



SPRING CLEANING

Ecological Wellness Update, April 2004

Spring is an excellent time for cleansing. For good health and proper nutrition, our bodies need a period of resting each year from the daily intake of food. Excess waste is not only an environmental problem, it is an internal issue for humans as well.

There are many different types of cleansing programs. I offer a variety of methods to give your body a chance to mend and renew. Pick any one of the following cleanses and try them for one, two or three weeks. You'll notice how much better you feel right away!

Dr. Joel Kreisberg

INTERNAL SALT WATER BATH INTESTINAL CLEANSE

2 level teaspoons of sea salt

1 quart of spring water

Drink the whole quart first thing in the morning.

Do not eat until 1-2 hours after.

Rest or exercise lightly.

Stay near a bathroom

This cleanse is for the large intestine. It has a laxative effect and is useful rather than herbal enemas. This should be done every other day, as it often stimulates your bowels to move more than once. You can adjust the quantity of salt as necessary.

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AURA CLEANSING

1 cup of baking soda

1 cup of sea salt

Mix each of these in a hot bath.

Take a warm relaxing bath for 10-15 minutes. This can be repeated regularly or 3 times in one week.

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ELIMINATION CLEANSE

This is a necessary cleansing diet when food allergies are suspected. It requires 3 weeks to do correctly. The first week is removing foods. The second week is juices and water, the third week introduces foods again slowly.

Day 1 Eliminate all chemicals from your diet, e.g. food additives, nonprescription drugs, nicotine, alcohol, caffeine.

Day 2 Eliminate all processed foods -- refined sugar, white flour and their products

Day 3 Eliminate meat products

Day 4 Eliminate dairy products

Day 5 Eliminate nuts and beans

Day 6 Eliminate seeds

Day 7-9 Eliminate grains, eating only fruits and vegetables. Eat only raw, steamed or juiced forms. (3 days)

Day 10-11 Fruit and vegetable juice or broth only. (2 days)

Day 12-13 Drink only water- spring or well. (2 days) Rest!!!

Day 14 Add fruit and vegetable juice again

Day 15 Add Fruit- one at a time (every

3-4 hours)

Day 16 Add vegetables.

Day 17 Add grains.

Day 18 Add seeds.

Day 19 Add nuts and beans.

Day 20 Add dairy foods.

Day 21 Add meats if desired, one at a time.

This diet is useful for discovering allergic foods. As you begin to add foods into your diet, if you are careful and only eat one at a time, you may find that various symptoms, such as gastric symptoms or respiratory symptoms will be aggravated by certain foods. If you are careful you can learn which foods stimulate symptoms, which allows us to make dietary changes for improved health.

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MEDIA FASTING

Remove all sources of media information in your life for a week. Consider television, radio, newspaper, magazines, web news, etc. Regular media fasting clears the mind of negative thought patterns.

Take more time during this fast to be out doors!

STANLEY BURROUGHS' MASTER CLEANSER

2 tbs. fresh squeezed lemon or lime juice

1-2 tablespoons 100% organic maple syrup

1/10 teaspoon cayenne pepper

8 ounces spring water

Drink liberally throughout the day (6-12 glasses a day)

One to two weeks is a nice cleansing period for this cleanser.

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