

Cleansing

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The New Year has come, holiday decorations are put away, and you may be feeling the need for a cleanse. There are many kinds of cleanses you can do, based on your needs and level of comfort. Here are a few I recommend, along with a link for further information:

- [Dr. Christopher's Three-Day Cleanse, by Dr. John R. Christopher](#)
This cleanse consists of three days of just drinking juice and water to clean the body.
- [System Yeast Overgrowth Cleanse, by David Christopher](#)
This cleanse consists of 3 weeks of herbs, vegetables, legumes and no fruit/ sugars.
- [Dr. Christopher's Extended Herbal Cleanse, by Dr. John R. Christopher](#)

Herbal supplements to support the eliminating organs of the body are taken for 6 weeks to as long as you wish. The Mucusless diet of Dr. Christopher is followed while on the cleanse consisting of fruits, vegetables, legumes, wholegrains, nuts and seeds.

If you are looking for a less rigorous cleanse, I recommend you consider several days of produce only, along with plain water. This change in diet is a mild way to introduce more fiber and nutrient rich foods into your diet and give your belly a break from things in your diet you have been needing to get away from.

Cleansing should be a planned experience and not forced. I find the need to mentally prepare to deny myself, so that I remember the choice I made to increase my health, and not to appease my taste buds. Cleansing also will require you to be near a bathroom where you can feel comfortable, at least the first day of the cleanse, as the intestines change their routine.

Recently I completed Dr. Christopher's Three-Day Cleanse. I love this cleanse because I feel like I am constantly giving myself nourishment and always amazed at how efficient the cleanse is at drawing out impurities from the body. I personally tend to get cold and feel a little tired on this cleanse, due to the fact that all the energy of the body is being drawn to help the internal organs deep clean. Baths, showers, or little warmed rice bags, and short naps are great accommodations to keep in mind as you prepare to do your own cleanse.

Dr. Christopher's Three-Day juice cleanse consists of three days of:

2 cups of prune juice, first thing in the morning

1 T. olive oil

Every thirty minutes thereafter, alternating 1 C. juice or 1 C. water

You will be consuming anywhere from 3-4 quarts of juice and 3-4 quarts of water. The juice you select should be pure, with no additives and is recommended to be apple, carrot, or grape juice. If you live in the citrus belt, you can make citrus juice. Fresh is best, but use what is available.

I did find myself a little "bored" while I was on the cleanse. There is much pleasure to be had in a lovely piece of food, so I recommend you find a project to distract yourself with or a way you can reward yourself with having done something well, rather than a reward with food. This is a great habit to get into and helps you find pleasure in a greater scope of things. If you are feeling extra sluggish during your cleanse, you can lay down with a soaked cotton cloth of castor oil and place that on the skin area over your liver and alternate hot and cold.

Just as important as it is to follow the cleanse for the three days, it is equally important to come off of a cleanse slowly. You can come off by just drinking water for a few days or you can start with fruit and or vegetable juices and fresh produce. By the second and third day off the cleanse, you can begin to add cooked produce to your diet. Easing off the diet will help you to

not experience constipation or discomfort. I recommend Dr. Christopher's Lower Bowel formula and Liver and Gallbladder formula during and coming off this cleanse for greater effectiveness.

Cleanses help rid the body of excess mucus buildup, toxins, and waste that has accumulated in the body. It leaves you feeling refreshed, energized and acts like a reset for making needed changes. Wishing you a Happy New Year and success in your cleansing journey to a new you!

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