



Body Rejuvenate

Detoxification

“The sages of the ancient world were well aware of the inseparable link between the state of the body and the state of the mind, for they knew that the toxic blood and tissues form a breeding ground not only for disease and degeneration of the human body but the darkening and degeneration of the human spirit. Many ancient scriptures prescribe fasting and detox as the first preliminary steps on the path of spiritual self-cultivation.

Today the mutual dependence of physical and spiritual health has largely been forgotten, and few people see the causal connection between the massive pollution of the planet and the degradation of the human body, and rampant crime, chronic violence and spiritual malaise that marks human life in contemporary times.

According to the psychophysiological prescription of the ancient sages who gave birth to western civilization, cleaning up the planet and detoxifying the human body are the best medicine of all both for restoring peace on earth and reviving health and spiritual integrity of humanity.” (The Toa of Detox – Daniel Reid)

Colon Hydrotherapy dates back to 1600 BC, documented in the book of Essene, the hieroglyphs and the Yogi practices, not to mention an integral part of South African traditional healing modalities. It is now a popular and acceptable therapy practiced all over the world to aid healing from a host of disorders and illness.

Detoxification deals with the biochemistry of the eliminatory systems. This includes the toxic waste from metabolism, the food and water ingested, air breathed and substances applied to the skin, hair and nails. Every cell in the body, of which there are approximately 70 million, has to eliminate waste in order to assimilate nutrients in order to regenerate.

99% of disease can be related to degenerative conditions, most of which stem from poor elimination. Our “civilised” lifestyles ensure the input of a host of synthetic, refined, processed foods, which the body is unable to digest. This build up in the colon, resulting in the accumulation of impacted waste. Bowel movements should be daily, anything less results in auto-intoxification.

Why Colon Hydrotherapy?

Colon Hydrotherapy is a gentle means of thorough elimination; it works on the naturopathic principle that the body is capable of healing itself if it is allowed to. By eliminating old waste the body can assimilate and utilise nutrients effectively.

Safety

The gravity method utilized by Body Rejuvenate is completely safe, hygienic and very gentle. There is absolutely no chance of bowel perforation, and the intestinal flora is replaced with the highest quality probiotic in a balanced, clean environment. The colon is massaged, improving the muscle tone to its natural place in the body.

Benefits

Colonic Irrigation aids the body in healing a multitude of diseases, which causes serious and debilitating illness. The skin is rejuvenated; the lungs are able to work to their full capacity, and the digestive tract functions at optimum efficiency, resulting in increased energy, vitality and a balance within. The body is then able to heal most illnesses, or manage more serious dis-ease, ensuring improvement of LIFE, no matter what.

If you are choosing this approach then you are choosing a pro-active, preventative method of managing your health. Congratulations, here dawns a new day.

The Way Forward:

A tissue cleanse is a physical, spiritual and emotional experience. The supplements include all nutrients required for the functioning of the body. It is possible to cope with a normal, busy day, however, it is important to rest as much as possible. By making time to rest, make's space for meditation and prayer, often skipped in a busy day.

Keep your diary as clear as possible and only do as much as you have to, remembering a certain amount of activity keeps your mind off food. Keeping out of the shops and away from social events involving food removes temptation from your path.

Preparing for your fast through cleaning up your diet at least a week prior to your fast, makes the detox process easier.

- Cut out all coffee, tea, sugar and other stimulants, these are all false sources of energy so don't be surprised if you feel exhausted. There may well be a headache to accompany the caffeine deprivation – Sleep if possible and drink plenty of water – this will pass.
- It would be good to cut out all forms of animal protein – Red meat, chicken, fish and even eggs and milk – from two to three days prior to the fast. Yoghurt and cottage cheese are acceptable if you should crave protein.
- Drink 1.5 – 2 litres of water per day. Herbal teas or rooibos are also good to drink. Although water is the primary cleansing agent in therapeutic fasting, various other supplements will be used to accelerate blood purification and tissue detox, and promote rapid healing during the course of the fast.

These include:

Colon Cleanse: Most important for clearing and cleansing the digestive tract, particularly the lower bowels. It helps curb hunger by making the intestines and stomach feel full.

Bentonite Clay: Acts like a 'magnetic mop' to neutralize and carry away toxins loosened from the bowel walls by the colon cleanse. It also makes its way through the bloodstream, escorting toxins to the kidneys for excretion.

Green Food: Best nutritional supplement to use during fasting, it is one of the richest and purest sources of blood-cleansing chlorophyll and life sustaining nutrients. It also provides sufficient metabolic energy to help counteract food cravings. Although a 10-day fast will do you the world of good, by purifying your blood, cleansing the lymphatic system and detoxifying the tissues, it can also remove the 2-7 kg of toxic waste that has become deeply impacted in your bowels from years of bad eating habits. The only way to rid your body of this waste is through a series of colonic irrigation in conjunction with the therapeutic fast.

TEN-Day Cleansing Programme

Based on cleansing programme by Dr Bernard Jensen

What you will need:

- Juice Extractor - NOT Liquidiser
- Apples - 2 per day x 10 days (best to use Granny Smith apples)
- Cucumber—1 per day x 10 days
- Celery sticks – 3 per day x 10 days
- Lemons – 2 per day x 10 days
- Pineapples - 1 large one per day x 7 days
- Fennel – 5 packs/bulbs plus stalks
- Raw honey
- Good quality Extra Virgin olive oil or flax oil
- Cayenne pepper (non-irradiated)
- Probiotic what you have at home or Vivomixx (Dischem) x 10 sachets

Eat nothing for the full ten days, other than as specified, during the programme. If you experience a feeling of extreme hunger, you may drink herbal teas, clear vegetable or potato-peeling broth's or diluted (50/50), fresh, vegetable juice. Plenty of liquid is essential to the success of the cleansing programme.

Avoid cruciferous and nightshade vegetables; broccoli, cauliflower, onion, tomato, aubergine and peppers. Add potato, sweet potato, butternut, ginger, garlic, carrots, beetroot, celery, etc. to your juices and broths. You will not receive a colonic on the 1st day of the fast, but it is important to have colonics from the 2nd day of the fast on consecutive days.

Skin Brush

Skin brushing removes the top layer of old dead skin. It helps to eliminate uric acid crystals, mucous, and various other acids in the body. The skin should eliminate about a kilogram of waste acids daily. Using a natural bristle brush with a long handle, start your day with skin brushing for three to five minutes. Always brush towards the heart, starting with the extremities and moving upwards and inwards.

Time Schedule

1 tablespoon of extra virgin olive oil on waking (bite on piece of lemon to take away taste). Please improvise according to your daily routine. It's a drink every hour and a half and 5 of each drink should be consumed per day.

7:00: Cleansing drink (cucumber juice mix) with clay

8:30: Green powder with Pineapple juice mixture

10:00: Cleansing drink (cucumber juice mix) with clay

11:30: Green powder with Pineapple juice mixture

1:00: Cleansing drink (cucumber juice mix) with clay

2:30: Green powder with Pineapple juice mixture

4:00: Cleansing drink (cucumber juice mix) with clay

5:30: Green powder with Pineapple juice mixture

7:00: Cleansing drink (cucumber juice mix) with clay

1 tablespoon extra virgin olive oil or flax oil before bed

Cleansing Drink (cucumber juice mixture)

Drink Cleansing Drink 5 times per day. Drink part one and two directly after one another.

Add half a teaspoon of Vitamin C powder to stabilise pre-juiced apples.

Part One

(Daily Juice Preparation) Juice two apples, one cucumber, 3 celery sticks and one small lemon

Add 400 – 600 ml of purified water (depending on hunger levels) to above juiced ingredients

Add 1 heaped teaspoon Clay mixture (provided by Body Rejuvenate) to 250 ml of above mixed juice.

Drink clay 5 times per day thus every time you are having the cleansing drink.

Part Two

1 tablespoon fresh lemon juice

1 teaspoon raw honey

1 litre hot water

Can be made inside a hot water bottle to be consumed the whole day. At bedtime add half a flat teaspoon of cayenne pepper (optional)

Green Powder with Pineapple Juice Mixture

Drink 5 times per day

Diluted Pineapple Juice: Juice one large pineapple and ½ of fennel pack/bulb, pour it into a one litre glass bottle and fill the rest of the bottle with water (this will last you the day)

Add 100 ml of Aloe Vera juice (provided by Body Rejuvenate)

Diluted Pineapple Juice (250 ml each time) with 1 heaped teaspoon Green powder mixture (provided by Body Rejuvenate)

Vegetable Broth / Bone Broth

Make in advance – Enjoy broth in-between or when feeling a hungry)

6 medium sized bone marrow bones

1 large potato, unpeeled, chopped or sliced 1 sweet potato

3 carrots, grated or chopped

1 cup beetroot, shredded or sliced

1 cup celery plus leaves – chopped

1 cup any other available vegetables: e.g. spinach, butternut, turnips and turnip tops, parsley.

Place vegetables in a large pot and cover with water (enough until all veggies are covered) and boil for 2.5 hours.

Add: Soup mixture (2 table spoons) (provided by Body Rejuvenate) plus 1 tsp honey Juice of half a lemon Himalayan, herbal or sea salt to taste

Strain the soup and only enjoy the liquid broth!

Breaking the fast - SLOWLY!

Detox no 1: It is very important to **not** continue with the Clay mixture after your last colonic. Stop taking clay, but continue with green powder mixture till finished.

Probiotics: Take one tablet/sachet after your second colonic and continue with one tablet everyday until finished.

When you are breaking the fast, it is very important to gradually introduce a bigger variety of fruit, vegetables, whole grains, nuts and seeds into your diet. You have to re- introduce protein very slowly:

1st Day after fast: You may have a little bit of fruit and soups. Avocado is also good to start introducing.

2nd Day after fast: The same as for the 1st day or some egg.

3rd Day after fast: A small portion of fish if you've tolerated the protein of the previous days well.

4th – 7th Day: Small portions of fish and chicken should be fine!

After a week: Organic red meat should only be re-introduced a week after the fast ended.

It is good to break the fast with paw-paw, other fruit, salads, vegetables and soup. Gradually add whole grains, nuts and seeds and then protein.

NB: the longer you've stayed on the fast, the slower you should re-introduce protein back into your diet. Meat protein needs a lot of digestive juices to be digested and might cause tremendous cramping if introduced too soon back into the diet. Continue to drink vegetable juice or herbal teas between meals.

- Drink 6 – 8 glasses of filtered water every day!
- Eat slowly and chew food well! Gradually resume regular diet avoiding refined carbohydrates, fried foods, processed food and sugar as much as possible.

Good luck!