

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

GENERAL DETOXIFICATION FOR THE HUMAN BODY

DETOXIFYING HERBS:

There are many wonderful herbs to choose from, here are a few:

Garlic—blood cleanser, lowers blood fats, natural antibiotic, helps to eliminate excess mucous. Boosts kidney activity (diaphoretic and diuretic properties); vermifuge to help rid the body of parasites. A liver stimulant and stomachic for bile production and important to help re-establish healthy gut bacteria. Specific for helping to remove candida overgrowth.

Red Clover blossoms—blood cleanser, spring tonic, high in minerals, vitamins A, C, B1, B2, and B3. Actions: Antispasmodic (specific for nerves), deobstruent, antibiotic, depurative, nutritive and tonic. Mild antibiotic and anti-inflammatory properties; promotes cleansing and elimination of toxins through urinary and expectorant actions. Useful for skin conditions, inflammatory conditions, heavy metal poisoning, and constipation. Use smaller dosages for children.

Echinacea—improves lymphocyte and phagocyte actions, immunostimulant, blood cleanser, antiseptic, diaphoretic, stimulant, antibiotic, antiviral, antimicrobial and tonic. Boosts immunity, restrains infection, clears toxins, reduces inflammation, promotes tissue repair. Useful for skin conditions, colds, flu, and lymph congestion.

Dandelion root—liver and blood cleanser, diuretic, stimulates the liver to release toxins. High in potassium, vitamin A and other minerals. An excellent diuretic, purifies the blood, soothes the digestive tract and inhibits unfriendly bacteria. Promotes bile flow.

Cayenne pepper—blood and tissue purifier, increases fluid elimination and sweat, a natural stimulant.

Ginger root—circulatory stimulant, promotes sweating, relieves congestion, digestive aide, increases amylase in saliva and tones intestinal muscles. Increases immunity, reduces inflammation, and useful for lowering blood lipid levels. High in manganese, silicon, magnesium, potassium, and vitamins C, B2, B3 and contains a variety of amino acids.

Contradictions: use with caution during early pregnancy.

Milk Thistle – Tonic and detoxifying for the liver, specific for gall bladder function, and high in antioxidants. Stimulates the regeneration of damaged liver tissue and has a protective effect on the liver. A bile stimulant, blood cleanser and demulcent. Contradictions: None known for normal use.

Nettle leaf – Rich in chlorophyll making it an excellent detoxifier useful for dissolving deposits and stones, resolving fluid congestion including edema and mucus. Stimulates circulation and purifies the blood. A gentle diuretic, helping to flush the tissues, stimulates thyroid function for better metabolism. Actions: diuretic, blood cleanser, tonic, astringent, expectorant, stimulant, vermifuge and hemostatic. Rich in iron, calcium, and magnesium, chromium, cobalt, phosphorus, potassium, zinc and vitamins A, C, B1, and K. Contradictions: none known for normal use. Safe for use during pregnancy.

Yellow dock root—skin, blood and liver cleanser, high in vitamin c, iron, phosphorus, calcium, magnesium, selenium, manganese, potassium, Vitamins A, C, B1, B2, and B3. Also contains trace amounts of zinc and chromium. Actions: alterative, bitter, hematonic, cholagogue, astringent, laxative. Specific for liver congestion, gall bladder and spleen. Increasing the liver's ability to filter and purify the blood and promotes the production of bile. Combats iron deficiency anemia. Useful for swollen lymph glands. A mild purgative for constipation and ridding the body of parasites. Useful for skin conditions such as acne, eczema, and psoriasis; kidney stones, pain and inflammation. Contradicted for pregnancy and breastfeeding.

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Burdock root—skin and blood cleanser, diuretic and diaphoretic properties, liver function, antibacterial and antifungal properties. An excellent skin herb and a gentle detoxifier, known to herbalists as one of the best blood purifiers. Helps to relieve inflammation, promotes kidney health and flushing. Supportive to the pituitary gland and enhances liver, gall bladder and bile functions.

Parsley—Actions: diuretic, carminative, Emmenagogue, blood cleanser, stomachic, expectorant, tonic and bitter. Cleansing uses: useful for all bladder and kidney problems (contradicted for those with inflamed kidneys) including those with kidney and gall stones. Helps indigestion, gas, asthma, hay fever, and swollen glands. A useful diuretic herb that is high in potassium and can be useful for edema. Parsley is contradicted for those with inflamed kidneys and early pregnancy.

Alfalfa – Actions: diuretic, laxative, anti-hemorrhaging agent, blood purifier. Alfalfa binds with a wide range of carcinogenic agents in the colon, rich in vitamins and minerals along with amino acids, fiber and chlorophyll. Useful for detoxification, allergies, indigestion, reducing blood sugar levels and lowering cholesterol. Supportive to the liver, skin, intestines and over all body health.

If you need a source of high quality herbs, may we suggest using Mountain Rose Herbs.
<http://www.mountainroseherbs.com/cgi-bin/Main.pl?AID=082119&BID=682>

HEALTHFUL REPLACEMENTS FOR SUGAR & CAFFEINE

SUGARY TREAT REPLACEMENTS

- Fruit slices
- Mixed nuts (raw)
- Dried fruit (in small amounts)
- Vegetable sticks
- Salads
- Almond butter
- Sunflower seeds
- Pumpkin seeds
- Granola (low sugar, if possible)
- Plain yogurt with fresh fruit
- Protein shakes (Cinch, ESP, Instant Soy)

HERBAL BEVERAGES TO REPLACE COFFEE

There are many flavorful blends available in the grocery stores and health food stores. Experiment with herbal blends that include:

- Roasted Dandelion root
- Roasted Barley
- Roasted Chicory root
- Chicory root
- Lemon grass
- Peppermint
- Ginger root
- Red clover
- Nettle leaf

Links & Videos:

How Mercury Causes Brain Neuron Damage - Uni. of Calgary

<http://www.youtube.com/watch?v=XU8nSn5Ezd8>

<http://video.google.com/videoplay?docid=-6262650473971939910>

Organic Foods: Pesticides, GMOS, Food Irradiation and Eating Well on a Budget

http://www.helpguide.org/life/organic_foods_pesticides_gmo.htm

4627 N. 1st Ave., Suite 2 • Tucson, Arizona 85718
(520) 743-0575 • Fax (520) 743-4252

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SPRING TIME CLEANSE

A mild spring time cleanse is appropriate for just about anyone to help improve digestion and intestinal function and boost metabolism and energy levels. Choose a weekend where you have time to rest and focus on caring for yourself.

- Cleanse the intestines (enemas or colon hydrotherapy)
- Move the body – take walks while on your cleanse, breathe deeply, stretch your body
- Engage in breathing exercises
- Pamper yourself
- Get extra rest
- Engage in stress relieving activities
- Massage therapy
- Dry skin brushing
- Nourish the body – Eat lightly. Choose fresh organic foods, wash organic foods well to reduce exposure to molds, bacteria and fungi.
 - o Lots of fresh fruits and vegetables
 - o Lightly steamed or raw foods
 - o Heavy on green vegetables and herbs
 - o Ample amounts of fiber (25-40 grams per day, depending on the size of the person)
 - o Focus on hydration (your body weight divided in half = the number of ounces of water you need to consume each day). It is essential to flush the tissues.
 - o Fresh vegetable juices (focusing on leafy green vegetables)
 - o Broth – vegetable, miso, chicken
- Supplements
 - o Optiflora system (Works great on its own and can have increased effects with matched appropriate with other probiotics.)
 - o Herb-Lax
 - o Fiber Plan, Herbal Fiber Blend, alfalfa tablets, barley grass powder, herbal fiber mixes.
 - o Mineral and chlorophyll-rich plants
 - Nettle leaf
 - Alfalfa
 - Spirulina
 - Barley Greens
 - o Vitalizer/VitaLea
 - o EZ Gest, peppermint tea, or ginger tea
 - o Dandelion root – blood cleanser, diuretic, liver support, detoxifier
 - o Liver DTX
 - o Antioxidants

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FRESH CLEANSING JUICE RECIPES

Note: Please use organic ingredients.

JUICE RECIPES:

Potassium Juice – Juice 3 carrots, 3 stalks of organic celery, ½ bunch of spinach, ½ bunch of parsley. Optional: Add 1-2 tsp of Bragg's Liquid Aminos.

Ginger/Lemon Cleanse – 1" slice of fresh ginger root, 1 fresh lemon, 6 carrots with tops, 1 apple.

Skin Clarifier – Juice 2 slices of pineapple with skin, 1 cucumber (organic), ½ apple and ¼ inch slice fresh ginger root.

Daily Carrot Juice Cleanse – Juice 4 carrots, ½ cucumber (organic), 3 stalk organic celery with leaves, 1 tbsp of chopped dry dulse.

Parsley Cleanse – Juice 1 bunch of parsley, 6 carrots with tops, and ½ an apple, seeded. Parsley juice is a tonic for the adrenals, nervous system and circulatory system.

Magnesium Migraine Cleanse – juice 1 clove of garlic, 1 handful each of parsley and arugula (if available), 5 carrots, 2 stalks of organic celery with tops.

High Protein sprout cocktail – Juice 3 cored apples with skin, 1 tub of clover or sunflower sprouts (4 oz), 6 sprigs of fresh mint.

Golden Enzyme Drink – Juice enough pineapple for 1 ½ to 2 cups pineapple juice, 4 carrots, 1 tsp honey.

Evergreen Enzyme Drink – Juice 1 apple, cored, 1 tub clover sprouts, ½ fresh pineapple, skinned/cored, 3 small handfuls of fresh mint and 1 tsp spirulina powder or granules.

Papain & Bromelain Enzyme Punch – Juice 1 papaya, peeled/seeded, 1 pineapple, skinned/cored, ¼ inch fresh ginger, peeled.

HEALTHY BROTH RECIPES:

Onion & Miso Broth – sauté 1 choppen onion in ½ tsp of sesame oil for 5 minutes. Add 1 stalk of organic celery with leaves; sauté for 2 minutes. Add 1 quart of vegetable stock. Cover and simmer for 10 minutes. Add 4 tbsp of miso and 2 green onions with tops. Remove from heat; whirl in the blender if desired. Makes enough for 6 small bowls.

Miso, Green Tea and Mushroom Broth – Steep 2 Tbsp. green tea leaves (or 2 green tea bags), 1-2 tsp of lemon juice, 2 Tbsp of sea vegetables, 3 cups of dried shiitake mushrooms, soaked and slivered (save the soaking water). Mince 1 large clove of garlic and chop ½ of a small onion, sauté in 1 tbsp of grape seed oil and 1 tsp sesame oil. Add 3 cups of vegetable stock; bring to a boil and add ¼ cup shredded carrots. Add 1 tbsp miso paste, mushroom soaking water, and cayenne pepper to taste. Cook 5 minutes simmering gently.