less often for a few days. At the same time re-emphasize the colon and the kidneys by increasing the KB and CD tinctures, and make sure you are getting enough water.

A more general headache, or any dizziness, might be an indication of stress on the kidneys. A possible solution would be to increase the KB and go a little slower on the RC and LC until the kidneys are keeping up with the cleanse again.

An ache in the lower back is another indication that the kidneys are being overwhelmed. Go a little slower, support the kidneys, drink lots of water, and do a toxin soak.

Allergy symptoms and rashes are almost always a need for more work on the colon. You should have none of these symptoms, or ones that are very moderate and of short duration, if you are getting the proportion of cleansing herbs right. If you do get symptoms of this sort, simply adjust your program. Be sure to drink more water and do a soak a couple of times a week (at least) until the symptoms disappear.

## THE DIET

A good diet of simple, nutritious, fairly light foods is essential at this time. Pay particular attention to the pH balance in the body. It is very important to be alkaline when cleansing. Certain unwanted bacteria cannot exist in an alkaline environment. Good health and balance in the colon can be established during the time of the cleanse, if you pay attention to diet.

Many people recommend a juice fast as part of a cleanse. I have no fault to find with juice fasting for short periods of time except that most people do not like vegetable juices. Soon they begin drinking more and more fruit juice and less and less vegetable juice. Fruit juices are sweeter and they feel almost like a treat. Too much fruit juice can create an acidic environment in the body. The result of this unbalanced pH diet and lack of fiber is canker sores, scaly skin, brittle hair and nails, headaches, lack of energy, an overgrowth of candida, and a flip flop between diarrhea and constipation. There are, I am sure, a few other symptoms that I have failed to mention.

I like to add an herbal green drink to my diet for the extra nutritional support and cleansing properties. I have supplied a good Green Drink recipe in my herbal book.

What foods are acidic and what foods are alkaline? I have seen many lists and I am not happy with any of them. Acidity and alkalinity is not a black and white thing. You can't say that one food is acidic and another is alkaline. I wish it were that simple, but foods line up all along the pH scale. It is good to know that red meats are more acidic than chicken or fish. Vegetables are far more alkaline than fruits. Even among the grains, some are more acidic than others. Oatmeal is quite acidic, but the vitamins that it contains make it worth it—maybe even essential—as a part of the diet.

A good rule of thumb for a diet plan is, in my opinion, to be sure to get plenty of protein with a lot of it coming from plant sources. Consume a lot of vegetables from every color of the rainbow. Add fruits for vitamin C and colon health. Keep an eye on the B vitamins, but don't overdo the grains. Most importantly, don't waste any carbohydrates or acidity on sugary stuff if you can help it. Drink plenty of water and get some exercise and sunshine.

## REBUILDING

Remember to rebuild and strengthen every system. This is a very important step. DO IT!

*Some suggested things to use:* acidophilus and other live pro-biotic cultures, enzymes, vitamins, minerals, tonic herbs, and emotionally supportive essential oils.