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Colon cleansing alone will accomplish some good. However, colon cleansing along with Liver Support provides safer, more effective and complete whole body tissue detoxification. This Program is best modified by Karl according to individual need. It may be abbreviated and done in stages at convenient times. Even a 1-day version of the 3-day Detox Diet is a simple starting point and a good way to get acquainted with the Program.

Whole Body Detox & Liver Support Program

Phase I: Education & Preparation (week 1)

Please read the two articles from doctor Matsen's and Golan's books ("The Liver, Kidneys and Gallbladder," and "The Sluggish Liver.") These are optional but recommended. Please return these handouts when you are finished as they are circulating copies. Complete and return the "Detoxification Questionnaire." Review the main handout: "Detoxification Program" and obtain the items listed therein (vegetables, juices, herbs, fiber, etc.). Keep this page along with the attachment "Our Own Formulations" handy for ongoing reference. Along with "Detoxification Program" page it will be your main guide throughout the Program.

Start the homeopathic "**Whole Body Detox Liquesence**" (liquid dropper) at half the recommended dosage.



Phase II: Detoxification (weeks 2-4)

Perform the three day "Detoxification Program" cleansing diet per instruction sheet. This can be done once per month for three to six months. Some tips to keep in mind: schedule the three day period during the most relaxing time possible, perhaps over a weekend. It is helpful to think of this actually as a five day period easing into and out of it for one day on either side of the three day period. It is most important not to overeat especially afterward. Use one 2-ounce bottle of the "Liver Kidney Herb Drops" seven days before, during, and seven days after the three day period (one dropperful two to three times daily). After you have finished the herb Drops, then use one 4-ounce bottle of the homeopathic "Liver Liquesence" (1 teaspoon daily). Use the LB-8 Herblax capsules freely as needed and the Colon Cleanse Blend powder per directions. Apply castor oil pack over the liver externally using the plastic wrap method mentioned on the Castor Oil handout, at least three to four times per week. Ideally the castor oil should be left on overnight, if not use at least one hour per day of use.

{ Any + all may be used independent of program }

Phase III: Regeneration & Maintenance (weeks 5-12)

Dietary: low-fat, low-sugar, high-fiber, minimal alcohol. At least 1-2 servings of green vegetables and 3-4 other colored vegetables daily (*or 1-2 teaspoons Green Power barley grass). One medium beet at least twice weekly. Artichokes at least once weekly. Bitter foods such as dandelion greens, fresh lemon juice, raw apple cider vinegar, aloe vera juice, and bitter herb blends should be used daily just before or during major meals. Use turmeric as seasoning regularly. Lecithin 2-3 teaspoons granules or softgels daily. Flora Fiber is a good maintenance colonic tonic. Keep up your water intake and exercise regularly. Eliminate unnecessary prescription drugs and over-the-counter medication. Drink dandelion tea (root of leaf) 1-3 cups daily. Take one or more of the following liver-specific herbal remedies: Silymarin (Milk Thistle) 2-6 capsules daily, LG-10 (Liver-Gallbladder formula) 2-6 capsules daily, Liv-52 (Ayurvedic liver formula) 1-3 tablets daily, or "Detox Support." Or Detox Support. The above is best done for at least 6 weeks. The 3-5 day Detox Program Diet (phase II) is mild enough that it may be repeated once per month.

* DETOX SUPPORT for

** LIVER DETOXIFIER & REGENERATOR

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This is an overview outline only; the complete Program handout is attached, or available upon request.

Whole-Body Detox

Focus On Liver Support & Deep Tissue Cleansing

Karl J. Mincin

We all know that if dirt is swept under the carpet, the house is never really clean, although the floor looks better on the surface. Likewise, when we attempt to clean our body by colon cleansing alone some good will be accomplished. The colon is cleaner and this improves digestive efficiency, which in turn improves overall health. Yet, if certain signs of toxicity and symptoms of ill health persist below the surface, a thorough cleansing has not been accomplished. * Most cleansing products on the market focus primarily on colon cleansing. However, the body has six major channels of elimination from which it attempts to get rid of "dirt," or metabolic waste, other than the bowel: 1. Liver 2. Blood 3. Lymph 4. Lungs 5. Kidneys and 6. Skin – collectively known as tissues.

As with sweeping dirt under the carpet and stirring up the dust which then settles elsewhere, making furniture and other parts of the house ever dirtier than when the cleaning process started, so too with our body. "Sweeping" the colon clean will remove some toxins. Still, others are reabsorbed and circulated first through the liver; then out into the bloodstream and lymphatic channels, on to the kidneys, through the lungs and finally, if these other channels have not effectively eliminated the toxin, it attempts to exit through the pores of the skin. (Most all skin conditions involves some degree of toxicity, in addition to nutritional and metabolic factors.)

Whether we realize it or not, each one of us who is walking around in this 21st century has some degree of toxicity and liver congestion. This subclinical "sluggish" liver condition is usually undetectable by conventional medical tests; liver enzyme levels, and the like, may appear to be normal, yet the patient knows that their health is not in balance. The liver is a phenomenal, multifaceted organ which you will enjoy learning about in this Whole Body Detox program.

Because the liver interrelates with every other organ in the body (these other systems even being critically dependant on liver function), nearly all different health conditions will improve by giving attention to the liver. I have seen diseases as diverse as PMS,

arthritis, pain syndromes, allergies, chemical sensitivities, environmental illness, autoimmune disorders, digestive disorders, skin conditions, chronic fatigue, obesity, hormonal and glandular imbalance, addictions and mood disturbances respond impressively well to liver support only, without anything else being taken or done for the disease. In other words the liver is a common denominator of most all diseases.

Everyone will derive a measure of benefit from the Whole Body Detox program and class, some more than others. For certain individuals this really is the missing link to their good health. Even when it is not the key to relieving a specific condition, there will always be improvement in ones overall health. A person does not need to have a disease in order to do the program or take class. It guide you in a well-rounded program that is mild and safe for virtually everyone, especially when compared with more extreme measures such as fasting and colonics.

Perhaps you have heard the expression that "all disease begins in the colon (digestive tract)." There is much truth to this. However, most people do not realize that the liver, too, is actually a vital part of the digestive system. Colon cleansing and intestinal health is certainly important, but the benefits will always be limited unless coupled with liver support and whole-body detoxification. All of these areas are addressed in the class and the Whole-Body Detox Program with such adjuncts as the "Liver-Kidney Herb Drops" (Dandelion Root, Milk Thistle Seed, Burdock Root, Marshmallow Root), Flora Fiber (a gentle colonic tonic with pro- and pre-biotic beneficial bacteria), homeopathic Whole Body Detox Liquescence, a Lymphatic Drainage formula, and Detox Support formula for blood and tissue cleansing. Simple dietary instructions are provided as well. Additionally, I tailor each person's Program to their specific health condition and individual body chemistry needs. All of these areas are addressed in this class and program.

Karl J. Mincin is a clinical nutritionist in practice for 28 years. In addition to his specialty in nutrition assessment, he frequently recommends an individualized three-phase whole body detox program to his patients (Summary available upon request). Karl is available at three local clinics, and for telephone consultation at (360) 770-8486.

* See accompanying *Metabolic Toxicity Self-Testing Scale Questionnaires*.