



# All Cell Detox

## General detoxification formula

Assisting the body in the process of detoxification is a very important part of natural healing. In our modern world, the body has to process many chemicals from food additives and pesticide residues to chemicals from water and air pollution, household cleaning products and personal care products. Sometimes, it is difficult for the body to properly process and eliminate these substances. This is where a blend like All Cell Detox can be helpful.

All Cell Detox is a formula that assists the digestive tract, colon, liver and kidneys in eliminating toxic waste materials. This general cleansing formula has been used for conditions such as acne, skin eruptive diseases, body odor, breast lumps, cysts, fibroids, polyps, parasites and tumors.

All Cell Detox works best as part of an overall cleansing program which includes water, fiber, and digestive enzymes. It is an important component of the Tiao He Cleanse, a popular colon-cleansing program.

The following ingredients are found in this blend, and each contributes its unique properties to the effectiveness of All Cell Detox.

**Gentian** is a bitter herb that acts as a digestive tonic, stimulating digestive secretions and toning digestive organs.

**Irish moss** is a seaweed rich in minerals, including iodine. It contains mucilage and helps absorb toxins in the digestive tract.

**Cascara sagrada** is a stimulant laxative that encourages normal bowel elimination. It stimulates the flow of bile to flush the liver.

**Fenugreek** seeds have a cholesterol lowering action. They also help break up hardened mucus so it can be expelled from the body and have been applied topically to treat abscesses, boils and ulcers.

**Golden seal** is a bitter tasting herb that has a tonic effect on the mucus membranes of the digestive tract. It also helps to fight infections, balance blood sugar and reduce inflammation.

**Slippery elm** bark is a nourishing, mucilaginous herb that absorbs toxins while soothing inflamed and irritated tissues in the digestive tract.

**Safflower** has a mild blood-purifying effect. It has been used to treat fevers, wounds, sores, measles and skin rashes. It helps remove waste acids from the tissues.

**Black walnut** hulls are antiparasitic and antiviral. They have a tissue cleansing effect and has been used for abscesses, boils, acne, eczema, itch, shingles and even tumors.

**Myrrh gum** is a disinfectant herb. Its aromatic and bitter taste stimulates digestive secretions. It also has infection fighting properties.

**Parthenium** root is a urinary tract disinfectant and diuretic with some immune stimulating properties.

**Yellow dock** root is a blood purifier and blood tonic. It helps build red blood cells, has a mild laxative action, and increases the flow of bile to cleanse the liver. It has been used for a wide variety of health problems, including cysts, eczema, psoriasis, chicken pox and even cancer.

**Dandelion** root is a liver cleansing herb and mild diuretic. Like yellow dock, it helps cleanse toxins from the blood and has been used for a wide variety of diseases involving skin eruptions and toxicity. It is also a mild digestive tonic.

**Oregon grape** root is primarily a hepatic and lymphatic herb. It stimulates digestion and the flow of bile. It also has mild infection-fighting qualities.

**Uva ursi** leaves are a diuretic and urinary disinfectant. They help fight urinary tract infections.

**Chickweed** herb helps break up fats and fatty deposits in the system. It helps skin eruptive diseases like chicken pox and measles and helps reduce itching. It has also been used to treat eczema and dermatitis.

**Catnip** is an aromatic herb used to stimulate digestion and settle upset stomach.

**Cyani** flowers are a diuretic and have been used to treat fevers, inflammatory skin conditions, and urinary tract infections.

### Suggested Use

For general detoxification, take 2 capsules three to four times daily with plenty of water. All Cell Detox works even better when taken with a fiber drink such as Psyllium Hulls Combo or Nature's Three. Take the fiber in a glass of water or juice first thing in the morning before breakfast together with 2 capsules of All Cell Detox. Take 2 more All Cell Detox with lunch and dinner. An optional fourth dose, along with another fiber drink, can be consumed on an empty stomach right before bedtime. Drink plenty of water (at least 1/2 gallon per day) to assist the cleansing process.

Note: It is best not to do cleansing if you are pregnant or nursing. Do not use if diarrhea, loose stools or abdominal pain are present or develop.

### Selected References:

*The HART Manual* by Herb Allure

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing

*Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston

*Nutritional Herbology* by Mark Pederson

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