

The Extended Herbal Cleanse Tonya Judd, M.H.

We often receive questions concerning how to complete the Extended Herbal Cleanse. In this article I hope to clear up any confusion and help you feel confident in completing the Extended Herbal Cleanse. There are 2 options listed for your convenience.

Let's start with what the Extended Herbal Cleanse is and what it is used for:

“When dealing with long-standing health problems we cannot expect to totally cleanse or cure the body with one or more three-day cleansing routines. Therefore, to rid the body of chronic conditions or to prevent their occurrence, an extended herbal cleanse is an excellent path to follow. This should be used in conjunction with the Mucusless Diet.” – Dr. John R. Christopher

The first 3 formulas – the Lower Bowel formula, the Kidney formula, and the Liver & Gallbladder formula can be taken simultaneously. Now lest you get this confused, let me clarify as follows: simultaneously is in fact defined as, together. In this case, this means started and taken on the same day, and does not mean taken at the same moment. This will hopefully become clearer as I continue on with the instructions. David Christopher outlined the following alternative option for completing the Extended Herbal Cleanse:

Begin by taking the Lower Bowel Formula. This formula is best taken in the capsule form, 1 hour before meals. The reason for this timing as explained by David Christopher, “You don't want to take the Lower Bowel with your meals because it will move the food too quickly through the bowels. You want to stimulate the bowels to begin working before you begin eating your meals. If you experience stomach upset with this you can take 1/2 cup prune juice mixed with 1/2 cup bran. This will help with the stomach upset and will help things move along as well.”

Between breakfast and lunch and between lunch and dinner take 3 capsules or 3 droppers of the Kidney formula.

Just before beginning your meals you will take 2 droppers of the Liver Formula. The Liver Formula is best taken in the liquid form. This will stimulate the digestive process and will get the bile flowing.

Complete this routine each day for 6 days and rest on the 7th day. Resume the routine for the next 6 days and then rest on the 7th day. Just for clarification, when we say, “rest on the 7th day,” this means that you will not consume any of the formulas on the 7th day-you will be giving your system a rest from the cleansing herbs.

Once you have been on the above 3 formulas for 2 weeks, you will then be ready to begin taking 2 capsules of the Blood Stream Formula 1/2 hour after you have taken the kidney formula. You do not want to begin taking the Blood Stream Formula until you have all of the eliminative organs working. “The delay in adding the Bloodstream Formula is absolutely essential because of the extreme effectiveness of this formula. In the beginning of the program we are opening the eliminative channels of the body, allowing a pathway of elimination for the ensuing toxins loosened by the Bloodstream Formula.” -Three Day Cleansing Program, Mucusless Diet & Herbal Combinations booklet

“Continue taking the formulas in this order, resting on the 7th day. Repeat these intervals for 6 months and then rest the entire 7th month. At the end of this 7 month program, assess your progress and determine if another 7 month program would be beneficial.” -Three Day Cleansing Program, Mucusless Diet & Herbal Combinations booklet

I have included a chart with check boxes to help remind you of the herbal formula's you need to take/have taken throughout the day. You are welcome to make copies or make just one copy and laminate it and use a dry erase marker to mark your progress each day. PLEASE NOTE: The top half of the chart includes the herbal formulas you will take before starting the Blood Stream Formula and the bottom half of the chart includes the formulas you will take once you begin taking the Blood Stream Formula.

Happy Cleansing!

Tonya Judd is a Master Herbalist graduate of the School of Natural Healing.

Herbal Formula Schedule - BEFORE beginning the Blood Stream Formula

Morning	Mid-day	Evening
<ul style="list-style-type: none"> <input type="checkbox"/> Upon arising: Take 2 capsules of the Lower Bowel Formula. <input type="checkbox"/> Take 2 droppers of the Liver Formula and then immediately begin to eat your breakfast meal. <input type="checkbox"/> Between breakfast and lunch take 3 capsules OR 3 droppers of the Kidney Formula. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take 2 capsules of the Lower Bowel Formula one hour before consuming lunch. <input type="checkbox"/> Take 2 droppers of the Liver formula and then immediately begin to eat your lunch. <input type="checkbox"/> Take 3 capsules OR 3 droppers of the Kidney formula. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take 2 capsules of the Lower Bowel Formula one hour before consuming your dinner. <input type="checkbox"/> Take 2 droppers of the Liver formula and then immediately begin to eat your dinner.

Herbal Formula Schedule - AFTER you have added the Blood Stream Formula

Morning	Mid-day	Evening
<ul style="list-style-type: none"> <input type="checkbox"/> Upon arising: Take 2 capsules of the Lower Bowel Formula. <input type="checkbox"/> Take 2 droppers of the Liver Formula and then immediately begin to eat your Breakfast. <input type="checkbox"/> Take 2 capsules OR 2 droppers of the Kidney formula. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take 2 capsules of the Lower Bowel Formula. <input type="checkbox"/> Take 2 droppers of the Liver formula and then immediately begin to eat your Lunch. <input type="checkbox"/> Take 2 capsules of the Blood Stream Formula. <input type="checkbox"/> Take 3 capsules OR 3 droppers of the Kidney formula. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take 2 capsules of the Lower Bowel Formula one hour before consuming your evening meal. <input type="checkbox"/> Take 2 droppers of the Liver formula and then immediately begin to eat your Dinner. <input type="checkbox"/> Take 2 capsules of the Blood Stream Formula.