

# CNH Newsletter

May 2009

Center for Natural Healing

800-757-9731



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1. Detoxification  
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This month's topic is detoxification. Before I begin, I want to mention that dirt, germs, and even some toxins are our friends. They can help to keep our immune system "tuned up". In excess, though, they may pose a problem for our bodies' filtering organs and systems.

When people think of detoxifying, one thing that they may not consider is the quality and quantity of supplements they are taking. Too many supplements (especially when not synergistically matched) and/or poor quality supplements may hinder the body's natural detoxification processes. Streamlining your supplements will provide the body with the environment in which it can detoxify on its own. Look at your list of supplements and see what quality they are. Are they food source or lab produced? Next ask yourself the question, "Why am I taking this?". Is it because you read about it somewhere and it seems to be a miracle supplement? Was it because someone told you that they had an amazing experience with this supplement? If so, are you? If you have been taking a supplement for longer than 3 months and aren't noticing an improvement, is it really the right match for your healthcare needs? Is it worth spending the money on something that you just heard you need? Remembering that everything that you put into your mouth has both a biochemical and bioenergetic influence, helps you understand the importance of synergy between the products, your energy field, and health care goals.

So that would be step one from my perspective - streamline your supplements (unless recommended by a doctor) and make sure that the ones you keep are really high quality and truly a match to your health care goals.

But what about the detoxification? When I first begin working with a client, I assess to see whether or not their vital force is strong enough to actually detoxify. An already stressed body will not have the power wanted/needed in order to detoxify deeply. Detoxification is stressful on the body to some extent. If the vital force is not strong, building and nourishing needs to be done first. For those with a stronger vital force, there are many ways to detoxify. The most important place would obviously be the digestion. Using products like Gaia's [Candida Vital Cleanse Kit](#) is a wonderful balanced way to address any gut flora imbalance. Gaia's [Supreme Cleanse Kit](#) is also a wonderful "whole body tune up" and both are wonderful to use this time of year when the body naturally

wants to detoxify. Detoxification can also be done at a much deeper level using homeopathic remedies combined with herbs. Using this method, one can obtain a very deep level of detoxification and rebalancing in a very gentle way.

### **Products for General "Spring Cleaning"**

Gaia's [Candida Vital Cleanse Kit](#) - to normalize intestinal health

Gaia's [Supreme Cleanse Kit](#) - a whole body "tune up"

Gaia's [Rejuv Powder](#) - this powder has wonderful gut "cleaning" herbs in it. Safe to use longer term

Gaia's [Fit for Health Kit](#) - a jump start for loosing those extra couple of winter pounds

HVS Protocol Pack - one of the professional homeopathic products that we use in a client/practitioner relationship, helps with detoxification of chemicals, metals and viruses. Many other types of detoxifiers are available through this company and can be added to the basic protocol pack (example tobacco, alcohol, fungi/yeast, etc.)

We also have more fine tuned homeopathic remedies for detoxification in our professional line (not available on website).

### **Herbs to Support the Body's Detoxification**

[Liqui-Lieve Liquid Phyto-Caps](#)

[Liver Health Liquid Phyto-Caps](#)

[Milk Thistle Seed Liquid Phyto-Caps](#)

[Para-Shield Liquid Phyto-Caps](#)



### **Common Sense tips:**

Since Spring is the time that your body naturally detoxifies (have some of you noticed that you are a little fatigued in the spring), why not help it along. Along with the above mentioned ideas here are some simple ideas:

Eat some of those wonderful spring time greens that are specific to your area. There is such a wisdom to nature and it is best to eat those spring greens that are wild and natural to your area. Here in North Carolina we have ramps. When we lived in New England it was fiddleheads. Anywhere in the country there are dandelion greens. Check out what is growing wild in your area (edible of course). It is always a wonderful surprise to see what nature is providing for you in your own back yard.

Make an extra effort to eat organically grown, non-processed food. Asparagus and artichokes are wonder super foods. Spring is a great time to eat salads, but don't forget to add some protein. Protein is an essential tool in your body's ability to detoxify.

Next month I'll discuss Homotoxicology - a big word (concept) that explains how imbalances become imbedded into our system and how the body can begin to release them.

Until next month,  
Sierra

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2. May Specials - 20% off!  
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May Special on Gaia Herbs products!

**\* 20% OFF SELECT GAIA HERBAL PRODUCTS**

**Now through May 31st**, when you purchase any of the following herbal products by Gaia Herbs you'll receive **20% off!** To take advantage of this promotion online, simply add any of the sale items you wish to purchase to your shopping basket, and those items will appear at the discounted price.

Astragalus Supreme Liquid Phyto-Caps (60 caps)  
Echinacea-Goldenseal Supreme Liquid Phyto-Caps (60 caps)  
Echinacea Supreme Liquid Phyto-Caps (30 and 60 caps)  
Ginger Supreme Liquid Phyto-Caps (60 caps)  
Hawthorn Supreme Liquid Phyto-Caps (60 caps)  
Holy Basil Liquid Phyto-Caps (60 caps)  
Maitake Defense Liquid Phyto-Caps (60 caps)  
Male Libido Liquid Phyto-Caps (60 caps)  
Milk Thistle Seed Liquid Phyto-Caps (60 caps)  
Olive Leaf Liquid Phyto-Caps (60 caps)  
Oil of Oregano Liquid Phyto-Caps (60 caps)  
Phyto-Estrogen Liquid Phyto-Caps (60 caps)  
Prostate Health Liquid Phyto-Caps (60 caps)  
Saw Palmetto Liquid Phyto-Caps (60 caps)  
Siberian Rhodiola Rosea Liquid Phyto-Caps (60 caps)  
Sound Sleep Liquid Phyto-Caps (30 and 60 caps)  
Valerian Root Liquid Phyto-Caps (60 caps)  
Whole Body Defense Liquid Phyto-Caps (60 caps)  
Women's Libido Liquid Phyto-Caps (60 caps)

Echinacea Supreme extract (1 oz. and 2 oz.)  
Echinacea-Goldenseal Supreme extract (1 oz. and 2 oz.)  
Echinacea Supreme Alcohol Free extract (1 oz. and 2 oz.)  
Echinacea-Goldenseal Supreme Alcohol Free extract (1 oz. and 2 oz.)  
Echinacea-Goldenseal-Propolis Throat Spray (1 oz.)

For sale prices, [click here](#).

To order, call us at 1-800-757-9731 or order [online](#).

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3. Product Highlight - Rapid Relief Natural Laxative  
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RAPID RELIEF NATURAL LAXATIVE

*Gentle, Reliable, Herbal Formula for Occasional Constipation\**

- **All-natural herbal formula that works quickly and gently for occasional constipation\***
- **Senna's laxative action usually works within 8 to 12 hours, while Cape Aloe acts to coat and soothe the intestines\***

Natural Laxative is a comprehensive, well balanced, all-natural herbal formula that works quickly and gently for occasional constipation. The key components of this product are Senna and Cape Aloe, naturally rich in active anthraquinones that are known to help enhance and stimulate intestinal activity. Complementing this formula is a proprietary blend of different herbs that provides beneficial effects for the gastrointestinal smooth muscle and mucosa. Dandelion and Boldo support the body's natural elimination processes, while Fennel, Caraway and Cumin help soothe the intestinal tract.\*

This formula contains Senna leaf (*Cassia angustifolia*), Cape aloe juice powder (*Aloe ferox*), a Proprietary Blend of Dandelion root (*Taraxacum officinale*), Organic Chicory root (*Cichorium intybus*), Fennel seed (*Foeniculum vulgare*), Caraway seed (*Carum carvi*), Boldo leaf (*Peumus boldus*), Cumin seed (*Cuminum cyminum*), and Fennel essential oil (*Foeniculum vulgare*).

[More info...](#)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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