



# Back to Your Health Easy as One, Two, Three



## Table of Contents

Introduction to Steps One, Two and Three .....2  
Options in Special Situations.....2  
What is Health and Healing?.....3  
What May I Experience During Cleansing?.....4  
What is Unique about Knowledge Products' Cleansing Programs?.....4  
Symptoms of Imbalance.....5  
General Guidelines Related to All Cleansing Protocols.....5  
Dosages.....5  
Step 1: *30 Day Paraway Cleanse*.....6  
Step 2: *30 Day Fabulax Bowel Cleanse*.....6  
Step 3: *30 Day LymphoHepaRen Cleanse* .....7  
Kidney and Bladder Flush with protocol.....8  
Lymphatic System Cleanse.....8  
Liver and Gallbladder Flush with protocol.....9-10  
Compact Whole Body Deep Cleanse.....10-12  
Vegetable Soup.....12  
Vegetable Juice Booster Recipe.....12  
Lemon/Lime Cleansing Drink .....12  
Optional Supplements.....12  
60 Day Parasite Purge Cleanse Protocol.....13  
What Should I Do After Cleansing?.....13  
Rebuilding the Gastrointestinal Tract and Enhancing Immunity.....13  
What is the Best Diet to Follow?.....13  
Suggested Reading.....14  
Also Available from Knowledge Products.....14



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### INTRODUCTION to Steps One, Two and Three

Congratulations, you have purchased one of Knowledge Products' 30 day body cleansing programs:

Step 1: *30 Day Paraway Cleanse*,  
Step 2: *30 Day Fabulax Bowel Cleanse* or  
Step 3: *30 Day LymphoHepaRen Cleanse*.

Please read this introductory page before you start your program. One of Knowledge Products' goals is to provide you, the health minded consumer, with information to improve your health. For your benefit this booklet offers detailed information on cleansing and self-healing. For those of you who would just like information directly pertaining to your cleanse, go straight to that section of the booklet. Please read the side panel on the kit box for Recommended Use (i.e. Dosage) details instead of the dosage on the individual bottle labels for best 30 Day program results. The kit product components are also sold separately.

If you have obtained Step 1:  
*30 Day Paraway Cleanse* it is because you either suspect you have parasites in your system or have health challenges in this area that need to be addressed or you like to practice prevention. This cleansing should be done for at least one month, the reproductive cycle of most parasites, to kill the adult parasites and their eggs. (Read Symptoms of Parasite Infestation on page 5. The *30 Day Paraway Cleanse* should also be taken once a year for maintenance of good health.

If you have obtained Step 2:  
*30 Day Fabulax Bowel Cleanse* it is because you are having a bowel movement every second or third day, or every seven or more days which can be a cause of many health problems. Parasites, yeast and other toxins thrive when bowel function is stagnant. Fabulax Bowel Cleanse will help you have one bowel movement everyday and when used longer than a month, you should eventually have two to three movements per day. Or, it can be used to do a preventative cleansing. (Read Symptoms of Bowel Imbalance on page 5).

If you have obtained Step 3:  
*30 Day LymphoHepaRen Cleanse*, it is because you have either a urinary infection, stones in the urinary tract or a sluggish liver, stones in the liver ducts and gallbladder or swollen lymphatic glands and feel generally run down (Read Symptoms of Kidney/Bladder, Lymphatic System and Liver/Gallbladder Imbalance on page 5).

While Steps One, Two and Three are components of the whole body cleansing program, for those people who have led a balanced life in body, mind and spirit and done cleansing on a yearly basis, using only one component of the three-step program, may be all that is required.

The whole body cleanse is offered to individuals who need to do a more thorough cleanse and desire to practice yearly prevention. Others feel that even though they have experienced health benefits from a 30 day cleanse, there are more benefits to be derived from a deeper cleanse. This is especially true if you have never done cleansing before, have difficulty digesting solid foods or have done similar but shorter programs in the past (e.g. *Guide to Better Bowel Care* by Dr. Bernard Jensen or *The Lemonade Diet* by Stanley Burroughs).

My hope is that the protocols outlined in this booklet will inspire you to take control of your health by getting in touch with the doctor within.

#### Why is The Three-Step Whole Body Cleanse the Best Way to Go?

This is based on 10 years of clinical testing of Knowledge Products' protocols, over 20 years of testing of other programs as well as comments by practitioners, health food stores and the general public. *The three-step whole body cleanse* is based on the understanding that short cleanses or fast fixes typically yield shorter results.

#### Options in Special Situations

- Compact Whole Body Deep Cleanse or
- 60 Day Parasite Purge Protocol

Those desiring faster results can benefit from the compact whole body deep cleanse. *The Compact Whole Body Deep Cleanse* consists of seven days of intense cleansing followed by about 21 days of maintenance. Refer to page 10. This program is specially designed for individuals who have already done similar fasts or cleansings, or wish to do an even more intense program to build momentum to achieve the next level of health. This cleansing is also beneficial for people who have difficulty consuming solid foods.

The 60 day parasite purge protocol is the extension of the *30 Day Paraway Cleanse* or *30 Day Fabulax Bowel Cleanse*. It is implemented when someone has been diagnosed with a parasite infection that persists, and when either the *30 Day Paraway Cleanse* or the *30 Day Fabulax Bowel Cleanse* alone or the *three step whole body cleanse* has not yet brought complete results. The parasites' life cycle (egg, larva, adult and the next generation) that may range from 30 to 90 days is one reason why some people may need an additional deworming program. Another reason for insufficient results may be that other family members or pets have not yet undergone a deworming program and may cause parasite re-infestation. Getting parasites from pets is quite understandable given the estimation that 89 % of pet owners sleep with their pets. According to Dr. Lee Burton, a White House physician, "*It is not nonsense to talk about transmission of disease between people and pets.*" (Dosages for pets are also based on weight. Follow the same protocol as for humans, outlined in the section on dosages



on page 5.)

## What is Health and Healing?

Health and wellness are attained when the physical, psychological and spiritual aspects of our being are in harmony. Disease occurs whenever there is imbalance. All diseases are a combination of one or more unresolved issues i.e. poor dietary habits, build-up of toxic substances in the body, environmental and electromagnetic pollution, energetic imbalance at home or work, past trauma not released and lack of love for oneself. Medical science has categorized thousands of diseases. New diseases, or perhaps the old medically 'eradicated' ones continue to appear.

Billions of dollars are spent annually treating the symptoms of these diseases. Even though modern medicine has helped many people relieve their suffering especially in emergency situations, it also has its drawbacks:

- It is not preventive medicine;
- It does not address the cause of a problem but rather deals with symptoms;
- It treats the human body as a collection of separate parts that work independently;
- Its focus is on the physical body only, ignoring individuals' emotional, mental and spiritual aspects of being;
- Its procedures and pharmaceutical drugs have unpleasant side effects that can create more problems;
- It does not teach patients responsibility for their own health, nor examines long range solutions;
- It renders the patient dependent on the doctor and puts him or her in a passive role.

"The cure of the part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul, and, if the head and body are to be healthy, you must begin by curing the mind..... For this is the great error of our day in the treatment of the body, that physicians first separate the soul from the body."  
Plato, The Republic, 427-347 B.C.

Holistic medicine is active. It involves the patient in his/her own self-healing process. It looks at the total human being - the physical, emotional, mental and spiritual components.

From a holistic medicine perspective a number of different diseases may have similar or even the same root causes. Not addressing the root cause of a problem results in disease. By the time you have been diagnosed with a major illness or a disease, it has typically been attacking your body for years. You do not all of a sudden get cancer, diabetes, Alzheimer's or arthritis, for instance. Even if your body doesn't show current symptoms of a disease, this does not mean you do not have, or will not develop a disease. Not taking preventative measures, even when you seem

healthy, could shorten or impede your quality of life. Before the industrial revolution we were more aware that health problems are best treated before they begin. The key to better health is to practice prevention. Thomas Edison says, "The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet in the cause and prevention of disease."

As mentioned earlier, the role of health practitioners is not to do all the work while the patient does none, but rather to facilitate self-healing. Dr. Albert Schweitzer, Nobel Prize Laureate said, "It's supposed to be a secret but I'll tell you anyway. We doctors do nothing, we only encourage the doctor within." Therefore a good health practitioner prescribes herbs, vitamins and so on, which are only catalysts to healing. You have your own doctor within.

The rest of the booklet will focus on ways to take care of your physical body.

Toxins in the body are one of the most significant health stressors. Therefore, the first responsibility on our healing path is to detoxify or cleanse our body. As Dr. Max Gerson, a pioneer in cancer research said, "In order to initiate healing the first and constant care of a physician is to detoxify the body." Cleansing the body of metabolic waste and environmental toxins is critical to prevent degeneration, premature aging and to regain health. Because of the thousands of environmental chemicals that we are exposed to daily, cleansing is vital for everyone irrespective of their current state of health. It is the best health insurance anyone can buy.

You will not fully absorb vitamin, mineral and amino acid supplements, before a proper body cleansing, especially after years of neglecting cleansings. Cleansing involves taking herbs to activate or open blocked organs through which the body eliminates toxins. These organs include the liver, large intestine, kidney and urinary bladder, along with the lymphatic system, lungs and skin. Cleansing is to the body what a tune-up is to a car. If your car is not regularly serviced, it will run progressively worse. So too will your body. Cleansing done regularly, once or twice a year, will improve your health.

Our second responsibility is to nourish our body. Nobel Prize Laureate Dr. Alexis Carrel has challenged the world's beliefs about aging in his experiment with chicken heart tissue. He proved that "cells are immortal". Dr. Carrel kept the heart tissue of a chicken alive and vibrant for decades by continually cleansing and nourishing the cells. All living cells produce waste, which if allowed to accumulate, causes cells to age and die. If both metabolic waste and accumulated toxins are regularly flushed out, and the cells are hydrated and nourished, they can retain their vibrancy indefinitely.



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### **What May I Experience During Cleansing?**

When you take responsibility of your own health and start working on yourself holistically, by improving your dietary habits and detoxifying/cleansing your system from inside out, various changes may occur.

You may not experience anything unusual or you may have increased energy and vitality. You may require less sleep. Your symptoms may initially worsen before they disappear. This is called a healing crisis, retracing or detoxification. Some of these symptoms may be challenging. You may blame the remedy for feeling this way, "This cleanse is too much for me". But do not give up. Symptoms are your body's way of talking to you. Listen to it. There is light at the end of the tunnel. Knowledge, patience and perseverance have their rewards.

A healing crisis is a natural consequence of toxin removal. During a cleansing, toxins are released from storage sites in the tissues and dumped into the bloodstream for elimination through the liver, kidneys, spleen, skin, bladder and colon. These toxins stress the organs and symptoms appear.

Healing crisis symptoms may include nausea, headaches, sleepiness, fatigue, diarrhoea, colds, swelling, pain, ear infections, boils or skin eruptions. These symptoms can last from a few hours to a few days, and in very unusual cases for a week.

The length of the healing crisis will depend on the amount of toxins your body needs to eliminate. The healing crisis can occur at any point during a detoxification program even after you have regained vitality and are feeling better. In a longer cleansing program there may also be several plateaus during the healing crisis, each followed by more symptoms.

When you arrive at a plateau you will begin to feel much better. Symptoms then re-occur because the body is going through the process of retracing. Any symptoms that have been suppressed through antibiotics, drugs, surgery or psychological denial will reappear again for a short time. Unlike suppressing symptoms and discomfort through the use of drugs, retracing brings symptoms to the surface again so you can deal with them properly. Symptoms should inspire your gratitude that your body is talking to you.

### **What is Unique about**

#### **Knowledge Products' Cleansing Programs?**

Knowledge Products' herbal supplements, along with their in-depth protocols, thoroughly cleanse, detoxify and strengthen the entire inner body.

Dr. Aleks Radojcic, D.Ac., R.N.C.P., R.H., P.H. has created these cleansing products. He is a Doctor of Natural Medicine, Doctor of Acupuncture, Registered Nutritionist, Herbalist, Iridologist and Energy Healing Therapist. Dr. Radojcic personally researches and formulates all Knowledge Products' exclusive herbal blends. Each formula is amazingly effective on its own. When taken together these formulas work synergistically to cleanse and strengthen the whole inner body.

In the early 1980s, Dr. Radojcic founded The Holistic Clinic for Health and Harmony in Toronto, a pioneer clinic focussing on body, mind and spirit. His belief is that to achieve optimum health and wellness, the entire body must be cleansed and detoxified, so that our body's innate intelligence can bring us to balance and harmony.

In his clinic Dr. Radojcic determines the herbal, homeopathic and dietary supplements a person needs using the B.E.S.T.- Biomeridian, leading Edge body Stress-Testing instrument. Over the past 20 years, Dr. Radojcic has given many lectures on the benefits of a holistic approach to healing and wellness. He has written numerous articles and is co-author of the book *The All-In-One Guide to ADD and Hyperactivity*, Ages Publications, 2001. Presently, Dr. Radojcic continues to develop holistic approaches to healing and wellness and is working on a new book.



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### Symptoms of Imbalance

Symptoms of imbalance are outlined below to help expand your understanding of your present health situation:

#### *Symptoms of Parasite Infection*

According to the World Health Organization, 3.5 billion people suffer from some type of parasitic infection. Symptoms of parasite infections may include constipation, diarrhoea, gas and bloating, irritable bowel syndrome, skin conditions, allergies, sleeping problems, joint and muscle aches and pains, nervousness, granulomas, anaemia, teeth grinding, chronic fatigue and other immune problems, according to Dr. Richard Bowman Pearce in his book HIV/AIDS, Chronic Non-Opportunistic Parasitism as a Co-Factor for AIDS. Many parasite-based problems can mimic diseases that are more familiar to doctors.

#### *Symptoms of Bowel Imbalance*

Symptoms of bowel imbalance may include constipation, diarrhoea and dissention of the abdomen, a yellow or white sticky coating on the tongue, a frozen shoulder, skin disorders, allergies, haemorrhoids, tiredness, sadness and anguish.

#### *Symptoms of Kidney/Bladder Malfunction*

Symptoms of kidney and bladder malfunction may include chronically feeling tired or stressed, pain in the lower back or groin, rectum or genital organs, high blood pressure, bone, cartilage or nail disorders, hearing problems, head hair loss, impotence, sciatica, kidney stones, retention or dribbling of urine, night urination and oedema. Any oedema or water holding, whether in the lungs, arms or abdomen can be due to kidney malfunctioning. Other causes of kidney dysfunction are hereditary, dietary, medical drug overuse and over exposure to various environmental toxins. According to The New England Journal of Medicine, Dec. 20, 2001, "if a person uses Aspirin and Tylenol regularly these may be linked to kidney failure."

#### *Symptoms of Lymphatic System Malfunction*

Symptoms of lymphatic system malfunction may include frequent colds, unexplained fevers, sinus problems, enlarged, swollen lymph nodes, skin problems, considerable weight loss, breast lumps, sore nipples, paleness, chronic fatigue and a weak immune system.

#### *Symptoms of Liver/Gallbladder Malfunction*

Symptoms of liver and gallbladder malfunction may include pain in the upper abdomen, headaches, alcoholism, hepatitis, blurred vision, anaemia, mental disorders, irritability and anger, sciatica, neck or shoulder pain, gallstones and nausea.

### General Guidelines

#### Related to All Cleansing Protocols

- Paramount to achieving optimum results is consistency. Take all the herbs regularly until

the program is finished. To increase the benefits while using one of the cleansing programs, drink the Vegetable Juice Booster daily, or lemon/lime drink outlined on page 12. Get into the habit of dry-brush skin massage every morning, commence coffee enemas, exercise, eat wisely and practice developing inner peace.

- Each of the cleansing protocols is one month long. It is advisable to finish your cleansing completely, otherwise symptoms may reoccur, especially if you have parasites. Restoring health in order to maintain and regenerate your body occurs gradually. There are no quick fix results with short cleanses. With patience and persistence, even chronic health challenges can be remedied. Remember the power of healing is within you! Herbs are catalysts that aid the path to self-healing!

- Before you start any cleanse write down unpleasant symptoms you are experiencing. Rank them from 1 to 10 according to their intensity. During the cleansing compare the symptoms you are experiencing with the list of symptoms you wrote down. Compare them after one week, a month, three months and six months from the start of the cleansing. Sometimes we experience more noticeable health improvements a few months after cleansing in the rebuilding stage of our self-healing journey.

#### Dosages

Dosages outlined in the charts on pages 6, 8, 11 and 12 and on the product boxes are suggested for adults weighing 150 lbs/70 kg or more. As we are each unique and have different body constitutions and levels of health, you may need to vary the dosages. Be results oriented. Experiment. Use your intuition. If you want faster results and know what to expect in a healing crisis, you may want to increase your dosage.

#### Children's Dosages

The following formula will assist you in establishing the appropriate dosage of an herbal tincture or capsule. Determine the ratio of the child's weight to a 150 lb/70 kg adults. "This result is the proportion of the adult dose the child needs. For example, if a child weighs 50 lbs/23kg the child's dosages would be one-third of the adult" dose. You can round up to the nearest capsule.

All cleansings are appropriate for children. However, children should not fast. It is important to keep children on a regular diet. Children tend to pick up parasites more often than adults. A deworming program of 30 days is beneficial and should be sufficient for children. If a capsule is difficult to ingest, make a cup of tea and add the contents of the capsule plus a sweetener such as honey, molasses, maple syrup or xylitol if needed.

If a child is suffering from a chronic condition, and the parents have decided to explore alternative healing methods, it is safe to start with the Black Walnut Extra Strength at the



outset of the cleansing protocol. Give the child 1/4 tsp. per day and gradually increase the dosage until positive changes are seen. Also, give the child 50 to 100 mg of Niacinamide/B-3 vitamin with the Black Walnut Extra Strength to help him or her neutralize the alcohol in it.

### Step 1: 30 Day Paraway Cleanse



The 30 Day Paraway Cleanse received Alive Magazine's Gold Excellence Award for the Best New Product.

Herbs in the 30 Day Paraway Cleanse, which include *Artemisia Combination*, *Black Walnut Extract* and *Cloves*, have de-worming properties, tone the liver and stomach and enhance immunity. *Artemisia Combination* contains herbs known for their deworming properties and for toning the digestive system. *Black Walnut Extract* is made from immature green walnut hulls, found to be one of the most anti-parasitic medicinal plants. Freshly ground *Cloves* have been discovered to be highly effective in eliminating parasite eggs. Regardless of what day of the month you start the cleansing, you will cover all the monthly moon cycles, including the full moon, when parasites are most active and negatively affect a person's health and behaviour.

#### The 30 Day Paraway Cleanse Protocol

Day	Black Walnut*	Artemisia Combination	Cloves
1-7	14 drops	2 capsules	1 capsule
8-14	14 drops	3 capsules	2 capsules
15-30	24 drops	4 capsules	2 capsules

\* Note: Refrigerate Black Walnut after opening.

Take a dose of each (*Artemisia Combination*, *Black Walnut* and *Cloves*) together, on an empty stomach, with a 250 mL (8 oz.) glass of water, 15 minutes before breakfast and either 15 minutes before dinner or one hour before bedtime.

If you have learned that you have a tapeworm infestation, try this additional recipe from the book *Healing with Medicinal Herbs* by Dr. Gostushki. During the first five days of the Step One or Step Two Program, before breakfast have one handful of fresh pumpkin seeds (100 to 200 seeds) powdered in a coffee grinder then mix with yoghurt. Next, wash out your mouth with water or vegetable juice. One to two hours before retiring, pour a cup of boiling water over

four to six finely cut garlic cloves, add some honey for taste if desired and consume after a few minutes.

### Step 2: 30 Day Fabulax Bowel Cleanse



The 30 Day Fabulax Bowel Cleanse Kit has two elements:

- *Fabulax Fibre*: consisting of various fibres and bulking agents, as well as soothing herbs that heal the mucus lining of the intestinal tract. This synergistic combination softens and removes old fecal matter from the bowel wall.
- *Fabulax Cleanser*: containing laxative, antifungal and anti-parasitic herbs helps to stimulate the peristaltic action of the colon and will gradually strengthen the muscles of the large intestine, relieve gas and cleanse the colon and gallbladder.

When *Fabulax Fibre* and *Fabulax Cleanser* are used together, they remove toxins from the digestive tract, achieve better peristaltic action and regulate bowel function.

#### The 30 Day Fabulax Cleanse Protocol

	<i>Fabulax Fibre</i>	<i>Fabulax Cleanser</i>
Adults	3 capsules	2 capsules
Children	1 capsules	1 capsule

Recommended Use: Each recommended dose should be taken twice daily on an empty stomach with water, 15 minutes before breakfast and 15 minutes before dinner or one hour before bedtime.

For most people, dosages outlined in the table above are sufficient. In some instances of prolonged bowel neglect individuals may have to modify the cleansing program to fit their individual needs. Drink at least eight 250 mL (8 oz.) glasses of purified water daily. Without adequate water intake *Fabulax Fibre* may not work properly. It is critical to keep the body hydrated at all times, but especially during this cleansing. Our bodies are comprised of approximately 75 % water and 25 % mineral solids. Dehydration can be difficult to recognize. The thirst for water is often mistaken as a need for food.

In my practice I have seen patients who have one or two bowel movements per week or even ten days apart. These people have been told this is normal. One bowel movement for every meal, or



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at least two per day is considered proper bowel functioning. Some people may have to be on a continual bowel program and a better diet, and have colon irrigations or enemas, for at least a few more months to attain proper bowel function.

Some people may initially need to take up to 10 or more capsules of Fabulax Cleanser to experience the desired results, while others will achieve the needed improvement on the standard dosage of four to six capsules of both Fabulax Fibre and Fabulax Cleanser daily. The peristaltic action stimulated by the 30 Day Fabulax Bowel Cleanse may cause occasional cramping in a sluggish bowel. If cramping becomes too uncomfortable, lower the dosage for a few days to give the bowel a chance to become accustomed to greater activity.

If you have chronic constipation, and have no results for a day or two with both bowel products, then use only Fabulax Cleanser until the stools become softened, and later incorporate Fabulax Fibre. Experiment with dosages of Fabulax Cleanser until you achieve the desired results. If you have neglected your bowels for years, it will also take time and work to have a bowel movement once or twice per day.

If you have an inflamed bowel, Crohn's disease, or diverticulosis, start with only one capsule of Fabulax Cleanser and take more capsules of Fabulax Fibre until the inflammation and diarrhoea are under control. Then slowly increase to the full recommended dosage of Fabulax Cleanser. If you have an inflamed bowel, a good quality sea salt can greatly assist your healing. Your body needs salt to retain water. When salt levels are low, the body excretes water to keep it in balance with the existing salt level. As a result of dehydration and lack of salt in the body, night sweats, diarrhoea, and pain in the bowel may result.

To balance your salt level, first thing in the morning, on an empty stomach, dip your fingertip in sea salt and place it under the tongue. Then drink a 250 ml (8 oz.) glass of water with your current dose of Fabulax Fibre. Follow this with a glass of water, every hour, and a fingertip application of sea salt under your tongue. This way you will consume about a half-teaspoon of salt per day. Sea salt will help to neutralize the acid wastes in your body and will act as an antihistamine to reduce inflammation. The salt water has the same gravity as blood so the kidneys will not excrete it. This procedure may be used as often as needed until the bowel inflammation is gone. Do not consume spices, seasonings, fruit and fruit juices. Fruit will ferment in your intestine and promote the growth of fungus. You may benefit from eating yoghurt with live bacteria and drinking fresh carrot and celery juice.

### Step 3: 30 Day LymphoHepaRen Cleanse



The 30 Day LymphoHepaRen Cleanse consists of *Uri-Harmony*, *Hepatica* and *Circu-Balance* with flushes which are optional but of great benefit to the outcome of the whole cleansing program.

**Uri-Harmony** contains herbs traditionally used to balance the kidney and urinary tract. This formulation assists in removing gravel-sized stones from the kidneys, stopping recurrent urinary tract infections, reducing water retention and harmonizing menstruation. In addition to herbs beneficial for the urinary system, Uri-Harmony also contains anti-lithic herbs, such as gravel root and hydrangea, known for dissolving stones. These two herbs are also well known as good diuretics.

*The kidney and bladder flush* is mainly meant for those people who are presently experiencing either pain in the kidney area, or above the waistline, or on either side of the spine, feel nauseated and suspect of having stones. If you are experiencing stone attack you should hurry to the hospital, or follow a two-day kidney and bladder flush protocol that helps to speed up the elimination of stones from the urinary system, then go through the rest of the program outlined. If you would like to do the two day flush preventively in addition to a regular cleanse you would need two bottles of Uri Harmony. For more details and flush see protocol page 8.

**Hepatica** contains herbs traditionally used to cleanse and strengthen the liver and gallbladder, remove stones and prepare the body for liver and gallbladder flushes.

*The Liver and Gallbladder Flush* further helps clear out stones from the liver ducts and gallbladder. It is invaluable for removing toxins and fat from the body that have accumulated as a result of the sluggish liver or gallbladder. For more details about flush protocol see pages 8-10.

**Circu-Balance** contains herbs that have traditionally been used to cleanse the lymphatic system, purify blood and remove heavy metals and toxic waste from the bloodstream, clear bacteria from tissues and inhibit tumour formation.



### 30 Day LymphoRen Cleanse Protocol

Day	Uri-Harmony	Hepatica	Circu-Balance
1-15	3 capsules		10 drops
15-30		3 capsules	13 drops
Suggested Flush Protocols			
14 & 15	Kidney/bladder flush*		
21	Liver/gallbladder flush		
30	Liver/gallbladder flush		

**Note:** Each dose should be taken twice daily with water on an empty stomach - 15 minutes before breakfast and 15 minutes before dinner or one hour before retiring.

#### Kidney and Bladder Flush

If you would like to do a kidney flush in addition to a regular cleanse you will need to purchase an additional bottle of Uri Harmony.

The kidneys' primary function is to filter the blood (about 500 litres daily), regulate the urinary system and produce hormones. The kidneys also stabilize blood pressure, stimulate red cell production and control vitamin D activation and fluid and electrolyte balance. If your kidneys are not in good working order, they may create stones in a very short period of time - literally overnight.

When the formation of mineral deposits or stones in the urinary tract is present, herbal treatments can be helpful. Stones or gravel are composed of calcium salts, oxalic acid, uric acid or phosphates. Everyone, especially those with stones or a tendency to produce stones should drink a lot of purified water daily so their system is flushed of toxins. Adults need to produce a gallon (four-litres) of urine a day. Body aches and pains are often associated with toxins and dehydration. Therefore drinking lots of water and herbal teas on a daily basis is a must.

If you are not in a situation to see your health care provider immediately, here are some steps you can take to help yourself. Abstain from solid foods and go on a light diet consisting of vegetable soup broth, fresh vegetable juices, lots of lemonade and apple juice. Conduct a self-administered enema. Enemas are one of the fastest known methods of dealing with pain. Up to 1930, enemas were used during most hospital stays and later abandoned purely due to social and economic reasons. For adults, make a litre of tea with the herb-catnip (one tablespoon per litre of distilled water) and place it in an enema bag. The temperature of tea should be about (38 to 44 C or 100 to 112 F). Adjust the amount proportionally for children. Then take a hot bath made with a half-kilogram or about a pound of Epsom salts while simultaneously keeping the head and neck cool with cold towel applications. If you are still experiencing pain and sensitivity after the bath, gently rub the lower back area with a few drops of Painfree Oil from Knowledge Products or administer castor oil packs. This should provide extensive pain relief.

Eliminate or cut down consumption of coffee, cocoa, chocolate, black tea, spinach, rhubarb and Swiss chard as they contain significant amounts of oxalic acid. Taking 100 to 250 mg of vitamin B6 and 200 to 300 mg of Magnesium Oxide will also help. Foods that are good for the kidneys are: watermelon with rind, parsley, celery, cucumber, dandelion, asparagus and cranberries. Then immediately proceed with the kidney flush protocol as outlined.

For people who have regular full-time jobs, the best time to do a kidney and bladder flush is on weekends. If you have time to better prepare for the flush, start 2 to 3 days earlier drinking juices made from watermelon rind and fruit (in season), or mix celery, cucumber and carrot juices or make tea from watermelon seeds (one tablespoon per cup of boiling water). The day before the flush quickly steam 8 oz./250gr. of asparagus - which helps to flush the kidneys and is excellent for lowering high blood pressure, with a handful of parsley, process it in the blender and drink it slowly mixing it well with saliva. Then do the kidney and bladder flush protocol outlined below.

#### Kidney and Bladder Flush Protocol

This part of the protocol is two days long. Take a four-litre (gallon) glass bottle and fill it with three litres/quarts of freshly squeezed organic apple juice. Add 0.2 litres or 7oz. of each: freshly squeezed lemon, lime and cranberry juice. Then add 0.3 litres or 10oz. of organic, raw unfiltered apple cider vinegar. Open the contents of each capsule of *Uri-Harmony* (90 capsules) and add it to the juice bottle. Let this mixture stay at room temperature for 24 hours, shaking it every hour for a minute during the day. Leave it over the night.

The next day the drink is ready for consumption. You may strain the herbs through clean cheesecloth before you drink it or take it as is. The finished formula must now be kept in the refrigerator until it is all consumed. Take half a glass of this liquid every hour, during waking hours. This drink will last you almost two days.

During the same period, drink about two litres per day of distilled or purified water. Purified water is very important for keeping the kidneys clean and for good health in general. Note: many small stones will dissolve faster than one large stone. The program can be repeated as often as needed until all the stones are gone.

#### Lymphatic System Cleanse

The lymphatic system is the most important physiological system in defending the body against invasion of disease causing agents. It is an important part of immune response. The lymph system acts also as a miniature sewer system. Located throughout the body, it provides the 'highway' by which waste is transported to the cells, then to the blood and then to the colon and kidneys. Organs of the immune system positioned throughout the body are known as



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the lymph organs and in combination with specialized cells are called the lymphatic system. Another fascinating job of the lymph system is to absorb the fat from our intestines. The primary lymphoid organs are the thymus and bone marrow. Secondary lymphoid organs are the spleen, lymph nodes and accessory lymphoid tissue including the tonsils and appendix.

Whenever the lymphatic system cannot drain interstitial fluid from the tissue faster than it accumulates, the resulting swelling is known as lymph oedema. There is a breakdown or blockage in the lymphatic system, which causes chronic swelling, most common in arms and legs, but can occur in other body parts as well.

In addition to taking Circu-Balance for cleansing and supporting the lymphatic system other supportive methods may include dry skin brush massage in the morning (the brush is sold in many health food stores), followed with alternating cold and hot showers, long walks, running, trampoline exercises/rebounding and a lymphatic drainage massage. Avoid, as much as possible, ice cream, cheese and pizza.

### **Liver and Gallbladder Flush**

For people who work full-time, the best time to do a liver and gallbladder flush is on the weekend.

Doing the liver and gallbladder flush is a great, simple preventive measure. It is also helpful for those experiencing a gallbladder attack or who have had their gallbladder removed.

For many, one flush may not be enough to remove all stones. Some may have to repeat this procedure once per week (or per two weeks) for a while until all the stones are gone.

Many people, including children, carry stones inside the tubing of the liver or in the gallbladder itself. Gallstones form when bile remains and settles in the liver ducts and gallbladder for too long a period. If not dissolved and removed with the aid of herbs and flushes, these stones can get larger over time and eventually cause severe pain and other health problems.

Nearly one million gallbladders are removed in North America annually. Physicians tend to surgically remove the gallbladder as a treatment for gallstones. Twenty percent of people suffer chronic diarrhoea after the surgery. Most doctors tell patients the gallbladder does not serve any purpose and we can live perfectly well without this organ. This is not true. If you have had your gallbladder removed, you may have to take something for diarrhoea, or need to compensate by taking ox bile supplements with every meal for the rest of your life. After the gallbladder is removed, your entire physiology may become disrupted, particularly the ability to make hormones and prostaglandin, as these are constructed from fats. The gallbladder stores bile

and bile acids, which emulsify fat so it can be properly transported through the small intestine into the blood stream.

Because the stones contribute to stagnant circulation in the tissues around them, they can become a breeding ground for bacteria, viruses and parasites. Tissue infection can result. You may have stones even if a medical examination does not detect them. When a gallbladder X-ray is taken, all the stones may not show up because they may not yet be calcified or they are too small. Furthermore, although stones may first form in the gallbladder ducts, the ducts are not usually X-rayed for the presence of stones.

The gallbladder can be thought of as the rectum of the liver. When we do a flush it is like giving an enema to the liver ducts and gallbladder. Those who have had gallstones notice immediate relief after a liver cleansing and flush. If you are aware that you have gallstones, flushes can dramatically improve digestion, stop stomach ulcers, intestinal bloating, constipation, exhaustion and allergic symptoms as well.

Some people are afraid that they may experience pain or pass large stones during a flush. However, this will not happen if the simple procedure outlined in the protocol is done correctly. Specifically, taking Hepatica from days 15 to 30 and drinking the Lemon/Lime Drink featured on page 12 or freshly pressed raw apple juice daily from the beginning of the cleansing will prepare the body for a successful flush. In addition, drinking a mixture of Epson Salt (magnesium sulphate= $MgSO_4 \cdot 7H_2O$ ) with pink grapefruit juice during the flush, will help open the bile duct valves. The liver and gallbladder flush protocol is outlined below. Fine ground Epson Salts can be obtained from any pharmacy. As a result, stones will not get stuck in the valves and no pain will occur during the entire program. As part of the protocol you will also drink virgin olive oil. The oil makes the stones slick and the pink grapefruit juice removes sharp edges from the stones, eliminating scarring of tissue during the flush. The only unpleasant sensation you may experience is slight discomfort, which is outweighed by the great results and health benefits you will attain.

If you are experiencing painful gallbladder attacks, stop eating solid foods for one to two days to avoid aggravating the condition. During that time drink as much Lemon/Lime Drink as you can tolerate combined with some grated ginger, mint or catnip tea to help settle the stomach. Follow with coffee or catnip tea enemas. (For an informative article about coffee enemas visit our web site, or call or e-mail us your request.)

In order to lessen the pain you may be experiencing, place a few drops of Painfree Oil, available from Knowledge Products, over the affected area. Or, you can warm up about 3 oz./100 mL of castor



# KNOWLEDGE PRODUCTS

## The Canadian Cleansing Company

oil in a glass pan for a few minutes. Dip a cotton or flannel cloth in the castor oil and place it over the painful area. Wrap a towel over the castor oil soaked cloth to keep the area warm for 30 minutes, or leave it overnight. These procedures are the quickest ways to help ease the pain of a gallbladder attack. After you start feeling better, or the next day, resume doing your first flush as outlined. If you have experienced a gallbladder attack and have chosen not to have surgery you may have to do the first few flushes two to three days apart, and a half dozen or more a week to two apart, to eliminate all stones from the liver ducts and gallbladder.

For more information on the topic of enemas refer to the following books:

*Colon Care*, Bernard Jensen D.C., N.D.,

*Colon Health*, Norman Walker D.Sc., Ph.D.

*Natural Detoxification*, Jacqueline Krohn M.D.

### Liver and Gallbladder Flush Protocol

In the morning add 3 tablespoons of Epsom Salt (Magnesium Sulphate) to three (250 mL or 8 oz.) glasses of freshly squeezed pink grapefruit juice. Mix well and refrigerate. Have a very light meal before 2 p.m. You will miss one dinner only! Eat again the next morning after the flush. Make sure to drink enough water.

At 6 p.m. drink 3/4 glass of the Epsom Salt mixture.

At 8 p.m. drink the second 3/4 glass of the Epsom Salt mixture.

Prepare for bed before 10 p.m.

At 10 p.m. mix 125 mL (4 oz.) of cold pressed olive oil with 180 mL (6 oz.) of freshly squeezed pink grapefruit juice. Chill Olive Oil as it tastes better and use a straw to sip it. As an option you can include 25 drops of *Black Walnut Extra Strength* to help kill the remaining parasites after the stones are flushed out. Shake thoroughly. Drink the mixture within minutes. Then lie down immediately with your head slightly up on the pillow, turned on your right side with knees drawn up for 30 minutes. Some may experience slight nausea after consuming this drink. Should you feel nauseated after drinking the mixture, prepare a few drops of mint oil or freshly grated or powdered ginger in some water and have it ready in a glass by your bed. If during the night you experience feelings of nausea, drink a bit more mint or ginger. Nausea is caused by the gallbladder ejecting the stones with such a force that it shoots the oil back into the stomach. Do not get up for at least two hours, otherwise the flush may not be successful. Make sure that you sleep through the night without heaving to get up. Upon arising at 6 a.m. immediately drink the third 3/4 glass of Epsom Salt mixture.

Go back to bed again and rest. Around 8 a.m. take your last 3/4 glass of mixture. Before your morning bowel movement, place a plastic strainer in the toilet bowl to catch your feces.

After the bowel movement pour water through the strainer and all that will remain are the stones. Count them and count your blessings too. The stones may range from clear to translucent green to black and will feel soft and spongy. Some may have bloodstains on them or have a hard crusty exterior. You may have just saved yourself from gallbladder operation. You may need to repeat the flush as many times as you need, a week to two weeks apart, to be free of all stones. Once free of all stones, maintain the health of your liver and gallbladder by doing one to two flushes a year.

*Note:* People who have been diagnosed with renal dysfunction should seek advice from their health care provider before taking Epsom Salts.

Dr. Radojicic says, "During the last 20 years of clinical practice, many of my patients, family members and I, have benefited tremendously from doing these flushes. I have also helped individuals scheduled for gallbladder removal. This flush is a very old and proven procedure. Adults will benefit from at least two flushes per year. Healthy children older than 15 should do at least one cleansing/flush per year."

Your first meal after the flush should consist of fresh fruit juices such as apple, cranberry, or a lemon and pink grapefruit combination. And for lunch have a light salad or a few steamed vegetables.

As liver cells live for 18 to 24 months, if you have chronic liver problems, it may take up to 24 months to achieve significant improvement. You may take Hepatica for two or three months more after cleansing. Beneficial foods for the liver include carrots, beets, cucumbers, spinach and goji berries.



## Compact Whole Body Deep Cleanse

This cleanse consists of two phases, see Phase A and Phase B tables below for dosages. To do this cleanse you will need the products outlined in Steps One, Two and Three and two bottles of *Black Walnut Extra Strength*.

### Phase A:

Day	Product	4 times daily
1-7	<b>30 Day Paraway Cleanse</b>	
	<b>Artemisia Combination</b> <b>Cloves</b> <b>Black Walnut Tincture*</b>	4 capsules 2 capsules 10 drops
	<b>30 Day Fabulax Bowel Cleanse</b>	
1-7	<b>Fabulax Fiber</b> <b>Fabulax Cleanser</b>	3 capsules 2 capsules
	<b>30 Day LympHoHepaRen Cleanse</b>	
1-7	<b>Uri-Harmony</b> <b>Hepatica</b> <b>Circu-Balance</b>	2 capsules 2 capsules 10 drops

\*Note: Refrigerate Black Walnut after opening.

To avoid unduly stressing the body, this cleansing is best done in the spring, summer or fall if you live in a colder climate. If you are working during this cleansing you may find there are times when your energy is low and you need to slow down and rest.

### Detailed Recommendations:

#### Days 1 to 7

- Follow a liquid diet. Don't eat any solid food for the week.
- You will be taking 15 capsules and 20 drops of a tincture four times daily. Most people can easily handle all the capsules during this part of the cleansing. You may prefer to open the capsules and empty the contents into a container with a lid. Find a glass bottle with a lid, fill it with a glass-and-a-half of water or diluted apple juice or lemonade, add the tincture and shake for 10 seconds or until thoroughly mixed and drink immediately.
- Take the herbal supplements with water or diluted fruit juices every four hours, four times daily e.g. 8 a.m., noon, 4 p.m., 8 p.m.
- If you experience nausea at any time, swallow some freshly grated ginger with water or mint tea.
- One and a half to two hours after taking each dose of herbs, drink a glass of fresh Vegetable Juice Booster (page 12) preferably made from organic produce. If you do not have a juice-maker machine you can get a bottle of Biota, vegetable juice mixture sold in many health food stores.

The other alternative is the Lemon/Lime Drink, (page 12). It may be consumed any time of day. In order to saturate the body with nutrients in an easily digestible form, you can take either one or a combination of these juices four times daily. For the first 2 to 3 days of the 7-day cleanse you may

at times get hungry. If you need to curb your hunger eat some well-washed grapes or watermelon, especially if cleansing in autumn.

- Options to increase the effectiveness of this cleansing include: colon irrigations or organic coffee enemas (ground organic coffee water), done daily or every second day. A trained nurse usually does colon hydrotherapy or irrigations. They are advertised in holistic magazines. If you prefer to administer an enema at home, an enema kit can be obtained in many pharmacies.

Enemas done at home can be made with 30 to 60 drops of *Black Walnut Extra Strength* mixed with tea made from Artemisia Combination and Cloves. Bring a cup of water to boil, turn the heat off, and empty the contents of two to three capsules of Artemisia Combination with one capsule of Cloves. After the tea has cooled down strain through the cheesecloth and add this tea to the enema bag. Enema bags hold one litre/quart of distilled water. This procedure should be done after the bowel elimination. It is a very potent way of administering the medicinal properties of herbs. It will quickly reach and kill parasites hidden inside the pockets of the colon. Taking herbs this way will not however reach the small intestine or blood. This is why it is more beneficial when the product is taken orally as well. If you choose to take herbs both ways (ingesting and enema), the remainder of cleansing program will be a bit shorter than outlined below.

### Maintenance Phase

#### (for Compact Whole Body Deep Cleanse)

The maintenance phase of this cleanse can be done in one of two ways. It can be done in the same manner as on chart outlined from days one to seven (see Phase A table), except that the supplements are now taken two times daily. Or you can proceed with a more gentle, but a longer cleanse by following the chart outlined below (Phase B table). You will continue taking the remainder of the supplements used from days eight on, until they are all consumed.



# KNOWLEDGE PRODUCTS

## The Canadian Cleansing Company

### Phase B:

Product	Days and recommended Dose	
	8-14	15 till runs out
<b>Artemisia Combination</b>	2 capsules	2 capsules
<b>Cloves</b>	2 capsules	1 capsule
<b>Black Walnut Extra Strength*</b>	25 drops	25 drops
<b>Fabulax Fiber</b>	3 capsules	2 capsules
<b>Fabulax Cleanser</b>	2 capsules	1 capsule
<b>Uri-Harmony</b>	1 capsule	1 capsule
<b>Circu-Balance</b>	15 drops	15 drops
<b>Hepatica</b>	1 capsule	1 capsule
Kidney/bladder flush	Days 14 and 15 (Optional)	
Liver/gallbladder flush	Days 21 and 28 (Optional)	

\* Note: Refrigerate Black Walnut after opening.

### Detailed Recommendations:

#### Days 8 to 30

- Take each product twice daily, 15 minutes before breakfast and 15 minutes before dinner, or one hour before bedtime with 250 ml / 8 oz. of water or diluted fruit juices.

- On day eight begin having solid foods. Your first meal should consist of fruit. The second meal can be the vegetable soup outlined below or mixed steamed vegetables with toast. The third meal can be a mixed salad with some grains. After your third meal, gradually introduce more complex foods.

#### Vegetable Soup

This soup is rich in minerals, especially potassium, and will assist your body in repairing and rejuvenating itself. Always try to use organic ingredients.

To make this wholesome vegetable soup combine:

- 2 large chopped beets with beet tops
- 2 chopped potatoes with skins
- 1 chopped onion
- 4 chopped carrots
- 8 cloves of chopped garlic
- 1 chopped celeriac root or celery stalk
- Some chopped Savoy cabbage.

Sauté vegetables in olive oil, cover with water and cook at a low temperature for one hour. Towards the end of the cooking time, add some hot pepper, dulse or nori seaweed, cilantro and Celtic sea salt, or Dr. Browner's balanced mineral broth to taste. Take two cups or more per day.

#### Vegetable Juice Booster Recipe

(Preferably made with organic produce)

Juice the following:

- 300 grams (9.6 oz.) carrots
- 100 grams (3.2 oz) beetroot
- 100 grams (3.2 oz.) celeriac or celery root
- 25 grams (8 oz.) greens (i.e. lettuce, romaine, endive, Swiss chard, escarole, kale, collards)
- 30 grams (1.06 oz.) black radish
- 1 potato with skin, egg size

You can alternate the Vegetable Juice Booster with grapes and watermelons if they are in season or Lemon/Lime drink. Wash grapes thoroughly with a natural fruit and vegetable washing liquid (found in health food stores) and eat in small portions throughout the day. Don't eat more than 1.8 kg (four pounds) of grapes per day.

#### Lemon/Lime Cleansing Drink

By Stanley Burrough

- 500 mL (16 oz.) water
- 15 mL (1 tbsp.) fresh lemon or lime juice
- 15 mL (1 tbsp.) pure maple syrup
- 1/10 tsp. cayenne pepper

#### Optional Supplements

Whether you suffer from a chronic condition or you are a healthy individual, you may wish to supplement your *compact whole body deep cleanse*. Some supplements are high in nutritional value while others can enhance the self healing.

**Algae** like spirulina and chlorella, kelp or dulse provide additional support during the *compact whole body deep cleanse* and afterwards in the rebuilding stage. Kelp and dulse help speed up the metabolism, are high in minerals and benefit the thyroid due to their iodine content. The suggested dosage of spirulina or chlorella is five tablets, four times daily. And the suggested dosage of kelp is half to one tablet, four times daily.

**Pancreatin**, a common animal-derived enzyme produced by the pancreas, is used for its therapeutic properties as an integral part of many health recovery programs in major holistic clinics. Drs. W. Kelly, Gerson, B. Jensen and numerous others indicate that chronic problems occur due to a sluggish and toxic liver and the pancreas failing to produce enough enzymes to fight disease. Enzymes are a powerful digestive aid and also help break down excess mucus in the digestive tract. The suggested amount to be used during the first phase of the 7-day deep cleanse is three to four tablets, four times daily.

Vitamin C helps your body to detoxify mold toxins, including aflatoxin and is a powerful anti-oxidant. Take 1000 mg of vitamin C four times daily.

Coenzyme Q-10 helps provide energy to cells and stimulates the immune system. During the cleansing you may take 50 mg, four times daily.



# KNOWLEDGE PRODUCTS

## The Canadian Cleansing Company

### 60 Day Parasite Purge Cleanse Protocol

The 60 day parasite purge cleanse protocol should be used when someone has been diagnosed with a parasite infection that persists and when either the 30 Day Paraway Cleanse or the 30 Fabulax Bowel Cleanse alone or the three step whole body cleanse has not yet brought complete results.

This cleanse is a continuation of Step One, The 30 Day Paraway Cleanse. To do this protocol for 60 days you need one 30 Day Paraway Cleanse kit and one extra bottle of Black Walnut Extra Strength.

Days	Black Walnut Extra Strength 2x daily	Artemisia Combination 2x daily	Cloves 2x daily
1-15	24 drops	4 capsules	2 capsules
Days	Black Walnut Extra Strength 2x on day#	Artemisia Combination 1x on day#	Cloves 1x on day#
17	40 drops	4 capsules	3 capsules
19	40 drops	4 capsules	3 capsules
21	40 drops	4 capsules	3 capsules
23	40 drops	4 capsules	3 capsules
25	40 drops	4 capsules	3 capsules
27	40 drops	4 capsules	3 capsules
29	40 drops	4 capsules	3 capsules
32	40 drops	5 capsules	3 capsules
36	50 drops	5 capsules	3 capsules
39	50 drops	5 capsules	3 capsules
43	50 drops	5 capsules	3 capsules
46	50 drops	6 capsules	3 capsules
50	50 drops	6 capsules	3 capsules
53	50 drops	6 capsules	3 capsules
57	50 drops	6 capsules	3 capsules
60	50 drops	6 capsules	3 capsules

Note: Refrigerate Black Walnut after opening.

#### Recommendations:

From days 1 to 15, take each product on an empty stomach, **twice** daily, with ¼ litre/ 8 oz. of water or diluted fruit juice - 15 minutes before breakfast and 15 minutes before lunch or one hour before bedtime.

From days 17 to 60 take dosage for Artemesia and Cloves as shown - **once** per day on days indicated in chart above, and for Black Walnut Extra Strength - **twice** daily as indicated. Note: one teaspoon of Black Walnut Extra Strength is approximately 50-60 drops.

#### What Should I Do After Cleansing?

Noticeable health improvements may appear at any time during and after a cleansing. After cleansing we move into the rebuilding stage. This stage includes focusing on eating nutritious foods, taking appropriate nutritional supplements, exercising, getting good night of sleep and having a more positive attitude towards life.

#### Rebuilding the Gastrointestinal Tract and Enhancing Immunity

After completing the whole body cleansing protocol, which eliminates toxic chemicals,

moulds, fungi, parasites and microbes from the system, you need to replenish the colon with friendly bacteria or probiotics. These organisms are an integral part of a healthy immune system. A good acidophilus/bifidus supplement should be used for at least one month after the cleansing program.

If you have poor digestion and want to rebuild your digestive and immune system, it is important to take digestive enzymes. Symptoms of poor digestion include belching, heartburn, flatulence, fullness, bloating and fatigue after meals. Digestive enzymes are derived from animal, plant or fungal sources. Enzymes from plant sources are excellent food digestive aids. Fermented foods such as sauerkraut, beet-kraut, and lacto-fermented vegetables are rich in enzymes and probiotics such as lactobacillus acidophilus.

#### What is The Best Diet to Follow?

To build a stronger immune system, consume an organically grown "rainbow diet" (which consists of foods of all colours) such as legumes, raw seeds and nuts, grains, vegetables and fruits. If part of your diet is made up of animal or poultry products ensure that they are organically raised. Our diet should contain as many raw foods as possible. Raw foods restore the electrical potential of the cells and rejuvenate the life force and health of the body.

Eat more foods that help the body maintain the correct acidity level and make your system slightly more alkaline. According to Dr. P. Airola, in his book *How to Get Well*, the ideal diet should have a natural ratio of four parts alkaline to one part acid. Common foods which are high in alkalinity are spinach, soybeans, raisins, carrots and most citrus fruits. Common acid-forming foods include processed junk foods and products high in animal protein. Our diet should be a balance of the five tastes perceived: sour, bitter, sweet, pungent, and salty. \*Meals should be balanced and varied according to the changes of time and season, according to its nature or energy and body type. Avoid visiting big chain restaurants since their food is high in M.S.G. (monosodium glutamate, also known as hydrolysed vegetable protein or meat tenderizer). It is a stimulant that makes people eat more, that may lead to obesity. It is found in abundance in most chicken dishes, salad dressings and gravies..

The healthiest way to cook food is to sauté it over high heat using a wok. The cooking time should be as short as possible to keep the vitamins in the vegetables from being destroyed. Steaming or boiling in moderation is fine. Frying with hydrogenated oils is not the best way to cook your food.

Whole food supplements that enhance the immune system are essential because most people in North America eat food grown in



# KNOWLEDGE PRODUCTS

## The Canadian Cleansing Company

demineralised soil. Important food supplements for the immune system include: bee pollen, royal jelly, apricot kernels, barley powder, wild and cultivated algae, sea vegetables such as spirulina, chlorella, kelp and dulse, and herbs like ginseng, astragalus, medicinal mushrooms and essential fatty acids such as fish and flax seed oils.

To continue your journey to wellness, cleanse your mind and emotions. Love yourself, face your fears and doubts. Learn to let go of anger, jealousy, self-pity, denial, guilt, shame and all negatives attitudes. You cannot afford the luxury of a negative thought.

### Suggested Reading

The information found in the following resources provides further clinical support for Dr. Radojic's Knowledge Products' formulas and protocols.

*The All-In-One Guide to ADD and Hyperactivity*, Aleks Radojic, **D. Ac., R.N.C.P., P.H., R.H.**, Ages Publications  
*Lemonade Diet*, Stanley Burroughs, Burroughs Publishing  
*Cure For All Disease and Cure For All Advanced Cancers*, Hulda R. Clark, **Ph.D., N.D.** New Century Press  
*Guide to Better Bowel Care*, Bernard Jensen, **D.C., N.D.**, Avery Publishers  
*Colon Health*, Norman W. Walker, **D.Sc., Ph.D.**, O'Sullivan Woodside and Comp.  
*Parasites-the Enemy Within*, Hanna Kroeger, **Ms.D**; Gerald Foote, **BA** in Biology  
*The Parasite Menace*, Skye Weintrub, **N.D.**, Woodland Publishing  
*One Answer to Cancer*, William D. Kelly, **D.D.S.**, Sterling Press  
*Clinical Acupuncture*, Prof. Dr. Sir Anton Jayasuriya  
*\*Unleashing the Power of Food*, Master FaXiang Hou, Agora Health Books

The information in this booklet is for reference purposes only and is not intended as a substitute for diagnosis or treatment from a qualified health care practitioner. Please consult your health care practitioner before using these or any other nutritional products.

**Note:** The statements in this brochure have not been evaluated by the Canadian Health Protection Branch or the American Food and Drug Administration. Products described here are not intended to diagnose, treat, cure or prevent any disease.

### Also Available from Knowledge Products

- **Brain Booster.** Supports mental clarity, improves memory and enlivens the endocrine glands (pituitary, adrenals, gonads).
  - **Lion's Heart.** Balances the cardiovascular system, reduces cholesterol and assists in normalizing blood pressure.
  - **Painfree Oil.** Relieves headaches as well as pain and stiffness in joints, tendons, muscles and ligaments through a highly concentrated and powerful deep penetrating healing oil.
  - **Respira Tonic.** Relieves colds, flu, coughing, hay fever, allergies, bronchitis and asthma in a unique fast-acting herbal formula.
- This booklet was written by:  
Aleks Radojic, **D.Ac., R.N.C.P., R.H., P.H.**

### We want to hear from you!

Share your experience with Dr. Radojic at [Aleks@knowledgeproducts.ca](mailto:Aleks@knowledgeproducts.ca). Suggestions, comments and questions are welcome.



Knowledge Products  
28 Health Street, Richmond Hill  
ON, L4B 2B6  
Toll Free: 1-800-787-8827  
Fax: 416-736-6995  
[www.KnowledgeProducts.ca](http://www.KnowledgeProducts.ca)