

## **Cleansing or Fasting for a busy schedule.**

Why cleanse? We hear a lot of talk about it, but do we really need it? The answer to this question is easy. Look out across Calgary. Do you see that brown/yellow haze out there? We all breathe that. And that is just the air we breathe not the chemicals in our food, water etc.

Cleansing is an important part of maintaining health, slowing the aging process and preventing diseases, by allowing the body to rid itself of a build up of toxins. There are many ways of doing this. Ideally, a person should be free of commitments during a cleanse, as much as is possible, because a relaxed person can detoxify more efficiently. Another note of caution, do not ever make yourself “fit” into a cleanse. The cleanse should “fit” you. Take time to experiment to see what regime will best suit your schedule, but you will need to make room for it no matter how busy you are.

A cleanse can be a fast, but it doesn't have to be. You can eat while cleansing provided that you use cleansing foods. If you want a specific food list for cleansing check into any cleansing book and they will list the foods specifically. Generally, it is avoiding heavy foods like red meat, wheat, dairy, fried foods, Soya products, dried fruit etc. You would eat fresh fruits, fresh veggies, whole grains with the exception of wheat, some chicken or fish etc. (Some veggies contraindicated when cleansing are tomatoes, potatoes, squash family. Dried fruit is usually a no-no.) Any condiments you use would be very simple like; flax oil, olive oil, apple cider vinegar, vegetized sea salt etc.

The idea is to eat easily digestible foods so as to “free-up” the eliminative organs; liver, kidney, skin, lungs, colon, and lymphatic system, so they can spend more time detoxifying and less time digesting. (Some of these organs aren't directly digesting food, but do help in the processing part of digesting.) A juicer is also recommended, though a basic cleanse can be done without this.

With these things in mind, let me run through a few ways you can accomplish this.

Plan A: Fast for ½ days with fresh vegetable juices and fruit juices. Then eat lightly in the latter part of the day. I.e.: Brown rice or millet with fish or chicken and a salad. Have a variation of this for supper or have a few glasses of fresh juice from your juicer.

Plan B: Juice with veggie and fruit juices all day (take your juice 1 ½ to 2 hours apart) with 4 to 6 fiber drinks ½ hour between juices. A mixture of a high quality psyllium mixture and ground flax seed is excellent for cleansing. It aids the removal of toxins from the intestines. Add hydrated bentonite clay to help absorb even more toxins from your body! (1 tbsp per drink is usually enough.) A word of caution here: if you haven't ever done a fast before do not attempt this without doing the ½ day fast first. Also, for fasting; going on to the fast, and coming off the fast, must be equal to the number of days you are planning to fast. For example, if you are planning to fast for 3 days. Then you would start eating fruits, veggies with easy to digest protein like seeds, fish etc for 3 days before fasting. When you come off you must start with blended fruits, blended salads, and gradually work your way to easy-to-digest proteins, for three days at least. Coming off a cleanse is almost more important than the fast itself. It can “make” or “break” a fast. (Don't do this on your own if you are on medication of any kind.)

Plan C: Use cleansing food all day without any fasting. Pick from a cleansing food list to make up your menus ahead of time. A sample menu would look like this:

Breakfast: Ground almonds, which had been soaked over night in purified water. Have with maple syrup.

Lunch: Brown rice, chicken, salad with a flax oil or olive oil dressing.

Dinner: Chicken breast, brown rice and veggies.

Plan D: Juice fast on the weekends, while eating cleansing foods during the week.

Additional aids to cleansing would be:

- a) Use herbs to help clean out the toxins from fatty tissues, the liver, colon, lymph, lungs, kidneys and skin. Herbs are quite necessary to really get the “junk” out of the body.
- b) Grow Wheat Grass juice and juice it. Add it to your veggie and fruit juices. It is excellent for cleansing.
- c) Eat cleansing foods that are in accordance with your blood type. “Eat Right for Your Type.” By Dr. Peter J. D’Adamo.
- d) Eat cleansing foods that are in season if at all possible. And eat as organic as possible.
- e) Use enemas or colonics or a combination of both to enhance the detoxifying process. Water is the best solvent known to man. It will take out of your body toxins that nothing else can.
- f) Use affirmations to help you stick to a cleanse. For example, “Hour by hour my body is purifying itself.” Or “Every minute that I am fasting or cleansing, I am flushing dangerous poisons out of my wonderful body.”
- g) Dry skin brushing morning and night using a vegetable bristle brush. Brush towards your heart. Do it lightly, this will help your lymph move along.

*References:*

*The Miracles of Fasting by Paul Bragg and Patricia Bragg.*

*Tissue Cleansing Through Bowel Management by Dr. Bernard Jensen.*

*Colon Health by Norman W. Walker.*

*The Colon Health Handbook by Robert Gray.*

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