

# Cleansing

**Michael DeJong**

**A Mystic Guide to Cleansing & Clearing** David Salisbury, 2016-09-30 A Mystic Guide to Cleansing & Clearing takes a new approach to the practice of cleansing our lives. Using energetic methods from a variety of traditions and philosophies yet geared for the pagan mind, you will uncover energetic burdens and learn how to transform and clear them from your life. These teachings from the Western magickal traditions will arm you with the tools necessary to clear your space, cleanse your body, cast out negative entities, and clear the slate for a fresh start.

**Internal Cleansing, Revised 2nd Edition** Linda Berry, 2010-05-12 Cleanse Your Body of Pollutants and Other Impurities Why not feel gloriously better? Every day our bodies are bombarded with pollutants from food, air, and stress. This buildup of toxins is bad for you and ultimately leads to fatigue, depression, and a host of other chronic health problems. In this book are ways to help you give your body a fresh start and achieve vibrant good health. You will learn how to:

- Recognize and avoid toxins in air, food, and water
- Use herbs, fiber, and therapeutic food powders for cleansing
- Enjoy tasty recipes and follow a healthful diet to complement cleansing
- Improve your digestion, your outlook on life, and your overall health

A wonderful, integrated approach towards cleansing. All individuals who are trying to make their way in a congested, polluted, toxic world will greatly benefit. —Jeffrey S. Bland, Ph.D., author of The 20-Day Rejuvenation Diet Program Menopause and perimenopause are times of great transition. Dr. Berry's book will help women make that time easier and more enjoyable. —Mary Ann Mayo, coauthor of The Menopause Manager A comprehensive and readable guide that should become a valuable companion for all who are intent upon improving their lives and living well. —Efrem Korngold, L.Ac., O.M.D., coauthor of Between Heaven and Earth Conventional medicine has really missed the boat—cleansing helps you think and feel better.

—Candace Pert, Ph.D., professor at the Georgetown University School of Medicine and author of *Molecules of Emotion*

*The 28-day Cleansing Program* Scott Ohlgren, Joann Tomasulo, 2006

**Total Cleansing**, 2012-04-24 Learn the secrets for an effective detox with this easy four-step program based on nutrition, exercise, the weekend cleanse and a support network. Fasting on a regular basis is a proven technique for safe and effective detox. Readers will learn about The Weekend Cleanse, a total fasting program for resting the digestive system and allowing the body to release accumulated toxic substances. This cleanse will also help you get in touch with your true sense of hunger and help you reset your appetite once you go off the fast. Total Cleansing will also show you how a healthy intestinal system works, what medications and illnesses can disrupt the natural cleansing process; why regular use of laxatives and enemas can be detrimental; and how to use natural cleansing to reduce the symptoms of IBS and protect against colon cancer. This hands-on approach will enable most individuals to maintain and improve their intestinal health with both immediate and long-term benefits. Included are recipes, diagrams, charts, and full-color photographs.

**Dr. Sebi Diet** Jamie L. Clifford, 2020-12-17 Feel sick and think something is wrong with your body - but you are yet to figure out what is wrong? Are you stuck with an unhealthy weight or a frail body prone to illnesses? Or do you want to take back control of your health and boost your vitality? The truth is... Taking back control of your health can seem complicated. It can be very frustrating to try and manage a disease or illness, especially when dealing with over-the-counter medications. A large percentage of these medications end up doing more harm than good in the long run. But - with the right information, you can achieve AMAZING results and turn your life and health around. Dr.

Sebi was a naturalist and herbalist that found the secret to unlocking a healthy body. He realized that the cause of problems in the body was due to an excess of mucus, and food, medicines, and the way we lived caused this buildup of mucus. The solution is to take things back to nature. This book is here to teach you about Dr. Sebi's diet and the products he recommends for optimal health. Within these pages you will learn: - The ten commandments of Dr. Sebi - Why Dr. Sebi's diet and his products are safe - Mistakes beginners starting alkaline diet often make and tips to start Dr. Sebi diet - 11 signs which tell you if your body need a detox - A seven-day-detox plan that includes all of the recipes you will need and so much more! Dr. Sebi allows you to take your own health and wellness into your own hands. It is time to perform a total body overhauling using proven methods that have cured thousands of patients. Right now, you have to make a decision. Are you going to continue to live the way you are, possibly suffering from something your doctor says they can't do anything about, or are you going to change the way you eat and heal your body? Are you ready to take your health to the next level?

**Spiritual Cleansing** Jeannette Connell, 2012-03 Have you ever grown weary of going around the same mountain over and over again? Have you ever wondered why you continuously deal with the same issues generation after generation, with no victory in sight? Then you are probably dealing with something that is hidden much deeper within. It may have been planted generations before, unknown to you. This may have produced evil fruit and kept you and your family in bondage, robbing you of their blessings and ultimate destiny. In the Book Spiritual Cleansing, you will understand the importance of getting to the root causes of the issue, thereby eliminating the evil fruit that is continuously reproduced in your life. It is time for the body of Christ to walk in freedom in every area of our lives. Sometimes as believers, we get stuck in a particular area of our lives in our walk

with the Lord. And we often wonder why we can never gain the victory. The enemy tries to convince us that we can't get past it and we continue to reap a harvest of pain and defeat. It is time we stop settling for less than wholeness. Jesus defeated everything in His death, burial and resurrection. Obtain your Spiritual Cleansing and learn how to gain freedom in every area of your life and to share that freedom with others who need to break the chains of bondage in their own lives.

**Spiritual Cleansing** Draja Mickaharic, 2022-02-01 The classic spiritual first-aid manual for psychic self-protection -- filled with hundreds of recipes, rituals, and practical ways to cleanse your home, office, and self of negative energy. Spiritual Cleansing is an essential guide for anyone who wants to keep their lives and their environment spiritually clean and protected. In it, the author shows how to: Use incense and flowers to clear the air after arguments Protect yourself from negative energy while you sleep Clean the previous tenant's vibrations out of your house or apartment Use cleansing baths for luck, love, and financial improvement Counteract the Evil Eye First published by Weiser in 1982, this Weiser Classic edition includes a new foreword by Lilith Dorsey, author of *Orishas, Goddesses, and Voodoo Queens*

*Detox Cleanse Starts with the Colon Cleanse: A Complete Colon Health Guide* Mary Edwin, 2014-05-16 Contrary to what many people believe, cleansing the colon can do a world of good for the body. *Detox Cleanse Starts with the Colon Cleanse: A Complete Colon Health* explains why the health of the colon is important and how it can prevent the rest of the body from becoming unhealthy. If the colon is healthy then it prevents the absorption of unhealthy toxins into the body. This book explains what the detox cleanse entails and how it can help individuals to become healthier in the long run. If one part of the body is not functioning properly then it can affect the rest of the body, this book explains all of that and more.

Supremely Being Sara Abbas,2017-03-23 Learn about The Cleanse and other secrets, such as how to strengthen your immune system, balance hormones, improve your quality of life, and lose weight FAST through deep cleansing.

**Clean Body** Michael DeJong,Joost Elffers Production,2010-09-10 Clean Zen, clean green! Clean Body follows the successful Clean: The Humble Art of Zen-Cleansing, by cleaning guru Michael DeJong. As with the first book, this is not merely about washing away the dirt: it embodies a mindset, a philosophy, an alternative to mass consumerism. DeJong draws from Eastern belief systems—especially the element theory in Chinese medicine and Asian cooking—and harmoniously balances five pure essentials in his recipes, using baking soda, lemon, olive oil, salt, and white vinegar as the basis for his all-natural concoctions. Including special, separate sections for men and women, Clean Body has ideas for everything from facial exfoliants and natural aftershave to moisturizers and creams for itchy skin, discolored knees, and smooth feet. EVERY part of the body, from head to toe, is covered.

**Intestinal Cleanse and Reconstruction: (black and White Paperback Version)** Nekoterran,2017-03-23 Gut health, sugar diet, sugar detox, detox cleansing, health and nutrition, intestinal health, body cleansing, body detoxification and much more are all covered here in the detox cleanse program.

**Spiritual Cleansing** Angela Grace,2021-01-28 If you long for freedom, peace, & joy but often feel like a frustrated & depressed mess then keep reading...Have you ever been so happy but someone (or something) completely stomped your good mood into the mud? That person or situation likely attached its negative energy to your Aura!It's so important to protect yourself from bad energy that lowers your vibration & throws off your goals & dreams!There are several threats that require

your utmost attention. Are you experiencing a period of great stress? Are you having nightmares? You likely need a proper cleansing of yourself & your home. Have you tried smudging, sprays, & candles, & nothing seems to work? Do you finally want to say goodbye to all of your wasted time & see what ACTUALLY works for you? You see, cleansing yourself & home of negative energies & attachments doesn't have to be difficult, even if you've tried every other cleansing book and YouTube video already. In fact, it's easier than you think. The most powerful tool in your effort to remove these spirits from your home is sage. It has been scientifically proven that by burning sage around your body, you can kill 94% airborne bacteria (Collins, 2016). A scientific paper 'Medicinal Smokes' was published in 2006 & research from 50 countries concluded that, in addition to health benefits, smudging was a powerful antiseptic. If the positive benefits of sage have been proven then think what the secrets in this guide could do for you! Here's just a tiny fraction of what you'll discover: A treasure trove of easy, step-by-step exercises you can do at home for a supercharged vibration & powerful cleansing This quick number secret to seeing your soul's characteristics & what they say about you! The spiritual insider's homemade potion to safeguard from malicious entities The secret gland you can activate to skyrocket your energy & reach the stratosphere of the divine (& it's not the third eye!) This FATAL salt protection mistake everyone is making & how YOU can avoid it How to easily remove a curse with this simple item in your kitchen What you don't know about your food that is crushing your vibration! How to see (with your own eyes) the energetic movements in your home with just 2 kitchen items The ridiculously easy way to protect your energy in your sleep that you won't believe The insiders step-by-step secret DIY spray recipe to dissolve negative energy How to declutter negative spirits with just your hands How to easily release trapped trauma & energy with 2 fingers Unbeatable Guided Meditations to Banish Negative Entities, Cleanse Your Aura and

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*Clean* Michael DeJong,2010-09-10 It's easier than you think to clean your home in a nontoxic, environmentally responsible way! Conceptualized and designed by legendary publishing visionary Joost Elffers—the force behind such bestsellers as *Play With Your Food* and *The 48 Laws of Power*—this wonderful guide will help get your house shipshape without hurting the environment or your health. Inspirational cleaning guru Michael de Jong writes with humor and a Zen-like spirit as he presents five safe, all-natural products that take care of just about anything: Baking Soda, Borax, Lemon, Salt, and White Vinegar. Each one gets a chapter featuring dozens of clever tips, while a handy alphabetized directory, organized by category, makes it easy to locate the information you need. With its graphically stunning and easy-to-use design, *Clean* helps you find your spic-and-span



center.

**Cleansed** Joey Lott, 2014-05-30 Is Your Colon Really in Need of Cleansing? Coffee enemas and green smoothies. Colonics and laxatives. All the so-called cleanses that are out there today are meant to make you healthy, clean, and pure...but do they actually work? Can you really expel gallstones by drinking olive oil and citrus juice? Should you be consuming Epsom salts? No one seems to be asking if we should be doing these cleanses in the first place, though...until now. Author Joey Lott lays it all on the line with his latest book, *Cleansed*. He digs into the most popular cleanses today, sharing tales of his own experience, that of his clients, and the results of his extensive research on the subject. A Better Way Than Eight Glasses a Day What happens to your cells when you drink too much water? Shouldn't you be eating as much fiber as possible? Are you really burning fat with all that cardio? You may think that more is better when it comes to fiber, water, and exercise, but *Cleansed* will reveal the truth behind the hype being dished out today by leading health experts...including the 8-glasses a day rule. Discover the healthy way to cleanse that doesn't involve excessive exercise, deprivation, pills, or magic. Work with your body's wisdom and be amazed by the results instead of jumping from cleanse to cleanse and only feeling worse. Coffee Enema? Or is Coffee Best Taken Orally? Did you know that a shot of espresso might be just as effective--and a heck of a lot more enjoyable--than a coffee enema? The author explains the science (and lack thereof) behind this and many other popular cleansing techniques. Get answers to your most burning questions, including what mucoid plaque is actually made of. A brief discussion of anatomy blows apart many of the dubious claims made by the marketers of these cleanses and gets readers in touch with the wisdom of their own body, which turns out to have its own innate mechanisms for cleansing. Ultimately, cleansing doesn't need to be extreme. Find out the best way to support your

body's natural detoxification processes by reading this book.

*The Detox Mono Diet* Christopher Vasey, 2006-08-07 An introduction to the healing effects of fasting using just one type of food • Includes Johanna Brandt's grape cure with the author's advice and commentary • Explains why mono diets are so effective at cleansing and restoring the internal cellular environment • Shows how to interpret your body's signals to adapt the diet to your unique needs The grape cure, the lemon cure, the maple syrup cure, and the apple diet are all variations of mono diets that are based on restricting food intake to one food for a period of time. Using the famous grape cure pioneered by Johanna Brandt as his model (reproduced here in its entirety), Christopher Vasey demonstrates why these restricted diets are all remarkably effective in healing illness and restoring optimum health. Despite their different nutritive approaches and resulting healing benefits, all these diets work the same way: They help the body "burn" the waste products it contains to cleanse the internal cellular environment. They also keep the body's eliminatory organs open in order to prevent the buildup of toxins. While these cures are responsible for healing people of many serious illnesses, including cancer, their principal use lies in the way they naturally eliminate waste products and prevent the body from absorbing toxins during the process. The Detox Mono Diet is a practical guide that provides all the information necessary for following a detoxification regimen. To make the application most successful, the author explains how to interpret your body's reactions in a way that will allow you to adapt the cure to match your specific physiological needs, making your return to optimum health a unique journey.

God's Cleansing Stream Chris Hayward, 2004-12-29 God's Cleansing Stream reveals why every church needs a deliverance ministry and teaches pastors and counselors how they can put one to practical use. Deliverance was originally part of every church, but the rise of self help programs and

the idea of an individual's ability to change without God's help edged the Church away from God's Word and power. Instead deliverance came to be thought of as mere superstition. Now Chris Hayward provides tools for churches to reestablish this effective, proven ministry so that it can liberate captive souls and advance God's plans in the lives of individuals everywhere.

**Detox** ,2006

**Internal Cleansing Is an Old Movement** Lee DuBelle,1988-02

**Intestinal Cleanse and Reconstruction** Nekoterran,2017-03-25 Gut health, sugar diet, sugar detox, detox cleansing, health and nutrition, intestinal health, body cleansing, body detoxification and much more are all covered here in the detox cleanse program. The information in this program contains accurate knowledge on:how to cleanse and reconstruct the small and large intestines completely and maintain a healthy internal system permanently. If you learn how, and apply what you learn, you will achieve just as the title reads-guaranteed! What is mucoid plaque? Do an image search on mucoid plaque, bowel mucus, mucus rope and observe what comes up. More than 90% of diseases are diet and internal pollution related. The list would go on and on with all of the internal and external damage that unhealthy bowels cause. What separates this program from the other internal detox programs? There are hundreds of internal cleansing programs available. Most programs can take up to months to complete, and even then mucoid plaque, parasites, and fungal overgrowth will only be marginally cleaned out. In this program, you will learn how to eradicate all of the mucoid plaque in a matter of days. You will not only cleanse the bowels but reconstruct/strengthen (what is missing from most internal cleansing programs) and transplant friendly bacteria to flourish for long periods of time. What is in this program? This program is a step-by-step guide to cleanse the small and large intestines and reconstruct the intestinal delicate wall

lining. If you desire to know what causes mucoid plaque buildup, excess body fat, alkaline body temperature, and everything to stay in optimal shape, all of this information is covered in my other program: 1. How to Burn Body Fat Completely and Maintain a Slim Physique Permanently 2. How to Build More Muscle than Ever before and Maintain Muscle Mass Permanently The information in this program has been tested on myself and others who achieved outstanding results without harming the body. Note: Be warned...deep internal cleansing is a difficult process. It is far more difficult than losing weight or exercising alone. Deep tissue cleansing requires time, patience, persistence and disciplined effort that may be too much to handle for some. But if you choose to follow through with the guidelines in these pages, your health, fitness, body and every area of your life will improve to new heights you would not have experienced in previously. Your body will feel light, free, and burst with energy knowing that the unnecessary waste/junk has been removed from your system. Losing weight, staying lean and building muscle mass will become a more pleasurable process, and you will obtain greater results. If you do not experience change after the completion of the cleanse, you will receive 100% of your money back, guaranteed! Included in this program: Bonus: receive even more updates from Nekoterran. This program is not a quick fix; it requires a few weeks of dedication and a lot of work on your part. Required to successfully complete the program: Spend \$150+ on natural herbs Make dietary changes Dedicate yourself for a few to the program (depending on your condition) Approach the program with an open mind and be open to new methods, and new ideas Enjoy optimal health If you cannot commit to the above points 100%, DO NOT PURCHASE THIS PROGRAM. This isn't a program for you! If you agreed to all the points above, prepare for a permanent change. Available for a limited time for only \$17.99! Click on the Add to Cart above.

Complete Guide to Whole Body Cleansing Yakov Koyfman, 2013-01-02 Healing through cleansing

is the easiest, quickest, and most natural way to get your health back. Cleansing is the best way, not only to heal problems, but also to prevent illness and maintain good health.

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