

Spring Cleaning

Is Cleansing Necessary In A Toxic World?

Cleansing the body is an essential and necessary part of each and every health program. We all know it but how many people actually do something about it?

Let's take a look at a typical day in North America. We get up and shower in water that is chlorinated. It is also loaded with other harmful compounds, pharmaceuticals and microorganisms. We lather up with soaps and shampoos that contain chemicals such as sodium lauryl sulfate, propylene glycol & DEA (diethanolamine). Personal care products are a \$4 billion a year business in Canada and despite proof of their carcinogenic properties, Health Canada still claims they are safe. A January 2003 article on Cosmetics by CBC's Marketplace,

quotes Dr. Sam Epstein who says, "Mainstream cosmetics produced by mainstream industries are literally a witch's brew of carcinogenic ingredients."

So now that we're ready for the day. It's time for coffee. Caffeine has become a cultural obsession but it does come with a few positive 'perks'. It promotes alertness, opens bronchial passageways and alleviates pain in some. Otherwise, it raises triglyceride and cholesterol levels, contributes to thallus formations in the blood, increases stress and hormonal imbalance and produces kidney stones. Are the risks worth it?

Throughout the day we are subjected to environmental toxins from car exhaust to auto body paint. We feed our

bodies foods that are not really foods at all. Even the raw vegetables are suspect because of the soil in which they were grown. At the end of the day we sit in front of the TV and reward ourselves with treats.

Then at the age of 50 we wonder why we are tired and sick. So who should cleanse? Everyone.



The Cleansing Protocol Pecking Order

The body has a pecking order as does every living organism. Passageways of elimination need to be cleansed systematically for the best results. Each cleansed passageway makes it easier for the next to eliminate its debris. Ultimately, the

liver is the filter for all toxins so it is the most saturated and needs the more frequent cleansing.

If you follow the correct protocol, your results will be more effective and long lasting.

1. Bowel
2. Lymphatic System
3. Parasite
4. Liver
5. Kidney



Even with all the current emphasis on health and wellness, never before has there been such a high incidence of such conditions as cancer.

The high tech nature of medicine today sees that machines and institutions stand between physician and patient,

whereas complimentary/alternative medicine encompasses the whole person

- body, mind and spirit.

Bowel Health Protocols: Castor Oil Pack, Salt Glow and Skin Brush

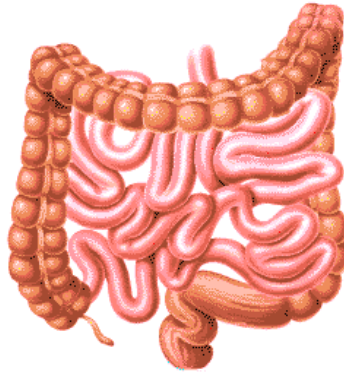
Also read: Spoiled Rotten

There is nothing we are more passionate about at The Wolfe Clinic than bowel health. Each and every disease can be related to a poorly functioning or non-functioning colon or both the colon and the bladder. When their job becomes too big the skin and lungs take over.

The quality of your bowel movements is nature's way of telling you the level of health you are experiencing. Just as you need to monitor what goes in your mouth, stool investigation will give you valuable information regarding your highway to health; the digestive tract.

Be thankful for your symptoms! If the sewer system of the body is not working, indications such as bad breath, smelly stool, body odor, acne, weight gain and bloating can result. Full evacuation should occur with each of

your two to three bowel movements per day. Are you one of those people who experience only one bowel movement every 2 to 3 days? Did you know that some doctors feel that one bowel movement per week is 'normal' for some individuals? Where does all that food go?



Bowels can be trained to perform. Just as they learned to become sluggish and stagnant to accommodate the wrong foods. Good health can be restored with the right encouragement.

Every good bowel cleanse should be composed of several things.

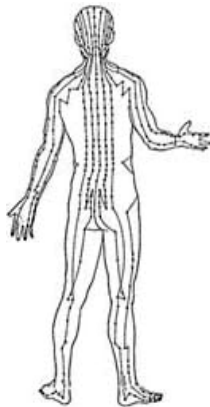
1. Fiber - Flax Lignans or Barley Gold for fiber and nutrition
2. Bioxy Cleanse - to move the stool in a gentle manner
3. Digestive Enzymes - helps digest food before it arrives in colon
4. Royal Flora - Soil Based Organisms - reinstating healthy bacteria
5. True Aloe or WLA 132 to rid inflammation and increase the healing

Include plenty of water and good oils in your diet to help with bowel function.

The Lymphatic System Protocols: Salt Glow and Skin Brush

Most people today have chronically toxic and swollen lymph nodes, a condition that promotes toxicity throughout the system by robbing the lymph of its power to clean the blood and cellular fluids.

Dry skin brushings are highly stimulating to surface circulation of blood and leaves you feeling invigorated. It stimulates the lymph canals to drain toxic mucoid matter into the colon, thereby purifying the entire lymphatic system. This enables the lymph to perform its house-



cleaning duties by keeping the blood and other vital tissues detoxified.

Rebounding on a good quality mini-trampoline such as the G-Force is a way to ensure the lymph fluid moves. The lymphatic system dumps into the colon so this is yet another reason why beginning your cleanse with the bowels is important. Only the lymph fluid can remove blood proteins and water. It takes oxygen to turn on the sodium/potassium pump for the body and this is the process that bathes every cell in lymph fluid removing toxicity.

Increased body fat decreases blood and lymph circulation. The cranial system is actually the primary pumping mechanism for the lymph as it does not have the ability to pump itself therefore exercise of any kind is excellent. The ability of the body to move fluids is essential to being pain and disease free.

Lymph System Support:

1. Lymphosot
2. Bio-Mat
3. Photon Genie
4. Aroma Spa
5. G-Force Rebounder

*The Body's
Electrical
Meridians are
actually the
lymphatic
pathways.*

An Alkaline Body is a Healthy One

The first and foremost way to begin cleansing is to manage the foods and liquids that go into your mouth. This is perhaps the more challenging part of any program because our patterns and habits are deeply engrained psychologically, and trick us into feeling physically addictive to such things as sugar and carbohydrates.

Considering that grains and animal protein are acidic in nature, that leaves basically fruits and vegetables to do the majority of the work towards alkalinity. The secret key to radiant health is to alkalize and rebalance your body's

pH by living by a rule of thumb that suggests we eat 80% raw and live alkaline foods. Use our powdered Garden Power Wheat Grass, Barley Grass, Alfalfa and Greens First to work with balancing both your pH and blood sugars.

Alkalinizing will assist the body in cleansing itself, therefore increasing energy, improving your immune system, and healing and preventing chronic diseases.

Balancing pH gives our body the opportunity to release its acidic waste out of tissue via the elimination passageways. Better oxygenation occurs and health is restored. Ridding the body of acidic wastes is the

best anti-aging treatment you can give yourself! Alkaline Support:

1. Wellness Filtration
2. Water Vitalizer
3. Coral Calcium
4. Microhydrin
5. Hydracel
6. Garden Power Super Foods
7. Greens First



Do You Have Company? Protocol: Para-Cleanse

"In terms of numbers there are more parasitic infections acquired in this country than in Africa." - Dr. Frank Nova, Chief of the Laboratory for Parasitic Diseases of the National Institute of Health.

So you think you're out of the woods? Guess again. If your system is not balanced, you're a prime candidate for parasites.

Just like a swimming pool that becomes green and slimy when the pH is out of balance, the human body will similarly be the perfect breeding ground for both exogenous and endogenous parasites. First, consider the blood and its endogenous life forms. For example, fruit flies are benign until the fruit begins to ripen at which time they emerge to return the fruit to the soil. We too have life forms within us that propagate when the pH is

conductive making the conditions per-



fect. Extremes of acidity or alkalinity both provide the perfect habitat for breeding. As we balance our pH these parasites disappear.

Exogenous parasites are those that we acquire from the world we live in, the

foods we eat and the water we drink. The elimination of these critters also requires a balanced pH but will be hastened by specific parasite cleanses that terminate the parasites at all stages of growth; adults, teens, babies and eggs. It is quite frightening to consider that one parasite can lay 10,000 eggs in a day!

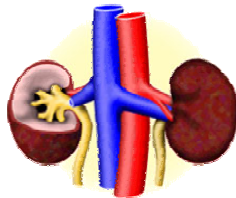
According to Dr. Hulda Clark in her book, *The Cure for All Diseases*, nearly every disease and condition has its roots in parasitism of some kind. Even gall stones have a parasite or fungus at the core of each and every stone. Parasites can create every symptom, every disease and rob us of our vitality - even life itself. Parasite Cleanse:

1. CHF 132
2. Para Program
3. Super Strength Oregano

The Master Purifier - Kidneys

The kidneys are responsible for filtering the wastes from the blood stream. As blood flows through the renal arteries the nephrons have the ability to distinguish between body wastes and nutrients. Your blood is filtered approximately 240 times per day!

Because the balance of fluids in the body is of primary importance, the kidneys assist in maintaining the proper ratio of electrolytes - essential minerals such as potassium, magnesium, sodium and chloride. Any imbalance in these can cause serious conditions such as heart



rhythm disturbances, muscle cramping and edema.

Symptoms of poor kidney function include water retention, dark-colored urine, mood swings, kidney stones, hypertension, dizziness and puffiness under the eyes. Your back pain may just as related to kidney stress as it is to your activities.

Coffee, alcohol and excessive animal protein have been linked to kidney disease. Too much salt can also be harmful to the kidneys as can emotional stress. During any detoxification program, increasing your

fluid intake of ionized, restructured, and electron charged water will assist the kidney's job of filtration. Many natural kidney cleansing foods include asparagus, parsley, beets, cranberries and watermelon. Wheat grass, barley grass and Alfalfa are excellent detoxifiers and cleansers for the blood which takes the load off the kidneys. Your diet, pH and choice of drinking water are critical to kidney health.

Kidney Support:

1. Kidney Chi
2. Esparagus Extract Tea
3. Barley Gold

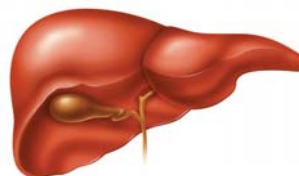
Liver Cleanse Protocol: Liver/Gall Stone Flush

Liver congestion and stagnation are the most common liver problems yet conventional medicine does not understand them and can only detect dysfunction when it has reached astronomical proportions. Medically, the test for liver enzyme identifies only liver cells that have ruptured such as with Hepatitis.

The liver is the most important organ for hormone regulation. It is the master manufacturing center and works in rhythm with the bowel. The liver will do everything possible to produce bile and the bowel needs bile for proper stool

formation. Poor liver function greatly affects both adrenal and thyroid function. Stress and anger are also major contributors to liver congestion.

Gallstones begin to develop when the liver can no longer deal with the number of toxins in the system. Each gallstone resembles a cholesterol ball and is easily removed through simple cleansing which is a wonderful alternative to the



medical solution of removing the gall bladder itself! The gallbladder is not the problem as it is the holding zone for the bile and its removal is greatly missed! Cleaning the liver on a regular basis is the best prevention for each and every possible condition.

Liver Support:

1. BHB Plus
2. Liquid Liver Cleanse
3. Gall Bladder Flush

What Can I Expect?

Because each of us is unique, we can expect healing symptoms to greater or lesser degrees than the next individual. You may experience:

- Headaches, fatigue, low-grade fever
- Nausea, vomiting
- Acne, hives, itching
- Foggy mind, back ache, emotional release
- Diarrhea (short-term)

Drinking plenty of life enhanced water improves the journey through cleansing. Activities should be curtailed to suit energy levels. Including other therapies such as lymphatic drainage massage, colonics, saunas and infrared therapies are most beneficial for exceptional cleansing results. Better yet, acquire your own equipment! (see below)



The Upper Edge of Cleansing

The wonderful benefits of cleansing far outweigh the efforts it takes to get there. Cleansing helps us on physical, mental and emotional levels. Energy in all these systems lifts and shifts with the elimination of toxic debris.

Cleansing means that we get our eating on track, take a load off the internal organs and clear our minds.

The Wolfe Clinic has several energetic medicine devices that are excellent adjuncts to any cleansing program. Incorporating these into your program takes cleansing to the next level!

AQUA CHI



The Aqua-Chi re-charges your body's inner battery by using negative hydrogen ions, which are necessary for healing. The Aqua-Chi delivers a bio-charge to your body's own frequency, realigns your energy field and allows for better function naturally. Detoxification and neutralization of toxins, pain and stress relief, faster

recovery time from illness or injury, reduced inflammation, increases elimination and improved sleep are just a few of the outstanding benefits of the Aqua-Chi.

AROMA VAPOR SAUNA

Health practitioners, chiropractors, massage therapists, and healing retreats are using the AromaSpa® to round out treatment protocols for muscle relaxation, stress relief, detoxification, allergy and asthma, arthritis pain relief, and weight loss. Sweating, in fact, produces a slight fever in the body to assist in the release of toxins.



PHOTON GENI

The Photon Genie re-establishes the ideal frequency and harmonic energy state of each individual



cell in the body. It devitalizes pathogens in the system, breaks up blockages and barrier tissues through repolarization.

This amazing electro-medicine device detoxifies the body by moving and balancing the lymphatic, circulatory and fluid systems of the body. It is the result of decades of research and development by Ed Skilling.

WELLNESS WATER SYSTEMS

Wellness Filtration Systems provide you with a stable water molecule that ionizes and restructures.



CHECK OUT THESE OTHER WONDERFUL PRODUCTS TO ENHANCE YOUR CLEANSING JOURNEY.

- ◆ Super Detox Foot Bath
- ◆ Magic Crystal Bath Detox Kit
- ◆ Accuciser
- ◆ Bio Mat

Cleansing Made Easy at The Wolfe Clinic

Cleansing the body thoroughly helps increase the absorption of essential nutrition and improves the efficiency of the digestive system so that eventually disease can be permanently removed. No matter what health problem you may be dealing with, cleansing, detoxifying and rejuvenating the organs must be your first goal in building a strong healthy foundation.

Any of the following can be done independently or as part of the entire outlined protocol. Best results are attained when all systems are cleansed in the following order. Book an appointment with Dr. Wolfe to ensure that you are on track and have a plan. Be a winner. 1-800-592-9653

#1 -Bowel Cleanse

Upon rising	Breakfast	Lunch	Supper	Bedtime
Bioxy Cleanse (if directed by Dr. Wolfe)	Barley Gold Or Flax Lignans		Ground Flax seed (2 tbsp.)	Bioxy Cleanse (if directed by Dr. Wolfe)
	Royal Flora	Royal Flora	Royal Flora	
	Maximizer	Maximizer	Maximizer	
Exercise				Castor Oil Pack on Bowel Area
Dry Skin Brushing or Salt Glow	1 tbsp. olive oil	1 tbsp. olive/flax	1 tbsp. Olive oil	Dry Skin Brushing or Salt Glow
Enemas can be used at any time during this cleanse.	Wellness Water or Water Vitalizer	Accuciser		

This part of the cleanse can be continued indefinitely. Healthy bowels are the key to good health not just now but forever.

#2 - Lymph Cleansing

Upon rising	Breakfast	Lunch	Supper	Bedtime
Dry Skin Brushing	Lymphosot *	Lymphosot *	Lymphosot *	Rebounder
Rebounder				Dry Skin Brushing
Exercise				Therapeutic Bath
	Photon Geni	Aqua Chi	Aroma Spa	BioMat - use all night
	Wellness Water			

*The lymphatic system is the most difficult fluid to move. Lymphosot works to liquefy the lymph fluid therefore releasing toxins.

The Photon Geni is the first and foremost equipment to move lymphatic fluid and is the number one choice for cancer. The Aroma Spa creates the sweating that is necessary to move the lymphatic fluid. The BioMat bathes the body in far infrared light all night long creating opportunity for healing on many levels.

#3 - Parasite Cleanse

Upon Rising	Breakfast	Lunch	Supper	Bedtime
Bioxy	CHF-39 or Para Program follow directions			Bioxy
Dry Skin Brushing				Therapeutic Bath
Wellness Water	CHF-39 for 10 days. Take 10 days off and then continue for 10 more days or 20 Day Para Program	Enemas can be done at any time.	Aroma Spa	PARA FORMULA for 10 days. Take one week off and then continue.

#4 - Liver Cleanse

Upon Rising	Breakfast	Lunch	Supper	Bedtime
	BHB Plus		BHB Plus	Castor Oil Pack
Liver Cleanse	Wellness Water			Photo Geni

#5 - Kidney Cleanse

Upon Rising	Breakfast	Lunch	Supper	Bedtime
Kidney Chi		Kidney Chi	Kidney Chi	Crystal Energy Bath
	Barley Gold	Asparagus Extract Tea	Asparagus Extract Tea	BioMat
Accuciser	Wellness Water Water Vitalizer		Accuciser	Aqua Chi

One More Step - Liver/Gallbladder Flush

See the web site or speak to Dr. Wolfe about the details of how to do the liver gallbladder flush. If you are able, it is recommended that every liver cleanse be followed by the Liver/Gallbladder Flush to release the gallstones and flush the system. Not everyone is able to accomplish this, depending on their level of health. Call for a consultation.

CLEANSE RESULTS

If the body pulls out toxins faster than the elimination organs can get rid of them, they get reabsorbed into the blood and liver. Cleansing reactions such as discomfort, diarrhea, headaches, lightheadedness, nausea, fatigue, etc. can occur. If this is the case, SLOW DOWN. Cut your doses in half until such time that you adjust and give us a call so we can coach you through.

Enemas and/or colonics will help. A coffee enema may be used 2-3 times per week, following the regular enema. This will clear the liver and stop most cleansing reactions. This is an excellent way to easily and safely rid your body of toxic waste and lighten your 'load', so to speak!

HAVE I BEEN SUCCESSFUL?

The fact that you have completed all phases is success! Increased energy, more joy and love, health, stronger immunity, healthier skin, hair and nails: loss of wrinkles, loss of excess weight and better digestion are some of the signs of a job well done.

Some people may eliminate the mucoid plague, which is a gel-like, viscous and slimy mucus that forms as a layer of inner lining of various hollow organs, especially all the organs of the digestive tract. Mucus develops in the presence of acids. Not everyone has mucoid plaque. People with a high salt intake will have difficulty eliminating this layer from within but it can be done.

Call us today to book your personalized telephone consultation

with Dr. Wolfe 1-800-592-9653