



CleanStart

Herbal formula to protect the liver from environmental toxins

In our modern world we are exposed every day to numerous chemicals. These include food additives, pesticides and other agricultural chemicals, water pollutants, air pollutants, chemicals in household cleaning and personal care products and chemicals used in fabrics and building materials. Many of these chemicals have not been adequately tested for safety and those that have been tested have been tested in isolation, meaning we don't know how safe they are when combined with other chemicals to which we are exposed.

Heavy metals, industrial solvents, endocrine disrupters and xenoestrogens are all present in our modern world and there is ample evidence that these toxins contribute to many modern health problems, especially heart disease, cancer and autoimmune diseases. Environmental toxins, coupled with nutritional deficiencies, may also be the cause of many mental and nervous system disorders, including ADHD, depression, dementia, Alzheimer's and Parkinson's.

Minimizing our exposure to these chemicals is important, but since we cannot completely avoid them, it is also wise to give our body some extra help in getting rid of them by doing a periodic cleanse. CleanStart is a basic cleansing program that help the body detoxify from various chemicals. It contains supplements that support liver detoxification, absorb irritating substances in the intestines, and aid normal bowel elimination.

CleanStart is a two-week cleanse that can be done at the start of a healing or nutritional program, or once or twice each year for basic health improvement. The cleanse contains three products, placed into convenient packets. The benefits of each product are described below.

CleanStart Cleanse Packet

The Cleanse Packet is a fiber product that is mixed with water and consumed. It contains psyllium hulls and bentonite clay, two substances that absorb irritating substances in the digestive tract and help to eliminate them from the body. The cleanse packet also contains aloe vera, which has an anti-inflammatory and soothing action on intestinal membranes. Another ingredient is chlorophyll, a natural deodorizer and blood builder.

There are two flavors Apple Cinnamon and Wild Berry. The sweetness comes from stevia, a naturally sweet herb that also helps balance blood sugar levels.

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LBS II

Known as a gentle-working laxative formula, LBS II promotes and supports normal bowel function. In addition, it works to cleanse and tone the colon for improvement in colon strength and health. As it works to cleanse and tone, LBS II also promotes natural detoxification of the bowel and encourages better digestion. It should be noted that LBS II contains cascara sagrada and similar laxative stimulants that will transfer to babies through breast-feeding, so this product is not generally recommended for nursing mothers.

Enviro Detox

Enviro-Detox is a blend traditional herbalists would call a "blood purifier." It contains herbs that enhance the ability of the liver to neutralize environmental and metabolic toxins and flush them from the body through the urinary and intestinal tracts. It is an excellent formula to protect the body against environmental pollution, and a good choice for those who are regularly exposed to chemicals or pollutants, such as those involved in modern farming, manufacturing, lab work, commercial cleaning, painting and so forth.

Enviro-Detox contains milk thistle, which helps protect the liver against toxins, and traditional blood purifying herbs like dandelion, red clover, sarsaparilla and burdock. It also contains friendly bacteria, which promote colon health, and the digestive enzyme pepsin, which breaks down proteins. Other herbs in Enviro-Detox aid the digestive and immune systems.

Recommended Use

Take contents of one cleanse packet 15-30 minutes before breakfast and 15-30 minutes before dinner. Take contents of capsule packet with breakfast and dinner (twice daily). Be sure to drink plenty of water while on this cleanse.

Generally speaking cleansing is not recommended for pregnant and nursing mothers, small children or people who are extremely weak and run down. People with autoimmune disorders should cleanse slowly, as cleansing may aggravate their symptoms.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing
Coming Clean by Steven Horne
PDR for Herbal Medicines by Medical Economics Company
The Encyclopedia of Medicinal Plants by Andrew Chevallier

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