



The Wolfe Clinic News

Spring Cleansing “You’re Not Tired You’re Toxic”

It happens every spring. You fling open the windows, shed your winter coats and suddenly you get the urge to clean your house and the garden. But do you ever think about cleaning all the accumulated chemicals and garbage from within your internal garden?

You would not think of going thirty years without replacing the filter or changing the oil in your car. Would you? What would happen if you did not brush your teeth for thirty years or so? You wouldn't have any! What about the filters in your heating or air-conditioning systems? What if you did not change or clean them for thirty years? How about your vacuum bags? What if they were untouched for 30 years? The answers are obvious aren't they? Well, with 120,000 miles of piping inside you, doesn't it just make good sense to keep them clean on a yearly basis?

Cleansing or detoxifying is an important part of wellbeing and is necessary to maintain vital

health; “spring cleansing” means reaping the benefits of the detoxification of your body. The body is coming out of



refined foods and on a daily basis we abuse ourselves with various stimulants and sedatives.

The incidence of many toxicity diseases has increased as well. Cancer and cardiovascular disease are two of the main ones. Arthritis, allergies, obesity, and many skin problems are others. In addition, a wide range of symptoms, such as headaches, fatigue, pains, coughs, gastrointestinal problems and troubles from immune weakness, can all be related to toxicity.

what might be called hibernation and you will jump-start it for a more active and healthier life. It's the only way to recharge, rejuvenate and renew.

Toxicity is of much greater concern now than ever before. We are awash in toxic chemicals, pesticides, heavy metals, air and water pollution. We ingest more drugs of all kinds, eat more sugar and

Toxicity occurs on two basic levels--external and internal. We can acquire toxins from our environment by breathing, ingesting or through physical contact. Or we can acquire them through normal biological functions.

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The Wolfe Clinic
“FEAR IS THE GREATEST DISEASE”

Internal Toxins

On the internal level, our body produces toxins through its normal everyday functions. Biochemical, cellular, and bodily activities generate substances that need to be eliminated. The free radicals that I have discussed many times before are biochemical toxins. When these substances/molecules/toxins are not eliminated, they can cause irritation or inflammation of the cells and tissues, blocking normal functions on a cellular, organ or a whole-body level. The body then becomes subjected to serious damage, de-oxygenation, yeast, parasites and excess fibrin and cortisol (stress hormone). It will sicken, lose its strength and vitality and age prematurely. These toxins will also suppress the immune system contributing to a dramatic loss of energy and focus. This leaves the body open to attack by Microbes of all kinds--intestinal bacteria, foreign bacteria, yeasts and parasites. Read my booklet "Reclaim Your Inner Terrain"

Our emotions and stress also generate increased biochemical toxicity. The proper level of elimination of these toxins is essential to health. Clearly, a normal functioning body was created to handle certain levels of toxins but the concern is with excess intake or production of toxins or a reduction in the processes of elimination.

External Toxins

Most of the toxins that are in our food and water originate in the air. Industry deliberately releases massive quantities of materials containing Heavy Metals, Pesticides, Chemicals and other

toxins into the atmosphere. This combined with emissions from other sources like automobiles creates a very formidable health problem.



Chemicals and other toxins in our diet are a serious threat. Here are several examples: it has been known for decades that Cadmium in our food is a health problem. Cadmium can cause kidney disease and cancer and is a natural part of the earth's crust. Large amounts of Cadmium is released into the environment through the mining and smelting of zinc, Lead and Copper, the combustion of coal, wood and oil, waste incineration and the application of phosphate fertilizers or sewage sludge to soil. Cadmium released into the air eventually settles on land, including land used for food production. Another fine example is Lead: Negative effects may be caused by Lead at any concentration, especially in children. Lead is in prepared foods, fast foods, fats and oils and meat. Lead has no known biological function in humans. The slow rate at which it is eliminated from the body leads to a build

up of this toxic heavy metal in the bones and red blood cells.

Many Americans are exposed to high levels of toxins from drinking contaminated water. Copper, Mercury, Lead, Arsenic, pesticides and chemicals like chlorine are the most common. Bathing or swimming is no better since you will absorb up to 600% more contaminants in your body in a ten-minute shower than you would by drinking the same water all day long. The skin is the largest organ in your body and simply wasn't meant to be immersed in chemically saturated and chlorinated waters. Swimming pools and spas are many times worse than showers due to the absurd amounts of chemical toxins used to clarify and disinfect the water. The Wolfe Clinic carries systems which are safe, effective and cost efficient alternatives to chemicals. (see CareFree Clean Water Treatment Systems on our website for more details)

Effects of Toxic Poisons on the Body

Chemicals and toxic debris accumulate over time in the body. The older one gets the weaker and less focused they become. Loss of mental clarity, loss of memory, loss of mental capacity, loss of reflexes, loss of strength, loss of regularity and loss of libido are very common concerns for most people nowadays - especially the elderly. A toxic overload in the body contributes to a dysfunctional liver and dysfunctional kidneys as well as a weakened lymphatic system.

Excessive chemicals in the body lead to biochemical stress.



Your adrenal glands produce over 500 different hormones. Research has shown that stress causes the adrenals to release excess cortisol - a stress hormone that triggers over-indulgence in simple carbohydrates: chocolate, candy, sodas, and ice cream, even when you are not hungry. Excess cortisol contributes to hormone imbalances as well as a depletion in the production of DHEA and thyroxin. Excess sugar contributes to magnesium deficiency and the proliferation of yeast and subsequent toxins, including ammonia. We have all experienced ammonia. It causes the burning you feel in your rectum when you have diarrhea. If it is burning your rectum, what is it doing to your tissues and organs?

Is it surprising that 60% of the world's population cleanse and rest their systems on a regular basis as part of their cultures? This alone ensures a longer, healthier, more productive life. Why don't North Americans cleanse? We do a wonderful job of cleansing from the outside in but why not the inside out? With 120,000 miles of piping in the human body, it only makes sense to cleanse it often. Internal cleansing helps to keep the

fibrin, plaque, cholesterol, parasites, yeast, heavy metals and necrotic debris in check.

Chemicals and toxins accumulate in fat tissue. The more chemicals and toxins, the more fat the body will manufacture. Have you ever tried to lose weight only to be disappointed? Well, perhaps now you know the reason why! Most diets, lotions, potions, powders and pills are unhealthy and potentially dangerous.

You may lose the fat but the potentially toxic chemicals remain - causing fatigue. The fat always comes back with a vengeance and more of it than you had before. Most of the weight lost, however, is primarily water and lean muscle. Minimal fat is permanently lost because these typical diet products do not address the cleansing of the system.

Without effectively cleansing the system from the inside out, lean muscle mass is lost and excess water is produced and more fat returns. Therefore, people actually become fatter versions of their prior selves.

Chemicals and toxins are enrobed within fat tissue - and only specifically blended, cleansing nutrients - can help to release the chemicals from the fat. Excess fat - fat that you have been carrying around for years will literally melt away at an alarming - yet safe & effective pace - through cleansing.

This is the healthy alternative to nutritionally deficient and potentially harmful diets. Heal the body and your weight will balance, whether you are over or underweight.

How many women go to the doctor because they feel bloated and water logged? There are literally millions! They are usually given a diuretic to get rid of the excess water and never learn the reason the excess water was there in the first place. Once they take the diuretic, fatigue is commonplace. Why?

Until the last 10 years, the phenomenon of excessive water retention was relatively unknown. Research has documented that excess water is retained by the body to help control inflammation, excess cortisol and acidic foods - but most importantly - to dilute the overload of potentially dangerous, environmental chemicals that invade the body. When one's objective is to get rid of the excess water and not the chemicals - the chemicals create biochemical havoc in the system. Don't allow your body to retain excess water in an attempt to simply dilute the poison. Take charge and remove the cause of the problem.

Approximately 75% of North Americans are overweight and 2,000,000 more become obese every year. There are 18 million obese children in North America. Obesity is linked to over 60 degenerative illnesses, including Heart Disease, Hypertension, Diabetes and Cancer. 35,000 children are receiving drugs for hypertension and 40,000 have heart disease. There were 1 million heart attacks in America in 2000;

250,000 victims never reached the hospital. There were 700,000 strokes in 2001 and 165,000 never made it to the hospital. It is no longer a matter of if - but when - it is a matter of time. Never before has it been so important and so critical, for you to lose the excess fat and then keep it off.

North Americans are becoming more aware of the importance of cleansing by eating sensibly, exercising moderately, drinking good, clean, restructured water, consuming quality supplements, and managing their weight.

Do You Want to be Healthy, Clean and Lean?

Then modify your lifestyle to incorporate cleansing on a regular basis, sensible eating, drinking clean alkalizing restructured water, bathing and swimming in clean water, proper nutritional supplements and mild exercise. And if you can access a FIR sauna or FIR Mat; then you will be well on your way to a lifetime of improved health, happiness and wellbeing.

Signs and Symptoms of Toxicity

- Headaches, Backaches, Runny nose, Fatigue
- Joint pains, Itchy nose, Nervousness, Skin rashes
- Cough, Frequent colds, Sore throat, Hives
- Wheezing, Irritated eyes, Insomnia, Nausea

- Sleepiness, Immune weakness, Dizziness, Indigestion
- Tight or stiff neck, Environmental sensitivity, Mood changes, Anorexia
- Angina pectoris, Sinus congestion, Anxiety, Bad breath
- Circulatory deficits, Fever, Depression, Constipation, Diarrhea
- High blood fats

Problems Related to Toxicity

- Acne, Obesity, Prostate disease
- Abscesses, Menstrual problems
- Bacterial, Viral, Parasitic and Fungal infections,
- Boils, Eczema, Varicose veins
- Allergies, Diabetes
- Arthritis, Peptic ulcers
- Asthma, Worms, Gastritis, Vaginitis
- Constipation, Uterine fibroid tumors, Pancreatitis
- Colitis, Cancer, Mental illness
- Hemorrhoids, Cataracts, Multiple

- Heart disease, Kidney stones, Migraine headaches
- Hypertension, Kidney diseases, Gallstones
- Thrombophlebitis, Stroke, Gout

Of course, this is not a complete list and not all of these problems are solely troubles of toxicity or completely cured by detoxification. Most of these diseases and the majority of those factors, have to do with multiple abuses, especially on a nutritional level. Often, though, these problems are alleviated by eliminating the related toxins and following a proper detox program. Remember disease is a dis-ease created or made worse by toxicity.

General Detoxification Systems

- Respiratory... lungs, bronchial tubes, throat, sinuses, and nose
- Gastrointestinal... liver, gallbladder, colon, and whole GI tract
- Urinary... kidneys, bladder, and urethra
- Skin and dermal... sweat and sebaceous glands and tears
- Lymphatic... lymph channels and lymph nodes

Proper Order For Body Detox

1. Intestinal Cleanse
2. Parasite Cleanse
3. Lymphatic and Skin Cleanse
4. Liver Cleanse
5. Cardiovascular Cleanse
6. Kidney Cleanse
7. Lung Cleanse



sclerosis

- Diverticulitis, Alzheimer's disease
- Cirrhosis, Bronchitis, Senility
- Hepatitis, Pneumonia, Parkinson's disease
- Fibrocystic breast disease, Sinusitis, Drug addictions
- Atherosclerosis, Emphysema, Tension headaches

What Is Detoxification?

Detoxification is the process of clearing toxins from the body or neutralizing or transforming them, and clearing excess mucus and congestion. Detoxification involves dietary and lifestyle changes that reduce intake of toxins and improve elimination. Avoidance of chemicals, from food or other sources, refined food, sugar, caffeine, alcohol, tobacco and many drugs helps minimize the toxin load. Eating the right foods, drinking clean, alkalizing, restructured water, creating a false fever and taking the proper supplements are some of the steps in the detoxification process.

Detoxification is a relative term. Anything that supports our elimination of poisons from the body can be said to help us detoxify. Doing nothing more than drinking enough of the right type of water (clean, alkalizing and restructured) or creating a false fever (Far Infrared Therapy) will usually help us eliminate more toxins. Eating more fruits and vegetables (cleansing foods) and less processed grains, meat and milk products will create less congestion and more elimination. There are many levels of the progressive detoxification from simple changes to a complete health program.

There are dangers, though, in trying to detox without guidance and knowing the hazards you will face. For instance, some people go to extremes with fasting, laxatives, enemas, colonics, diuretics and even exercise and begin to lose essential nutrients from their body. Drinking distilled water and reverse osmosis water is another danger since it acts like a vacuum and will suck out many of the

beneficial trace minerals you need to stay healthy. Fasting while using distilled water can be particularly dangerous because of the rapid loss of electrolytes (sodium and potassium) and trace minerals like magnesium, deficiencies of which can cause heart beat irregularities and high blood pressure.

Our body handles toxins by neutralizing, transforming or eliminating them. As examples, many of the antioxidant nutrients may neutralize free-radical molecules. The liver helps transform many toxic substances into harmless



agents, while the blood carries wastes to the kidneys; the liver also dumps wastes through the bile into the intestines, where much waste is eliminated. We also clear toxins through sweating, from exercise or heat. Our sinuses and skin may also be accessory elimination organs whereby excess mucus or toxins can be released, as with sinus congestion or skin rashes, respectively.

Detoxification is part of a transformational medicine that instills change on many levels. Change and evolution are keys to healing. Enhancing elimination helps us deal with and clear problems like stress.

When our body has eliminated much of its toxic buildup, we feel lighter and are able to really experience the moment and be open for the future.

Why Detoxify?

We detoxify/cleanse for many reasons, mainly to do with health, vitality and rejuvenation - to clear symptoms, treat disease and prevent further problems. A cleansing program is ideal for helping us to reevaluate our lives, to make changes or to clear abuses or addictions. It takes us through our withdrawal and reduces cravings fairly rapidly, and if we are ready, we can begin a new life of vital health.

Reasons For Cleansing

- Prevent disease
- Reduce symptoms
- Treat disease
- Eliminate pain
- Increase energy
- Rest organs
- Rejuvenation
- Weight loss or Weight gain
- Purification
- Clear skin
- Slow aging
- Improve flexibility
- Improve fertility
- Enhance the senses

To be more:

- Organized and Creative
- Motivated and Productive
- Relaxed
- Inwardly attuned and Spiritual
- Clear
- Energetic
- Conscious
- Relationship focused

Who Needs Detoxification?

Almost everyone needs to detox, cleanse themselves, and rest their body functions at times. Cleansing or detoxification is an important part of any health or maintenance program. Our body has a daily elimination cycle, mostly carried out at night and in the early morning, up until breakfast. However, when we eat a congesting diet higher in fats, meats, dairy products, refined foods and chemicals, detoxification becomes more necessary. Most common toxicity symptoms include headache, fatigue, mucus problems, aches and pains, digestive troubles, "allergy" symptoms and sensitivity to environmental agents such as chemicals, perfumes, and synthetics. People who experience these and others on the list will benefit from a detox program. It also helps the professional to differentiate allergic and other symptoms from those of toxicity to determine the appropriate medical care.

Many common acute and chronic illnesses will be alleviated by a program of detoxification/ cleansing, as they are basically created by short- and long-term congestive patterns. People with addictions to any substance will also benefit from a detox program, even if it is only the temporary avoidance of the addictive agent or agents. Withdrawal symptoms that commonly occur with many drugs, including sugar, caffeine and over-the-counter medications are precipitated by detoxification. As well, many of the poisons (toxins) that we ingest or make are stored in the fatty tissues. Obesity is almost always associated with toxicity. When we lose weight, we

reduce our fat and thereby our toxic load.

Detoxification therapy, as fasting, is the oldest treatment known to humans and is a completely natural process. With today's refinements and new technologies we may apply this process to many afflictions, illnesses and states of health. Over twenty seven years of successfully treating chronic illness has taught us the benefits of using cleansing programs with only positive results to report. If we used this process more in our daily lives and our medical system, we could heal and prevent a great deal of disease.



When Is the Best Time to Cleanse / Detoxify?

For a Detox Program to be safe and successful you need to have a program designed to your particular needs and tuned to your natural cleansing time. This is only common sense. One size does not fit all! You wouldn't take your car to a shop that only does oil changes if it needs the fuel injectors cleaned. Most people trust those decisions to a mechanic who would diagnose and service it properly. Why should your body expect less? You need someone like me to carefully go over your symptoms and history and come up with a strategy and timetable that will work for you.

In order for a detox program to work properly and be successful many factors unique to the individual need to be taken into account: general health, physiological balance, energy level and current life activities are just a few of the dynamics. As well, the protocols should be performed in a proper sequence and on a schedule taking into account all those variables including factors we rarely think about, like seasonal cycles. After all, seasonal changes are the key stress times in nature and make a huge difference in our diets and exposure to toxins. Again, one size does not fit all. The key to proper treatment at the proper time is to work with detoxification individually.

There are, though, some common detox procedures that anyone can use, many of which are fine-tuned over time with our experience of what works for us individually. For instance, one person found that if he started to feel congestion or a cold coming on, he drank plenty of clean and enhanced water, did some light exercises, give himself a good sweat in a dome FIR Sauna and then got a good night's sleep without eating much. When he wake up the next morning he felt refreshed and healthy!

There are many detox programs designed for different areas of the body. The liver is our most important detox organ because of its many metabolic functions. Colon cleansing, though, is the most important part of any detoxification. Much toxicity comes out of the large intestine and sluggish functioning of this organ can rapidly produce general toxicity throughout the body. During the majority of detox



programs, most people will work on some level with their colon.

The two most important and effective treatments of toxicity in the body are water and Far Infrared Therapy. Since approximately 70% of our body weight is water and water makes up over 80% of our brain and 90% of our blood, it is an integral part of everything the body does. Water therapy (using chemical free, clean, restructured and alkalizing water) is a vital part of any detox program. Following a protocol using water purification and enhancing systems that produce a high rate of hydration allows superior and faster metabolic processes to occur within the cell, making it better able to flush toxins and move nutrients to where they are needed.

Far Infrared Therapy using also helps by efficiently breaking down toxin laden fats and removing them through sweat. Sweats from a FIR Sauna are commonly used to help purify the body through enhanced skin elimination. It is also helpful for those who cannot exercise for any extended period of time and replaces regular exercise as the main mechanism to stimulate

sweating. As well, it stimulates elimination and body functions and promotes relaxation. Clearing tensions, worries, and other mental messes also makes for a more complete detoxification.

One last important point: individual detox programs can change, as our needs will vary with time.

THE NONTOXIC DIET

- Eat organic foods whenever possible.
- Drink only clean, alkalizing and restructured water.
- Rotate foods, especially common allergens, such as milk products, eggs, wheat and yeast foods.
- Practice food combining.
- Eat a natural, seasonal cuisine.
- Include fruits, vegetables, whole grains, legumes, nuts and seeds and for omnivarians, some low-fat dairy products and fresh fish (not shellfish) and organic poultry.
- Cook in iron, stainless steel, glass or porcelain.
- Avoid or minimize red meats, cured meats, organ meats, refined foods, canned foods, sugar, salt, saturated fats, coffee, alcohol and nicotine.

A deeper level of the detox diet is one made up exclusively of fresh fruits, fresh vegetables, either raw or cooked, and whole grains, both cooked and sprouted; however, no breads or baked goods, animal foods and dairy products, alcohol or nuts are used. This diet keeps fiber and water intake up and helps colon detoxification. Most people can handle this well and make the shift from their regular diet with a few days transition.

Remember: We are not so tired as we are toxic. Invest in the greatest creation: You! Call if you need our support. The road to better health is as close as your telephone. Over 25 years of successful practice and experience in fighting chronic illness is available to you for the price of a bottle of supplements. It includes a one on one consultation with me, unlimited follow up support, as well as my highly acclaimed and comprehensive health video "A Healthy Family."

It is never too late to start living a healthy life. Call The Wolfe Clinic Today today!

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products that help

FIRST AID KIT

Intestinal Cleanse



Bioxy Cleanse Capsules
Oxygen Colon Rejuvenator
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Intestinal Cleanse



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The "Ultimate Anti-Aging Supplement". L-threonine helps defat the liver.

Kidney Cleanse



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Specially formulated with milk thistle ploygonum, burdock, dandelion, artemisia capillaris, fructus lycii chinensis and gardenia jasminoidis.

Parasite Cleanse



Para Program
Supports the intestinal and immune systems

Aesta Dome



Represents a new paradigm in the field of Far Infrared sauna therapy.

Lyphosot



A homeopathic preparation often used in conjunction with cleansing regimes.

EP Lung Cleanse



Specially formulated with burdock, sheep sorrel, slippery elm, turkish rhubarb, astragalus membranaceus licorice and nodonopsis nervosa.

Heavy Metal Cleanse



Bio-Chelat Package
Designed for chronic heavy metal toxicity and can be used for long periods without side effects.

Nattovita



A highly fibrinolytic nutritional supplement with Nattokinase, the enzyme found in the vegetable cheese Natto.

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