

# **SUPREME CLEANSE**

## *Internal Cleansing Program*

### CONSTITUTIONAL BALANCE THROUGH INTERNAL CLEANSING

The governing principles or the functional qualities found in our organs and tissues are the same principles and qualities found operating in nature. These constitutional expressions of nature structure the constitutional expressions of our body and mind. The food we eat, the thoughts we think, our instincts, our likes and dislikes, all get metabolized into the body and constantly reshape the qualities of nature expressed within us. When one or more of these qualities of nature accumulate excessively it may give rise to the accumulation of toxins in the tissue within the body and inevitably result in imbalances. This is why periodic cleansing is a natural and necessary element for the preservation of excellent health and dynamic energy.

### THE FIVE PRINCIPLES OF NATURE CURE

There are five basic principles of "nature cure" that are important to uphold for a healthy body and mind:

- Healthy Nerve Integrity
- Healthy Blood and Lymph Integrity
- Healthy Circulation
- Healthy Assimilation
- Healthy Elimination

So long as these principles are operating in a very dynamic way within the body and mind one will remain strong and healthy. This Supreme Cleanse Internal Cleansing Program positively influences all five principles of nature cure and will contribute to a strong Vital Force.

*The Formula For Vitality: "V=P-O"*

Vitality equals power minus obstructions. The greater the capacity to eliminate obstructive wastes in the tissues, the greater resulting vitality and energy is expressed in daily life. By eliminating the encumbrances that accumulate daily in our eliminative channels (skin, lungs, lymph, kidneys, bowel, and liver) the sustenance of the Vital Force can be enabled to remain strong. This is the objective of the Supreme Cleanse Internal Cleansing Program.

### **RECOMMENDATIONS FOR SEASONAL INTERNAL CLEANSING**

Seasonal influences bring the accumulations of wastes and impurities in the tissues and channels of elimination. These excesses build up and are linked to the deepening of chronic "dis-ease" as we age. It is clearly understood within Eastern systems of medicine that seasonal cleansing can eliminate these impurities and prevent the degradation of the Vital Force due to their accumulation. Thus it is recommended that one take two weeks around the change of each season (four times annually) to complete this Internal Cleanse program.

#### *Effects of Seasonal Internal Cleansing*

The broad ranging influences of this seasonal cleanse are as follows:

- Protects tissues from free-radical damage due to stress from toxic oxidative overload
- Stabilizes mucosal membranes of the gut and intestines thereby preventing re-absorption of intestinal toxins
- Activates lymph circulation promoting better elimination through the kidneys thus contributing to better health of the skin
- Reduces tissue inflammation and nerve irritation caused by excessive accumulation of toxins
- Protects and regenerates hepatocytes (liver cells) thus improving the natural role of the liver to manage detoxification processes

### *Benefits and Success Indicators of Seasonal Internal Cleansing*

- Increased energy and vitality
- Improves clarity and purposefulness of mind
- Improves elimination habits
- Clearer and more radiant skin
- Elimination of body odors
- Improves digestion and assimilation

## **SUGGESTIONS TO ENHANCE BENEFITS OF SEASONAL INTERNAL CLEANSING**

### DIETARY SUGGESTIONS...

*Foods To Avoid:* Products containing refined sugars, chocolate, ice cream, sodas, alcohol, cheese, breads, dairy products, butter, nuts, fatty foods, wheat, red meats, eggs, shellfish, tobacco.

*Foods to Favor:* Steamed green vegetables, vegetable soups and broths, miso, tofu, mixed green salads, organic fresh vegetable juices, whole grains (brown rice, millet, oats, amaranth, quinoa), garlic, onions, ginger, lentils, broiled fish, lemons, limes, fresh fruits in season, sea vegetables, herbal tea (especially green tea).

### DAILY ROUTINE SUGGESTIONS...

Begin the day with a glass of warm water with fresh lemon or lime juice

Dry skin brush entire body before bathing in the morning

Sip on plenty of warm water throughout the day (at least 64 oz. daily)

Engage in at least 20 minutes of exercise daily

Chew solid food well until thoroughly liquefied before swallowing

Maintain a balanced routine of rest and activity

## **INGREDIENTS OF SUPREME CLEANSE INTERNAL CLEANSING PROGRAM**

*Rejuve Powder* - Psyllium Husks (*Plantago ovata*) Blond, Triphala Powder Extract - Wildcrafted Ayurvedic Herb extract blend consisting of: (*Embllica officinalis*, *Terminalia bellerica*, *Terminalia chebula*), Marshmallow Root (*Althaea officinalis*), Deglycyrrhizinated Licorice Root Powder Extract (*Glycyrrhiza glabra*), Ginger Powder (*Zingiber officinalis*).

*Sweetish Bitters Elixir* - Extracts from Turmeric Rhizome (*Curcuma longa*), Gentian Root (*Gentiana lutea*), Calamus Root (*Acorus calamus*), Milk Thistle Seed (*Silybum marianum*), Wild Yam Root (*Dioscoreo villosa*), Cardamom Seed (*Elettaria cardamomum*), Fennel Seed (*Foeniculum vulgare*), Ginger Rhizome (*Zingiber officinale*), Indian Gooseberry (*Embllica officinalis*), Bitter Orange essential oil, Anise Seed essential oil, blend of sea vegetation, spring water, and 45-55% pure grain alcohol USP.

*Scudder's Alterative* - Extracts From *Corydalis* Tubers (*Corydalis yanhusuo*), Black Alder Bark (*Alnus serrulata*), Mayapple Root (*Podophyllum peltatum*), Figwort Flowering Herb (*Scrophularia nodosa*), Yellow Dock Root (*Rumex crispus*), spring water, and 40-50% pure grain alcohol USP.

*Red Clover Supreme* - Extracts from Red Clover Blossoms (*Trifolium pratense*), Stinging Nettle Leaf (*Urtica dioica*), Cleavers Herb (*Galium aparine*), Yellow Dock Root (*Rumex crispus*), Cascara Sagrada Bark (*Rhamnus purshiana*), Burdock Root (*Arctium lappa*), Yarrow Flowers (*Achillea millefolium*), Plantain Leaf/Corm (*Plantago lanceolata*), Licorice Root (*Glycyrrhiza glabra*), Prickly Ash Bark (*Xanthoxylum clava-herculis*), spring water, and 35-45% pure grain alcohol USP

## **INSTRUCTIONS AND DAILY PLANNER FOR TAKING SUPREME CLEANSE INTERNAL CLEANSING PROGRAM**

*Before Breakfast:* Take 1 heaping teaspoon of Rejuve Powder in 8-10 oz. of warm water. Shake well and drink quickly before the liquid thickens.

*Mid Morning:* Take 30 drops each of Scudder's Alterative and Red Clover Supreme together in a small amount of warm water.

*Before Lunch:* Take 60 drops of Sweetish Bitters in a small amount of warm water.

*Mid Afternoon:* Take 30 drops each of Scudder's Alterative and Red Clover Supreme together in a small amount of warm water.

*Before Dinner:* Take 60 drops of Sweetish Bitters in a small amount of warm water.

*Before Bed:* 1 hour before bed take 1 heaping teaspoon of Rejuve Powder in 8-10 oz. of warm water. Shake well and drink quickly before the liquid thickens.

### **REMEMBER...**

It is natural to feel some changes during this program. You may notice that the elimination patterns are enhanced. You may notice some initial feeling of "feeling lousy". This is natural as wastes begin to move on their way out of the body. You can facilitate this by drinking plenty of warm water through the day. You may feel somewhat weak or tired during the first 2-3 days. This is natural. Please try to take more rest if you feel the need to rest. And remember, do not over exert yourself even if you feel greater energy and vitality. During the cleanse allow your energy to facilitate a successful cleansing experience for your body and mind. With this program you are providing an alterative influence to the entire body, not just the colon. The benefits of this approach to cleansing will remain with you for a long time!

### **FREQUENTLY ASKED QUESTIONS WHILE CLEANSING**

1. *Can I take vitamins and other supplements while cleansing?* Although it would do no harm to take supplements while cleansing, it is better recommended to discontinue the use of other supplements and herbs during the two week seasonal cleanse.

2. *Is it all right to fast while doing this cleanse?* If one is not engaged in strenuous mental or physical activity then it may be alright to fast while doing this cleanse. It is however not recommended for most people. A better approach would be to eat simple, wholesome foods consisting of fresh vegetables, fresh fruits, whole grains and plenty of warm water.

3. *Are there any side effects that I should expect?* Some people may notice a little bloating initially while others may feel a little nauseous or have headaches. These experiences result from the movement of toxins and the activities of the liver to clear them from the body. If these symptoms are excessive then simply reduce the dose to 1/4 of the recommended dose and gradually build the dose to the full dose as the program becomes more comfortable.

4. *Can I use the cleanse for longer than recommended?* Yes. There are no laxatives found in this cleanse and it is not habit forming. Thus if one wishes to extend the cleanse for 2-4 weeks longer then there would not be any problems.

\* These products are not to be used during pregnancy or lactation. Keep away from children. Use only as directed. 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.