



Thumbs-Up for Internal Cleansing

ing during a vacation from work so that the work stress doesn't affect the results of the cleanse. If you have never performed a cleanse I recommend starting with a full-body 21-day cleanse. The cleanse that I use in my office is formulated from 100% organic and wild-harvested herbal ingredients. Your diet does not need to be changed, although, eliminating certain products, such as, caffeine, alcohol, meat, sugar and drugs will deepen the cleansing affects. The cleansing kit comes with a detailed guide and dosage calendar. I have placed many patients on this cleanse and every one of them has enjoyed and benefited from the experience.

The second type of cleansing to consider is a colon cleanse. I would recommend performing a full-body cleanse prior to the colon cleanse for the best results. The colon cleansing kit is a five-day intestinal cleansing program that works by using two herbal formulas. The first, Digestive Stimulator, comes in capsule form and works to assure that one has at least three bowel movements a day. The second, Toxin Absorber, is a powder that is drunk five times per day after being mixed with Organic Apple juice. The herbs in this formula have

Eliminating toxins is crucial for optimal health. In today's highly-polluted world our normal body processes can be easily overwhelmed, creating an overload of toxins in the body.

been traditionally used for their strong absorptive properties and work powerfully to cleanse the intestinal system. You will be

required to follow a liquid only diet during these five days or the Toxin Absorber will simply bind to the food you are eating, rather than the waste you are trying to cleanse. If you visit Whole Foods or Wild Oats in your local community you will find many options for colon cleansing. Thirdly, if you are more concerned about parasites a special parasite elimination kit is available. Again, I recommend a full-body cleanse prior to the colon cleanse or the parasite cleanse. The full-body cleansing kit does begin with a parasite cleansing so you will be getting this benefit. If you notice small yellow or white "seed-like" specs in your stools while doing the full-body cleanse this is an indication that you may have parasites. In this case, you would want to perform a parasite cleanse one month after the full-body cleanse. Parasites will also show up in a live blood analysis (also known as live blood microscopy). Check your local holistic magazines, such as, Natural Awakenings, to find a person who can perform this type of testing. If you have trouble finding a clinic in your area, please feel free to contact my office and I can assist you

It is well known that a poor diet can lead to poor health. In a similar fashion, mucus production, organic toxins, inorganic chemicals, etc. can build up in various organs and tissues of the body, severely affecting the operation of one's body. Eating healthy is great but if the pipes are not clean, your body will not be able to access all the good stuff you are eating. Often, an accumulation of toxins is not severe enough to be recognized as a disease unto itself, yet it can lead to quite a few problems throughout the body, such as fatigue, memory difficulty, irritability, sleeplessness and other ailments of which we're well aware. Exposure to toxic chemicals leads to major toxic build-up in the body. After years of taking in these substances, the body's ability to eliminate them becomes more difficult, causing them to be re-circulated into the bloodstream, wrecking havoc throughout the entire body.

WHEN, WHERE AND HOW TO CLEANSE

When performing a cleanse, keep the body warm and comfortable. The more difficult cleanses are therefore much easier to perform in warmer weather. Lucky for us Floridians. Some people may prefer to perform a cleans-

in locating a local practitioner. *Para-free* is available at Wild Oat and Whole foods and is another option to help eliminate parasites.

CLEANSING SYMPTOMS

It is not unusual to experience symptoms of a past illness while cleansing (sometimes referred to as a "healing crisis"—I never really liked this name because if a healing is taking place...how can that be a crisis?). The symptoms may not be as strong but you can expect to feel "off" at various stages of the cleansing. In addition, past emotions may resurface, giving you the opportunity to release them. Fever, Headaches and other aches and pains, Fatigue, Skin eruptions, Emotional irritability/ Crying/Releasing old emotions, Gas, Temporary constipation or diarrhea, Swollen glands and/or Tight muscles are some of the symptoms you may experience during the process. It is important that you *not* use drugs to suppress these cleansing symptoms, but encourage the release of toxins from the body by allowing the body to "do its job." If you are working closely with a health practitioner (as you should be), that person can help you monitor any cleansing symptoms that you may experience.

Note: Persons with immune system-related disorders should always begin taking new supplements in tiny amounts before cleansing in order to determine if they are sensitive to the supplements.

AFTER THE CLEANSE

While cleanses can be extremely healing, it is important to balance the cleansing techniques with periods of rebuilding and strengthening. Cleansing without rebuilding and strengthening will eventually weaken your system, so please take enough time off between cleansing. Listen to your body...it will "speak" to you and this is always your best guide. Initially, two to four intestinal cleanses per year may be necessary. Then, once you are on your road to healing, you can reduce the number of yearly cleanses to one or two. After your initial cleanse, take three months to work on strengthening

your digestion, assimilation, and elimination abilities. In addition, a visit to the steam room to sweat will help your body eliminate toxins. You will feel like you have a new body after an hour or so in a Schvitz room. I frequent the Russian and Turkish Bath at 54th and Collins in Miami Beach.

BENEFITS OF CLEANSING

After removing years of toxic, mucus-laden intestinal buildup, one will feel the body has returned to a more natural state. A person will have much greater discernment on how foods actually affect them. One will also find they can now appreciate the "true taste" of foods. In addition, when your internal environment is clean your skin will reflect this as well. Trust me...people will comment on how your skin glows.

Here are several other benefits of cleansing your body:

Better Appearance, Renewed Vitality Increased Energy, Eliminated Toxic Wastes, Better Digestion, Improved Response to Stress, More Flexibility Strengthened Body Defenses, Cleared Out Mucous & Congestion, Increased Mental Clarity, Brightened Creativity, Improved Memory, Increased Joy, Improved Sense of Well-Being, Stabilized Mood Swings, Cleared Negative Thought Patterns, Lessened Depression and Anxiety.

I leave you with an excerpt from *Garden of Gods* by Peter O. Erbe.

"If your frailty is such that you must shun bad 'vibes' at all cost and each puff of tobacco smoke calls forth a "God forbid..."; remember then that God does not forbid and that the road to God is not for the feeble. God-consciousness is not avoidance of life's irritants, but IMMUNITY from it."



Source: **Dr. Michael Siebert**, Optometric Physician, 1354 Washington Ave., Suite 223. 305-672-8513, Miami Beach. Please feel free to contact Dr. Siebert with any

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