



## BODY & MIND PURIFICATION

(KIDNEY, LIVER, GALL BLADDER CLEANSING & CHRONIC DISEASES HEALING)

### I. Why do we need body detoxification?

Overly seasoning or complexly processed food, as well as genetic-modified produce contributing by bad eating habits are the direct or indirect causes of chronic diseases, such as high blood sugar, high blood pressure, high cholesterol, allergy, eczema, whooping cough, chronic pain, neuritis, cancer, etc...

That's why we need to detoxify our inner system to get rid of these toxins, to cleanse the mucus accumulated in our tube systems and to strengthen our immune, lymphatic and endocrine systems.

The time frame for body detoxification can last from 4 to 10 days.

### II. Ingredients and Preparation:

#### 1. Ingredients for kidney, liver and gall bladder cleansing :

- 100 gram Magnesium Sulfate ( $MgSO_4$ ), Magnesium Chloride( $MgCl_2$ ), or Lactulose
- 10mg/15ml sea salt (NaCl) or plum (fresh or juice)
- 2-3 limes
- 120 ml - 250ml olive oil (or sesame oil)
- Apple cider vinegar 200-300ml
- Chia seeds 100-200 grams
- Grapefruit juice 500-750 ml
- Honey 100-200 ml
- Garlic 3-7 small cloves
- Ginger 3-4 slices



#### 2. Veggie roots

Soak in salty warm water and wash the below veggie roots carefully to remove all dirt before juicing. No peelings required.



**Raw beet roots** contain a lot of nutritious ingredients such as vitamin C, iron, fiber and minerals (folic acid, magnesium, vitamin B6, etc...)

**Benefits:** Since beet has a lot of anti-oxidants, it can help with the creation of red blood cells, cleansing the blood and supporting the cardiac as well as the immune system. Beets are exceptionally good for stopping red blood cells from

cohering and separating red blood cells for toxin release. They are easy to absorb, too.



**Raw carrots** contain a lot of nutritious ingredients (vitamin C, D, E and B complex). They also contain a lot of beta-caroten which will transform into vitamin A, a vitamin of growth and youth, after absorbing.

**Benefits:** Like beets, carrots support the immune system, cure anemia, and enhance digestion. **Caution:** Do not consume more than 4 glasses (8-ounce) of carrot juice per day.



**Raw celery roots** have different types of mineral and are diuretic.

**Benefits:** Maintain healthy blood pressure, cleanse liver, kidney, respiratory and eliminatory systems. Reduce body fluid and mucus. **Caution:** Do not consume more than 4 glasses (8-ounce) per day.

**Radish** (black radish is better daikon radish) contains a lot of nutritious ingredients.



**Benefits:** Liquidify the mucus layers in the respiratory and digestive systems. Black radish helps digestion and is also diuretic. It cleanses liver, gall bladder, and many other systems in our body. It helps reducing pain and chill. **Caution:** Do not consume more than 1 glass (8-ounce) per day.

Daily juice intake is between 500ml and 700ml including:

- 270 ml = 200-300gr of beet roots
- 90ml = 100-200gr of carrots
- 90ml = 50-100gr of celery roots
- 30ml = 30-50gr of black radish roots

**Attention:** Finish the veggie root juice the same day. Do not save for the next day. Keep it away from the air, light and heat which will cause the loss of vitamins and minerals. Ingredients may vary depending health condition and body type.

- For liver cancer add one egg-size potato
- For stomach ulcer add ¼ of small cabbage
- Kale, fresh ginger, and Cucumber can be added for Cancer, Liver, Gout

### 3. Other food and drink

- Warm water (besides veggie root juice, we need to drink warm water to maintain body temperature, to increase absorbing capability and to cleanse the intestines)
- Apple cider vinegar and honey. Honey contains at least 31 nutrients, 13 minerals, 9 vitamins, 6 amino acids and 4 key enzymes. Apple cider vinegar can make the blood become more alkaline. Taking the solution of Apple cider vinegar, honey and water daily will increase the function of the immune system (against virus infection) and lower cholesterol level.

- Making stock solution: 2-3 portions of apple cider vinegar and one portion of honey. Mix apple cider vinegar and honey one week in advance for fermentation and production of useful enzymes.
- Usage: mix two teaspoons of the stock solution in 125ml of warm water and drink two to five times daily.
- Chia seeds: mix two tea spoons of chia seeds in 500 ml of water (or with the mixture of apple cider vinegar and honey); shake well to stop chia seeds from sticking together.
- Fruit juice can be used in special cases (if practitioner is too weak to continue with fasting) including ¼ apple + ¼ orange + ½ banana a day.
- Tea made from Stinging Nettle leaves, Dandelion, Horsetail grass or Milk Thistle for about 500 ml per day.

### III. **PROCEDURE:**

- Divide veggie juice into two equal parts of 250 ml each and serve for breakfast and lunch. Take a small sip and chew carefully before swallowing. The time frame for each meal is at least 15 minutes. (Chewing stimulates the release of saliva and help relaxing the nervous system. It also helps generating digestive enzymes, fixing the inner disturbances and increasing the absorption of nutriment).
- Drink warm water or the solution of apple cider vinegar, honey and chia seeds with warm water when feeling thirsty or hungry.
- During the cleansing period, practitioners should have at least 2-3 bowel movements in the first 3 days, and 1-2 times per day thereafter. Remember to drink more warm water or take Epsom salt laxative (5 doses per day at most) if the goal for daily bowel movements is not met. See instructions below for preparing the Epsom salt laxative.
  - Dissolve ½ packet of MgSO<sub>4</sub> (Magnesium Sulfate) or 1 teaspoon of Epsom salt laxative in 30 mL of warm water and drink all at once; then, follow by 250 mL of warm water. Remember to exercise, to massage the lower abdominal area clockwise and to massage chin downwardly. The amount of Epsom salt laxative in each dose can be varied between 1 to 2 teaspoons depending on the weight and health condition of each individual.

#### 1. Day 1

##### ❖ Morning

- Take one dose of Epsom salt laxative if having no bowel movements by 7:00 a.m.
- Drink the mixture of apple cider vinegar, honey and chia seeds with 500 ml water.

##### ❖ Lunch

- Chew veggie root juice or chia seeds dissolved in the mixture of apple cider vinegar, honey and water.
- Take one dose of Epsom salt laxative at 2:00 p.m. if having less than 1 bowel movement.

Note: Make sure your water intake is about 2 – 3 liters per day.

❖ **Evening**

- Drink warm water with apple cider vinegar and honey or herbal tea (as mentioned above) if feeling hungry.

\*\*\***Attention:** You may have a headache; feel dizzy or tired because the toxins have not been flushing out yet. Drink more warm water and exercise to get them out of your system. If you like, you can make lemonade with half a lime, 1 teaspoon of honey, a little bit of sea salt with 500 ml of warm water and store in the thermos to drink all day.

**2. Day 2**

Same as day 1

**3. Day 3**

❖ **Morning and lunch:** Same as day 1

❖ **Evening:** Cleansing liver and gall bladder

- 6:00 p.m.- take half teaspoon of Epsom salt laxative with với 125 ml warm water or grapefruit juice
- 8:00 p.m. - take half teaspoon of Epsom salt laxative with với 125 ml warm water or grapefruit juice

Note: If you already have 3-4 bowel movements during the day you can skip the Epsom salt laxative intake at 6:00 p.m. and 8:00 p.m. and only drink grapefruit juice.

- 10:00 p.m.
  - Take the mixture of olive oil (or sesame oil) with grapefruit juice and lime juice. Garlic is optional for overweight individuals or those with big gall bladder stones.  
How to mix: Mix 120mL olive oil or sesame oil (remember to buy cold-pressed sesame oil from Farmer's market or Wholefood store) with lime juice (1 medium size lime) and 125 ml grapefruit juice in a bottle, 1 tsp of Epsom salt, shake well and drink all in one breath.  
Note: you may pour olive oil, lemon juice and grapefruit juice into a blender, add 3-4 garlic gloves, blend them thoroughly; then, pour the mixture into a glass and drink it, all in one breath, with a straw.
  - Chew some slices of ginger to rinse the mouth and prevent the feeling of nausea.
  - Massage the upper abdominal area in clockwise direction for about 10 minutes.
  - Then, laying down on your back and exercise for 10' using THE AIR-BICYCLING TECHNIQUE (to press your thighs into your lower abdominal area in and out) before going to bed.
  - Sleep on the right side with right thigh pressed against the lower abdominal area.

**\*\*\* Attention:**

- If your body does not except the oil solution and throw it out, you will need to retake it right away or the day after.
- Overweight individuals or night eaters should follow the procedure for cleansing liver and gall bladder in two consecutive nights.

*Effectiveness of olive/sesame oil with lime juice and grapefruit juice: Lime and grape fruit juice help bringing the oil directly to the gallbladder and liver. That substantive amount of oil will cause the gallbladder to excrete enough bile acid and liver digestive enzymes to cover the stones and pushed them out down the large intestines. (The more bile acid the gallbladder excretes, the better body cleansing will be).*

**4. Day 4**

- ❖ **Morning:** If no bowel movements after 6:00 a. m., take one dose of Epsom salt laxative as above, followed by 250 ml of warm water.
  - At bowel movement time: Drop the stools in a bucket or through a sieve placed on top of toilet seat if you would like to see and take pictures of the stones. Flushed stones will float on the surface water in mass of brownish yellow, bluish purple or dark blue color. If you do not see the floating masses, it means the stones are still packed in your gallbladder and you will need to repeat the procedure again.

**Notes:** The morning after you have taken the solution for cleansing liver and gallbladder, you may have a headache or feel nauseating. Do not worry! All these symptoms will diminish after the bowel movements.

- ❖ **Lunch and evening:** same as day 1
- ❖ Starting from day 4, individuals with special condition can drink fruit juice. Remember to “chew” the juice.

**4. Day 5 to day 7 or 10 : Same as day 4**

**\*\*\* Attention:**

- The evening of day 2 and morning of day 3 maybe the hardest time for the beginners.  
They may feel fatigue or hungry. After that, they will feel lighter, more awake, alert and endurable.
- Be relaxing and do more walking or exercise (at least 2 hours a day)
- Balance yourself with walking, sitting and touching the earth meditation
- If you feel dizzy or tired, slow down your movements and take deep breaths.
- If you feel extremely tired, have shaking hands or increasing heart beats, chew (carefully and slowly) half an apple or half an orange (a day) or fruit juice to continue the body detoxification process.

## RESUME TO EATING SOLID FOOD (VERY IMPORTANT)

(Now that you have flushed out the long-term accumulated toxins, your body can absorb nutrients very easy. If you eat like before (fast and a lot) you will gain weight very easily)

### 1. Day 1

- **Morning:** drink clear broth cooked with roasted brown rice and water in a slow cooker. You can drink this broth all day instead of water.
- **Lunch:** 1 bowl of thin brown rice porridge or oatmeal. Remember to chew the porridge in 30 minutes (if fasting for 7 days) or chew brown rice broth (if fasting for 10 days).
- **Dinner:** continue drinking clear roasted brown rice broth.

### 2. Day 2

- **Morning:** chew 1 bowl of thin brown rice porridge or oatmeal.
- **Lunch:** chew 1 bowl of thick brown rice porridge or oatmeal with sesame salt
- **Dinner:** you have a choice among thin brown rice porridge, fruit juice or roasted brown rice broth.

Note: It doesn't matter if you have warm water or thin porridge at main meal (lunch), remember to chew it carefully for at least 15-30 minutes for each meal.

### 3. Day3:

- **Moring:** thick brown rice/oatmeal porridge or boiled yam
- **Lunch:** brown rice with sesame salt and some boiled vegetables (2/3 of previous portion)
- **Dinner:** your choice of boiled yam, porridge or just warm water

### 4. Day 4 forward:

back to your regular food including fruits, vegetables, legumes and grains, but remember to cut down the daily portion (if you'd like to maintain the current weight)

\*\*\* **Attention:** Chewing the food slowly and carefully is the key to good health. Limit deep fried, overly seasoned, and processed foods.

BE YOUR OWN MASTER IS THE GREATEST VICTORY  
(It will help you to move steadily on your spiritual path)  
WISHING YOU SUCCESS AND PEACE

## THINGS YOU NEED TO KNOW

- Body detoxification is best if done in Spring, Summer and early Fall (thanks to the support from the nature and bountiful universe energy). Do not do it in winter (unless it's a must), because we do need a lot of energy to get through.
- Preparing and juicing the veggie roots
  - We will juice out the whole veggie roots; therefore, we need to wash them thoroughly and soak them in salty warm water for 15 minutes.

- How to juice: Juice 2-3 times to extract all nutrients. In the second (and third) time, add water with an amount equal to ½ of the juice extracted out from the first time to the solid stuff and some sea salt. Use a bag of thin cloth to drain out the juice.
- Store juice in thick, dark bottle and in cool, dark place. Keep in refrigerator if the weather is hot. Do not let the juice stand in day light to avoid oxidation.
- What to do during the body detoxification process.
  - Practice walking, sitting, touching the earth meditation and light physical exercises.
  - Besides nap time and bed time, do not lie down because the lying position will minimize the toxin from going down.
- Food for thought:
  - In the first two days of the fasting process, you may feel chilly and fatigue, drink warm water with chia seeds, apple cider vinegar and honey. You may also drink warm water with salted lime and honey. Your body will need about 2-4 liters of water per day.
  - Starting from day 3 of the process, you will get used to fasting and no longer feel hungry or tired.