

Take Control of Your Health

How to Quickly, Safely, and Affordably Master the Art of Wellness



Free Extract

to share with your
family and friends

Craig Brockie

foreword by Dr. Lorne Swetlikoff, ND

“This is a bold book which seeks to address illness without preconception. It looks from the patient’s perspective and asks the simple question: what works? Craig has tried nearly all of the therapies in the book and with this experience he identifies solutions with proven clinical results and offers them to you. This book is a great piece of work by Craig and I recommend it to everyone.”

Dr. Lorne Swetlikoff, ND

licensed naturopathic physician and current president of the
College of Naturopathic Physicians of British Columbia

Why Not Take Control Of Your Health, Right Now?

Do you feel empowered to live in total health and if not, then why not?

You’re probably reading this extract of the book *Take Control of Your Health* because you are interested in improving your health, or the health of someone you love. Congratulations on this intention, and on your attention to the most important thing you have: your health. Something the keys to your dream home, an amazing vacation, or even the most rewarding career can’t touch. This extract is intended to show you a bit of what is included in the book and get you started on your own exciting personal journey to wellness today! It starts with you; right here, right now.

This extract is copyright © Craig-Edward:Brockie 2009 and is subject to the same copyright restrictions and other limitations that are applicable to the book. However, you may:

- Print copies of this extract.
- Share copies of this extract with your family, friends, and associates. You can pass on electronic or paper formats, provided you distribute the whole document and do not make any changes.

Are You Treating Your Body Like A Garden Or A Stockpile For Toxins?

Are you fired up or running on empty?

Are you creating “fertile soil” with your actions, or just trying to cope with a world overrun with chemicals and stress?

Change never starts tomorrow—it always begins with steps you take *today*. That is why, in this extract of the book, *Take Control of Your Health*, there are several actions I recommend you take now to start improving your health. You don’t even have to wait for the bookstore to send you your copy of the book. Are you ready? Let’s get started!

First Step: Internal Body Wash

A great first step to optimizing your health is performing an Internal Body Wash and this process is explained in chapter 1 of the book, which is

included in this extract.

What's the point? Do I really need to clean up the inside of my body? How can I expect to feel?

Most of us take a shower every day because it's a part of our routine, and we know that if we neglect our hygiene, our friends may slowly disappear (and some may even run!). Unfortunately, we are not as aware of how our "internal" hygiene affects us, and how detrimental the consequences are to our lives and our relationships.

Take Action Today

Take action today and get results:

- Wake up full of energy and optimism, without needing that cup of java to kick you out of auto-pilot and into high gear.
- Stop depression, anxiety and cravings in their tracks to support a new, healthy you, and learn how deceptively easy it can be to overcome unhealthy urges.
- Kill the viruses that antibiotics can't touch, rid your body of dangerous parasites, and bolster your immune system.
- Get to the root cause of debilitating chronic pain, and take off the mask of medications that don't really work, to truly heal from the source.

- Witness the transformation in your body as you clear toxins and make way for radiant, youthful skin, lush hair and nails, and a toned and healthy physique.

Want to Know More?

Thousands of people have already discovered that they can take their health from “Blah” to “Yeah!” by combining the action of simple steps with the desire to change. If you’ve read this far then you have what it takes to experience optimal health. For clear, affordable steps with profound impact find out more about the book by checking out CraigBrockie.com today.

You can also visit Forums.CraigBrockie.com for support with the Internal Body Wash and to participate in our 24-Hour Liver Flush on the third Saturday of each month.

I hope you enjoy this extract and thank you in advance for sharing it with your friends and family!

Be well,

Craig

Table of Contents

Foreword	XIII
Introduction	1
How Do You Feel About Your Health?	1
My Story: Why Did I Get Interested In My Health?	2
Pointing Fingers	7
What Now?	10
Winners Keep Score: Assessment	13
Chapter 1	
Rinse Yourself Out	15
Human Toxicity	16
Toxic Build-Up	17
Let's Get Moving!	19
Now Rinse	20
Internal Body Wash Step 1: Ingredients	21
Internal Body Wash Step 2: Making the Broth	21
Internal Body Wash Step 3: Consuming the Broth	22
Internal Body Wash Step 4: The Rinse Cycle	22
Internal Body Wash Step 5: Repeat	23
Internal Body Wash: Reactions and Results	23
Internal Body Wash: Cycle Finished	24
Chlorinated Water	25
Integrating the Internal Body Wash into Your Daily Routine	26
Now Your Colon's Clean...	26
Chapter 2	
How Are You Feeling?	29
The Effect of the Mind on Health	30
The Placebo Phenomenon	30
Personality Disorders	30
Stress	31
Shallow Breathing	31
	VII

VIII **Take Control of Your Health**

Increased Blood Pressure and Erratic Heart Rate	32
Raging Hormones	32
Results of a Stressful Lifestyle	33
The Interrelation between Health and Stress	34
Addressing Emotion-Related Illness	35
Personal Counseling Therapy	36
Energetic Medicine	38
The Eastern Influence in Energetic Medicine	38
Emotional Freedom Techniques	40
Magnesium	41
Aromatherapy	41
The Raindrop Technique	43
Tantra	44
What Are You Believing?	44
Are We Healthy or Are We a Victim of Disease?	45
Do We Live in a Friendly, Abundant World or a Hostile World of Scarcity?	46
Are We Justified in Living Each Day In Fear?	47
Do We Truly Love Ourselves?	48
Applied Kinesiology	48
EFT, BodyTalk, and ThetaHealing	49
Fasting... from the News and External Distractions	50
Voltage	51
Supercharge Your Life with Sacred G	52
Enhancing Your Household Water Supply	53
Electromagnetic Field Pollution	54
Other Ways to Reduce Stress and Maximize Happiness	55
Naturopathic Medicine	55
Vibrational Remedies	55
Group Healing	56
Headphone Sessions	57
Do What You Love	58
Exercise	59
Be Happy Every Day	59
Now You've Improved How You Feel...	61

Chapter 3	
Flood Your Body with Oxygen	63
Oxygen Starvation	65
Breathe Deeply	68
Oxygen Supplements	71
Hydrogen Peroxide	72
Stabilized Oxygen Supplements	75
Topical Oxygen Supplements	76
Medical Oxygen Therapies	77
Hyperbaric Oxygen Therapy	77
Intravenous Hydrogen Peroxide	78
Ozone Cupping, Bagging, and Steam Cabinets	79
Ozone Insufflation	79
Ozone Autohemotherapy	80
Direct Intravenous Ozone Injection	82
EBOO Ozone Treatments	83
Other Ozone Therapies	84
Getting More Oxygen Every Day	85
Violet Ray	85
Oxygenated Water Cooler	85
Improving Indoor Air Quality	86
Getting More Oxygen	87
Chapter 4	
Acidosis: Putting Out the Fire	89
pH	90
pH and Oxygen	91
Acidosis	92
Reducing Acid in the Body	93
Reduce Stress	94
Breathe Deeply	94
Alkaline Water	95
Alkalizing Diet	96
Minerals	97
Bicarbonate	98
An Alkaline Life	99

X **Take Control of Your Health**

Chapter 5

Taking Out the Trash: Bacteria, Virus, and Parasite Elimination **101**

Bag of Dirty Water	102
Clearing Toxins	102
Avoiding a Healing Crisis	103
Supporting the Immune System	104
Taking Out the Trash	105
Viruses and Parasites	105
Candida	106
Bacteria	108
Antibiotics	108
Probiotics	109
Removing Candida	110
Calling for Trash Collection	112

Chapter 6

Healing from the Inside Out **113**

Understanding Enzymes	114
Food Sensitivities	116
Food Combining	119
What Should I Eat?	120
What Supplements Should I Take?	121
Minerals	122
Vitamins	122
Antioxidants	123
24-Hour Liver Flush	124
Ingredients	126
Directions	127
How Well Did You Do?	131
Congratulations	132
Take Action!	132
Permanent and Fast Allergy Elimination	132
Cleansing the Lymph	134
Rebuilding the Adrenal Glands	135
Cleansing the Fat	135
Hubbard Sauna Protocol	136

Dental Clean-Up	137
Chelation	137
Feeling Clean on the Inside	138

Chapter 7

Pain Elimination **139**

Biochemical Causes of Pain	140
My Sulfur Miracle (MSM)	142
Acute Pain? Traumeel to the Rescue!	143
Structural Pain: Feet	144
Alignment of the Feet	145
Flat Feet	146
Improving Our Feet	148
Structural Pain: Hips	152
Structural Pain: Structural Alignment	154
Kyphosis	154
Lordosis	154
Scoliosis	154
The Root Cause of Back Issues	155
NeuroCranial Restructuring	156
Posture Makes Perfect	160
Energetic Pain	161
Life Without Pain	162

Chapter 8

Terminally Well **165**

Immediate Life-Threatening Conditions	166
EBOO	167
Fasting and Juice Fasting	167
Master Cleanse	168
Gerson Protocol	170
Dr. Hulda Clark's 21-Day Cancer Elimination Program	171
Life-Long Conditions	172
My Dad's Story	173
Diabetes	174
Obesity	175
Are Any Diseases Truly Incurable?	175
Becoming Terminally Well	176

XII **Take Control of Your Health**

Chapter 9

Pay it Forward: Mastering the Art of Wellness **177**

Epilogue **181**

Conventional Wisdom? 181

 The Truth 182

 Positive Signs of Truth 184

 Scientific Proof and Double-Blind Studies 186

Take Control of Your Wealth 187

Where Credit Is Due... 188

Freedom of Choice 189

Further Resources **191**

Foreword

It is my pleasure and my privilege to be involved with this book, and I am delighted to have been asked by Craig to write this foreword.

As a naturopathic doctor, I am encouraged when I see any work that introduces naturopathic treatments to a wider audience and I am particularly pleased to see a book which looks at such a comprehensive range of treatments while putting the information into a context that makes it helpful for the reader.

This is a bold book which seeks to address illness without preconception. It looks from the patient's perspective and asks the simple question: what works? It doesn't ask what works within one particular field or what works according to one practitioner, but what works and what will improve the health of the patient. Craig has tried nearly all of

XIV **Take Control of Your Health**

the therapies in the book and with this experience he identifies solutions with proven clinical results and offers them to you.

Despite his experience in these matters, Craig understands the limitations of all of our knowledge, and like the best of us, remains a student. His web forum to share ideas and his advice to work with trained naturopathic physicians and other registered health practitioners both demonstrate his desire to keep learning and not to rely solely on self-diagnosis.

This book is an excellent resource and I recommend it to everyone.

Dr. Lorne Swetlikoff, ND

Lorne Swetlikoff, ND is a licensed naturopathic physician and current president of the College of Naturopathic Physicians of British Columbia.

Introduction

When it comes to healthcare, the US leads the developed world.

It has the highest incidence of heart disease, prostate cancer, breast cancer, colorectal cancer, and diabetes. According to US census statistics, there are over 700,000 doctors in the US, spending over one-trillion dollars (that's US \$1,000,000,000,000). Sometimes it seems that the more money that is spent on healthcare, the less healthy we become.

How Do You Feel About Your Health?

So how do you feel about your health? Do you often feel stressed out or run down? When you look in the mirror do you feel unhappy with aspects of your appearance? Do you suffer from chronic pain or a more serious condition? What nagging health

2 **Take Control of Your Health**

concerns are bothering you right now?

If there were affordable and reliable ways to quickly break free from these difficulties, would you keep an open mind and listen? If so, then you're ready to take control of your health and you can look forward to rewarding benefits, such as:

- freedom from pain and symptoms of disease
- waking up full of energy and optimism
- breaking free from feelings of depression and anxiety
- receiving compliments on your appearance, and
- not only losing weight, but also looking younger as the toxins clear from your body and your skin regains its elasticity.

You can soon stand out as a living example of how healthy a person can be, in stark contrast to those who eat a standard American diet or habitually smoke cigarettes and/or drink alcohol. But people in these latter two groups are not beyond repair by any stretch of the imagination—indeed, they actually have the most to gain!

My Story: Why Did I Get Interested In My Health?

Now that I have taken control of my health, I enjoy life so much more. However, my health was not

always good.

I lived a happy, healthy childhood and spent a lot of time playing outdoors with friends. In high school, I played a lot of sports and wanted to be “cool” so when I started to get acne, I took tetracycline for several months to clear my skin. I then went on to university, where I had lots of fun, partying often and paying little attention to my health.

Then, at the age of twenty-one, my health fell apart. I experienced a couple of accidents that left me with chronic neck and back pain. I lived with chronic anxiety and even my libido began to deteriorate. In my despair, I wondered if I had AIDS because I was always getting sick, my skin was plagued with acne and frequent cold sores, and it would take weeks for even minor cuts and scratches to heal.

To deal with my health issues I visited numerous doctors, specialists, chiropractors, physiotherapists, and psychologists. At one point, I remember feeling overwhelmed with depression and I thought I’d never be healthy again. Maybe you can relate to this. Then after exhausting what conventional medicine had to offer, I began looking for alternatives. Soon after, I met an exceptional health practitioner named Nigel Jeffers, who became my Obi-Wan Kenobi, getting me started on the right path. As he explained to me, his role represented 10% of my healing process and the other 90% was up to me.

4 **Take Control of Your Health**

Nigel introduced me to naturopathic medicine, and not long after I visited the clinic of the exceptional Dr. Lorne Swetlikoff, ND, where I underwent a series of tests which uncovered that I had severe acidosis as well as candidiasis and leaky gut syndrome. All of these conditions are bad, but leaky gut was the worst. My digestive tract was leaking, and everything I consumed effectively became toxic to my system because of these leaks. When undigested food leaks into the blood stream, the liver quickly becomes overloaded and the immune system is forced to work at full capacity, 24/7, leaving no resources available to fight any cold or other illness that is going around. This leaky gut diagnosis helped explain my challenged immune system and with this understanding, I was able to take some positive action to change my situation.

Over the next 10 years I invested over a million dollars traveling the world and researching advanced health and performance enhancing technologies. I've tried dozens of therapies, including:

- several different nutrition protocols
- massage therapies
- podiatry
- personal training
- Rolfing

- the Alexander Technique
- naturopathic medicine
- homeopathic medicine
- osteopathic medicine
- visceral manipulation
- applied kinesiology
- colon hydrotherapy
- hydrogen peroxide therapy
- ozone therapy
- hyperbaric oxygen therapy
- acupuncture
- biofeedback
- aromatherapy
- reflexology
- crainosacral therapy
- NeuroCranial Restructuring®
- stretching
- yoga
- qigong
- meditation

6 **Take Control of Your Health**

- reiki
- BodyTalk
- ThetaHealing™
- flower essences and other vibrational remedies
- Emotional Freedom Techniques® (EFT)
- Tapas Acupressure Technique
- Resonance Repatterning®
- timeline therapy
- hypnotism
- Atlas Profilax®
- The Hubbard Sauna Protocol
- ayahuasca

...and more. Every therapist I visited and every book I read taught me something new about getting healthy. Progressively, my health has improved, and today I am happier and healthier than I've ever been.

My chronic pain has disappeared, my immune system is strong, and my chronic symptoms have vanished. Today, I'm more energetic, and best of all, my mental and emotional states have improved. I now have far greater mental clarity, and chronic anxiety and depression are things of the past. My

self-confidence has returned and I truly feel like I've got a new lease on life.

Although it took me a few years to recover fully, an easier and faster path is now clear to me. By compiling the most fundamental concepts from each conventional and alternative therapy, I'm offering you the shortcuts to super-charge your health. Years of clinical research have proven each one of these shortcuts to be easy and effective.

You're unlikely to find these solutions brought together for you in any other single book. Most authors are experts in a single field and are not only biased to their field but also inexperienced with most other treatments. For instance, a massage therapist may be brilliant at releasing your painful muscles but is likely unable to explain why your muscles feel painful in the first place or how to correct the true cause. As I've been through most treatments, I can bring a broader perspective through this book.

Pointing Fingers

Let me make it clear that it is not my intent to point fingers at either side of the healthcare debate—my concern is to ensure that you find the right option to achieve the level of well-being you desire.

Today's conventional doctors practicing medicine are, in my experience, very bright and well-intentioned. Unfortunately, it has become clear that, as

8 **Take Control of Your Health**

in most industries, corporate interests have hijacked the medical industry and put profits before people. As a result, medical doctors are educated and employed by a system that does not necessarily serve the best interests of the end consumer: the patient.

I think we're all aware of some of the limitations of conventional medicine. For instance:

- It is well-known how much damage conventional cancer cures can inflict on the body. Both radiation and chemotherapy can have a devastating effect, leaving the immune system shot to pieces, hair falling out, and the patient feeling worse than before the treatment started.
- Side effects are common to virtually all pharmaceutical drugs. Most people are aware of the serious birth defects attributed to the drug Thalidomide, which was prescribed to many pregnant women during the 1950s and 1960s. More recently, drugs like Vioxx have captured a great deal of attention because of their harmful effects.
- Equally, looking at mental health-related medicine, there is the famous Rosenhan experiment where a group of sane patients faked auditory hallucinations in order to gain access to 12 different psychiatric hospitals. Once inside, these patients—who were sane—behaved normally. The fake patients were diagnosed with

schizophrenia (and one with manic-depression). All of the fake patients were discharged with a diagnosis of schizophrenia “in remission” after a stay of between 7 and 52 days.

Now don't get me wrong—I'm not trying to suggest one approach is better than the other. On the other side of the picture, away from conventional medicine, there is alternative or complementary medicine, and simply jumping into that blindly, without any due diligence, is potentially hazardous. The reasons are the same: while most people are well-intentioned, they are also trying to earn a living. In other words, while they may be giving you the truth, they may not be giving you the whole truth. Examples of this include overstating the claims of a product or citing some exceptional case studies where the treatment was extremely effective.

On both sides, but particularly with alternative options, there is a tendency to self-diagnose and to self-medicate without taking appropriate advice. The following comment may seem strange in a book which offers so many solutions, but to be clear and state explicitly: whether you follow a conventional or alternative course of treatment, it is always important to seek out suitably qualified and experienced practitioners when you are looking for a diagnosis. If nothing else, a naturopathic physician can run a batch of laboratory tests which can speed a diagnosis, and for instance identify not simply that you

10 **Take Control of Your Health**

are nutrient deficient, but identify which specific nutrients you lack. On the flip side, it is important to make sure you are as well-informed as possible before you see any practitioner. This way you can understand the advice and question the approach that is being recommended for your treatment.

While it's easy to be critical, I don't want to point fingers at the healthcare system as a whole because if you peek behind the veil of any established industry, you'll see that there's the same tendency to lose sight of the truth in an effort to maximize profits. In other words, after looking closely at any established system, you tend to find that it is not working towards its stated purpose.

Fortunately, thorough investigation has revealed that, given the right information and encouragement, everyone can be their own best healer. If you believe that you deserve better health—and you're given the information you need to make a change—healing is not a difficult process. In fact, it's easy and affordable to improve our health.

What Now?

If you are ready to Take Control of Your Health, let me be the first to welcome you to a level of wellness that you may not have experienced for years.

This book presents information for you to follow at your own pace and helps you assess your prog-

ress every step of the way. If, in the course of this book, you find anything that is a burden or doesn't resonate with you, take a break and re-evaluate. This is not a race, unless you are terminally ill, in which case I would jump right to chapter 8.

If you haven't done so already, I suggest you check out our forums at Forums.CraigBrockie.com where you can find help, support, and a lively discussion about the issues covered in this book and many other issues beyond.

I will introduce you to approaches that make it easy for you to make positive changes. For instance, I will introduce you to the Internal Body Wash and the 24-Hour Liver Flush. I will talk about some of the main bacteria, viruses, and parasites that we all carry in our bodies, but which ultimately harm our well-being. Of course, I will tell you how you can eliminate these bacteria, viruses, and parasites, and ensure they do not return. As far as possible, I will identify approaches that automate the process or which you can integrate into your everyday routine. By keeping you motivated and helping you eliminate possible self-sabotaging behaviors, I will make sure that you stop tripping yourself up, so you can progress without falling off the wagon.

As well as looking at how you can improve your health now, this book also introduces you to other approaches that you might consider in the future, in

12 **Take Control of Your Health**

particular if you contract an acute or chronic disease such as HIV, Hepatitis C, or cancer.

To keep this book manageable and easy to read, I've purposely avoided going into excessive technical detail in order to give you a concise overview of as many helpful topics as possible. As a supplement to this book, you will see that I have included as many references as I can to books, websites, treatments, practitioners, and films. Rather than follow each of these links individually, you can go to CraigBrockie.com/TakeControl and find all the links there for you. Not only that, but if any of the links have changed since publication, or if I've found anything new that I think you would be interested to know about, it will all be there. I highly recommend you visit this web page as soon as possible.

Like most things, the more a person studies the subject of wellness, the more they realize there is always more to learn and I continue to study the subject and regularly consult with accredited health care practitioners. I highly recommend you adopt this behavior too.

Before we go any further, let's assess your health now. Refer to the next page for details.

Winners Keep Score: Assessment

Before we begin, let's take a quick inventory of your health. Please take 90 seconds right now to complete the following assessment so we know your starting point and can identify the areas where you can expect the most improvement.

Please indicate how strongly you agree with the statements below, 0 being complete disagreement and 10 being absolute agreement.

Disagree «—» Agree

Physical Health

I am free from pain/symptoms: 0 1 2 3 4 5 6 7 8 9 10

I am fit and enjoy high energy levels: 0 1 2 3 4 5 6 7 8 9 10

I look healthy (weight, skin, hair): 0 1 2 3 4 5 6 7 8 9 10

Mental Health

I am easily able to concentrate: 0 1 2 3 4 5 6 7 8 9 10

I learn new things easily: 0 1 2 3 4 5 6 7 8 9 10

I have a great memory: 0 1 2 3 4 5 6 7 8 9 10

Emotional Health

I have high self esteem: 0 1 2 3 4 5 6 7 8 9 10

I am free from anxiety/worry: 0 1 2 3 4 5 6 7 8 9 10

I am free from depression/sadness: 0 1 2 3 4 5 6 7 8 9 10

The most important specific health challenge I would like to overcome is: _____

My status with overcoming this challenge: 0 1 2 3 4 5 6 7 8 9 10

What it would mean to me to overcome this challenge: _____

Thank you for completing this assessment. You are a winner! Now let's focus on how to quickly, safely, and affordably move you further towards 10 in all of the areas in this assessment.

Chapter 1

Rinse Yourself Out

If you are like most people, you probably shower every day or at least a few times per week. Cleaning the outside of the body is a relatively simple process that most of us have mastered by an early age and do without thinking.

Cleaning the inside of our bodies, however, is a process that most of us don't often consider. Perhaps we assume that our body's built-in systems take care of that for us. Well, our bodies do have fantastic detoxification systems built-in, and if we were living a hundred years ago, internal cleaning may not have been such an important consideration.

However, in the 21st century, we live in a high-paced, high-stress world that's loaded with chemicals and toxins, harmful electromagnetic fields, and persuasive suggestions to consume oh-so-tasty but not-so-

healthy foods and drinks. Although this book goes far beyond internal cleaning, the removal of some of the most toxic substances from our bodies is a great place to start.

Human Toxicity

Leading experts acknowledge that human toxicity has become the norm rather than the exception. While it is common for toxic overload to undermine one's health as a whole, many toxins have their own signature or effect on the body. For instance:

- Formaldehyde—which we're exposed to from indoor carpeting—competes with normal liver function.
- Xenoestrogens—which we are exposed to from plastics—are known to disrupt a person's natural hormone balance.
- Heavy metals are another huge contributor to ill health. To give some examples, lead often contributes to depression, mercury from immunizations is commonly found in children with autism, and aluminum toxicity is found in many patients with Alzheimer's and dementia.

If you're feeling depressed or stressed out, I have good news for you. If you need coffee to get going in the morning or "energy drinks" to keep going throughout the day, I have good news for you, too. Even if chronic pain and symptoms of disease have

been plaguing you for years, I also have good news for you.

The good news is that it's as simple and affordable to clean out the inside of your body as it is to clean the outside, and as soon as this process begins, you're going to start feeling a whole lot better.

And here's the best part—it doesn't even require self-discipline. How does that sound to you? Well, let's jump right in and get started!

Toxic Build-Up

If you own a car, you know that it's a bad idea to run the engine in any enclosed space as the build-up of toxic fumes coming out of the tailpipe can be fatal. Some of the most toxic substances in our bodies come out of our tail pipe and we want to make sure that these toxins make a regular exit rather than accumulate in our system. According to naturopathic medicine, optimal health requires that a person eliminate at least twice, preferably three times daily.

How many times do you eliminate per day? Many people eliminate only once per day, and if that's the case, there's no cause for immediate concern. There are simple and affordable ways to correct this and you're going to feel great benefits from becoming more regular.

A person of optimal health eliminates three times

per day, usually after each meal. Picture the entire digestive system as a conveyor belt. Food goes in, moves the digestive tract along, and shortly afterwards, the person eliminates.

The colon has the capacity to hold several pounds of toxic waste. The body's waste not only contains the toxins we've consumed but often serves as a breeding ground for harmful bacteria, viruses, and parasites.

The colon is the body's primary channel of elimination, which is why we want to make sure our colon is functioning optimally before we begin any further detoxification processes. In other words, there's no sense loosening up the stored toxins in our organs and the other areas of our bodies if the toxins can't then make a quick exit.

As Jon Barron explains in his book *Lessons from the Miracle Doctors* (Basic Health Publications, 2008), the real cause behind sickness and disease is often the retention and re-absorption of built-up toxic waste as our largest internal organ—the liver—filters dangerous poisons from the body and passes them out through the colon. Plug the colon, and it's like flushing a toilet that's clogged: everything backs up.

So, as a result of a clogged colon, the liver becomes compromised, which compromises health systems further up the chain, manifesting in whichever parts of our bodies are our weakest links. It all starts

in the colon though, and that's why this book starts by explaining how to effectively and affordably clean out the colon.

Let's Get Moving!

If you're currently eliminating fewer than three times daily, you will find benefits in increasing your water consumption. Next, visit your local health food store to pick up a bottle of vitamin C, a magnesium supplement, and a box of herbal laxative tea. Begin taking the vitamin C and magnesium daily as directed on the bottle. In addition to encouraging regularity, both products provide excellent systemic benefits that we will discuss later in this book

Start by making a cup of tea each night and drink half before bed and the other half when you wake up in the morning (one tea bag per day). If, after a couple of days, you're still not eliminating three times daily, increase to a full cup before bed and another full cup upon awakening (two tea bags per day). Continue until the box is finished. If two bags per day still doesn't achieve the results we're aiming for, try introducing more fiber into your diet. For this purpose, ground flax seeds or psyllium husks are good additions to breakfast cereal or smoothies.

Herbal laxative teas are formulated not only to stimulate the colon and increase the number of bowel movements you have each day, but also to begin to loosen the compacted waste along the walls

of your colon that has built up over the years. If your budget allows, using an oxygenating colon cleansing product like OxyFlush instead of herbal laxative tea is an excellent option.

You will notice in the next few chapters that I am a big fan of magnesium (for many reasons, which I will explain). Magnesium has a loosening effect on the body—it helps muscles relax and also has a relaxing effect on the bowel, so you will find that if you take magnesium it will have the added benefit of keeping you moving. Vitamin C helps tissue rebuild, provides excellent antioxidant benefits, and also has a loosening effect on the bowels.

Now Rinse

How would you like to give your body a shower from the inside out?

There are a few ways to put your colon on the rinse cycle using water to flush it out. If you have the time, money, and desire to do a series of colonic irrigations to rinse out your colon, consider researching colon hydrotherapy and look for a service provider in your area. However, if you don't want to drive across town to colonic appointments that will end up costing you a few hundred dollars, or if the thought of having water forced into your colon doesn't appeal to you, I've got another solution which I personally prefer.

This solution not only rinses out your colon with

water but also cleans your entire digestive tract. I call it the Internal Body Wash and you'll want to do a series of about ten of these on days as close together as your schedule allows.

The Internal Body Wash involves drinking a cup of herbal laxative tea at bedtime and consuming an appetizing, but salty broth first thing in the morning. Why salty? Well, first we need to discuss the term specific gravity.

Perhaps you already know that you can't drink sea water to quench your thirst. This is mainly because salt water has a similar specific gravity to that of our blood. So instead of being absorbed into our bodies to hydrate us, salt water passes right on through. This is bad news if you're stranded at sea; however, it is good news if you want to rinse out your digestive system using the Internal Body Wash.

Internal Body Wash Step 1: Ingredients

The first step is to visit your local health food store to pick up a box of herbal laxative tea (if you haven't already got some) and some sea salt.

Internal Body Wash Step 2: Making the Broth

Start the day by boiling some water. In a large measuring cup, add two measured teaspoons of sea salt and one quart of hot water (one teaspoon is 5ml and one quart is equivalent to 0.95 liters). You

22 **Take Control of Your Health**

can also add a few dashes of your favorite herbs for flavor. Try using flavorful but mild herbs instead of spicy ones to ensure your comfort. Let your salty broth sit for a few minutes until it is cool enough to consume or add a few ice cubes.

Internal Body Wash Step 3: Consuming the Broth

In one sitting, drink the salty broth you've just made. This should be the first thing you consume on this day, other than perhaps a small glass of water on awakening if you were feeling dehydrated. Whether you drink your broth from a mug or use a bowl and spoon, it doesn't matter—just finish it all in one sitting. If you like salt, you'll love the taste. If not, feel free to sip small amounts of water to clear your mouth.

Internal Body Wash Step 4: The Rinse Cycle

Now, wait as the (herbal) salt water works its way through your stomach and into your intestines. While most people experience no concerns, if you have a sensitive stomach or are prone to nausea, you may find comfort in enjoying a few deep and relaxed breaths while gently rubbing your stomach. A small piece of candied ginger may also be comforting.

If you've got something to do around the house, go to it. The entire rinse process takes a while, so you'll want to do this on a day when you will be awake for about two hours before leaving the house because

it can take up to an hour for the salt water to begin exiting your body.

Internal Body Wash Step 5: Repeat

If you're short on time, drinking just the broth will flush out the majority of the contents of your colon and get you on with your day sooner. For a more thorough rinsing, you can start drinking large glasses of fresh water about 30 to 40 minutes after you finish the broth. Repeat the glasses of fresh water every 10 to 20 minutes thereafter. This will extend the rinse cycle, moving more water through you. You'll find that, within a few minutes of downing another big glass or two of water, more water will keep showering through. Use room temperature water (not too cold) to assure your comfort.

Internal Body Wash: Reactions and Results

The Internal Body Wash works best for those who have their bowels moving two or more times daily. Those who are chronically constipated (one or fewer bowel movements daily) will benefit from following the suggestions earlier in this chapter before attempting the Internal Body Wash.

In the unlikely event that you do not experience results from the Internal Body Wash, remember that no two people are exactly alike. If you did not get results on your first attempt, it is probably due to skipping the herbal laxative tea the night before, not starting the morning with an absolutely empty

24 **Take Control of Your Health**

stomach, or drinking fresh water too soon after finishing the broth. You might also try adjusting the amount of sea salt you use, trying slightly more or slightly less. Take these things into consideration and try again.

I've also had success inducing an Internal Body Wash by beginning the day with 2 to 3 teaspoons of vitamin C powder followed by several glasses of fresh water. Taking enough magnesium at one time can also induce loose enough bowels to initiate an Internal Body Wash.

The Internal Body Wash was inspired by the "Salt Water Flush" found in *The Master Cleanser* by Stanley Burroughs (Burroughs Books, 1976). If you're a purist, *The Master Cleanser* calls for using lukewarm water instead of hot water and sea salt without your favorite herbs for flavor. I think you'll find *The Internal Body Wash* recipe equally effective and far more palatable.

Internal Body Wash: Cycle Finished

Congratulations!

You've just rinsed out your colon and entire digestive tract! You'll likely feel a lot more energetic for the rest of the day, especially if you avoid eating heavy meals. Try easing your digestive system back into action with a glass of freshly squeezed juice. Eating raw fruit, seeds, nuts, and vegetables for the

remainder of the day will keep your energy levels high.

While juicing and eating raw produce might not sound appealing to you now, I assure you that the more you clean out your body, the more your body will crave foods that are good for you and the less you will crave “junk” food.

Chlorinated Water

On the topic of water, although the bottled water industry has convinced us that it's unsafe to drink chlorinated tap water, most people have no idea that we absorb more chlorine through our skin and lungs in a ten-minute shower than if we were to drink unfiltered tap water all day.

I highly recommend investing an hour of your time to install a whole-house charcoal water filter. For under \$50, most major hardware stores sell kits (these include friction fittings, so you can easily install the filter yourself without needing a plumber).

The good part about these systems is that replacement filters are less than \$10 and last about three months. In chapter 2, I'll share another affordable secret to improve your water, but the simple installation of a charcoal filter will make a big difference in many aspects of your health and life. Not only will your water be safer to drink and better tasting, but by showering in non-chlorinated water your hair

will be softer, your skin less dry, and your immune system and detoxification organs will appreciate you taking the load off.

If you don't own your own property, or are unable to install a whole-house filter, a shower head filter is another option.

Integrating the Internal Body Wash into Your Daily Routine

It is ideal to complete ten colonic irrigations or Internal Body Washes as quickly as your schedule allows.

As you use the Internal Body Wash more, you'll find it's a great way to counter the effects of a night of over-indulgence. Not only is it a great hangover cure, but it also feels fantastic the morning after a holiday feast.

Now Your Colon's Clean...

Cleaning your colon is the first step on the road to better health. In later chapters, you'll learn how easy and affordable it is to:

- kill the viruses that antibiotics can't touch
- rid yourself of parasites
- bolster your immune system, and
- flush out your liver—both your digestion and

ability to process alcohol will be renewed, thus helping you further avoid the suffering associated with being human.

We'll also look at:

- How to quickly overcome chronic pain and correct the actual causes of your pain, rather than simply hiding it with medication.
- How easy it is to overcome depression and anxiety, and learn ways to stop cravings in their tracks so that even when you get the urge to eat something you consider “bad,” you can easily avoid doing so... if that's what you want.

Remember, this book isn't about being hard on yourself. Quite the opposite: you're being given all the shortcuts and secrets to affordably optimize your health and you are encouraged to follow the path at your own pace. There's no need to beat yourself up or stress out about disciplining yourself. Learn to love yourself and accept that you're human.

So are you ready to take the next step toward taking control of your health?