

Karl J. Mincin * Clinical Nutritionist * (360) 770-8486

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.

See detail
of Phase II
on next page



use freely
(even w/o phase I + II)

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 tumeric 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 formula

** LIVER DETOXIFIER
& REGENERATOR

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 18 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.*

Detoxification Program

Designed for _____

This program is intended to facilitate healing in your body by increasing the elimination of wastes through a cleansing diet, enemas and baths. Certain remedies and/or supplements may be prescribed according to your individual needs. You should not take any other vitamin or mineral supplements during this treatment, except those specifically prescribed. (This is a period of rest for your body.) Arrange your schedule so you are able to rest and relax if you feel tired or irritable. For 3 day cleanses you might begin on Friday morning and continue until Monday morning, when you would begin the Transition Diet.

DETOXIFICATION DIET:

For the next 3 days eat only the items circled below. Then spend 2 days on the appropriate transition diet (see below) before resuming your prescribed diet. During this time do not eat or drink anything to which you have a strong aversion.

- 1. Fruit juices—diluted 50% with pure water, as desired (apple, pear, papaya, fresh orange, black cherry). Avoid juices made from concentrates. 1-3 glasses per day. If using psyllium cleanser, mix it with these juices. Prune juice (Merrimac - organic)
- 2. Vegetable juices—diluted 30% with pure water, up to 2 quarts per day. "Colo. Mt." juices (available in local health food stores) "Carrot, beet, cucumber" or "Green drink" are excellent. If making your own the following are suggested proportions: Combine 1 ingredient from each group:

- | | | |
|--------------|------------------|-------------------|
| Apple 4 oz. | Romaine 4-6 oz. | Parsley 1 oz. |
| Carrot 4 oz. | Celery 4-6 oz. | Beet 1 oz. |
| | Cucumber 4-6 oz. | Red cabbage 3 oz. |
| | | Spinach 2 oz. |
| | | Beet tops 2 oz. |

- 3. Mineral Rich Broths—include one or both of the following:
 - a. Bieler Broth*—2 bowls per day (blend, non-stimulating, absorbable)
 - b. Alkaline Broth*—4-8 cups per day ("Apperites Soup" used by Airola, Geisen)

- 4. Fruits and non-starchy Vegetables (steamed or raw) with 1 tablespoon unsalted butter or oil per day. Eat more vegetables than fruit. (Fruit—Apple, Pear, Papaya, Citrus, Peach, Cherry, Apricot, Nectarines, Purple Grapes.)

- 5. Herb teas as desired. (no caffeine or black tea). Recommended: Comfrey, Chamomille, Ginger, and Peppermint, Red Clover Blossom, Dandelion Root

- 6. Colo. Cleanse Blend Add 1 tsp. powdered psyllium seed husks slippery elm flaxseed to 10 oz. of dilute fruit juice or water as directed on the label of the psyllium seed jar in the following amounts during the 3 days of your cleanse.

Weight: 90-115 pounds	115-175 pounds	175 pounds and up
2-3 times/day	3-4 times/day	4-5 times/day

On days 4 and 5 (transition) do the Blend twice a day, then once a day for 2 more days and then stop.

DO NOT USE THE LAXATIVES included in Blend psyllium unless specifically instructed. Directions: To be taken before bed as follows: day before you start diet—2 tablets/capsules HERBLAX LB-8

day 1	- — tablets	} 1-4 as needed to keep bowels evacuated* Throughout program
day 2	- — tablets	
succeeding days	- — tablets daily for the next ___ days.	

NOTE—If this diet is too difficult for you add the following:

- a. to diet of liquids only—add fruits and non-starchy vegetables.
- b. to diet of fruits and vegetables—add cooked starchy vegetables (jerusalem artichokes, parsnips, acorn and butternut squash, yams and sweet potatoes) and cooked whole grains.

TRANSITION DIETS: option c: B fruit L salad or soup S Soup and/or Salad

- a. from liquid diet:
 - Day 4—Breakfast: one type of raw fruit (apples, peaches, nectarines, pears, cherries, papaya). This same fruit may be eaten throughout the day as desired.
 - Lunch: large green salad and steamed green vegetables; 1 tsp oil or butter; herbs and spices.
 - Dinner: same as lunch plus 1-2 cups of brown rice, millet or buckwheat; 2 tsp oil or butter.
 - Day 5—In addition to day 4, you may add one of the following proteins at one meal: 4-8 oz. lightly cooked lamb or fresh fish; 2 soft eggs; 8 oz. raw milk, 6 oz. low fat or raw milk yoghurt; also 2 tbsp butter or oil per day.
- b. from fruit and vegetable diet:
 - Day 4—Add 1 cup whole grain at 2 or 3 meals (brown rice, millet, buckwheat, oat groats or quinoa); 2 tbsp. butter or oil may be included daily
 - Day 5—Add a protein to 1 or 2 meals in addition to Day 4's foods (proteins: 4-8 oz. lightly cooked lamb or fresh fish; 2 soft eggs; 8 oz. raw milk or 6 oz. low fat or raw milk yoghurt). Do not eat grains and proteins at the same meal.

ENEMAS*:

Minimum of one daily. Use enemas as frequently as needed to keep your colon well evacuated. for at least one daily complete bowel movement

BATHS:

Bathe daily for 10-20 minutes, in water as warm as is comfortable. with 2-3 cups of epsom salts added. Rinse 30-60 seconds in cool water (don't chill yourself):

OTHER:

Use "Liver-Kidney Herb Drops" 7 (or so) days before, during, and 7 days after this diet.

Then use The "Liver Liquesence" per bottle instructions

Castor Oil Abdominal pack per handout instructions

use MOST TO LEAST in this order ↓

Water
5
3
2
7
4
6

IMPORTANT Do not over

SEE OVER →

*See Recipes & Procedures

Recipes & Procedures



BIELER BROTH

Steam 2 medium zucchini, handful of green beans, 2 stalks of celery until they are very soft (approx. 20 minutes). Place vegies, steaming water and a handful of chopped parsley in a blender and blend for 1-2 minutes until smooth. Eat it hot for the best taste. Recipe makes 2 to 3 bowls. (Substitute spinach if green beans are unavailable.) *Season as you like.*

ALKALINE BROTH

Use stainless steel, enameled or earthenware utensil. Fill it with 1½ quarts of water. Take 2 potatoes, 1 cup carrots, 1 cup celery (leaves and all), and 1 cup of other available vegetables. Do not peel vegetables, just brush them well. Cayenne, pepper, basil, oregano, and other seasonings may be used as desired. Cover and cook slowly for at least ½ hour. Let stand for another ½ hour; cool until warm, strain and *drink only the Broth.*

TAKING AN ENEMA

Fill enema bag with lukewarm water and juice of ½ a lemon or 3 cups of coffee or chamomile tea made from 3 tea bags. Lubricate the nozzle and hang the bag 2 feet above your hips. The best position for taking an enema is on your knees, head down to the floor or lying on your back. Insert the nozzle and let the water flow until you experience discomfort, then stop the flow by pinching the hose. Relax, breathe deeply and massage your abdomen. When your colon feels full evacuate into the toilet. Gently repeat this until your colon feels well evacuated.

COLD TREATMENT

Have all clothing, bedding, etc. prepared before you begin this treatment. Before going to bed prepare 2-3 cups of herbal tea. You can choose from elder flowers and peppermint, ginger, or garlic, ginger, parsley tea. While your tea is steeping run yourself a hot epsom salts bath and take an enema. After the enema, soak in the hot bath while drinking the tea. Immediately after bathing, rinse your body from the shoulders down in water as cold as you can tolerate for 10-30 seconds. Now, move quickly. Without drying, wrap yourself from the armpits down in a cotton sheet or put on suitable cotton or wool garments (i.e. long johns and turtleneck). Put on natural fiber socks and go straight to bed with extra blankets. Place a blanket between you and the bed to avoid getting it wet. You should fall asleep quickly and perspire profusely. Upon awakening or after 1-2 hours get up, rinse off and go back to bed. *Under no circumstances should you be cold while in bed.* If you are not comfortably warm after 5 minutes get up take a warm bath or shower and try it again at another time. This treatment may be repeated every evening for 3-5 days if desired.

SUPPLEMENTS AND OTHER PROCEDURES:

See Phase III of "Liver Support Program"

Healthy Digestion, Liver & Whole Body Detoxification

OUR OWN: House Formulas From Nutrition Resource, LLC (360) 770-8486

COLON CLEANSE BLEND

Take 1 rounded tablespoon in water or juice followed by full glass of water 2-3 times per day.

CC is a classic and complete colon cleansing formula. It may be used on its own or in conjunction with the 3-day Liver Support Detoxification Program (H) CONTAINS: Psyllium husks & seeds, guar gum, apple pectin, Bentonite Clay, Cinammon, Fennel, Ginger.

Request handout (H) below on 3-day whole-body cleansing Program.

Powder
8 oz. = \$12.95

LB-8 HerbLax

Take 2-4 capsules with plenty of water before bed and as needed. Also part of the "Detoxification Program"

HERBLAX (LB-8) is a safe, effective and mild herbal laxative. It strengthens and tones the bowel; will not create laxative dependency. Loosens encrusted fecal matter from colon wall. May be used just before starting the 3-day Detox Program, or parasite program.

CONTAINS: Cascara Sagrada, Turkey Rhubarb, Ginger, Raspberry Leaves, Lobeila, Fennel, Capsicum, Goldenseal.

OO' Capsules
25 = \$7.95
60 = \$10.95
100 = \$12.95
150 = \$17.95
300 = \$32.95

Liver-Kidney HerBlend

Dandelion * Milk Thistle * Burdock * Marshmallow

Take 30 drops in water or juice 2-3 times daily.

LK is a blend of tonic and cleansing herbs that often is taken one week before and one week after the 3-day Detox Program. This formula cleanses and tonifies all of the body's detoxification systems, not just the colon. For some individuals we add Red Clover and Echinacea to enhance the effect.

2 oz. dropper bottle = \$21.95 (professional-grade liquid tincture)
4 oz. Cap top refill \$39.95

Liver Herbs II

A mild and effective liver tonic designed for long-term use

Tumeric * Artichoke * Dandelion * Milk Thistle * Beet * Oregon Grape * Burdock * Peppermint * Ginger

Take 2 capsules 2-3 times per day

This formula is especially beneficial during the maintenance phase III of the Liver Support Detox Program, and may also be used aside from this, or apart from this, as well. While it does contain several of the foods suggested in Phase III, it is fine to use this product along with those foods in the diet. The formula is well tolerated by nearly everyone, including individuals with liver diseases such as Hepatitis. Protection from common liver-damaging substances - keeping the liver in good condition - is the keynote of this formula.

OO' Capsules
100 = \$12.95
150 = \$17.95

Cleansing Program Kit

- (1) bottle Liver-Kidney Herb Drops (1)
- packet LB-8 Herb Lax caps (1)
- package Colon Cleanse Blend (1)
- Roll-On bottle Castor Oil (1)
- Set complete Instructions

Here in one package is everything you need to do the Three-day, Three-Phase Whole Body Detox Program (Liver, Colon, Lymph, Kidney, Blood, Tissue and Skin Cleansing.) [See one page summary.] The supply is enough for two rounds for one person or one round for two people.

Complete Kit \$49.95

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More →

Healthy Digestion, Custom Herbals & Green Food Concentrate

OUR OWN: House Formulas From Nutrition Resource, LLC (360) 770-8486

<p align="center">Flora Fiber</p> <p>A Colonic Tonic of Gentle Fibers & Colon Food</p> <p>Slippery Elm, Jerusalem Artichoke, Apple Fiber, Flaxseed, Guar Gum, Fenugreek, FOS, Acidophilus, Psyllium, Barley Malt</p> <p>1 rounded Tbsp. in water or juice 2-3 times daily. Drink extra water when using this product.</p> <p>Nutrition Resource, Mount Vernon, WA</p>	<p>FF provides necessary nutrients to build health bacteria in the colon. As a dietary fiber supplement it is intended for long-term, maintenance use, or to replenish depleted bowel flora. It also now contains Nutra Flora FOS (H). Milder than Colon Cleanse Blend (below).</p>	<p align="center">Powder</p> <p>8 oz. = \$12.95 16 oz. = \$22.95</p>
<p align="center">Herbal Bitters Blend</p> <p>Gentian, Aloe Vera (4.5:1), Peppermint, Angelica, Artichoke, MHK Thistle, Fennel (optional: Ginger, Senna, Turkey Rhubarb, Marshmallow, Slippery Elm) Professional strength concentrate, not diluted</p>	<p>A time proven digestive aid and detoxifier. Helps with many different digestive complaints. Relieves indigestion, heartburn, gas, bloating, fullness from overeating. Strengthens weak digestion and malabsorption. Stimulates the body's own digestive "juices" (enzyme secretions) Serves as a good overall tonic for the entire digestive system..</p>	<p align="center">2 oz Dropper bottle \$21. 95 4 oz. Cap refill \$39.95 (undiluted concentrate)</p>
<p align="center">Custom Herbal Tonic <i>for <u>Your Name Here</u></i></p> <p>Daytime or Nighttime formula focused on one of eight body systems according to your individual need.</p>	<p>A medical-grade combination herbal blend according to your directions OR based on the results of a personalized saliva herb test, which pinpoints the top eight herbs best suited to your individual constitutional need.</p>	<p align="center">Approximately \$10.00 per oz. Plus small mixing fee Your choice of FLAVOR extracts no charge: Lemon, Orange, Vanilla, Almond, Peppermint, Strawberry, Cherry, Raspberry, Licorice, Ginger</p>
<p align="center">Multi Green</p> <p>A Blendable & Customized Super Food & Herbal Concentrate</p> <p>Stir 1-2 teaspoonfuls into water or juice twice daily before breakfast and mid-afternoon.</p> <p>Nutrition Resource, Mount Vernon, WA</p>	<p align="center">Request handout (H) for: Ingredients Uses/Applications Serving Suggestions Customization of Formula</p>	<p align="center">Powder</p> <p>8 oz. = \$22.95 16 oz. = \$39.95</p>
<p align="center">Barley Grass Concentrate</p> <p>Organically grown by PINES INTERNATIONAL, Kansas. Whole leaf, 100% pure. No pesticides or additives.</p> <p>Stir 1 teaspoonful into water or juice twice daily before breakfast and mid-afternoon. See fact sheet for additional suggestions.</p> <p>Nutrition Resource, Mount Vernon, WA</p>	<p align="center"><i>Green is good! Nourishing/Cleansing, Energizing/Satisfying</i></p> <p><i>Pure Barley Grass Powder or Tablets Compare to Green Magma, Kyo Green, or other brands (Nearly half the price!) My number one recommendation!</i></p>	<p align="center">Powder</p> <p>6 oz. = \$16.95 32 oz. = \$69.00</p> <p align="center">Tablets</p> <p>100 = \$9.95 250 = \$18.95</p>

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OVER →

HERBLAX

LB8

Lower Bowel Tonic And Intestinal Cleanser

This is a good formula for the average person for nearly all general problems.

Contents:

- Barberry bark (*Berberis vulgaris*)
- Cascara sagrada bark (*Rhamnus purshiana*)
- Cayenne (*Capsicum fastigiatum*, *Capsicum minimum*)
- Ginger (*Zingiber officinale*)
- Golden Seal root (*Hydrastis canadensis*)
- Red Raspberry leaves (*Rubus idaeus*)
- Turkey Rhubarb root (*Rheum paimatum*)
- Fennel (*Foeniculum vulgare*)

Start with two capsules three times a day, and then adjust the dosage to your needs. If the stool is too loose, then cut down; but if it is too hard then increase the amount of LB8 until the movements are soft and well-formed. It's okay if you even have to take quite a few at a time because these herbs aren't habit forming, and are healing to the entire digestive system.

After the hard material has broken loose and is moving more freely, the huge amount of old fecal matter will gradually decrease, but don't taper off on the LB8 because you will lose the momentum and continuity of elimination. In most cases, improper diet has caused the peristaltic muscles to quit working and it will take six to nine months, with the aid of LB8, to clean out the old fecal matter and to rebuild the bowel enough to have the peristaltic muscles work entirely on their own.*

Most people have many pounds of old dried fecal matter and accumulated mucus stored in their colon and small intestine which poisons their system and provides a breeding ground for parasites. It also means that they eat more food than they need and assimilate very little value from it. After the bowel is cleansed, less food will be needed, and the food that is eaten will be assimilated better, resulting in more energy, vitality and life.

*When using LB8 as part of an intestinal/parasite cleansing program, it is very helpful to use a psyllium-clay based product*as well, during the intensive part of the cleanse. When the major detoxification process is completed, intestinal health can be further supported by using LB8 (in lower dosage) in combination with "colon food" or "Flora Fiber."

* Colon Cleanse Bl

KARL J. MINCIN
CLINICAL NUTRITIONIST
(360) 770-8486

Liver Herbs II

A mild and effective liver tonic
designed for long-term use

Tumeric • Artichoke • Dandelion • Milk Thistle • Beet
Oregon Grape • Burdock • Peppermint • Ginger

Take 2 capsules 2-3 times per day

Also available in tangy tincture or punchy powder

Nutrition Resource • Concrete WA

Formulated by Clinical Nutritionist Karl Mincin, this formula is especially beneficial during the maintenance phase III of the Liver Support Detox Program*, and may also be used beyond this, or apart from this, as well. While it does contain several of the foods suggested in Phase III, it is fine to use this product along with those foods in the diet. The formula is well tolerated by nearly everyone, including individuals with liver diseases such as Hepatitis. *Protection* from common liver-damaging substances -- *keeping* the liver in good condition -- is the keynote of this formula. (* A copy of the Liver Support Program is available upon request.)

TUMERIC normalizes liver function by its anti-inflammatory action. Rich in bright yellow flavonoids, it also affords antioxidant protection.

ARTICHOKE LEAF is classified as a chologogue, a liver and gall bladder tonic. It also is an excellent digestive aid and in this manner lightens the livers burden.

DANDELION LEAF & ROOT is a classic and all-purpose liver tonic. It not only has mild cleansing and detoxifying properties, but true tonic and restorative properties as well. When the root is combined with the leaf in lower dosages such as in this formula it is safe for long term use.

MILK THISTLE SEED too is a classic liver *protective* herb. Unlike Dandelion, MT's antioxidant properties can both protect the liver from toxic exposure, and has the unique ability to repair and regenerate any damage already done. (Individuals with Hepatitis or other liver conditions may also need to use Silymarin, a concentrated extract of Milk Thistle, in order to effectively normalize elevated liver enzyme levels.)

BEEET ROOT Next to dandelion, beets are one of the best liver foods on the planet.

OREGON GRAPE ROOT has a bitter principle which stimulates proper liver function. This property is nearly identical to that in Goldenseal, and thus Oregon Grape is also beneficial for the immune system.

BURDOCK ROOT is an excellent blood purifier and is employed in this formula as a "clean-up crew" to clear away the metabolic debris from on-going liver detoxification. Because it helps the body to eliminate toxins through the proper channels, before exiting through and congesting the skin as a last resort, Burdock will also improve most skin conditions.

PEPPERMINT LEAF is a "sleeper" liver herb, prime digestive support, and all around classic herb. As a liver remedy it is targeted primarily at the gall bladder stimulant. By improving digestion it indirectly supports liver function. It is a mild stimulant and energizing herb used by some as a coffee substitute, yet unlike coffee (caffeine) will soothe and nourish the nervous system without agitation or side effects.

GINGER ROOT is too good to be true, and it tastes good too! Used traditionally for motion sickness and the nausea and vomiting of pregnancy, its mechanism is liver and gall bladder support. It emulsifies fats similar to lecithin. Beyond its digestive properties it also has analgesic, pain-relieving effects. Its circulatory benefits rival cayenne pepper, and thus improves intestinal absorption of nutrients. From the GI tract and liver to the blood vessels and nerve endings, this herb is beneficial all the way through, with whatever it comes in contact with.

Available from
Nutrition Resource

(360) 770-8486

Whole Body Detoxification & Liver Support Program

✓ CHECKLIST

Phase I

- 2-page "Detoxification Questionnaire"
- 2-page "Liver Support Program"
- 2-page "Detoxification Program" } Packet 1
- 1-page "Our Own Formulations" }
- 8-page article by Dr. Matson } Packet 2
- 6-page article by Dr. Golan }
- 4-ounce dropper bottle "Whole Body Detox Liquescence"

SHOPPING LIST

Phase II

- Vegetables for Beiler Broth (see back side of "Detoxification Program" for recipe ingredients)
- Fresh vegetable juice or vegetables for home juicing
- Herbs for tea (see program for list)
- Colon Cleanse/Flora Fiber psyllium-herb blend powder
- LB-8 Herblax capsules
- 2-ounce dropper bottle "Liver-Kidney Herb Blend" tincture
- 3-ounce roll-on or 16 ounce bulk Castor Oil with handout
- 4-ounce bottle "Liver Liquescence" } Detox Program Kit

Phase III

- Vegetables galore (from the spectrum of rainbow colors, especially greens. Also beets and artichokes)
- Fresh lemons, raw cider vinegar, aloe vera juice, etc.
- Dandelion herb tea
- Green Power barley grass powder or tablets
- Lecithin granules or softgels
- Sylimarin caps and/or LG-10 caps and/or Liv-52 tabs
- (consider Saliva Herb Test to determine the most effective constitutional maintenance herbs for your individual system)

All items are available from Karl Mincin's Nutrition Resource Center. They may be picked up there, mailed directly to your home, dropped off for you at a nearby office location, or brought to your next appointment. Please call (360) 770-8486 to place your order.

Quick Check **Do I Need Internal Cleansing?**

Before we discuss the details of your tissue cleansing and liver support program it will be helpful to assess your particular need for detoxification using the checklist below.

Do you experience:

- constipation, diarrhea, sluggish elimination, irregular bowel movements?
- frequent headaches, no apparent cause?
- skin problems, rashes, boils, pimples, acne?
- frequent congestion, colds, virus?
- general aches and pains that migrate from one place to another?
- low back pain?
- pain between shoulder blades?
- lowered resistance to infections?
- low energy, loss of vitality for no apparent cause?
- needing to sleep longer at night?
- flatulence, and frequent stomach disorders?
- bad breath and foul smelling stool?
- allergies, intolerance to certain foods, especially fatty ones?
- premenstrual syndrome, breast soreness, vaginal infections?

This completed form should be evaluated and followed up on with your nutritionist. You may also be asked to complete the "Liver Detoxification Capacity Questionnaire" and the "Chemical Sensitivity Score Sheet" *Karl Mincin, Nutritionist* (360) 770-8486

LIVER OVER →

LIVER DETOXIFICATION CAPACITY TESTING SCALE

Rate each of the following symptoms based upon your health profile for the past thirty days.

POINT SCALE:

- 0 = Never or almost never have the symptom
- 1 = Occasionally have it, effect is not severe
- 2 = Occasionally have it, effect is severe
- 3 = Frequently have it, effect is not severe
- 4 = Frequently have it, effect is severe

DIGESTIVE TRACT	<input type="checkbox"/> Nausea or vomiting <input type="checkbox"/> Diarrhea <input type="checkbox"/> Constipation <input type="checkbox"/> Bloating feeling <input type="checkbox"/> Belching, or passing gas <input type="checkbox"/> Heartburn	Total: ___
EARS	<input type="checkbox"/> Itchy ears <input type="checkbox"/> Earaches, ear infections <input type="checkbox"/> Drainage from ear <input type="checkbox"/> Ringing in ears, hearing loss	Total: ___
EMOTIONS	<input type="checkbox"/> Mood swings <input type="checkbox"/> Anxiety, fear, or nervousness <input type="checkbox"/> Anger, irritability, or aggressiveness <input type="checkbox"/> Depression	Total: ___
ENERGY/ACTIVITY	<input type="checkbox"/> Fatigue, sluggishness <input type="checkbox"/> Apathy, lethargy <input type="checkbox"/> Hyperactivity <input type="checkbox"/> Restlessness	Total: ___
EYES	<input type="checkbox"/> Watery or itchy eyes <input type="checkbox"/> Swollen, reddened, or sticky eyelids <input type="checkbox"/> Bags or dark circles under eyes <input type="checkbox"/> Blurred or tunnel vision (does not include near- or farsightedness)	Total: ___
HEAD	<input type="checkbox"/> Headaches <input type="checkbox"/> Faintness <input type="checkbox"/> Dizziness <input type="checkbox"/> Insomnia	Total: ___
HEART	<input type="checkbox"/> Irregular or skipped heartbeat <input type="checkbox"/> Rapid or pounding heartbeat <input type="checkbox"/> Chest pain	Total: ___
JOINTS/MUSCLES	<input type="checkbox"/> Pain or aches in joints <input type="checkbox"/> Arthritis <input type="checkbox"/> Stiffness or limitation of movement <input type="checkbox"/> Pain or aches in muscles	Total: ___
LUNGS	<input type="checkbox"/> Feeling of weakness or tiredness <input type="checkbox"/> Chest congestion <input type="checkbox"/> Asthma, bronchitis <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Difficulty breathing	Total: ___
MIND	<input type="checkbox"/> Poor memory <input type="checkbox"/> Confusion, poor comprehension <input type="checkbox"/> Poor concentration <input type="checkbox"/> Poor physical coordination <input type="checkbox"/> Difficulty in making decisions <input type="checkbox"/> Stuttering or stammering <input type="checkbox"/> Slurred speech <input type="checkbox"/> Learning disabilities	Total: ___
MOUTH/THROAT	<input type="checkbox"/> Chronic coughing <input type="checkbox"/> Gagging, frequent need to clear throat <input type="checkbox"/> Sore throat, hoarseness, loss of voice <input type="checkbox"/> Swollen or discolored tongue, gums, lips <input type="checkbox"/> Canker sores	Total: ___
NOSE	<input type="checkbox"/> Stuffy nose <input type="checkbox"/> Sinus problems <input type="checkbox"/> Hay fever <input type="checkbox"/> Sneezing attacks <input type="checkbox"/> Excessive mucus formation	Total: ___
SKIN	<input type="checkbox"/> Acne <input type="checkbox"/> Hives, rashes, or dry skin <input type="checkbox"/> Hair loss <input type="checkbox"/> Flushing or hot flashes <input type="checkbox"/> Excessive sweating	Total: ___
WEIGHT	<input type="checkbox"/> Binge eating/drinking <input type="checkbox"/> Craving certain foods <input type="checkbox"/> Excessive weight <input type="checkbox"/> Compulsive eating <input type="checkbox"/> Water retention <input type="checkbox"/> Underweight	Total: ___
OTHER	<input type="checkbox"/> Frequent illness <input type="checkbox"/> Frequent or urgent urination <input type="checkbox"/> Genital itch or discharge	Total: ___
		GRAND TOTAL: ___

Scores in the range 51-75 may indicate early signs of metabolic toxicity.
 Scores in the range 76-100 may indicate a moderate level of metabolic toxicity.
 Scores greater than 100 may indicate severe signs of metabolic toxicity.

Please return completed form to Karl Mincin

TISSUE OVER →