



Acupuncture & Holistic Health Associates  
At The Bayshore Town Center  
500 W. Silver Spring Drive, Suite K-205  
Milwaukee, WI 53217  
Phone: (414) 332-8888  
www.milwaukeeacu.com

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# CLEANSING FOR HEALTH

## What systems aid in internal cleansing?

The body has at least five channels of detoxification— the bowel, liver, kidney, lung and skin. Each of these systems works synergistically to remove chemicals and toxins from the body. Certain herbs and fibers stimulate and support the body's natural detoxification process.

## How do I know I need to internally cleanse?

Episodes of bloating, brain fog, sluggishness or low vitality are all signs that you may benefit from a supportive internal cleanse. For many people, participating in a cleansing program once or twice a year when the temperature in spring and fall is over 60° could be part of an overall health plan, just like regular exercise or taking a multivitamin.

## What occurs during the body's natural cleansing process?

During the body's own cleansing process in healthy individuals, a number of changes occur in the body including:

- Reduction of toxic load from the colon and bladder,
- Removal of damaged cells and tissue waste,
- Optimal filtration processes in the liver, kidneys and lymphatic system,
- Purification of the blood,
- Reduction of excess hormones,
- Loss of excess water.

## What are the potential benefits of an internal cleansing program?

While cleansing, you may experience a number of benefits including:

- Smoother and easier digestion,
- Increased elimination with 2-3 bowel movements per day,
- Slight weight loss in those who experience slow digestion. Weight loss is due to more frequent waste removal,
- An increased sense of well-being and vitality.

## We recommend using Nature's Secret's Ultimate Cleanse. (Available at many health food stores.)

**How to begin:** Multi-herb digestion & Detox Support and Multi-Fiber Cleanse are designed to be taken together in the morning and the evening. Start with 1 tablet of each product in the morning and 1 tablet of each product in the evening. Stop taking your Chinese Herbal Formula while cleansing.

**How to increase:** Increase intake of both products by 1 tablet every other day until you achieve 2 to 3 formed bowel movements per day. Do not exceed 3 tablets of either product twice per day. Once you find the correct number of tablets, you can continue with that amount for enhanced internal cleansing for up to a total of 30 days. Drink 8 to 10 glasses of water per day.

**How to adjust:** The number of tablets you take should be tailored to your individual needs. Try to find the minimum number of tablets your body needs to achieve 2 to 3 formed bowel movements per day. Dosage will differ with each person, however it is important not to exceed the maximum recommended daily dose.

**When to stop:** Do not exceed 30 days of continual use of the product. Discontinue use of the product if you have or develop diarrhea, loose stools or abdominal pain. Frequent or prolonged use of this product may result in dependence.

Healthfully,

Curry D. Chaudoir, Diplomate in Acupuncture

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