

# Cleanse your body of TOXINS Today!



## *Reasons for Herbal Cleansing*

- |                 |              |                     |
|-----------------|--------------|---------------------|
| Prevent disease | Clear skin   | Reduce symptoms     |
| Slow aging      | Relaxation   | Improve flexibility |
| Energize        | Cleanse body | Improve fertility   |
| Purification    | Creativity   | Spirituality        |
| Rejuvenation    | Weight loss  | Clear Thinking      |

# HOW TO CLEANSE AND DETOXIFY YOUR BODY TODAY!



*Finally...  
You Can  
Look And  
Feel Better!*

**By Elson M. Haas, M.D.**

*Author of STAYING HEALTHY with NUTRITION  
and THE DETOX DIET*

Dr. Elson M. Haas is a practicing physician of Integrated Medicine and Medical Director of the Preventive Medical Center of Marin in San Rafael. He is also the author of four popular health and nutrition books (see Resource Books, Inside back cover).

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*“A body freer  
of toxins, mucus,  
acids, dead cells  
and all irritants  
is STRONGER,  
HEALTHIER &  
more VITAL.”*



*Hello Friend,*

More and more evidence links the *TOXINS* in our environment and in our foods to ill health. Our generation is exposed to more pollution than any in history. We are eating a daily diet of processed or “fast foods,” commonly abusing ourselves with sugar, food additives, caffeine, alcohol, nicotine, and other drugs. The presence of *TOXINS* in our bodies in ANY amount is not healthful. Although it may seem harmless to many people, medical science is discovering that the regular **ACCUMULATION** of *TOXINS* may lead to fatigue, general aches and pains, declining appearance, premature aging, and many chronic diseases.

**CLEARING** toxins from the body is a desirable process and an important key to healing.

This book is written in the hopes that you will apply this simple and easy to understand information to increase YOUR health and vitality. It has helped many thousands of individuals to look and feel better. I hope it will help you, too!

Healthy regards,

Elson M. Haas, M.D.

# HOW TOXIC ARE YOU?

Is your body a toxic waste dump? These may be early warning signs that guide us to cleanse our bodies of impurities. Take this test.

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1. Do you often feel tired or fatigued?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you feel dizzy, foggy-headed or have trouble concentrating? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you use coffee, cigarettes, candy or soda to get "up"?      | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you eat fast, fatty, processed or fried foods?              | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do your bowels move less than twice a day?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you experience intestinal gas and bloating or constipation? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you experience headaches or yeast difficulties?             | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you live with or near air and water pollution?              | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do you experience general aches and pains or arthritis?        | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you have food allergies, or skin problems?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Do you experience frequent back pains or sinus problems?      | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Are you often exposed to chemicals, sedatives or stimulants?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Do you rarely exercise or feel sluggish or overweight?        | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Have you done a cleansing program before?                     | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered "yes" to three or more of these questions, or "no" to the last question, it would be desirable for you to purify your system of toxins.

# DEFINITION OF TERMS

- TOXIN:** *(from toxic: a poison)* Any substance that creates irritating and/or harmful effects in the body, undermining our health and stressing our biochemical or organ functions. *(from page 22 of The Detox Diet).*
- CLEANSE:** *(from clean)* 1. To free from impurities.  
2. A thorough cleansing or purifying.  
3. To make clean.\*
- DETOXIFY:** To remove a poison or poisonous effect.\*
- PURIFY:** *(from pure)* 1. To rid of impurities or pollution.  
2. To free from anything harmful.\*

\*Source: Webster's New World Dictionary Prentice Hall Press 1989

\* \* \*

**"Most people who think they are tired are actually toxic."**

*Sherry Rodgers, M.D.  
Board of Directors American Academy  
of Environmental Medicine.*

**"Study shows five glasses of tap water per day can increase the chance of miscarriage"**

*Source: Los Angeles Times, 1998.*

**"Human diseases are caused by genes and the environment... there are no other options, one or the other, or an interaction between the two."**

*Source: Kenneth Olden, Ph.D., NIEHS*

# Are Hazardous Chemicals and Toxins Stealing Your Health and Vitality?



Several government reports conclude that 60-90 percent of all types of cancers in the U.S. are causally related to environmental factors.  
Douglas M. Costle, U.S. Environmental Protection Agency.

## THE PROBLEM

### *Toxins in the Environment*



Can the 20th century food we eat be dangerous to our health? The answer is clearly YES. Hormones, Steroids, Antibiotics, Pesticides, Additives, Waxes, Dyes, Preservatives, Coloring, Irradiation, Et Cetera, Et Cetera.

These toxins set off reactions in the body and cause a variety of health problems. Much of the food we eat may certainly be a health hazard. Add to that contaminated water and air, and it's no wonder that many of us feel tired, are more frequently sick, lack vitality and look old before our time.

## THE PROBLEM

### *Inner Pollution:*

Planetary pollution is clearly a major concern for all humans, as well as plants and animals. Many of the man-made toxins get into our bodies through the air we breath, the water we drink, the foods we consume, as well as the substances we apply to our skin and hair. These toxin compounds then lodge in the fatty cells and tissues, as well as in the vital organs throughout our body.



CHEMICALS, OVEREATING, AIR AND WATER POLLUTANTS, DEAD CELLS, JUNK FOOD, ACID RESIDUES, FATTY DEPOSITS, AND OTHER BIOCHEMICAL WASTE PRODUCTS do not support a healthy human body, can be very harmful and NEED TO BE CLEANSED OUT!

It is thought by many doctors and researchers that degenerative conditions of the heart, kidneys, colon and joints, as well as many common symptoms such as indigestion, headaches, irritability, dizziness, depression, fatigue, arthritis, immune suppression and insomnia may result from accumulated toxins in the body.

"Death and Pollution Linked" USA Today, 1993

## THE PROBLEM

### *Toxins in your body!*

IT SHOULD BE OBVIOUS THAT WITH FEWER TOXINS TO CONTEND WITH, YOU WILL EXPERIENCE MORE ENERGY, MORE VITALITY AND BE IN BETTER HEALTH.



### *You will experience more energy!*

"I consider the cleansing/fasting/detoxification process to be the missing link in Western nutrition and a key to the health and vitality of our civilization."

*"I truly believe that cleansing and detoxification is virtually one of the most powerful healing (real healing of ailments and not just suppression of symptoms) therapies I have seen and that herbal cleansing along with dietary change is the best way."*  
 Elson M. Haas, M.D.

# SOLVING THE PROBLEM

## *Detoxify your Body*

### TOXINS IN THE BODY

Here's how we get into trouble: in addition to piling up environmental pollutants, we can also absorb wastes of our own manufacture. When not cleaned out properly, the colon can get so clogged and fouled up that it simply doesn't work well. It can become a storehouse of body-degenerative pollutants, mucus, fecal matter, etc. Polluted Intestines also can't efficiently screen out chemicals, or properly filter food particles. In turn, this results in poor absorption of nutrients and a higher percentage of toxins entering the blood stream, with which the body then has to struggle.

**Ideally, your bowels should move two or three times a day. Otherwise these wastes have a greater tendency to enter the blood stream, polluting the entire system. This can make you feel tired and rob you of your vitality.**



### HOW A HEALTHY BODY GETS NUTRIENTS and REMOVES WASTES

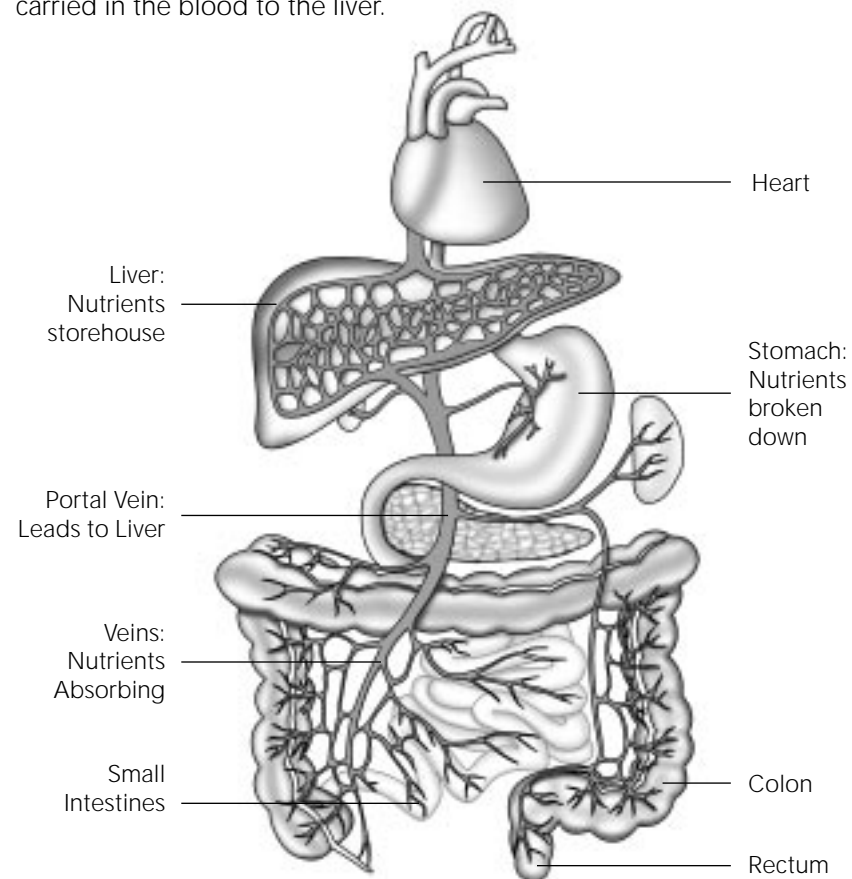
1. The rich supply of blood vessels (see illustration page 9) that surround the stomach and small intestine are waiting for the nutrients – vitamins, minerals, amino acids and fatty acids – to begin their journey throughout the body to every cell. First they are transported to the liver via the portal vein (so-called because it is the door to the liver).
2. In the liver, these nutrients undergo further breakdown, recombination and storage.
3. The liver also *releases* many of these nutrients, which are pumped, via the heart, to the many cells and tissues throughout the body. This is how we nourish all the various cells to maintain the health, vitality and function of the human body – our food is the nourishment and energy for our life.
4. The blood *also* picks up the waste materials and drops them off at the appropriate eliminative sites (lung, skin, kidney and colon) – where they are excreted at sufficient rates to maintain health, hopefully.

# SOLVING THE PROBLEM

## *Cleanse the Colon*

### FOOD DIGESTION AND TRANSPORT

This diagrammatic view shows the veins and other vessels of the digestive system. Most of the nutrients absorbed from the intestines are carried in the blood to the liver.



### ELIMINATION: CLEANSE YOUR COLON!

I can't believe that after a month of detoxing I finally had the energy to clean out my garage and paint the kids room, all in one weekend!  
 Wow, half my block is now using this stuff. My wife thanks you for it.  
 L. Blackman

## SOLVING THE PROBLEM

### *Remove accumulated wastes & toxins*

#### BODY CLEANSING

As TOXINS circulate through the body before they are expelled (or when there are excessive levels of circulating or stored toxins), we may experience short periods of fatigue, headaches, a rash, blemishes, nausea, sniffles, excess mucus, et cetera. These symptoms can be seen as reactions to the toxins that are loose and circulating in the body and looking for a place to exit. When we start a detoxification program, such as herbal cleansing, we may experience some of these "detox symptoms". These are temporary, mild, and indicative of good body cleansing. They are easily cleared by drinking plenty of good water to help flush out the toxins and by making sure the colon is working adequately for the elimination of solid wastes.

**HERBAL CLEANSING** is quick, easy to do, gentle on the system and is recommended by doctors, naturopaths, health spas, and a variety of other health care providers worldwide. Try it today and experience the positive changes yourself.



*Removing  
Toxins Is A  
Vital Step  
Toward Better  
Health And  
Appearance!*

## SOLVING THE PROBLEM

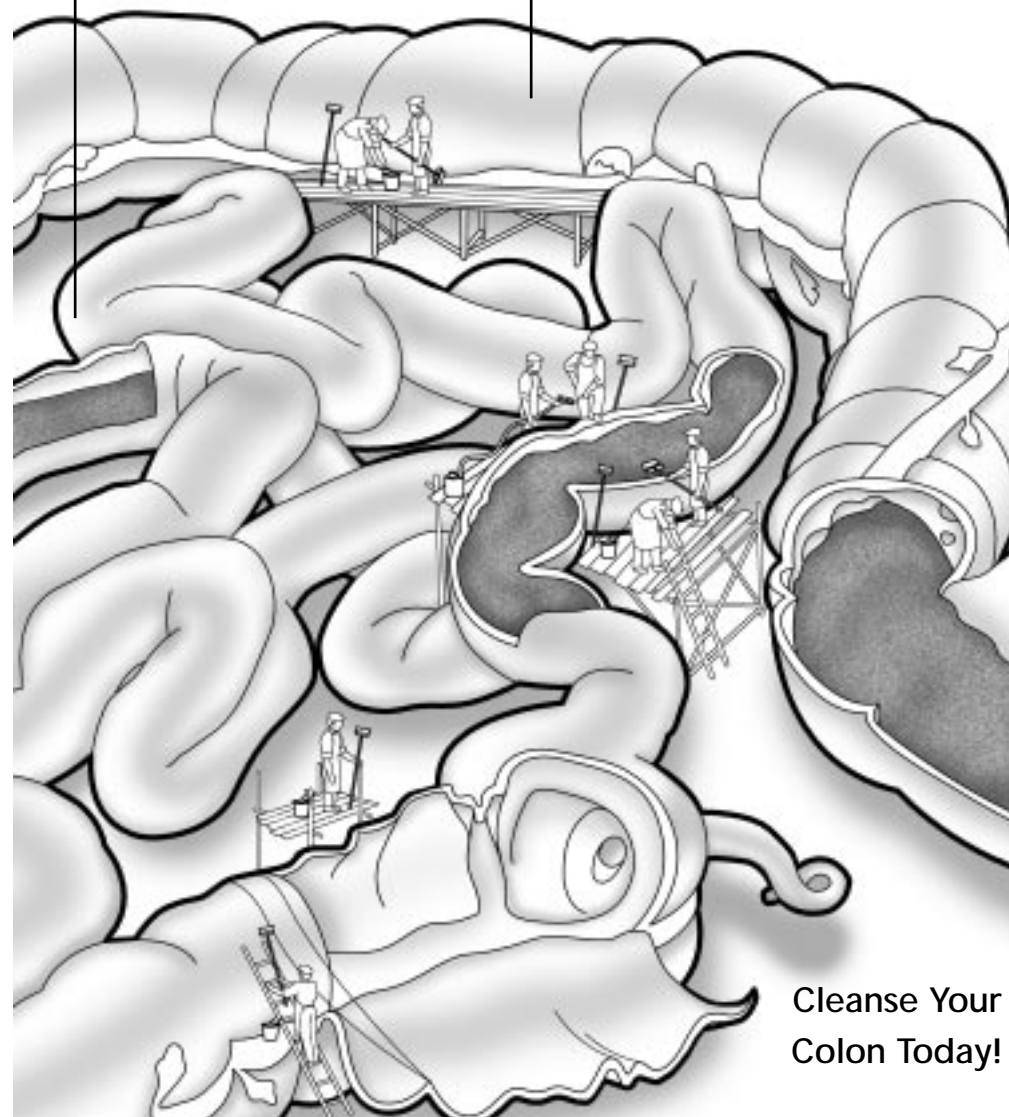
### *A Clean Colon is a Healthy Colon*

**The small intestine:** This long tube snakes around your abdomen for 20 feet (6 meters), continually squeezes food along it, by the action known as peristalsis.

**Absorbing nutrients:** In the lining of the small intestine there are many small blood vessels. Nutrients seep into the blood and are carried away, mainly through the liver, to the entire body.

**The large intestine:** The large intestine is about 5 feet (1 1/2 meters) long. Although shorter than the small intestine, the Colon is over twice as wide at 2 1/2 inches in diameter.

**Absorbing water:** The watery leftovers in the large intestine become more solid as water is absorbed from them. Useful bacteria live here too, making some of the vitamins we need.



**Cleanse Your  
Colon Today!**

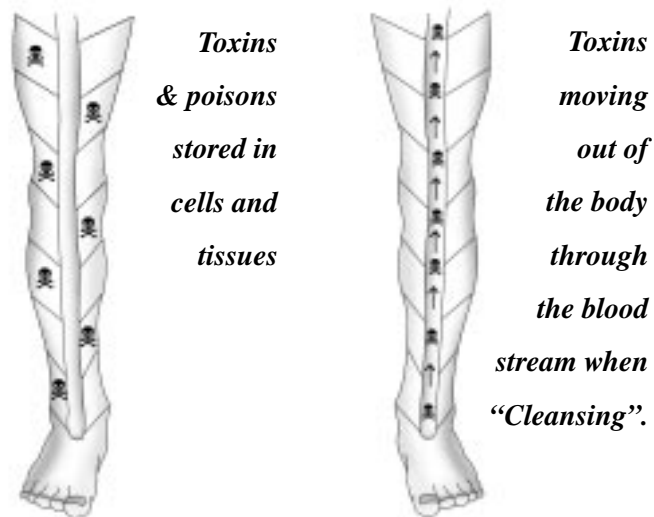
# THE SOLUTION

## Herbal Inner Cleansing!!

Research has shown that our bodies DO ABSORB and "hold onto" toxins. Foreign chemicals ARE lodged in the fat cells and tissues of your body. These chemicals serve NO PURPOSE.

This is, most likely, the primary reason you don't look or feel as good as you could. So...what can we do?

Get rid of them. Get the toxins OUT of your body and you will look and feel refreshed, have more energy, lower your risk for serious disease, feel more alert, lose weight and rid your body of general aches, pains and depressions. Sound too good to be true? Try it for yourself and see.



There are many ways to help PURIFY your body; fasting and juice cleansing, saunas, enemas, colonics, drinking more water and tea, and increasing fruit and vegetable intake. However, the best method I have found is using nature's herbal CLEANSERS. Herbs are safe, have been used for thousands of years and work quickly. I have guided literally thousands of patients through cleansing programs and the vast majority of them have had positive, if not MIRACULOUS, benefits.

My skin has changed so much. The people who haven't seen me in months comment on how improved my skin is. I feel more energetic and I need less sleep. K. Kevenaar

# NATURE'S CLEANSING HERBS

## Blood Cleaners

Echinacea  
Dandelion  
Yellow dock  
Oregon grape

## Diuretics

Parsley  
Yarrow  
Cleavers  
Juniper berries

## Antibiotics

Garlic  
Prickly Ash  
Echinacea  
Propolis

## Bowel Stimulants

Cascara sagrada  
Buckthorn  
Yellow dock  
Licorice Root

## Skin Cleaners

Burdock  
Goldenseal  
Cayenne pepper  
Ginger root

## Mucus Reducers

Echinacea  
Goldenseal  
Garlic  
Yarrow

## Sample Detox Formula:

Garlic	Psyllium Seed Husk	Sarsaparilla
Irish Moss	Milk Thistle	Burdock Root
Yellow Dock Root	Buckthorn Bark	Cascara Sagrada
Cayenne Pepper	Oregon Grape Root	Fennel
Black Cohosh Root	Dandelion Root	Peppermint Leaf
Licorice Root	Echinacea Root	Yarrow Flower
Capsicum	Ginger Root	Golden Seal Root

Before any recorded history, the earliest men and women relied upon the use of plants to treat physical and health complaints. They undoubtedly learned by trial and error which plants were useful and for what ailments they were helpful. In the written record, the study of herbs dates back over five thousand years to the Sumarians, who described well established uses for such plants as laurel, caraway and thyme. The Chinese, Greeks, Romans, Europeans, and many indigenous cultures have contributed widely to our knowledge on the uses and benefits of herbs and Herbal Medicine is still very popular and useful in today's health care.



## WHAT TO LOOK FOR...

**HINTS:** Look for a product that is a professional grade program. Ask your health professional for his or her suggestion. Don't try a "quick fix". Cleansing for a week or 10 days is not going to do the job. Also, I have found that the teas are not as effective because they do not supply the fiber necessary to bind with the toxins and sweep them out. The best programs usually combine a variety of herbs and take anywhere from 30-90 days to complete. This gradual process is safer and more effective.

It's typically very easy to do! You simply swallow herbal tablets before breakfast and dinner until the supply is gone! There are typically no side effects except your skin should get smoother, your energy levels should rise, your weight should fall and you should feel excited, refreshed and alert! You may notice that your bowels are moving more frequently than normal, but that is to be expected. (Make sure your herbal cleansing program contains 2 products - a **colon cleanser** for your bowel and a **whole body cleanser** for your blood and tissues.) Coupled with dietary changes the results can be... Miraculous!



*"Put simply, the key to maintaining metabolic balance is to maximize nutrition and to eliminate toxins."*

Elson M. Haas, M.D., The Detox Diet

***Good luck and good cleansing! Get started!!***

## HOW TO ENHANCE DETOXIFICATION!

Herbal cleansing can help you to look and feel better, but you can further help yourself by following the basic dietary laws. You can also consider additional methods to enhance the detoxification process such as: "The Detox Diet", "The Broth", "The Restoration Diet", Exercise, Fasting and the most basic of all cleansers, Water.



## TIME-TESTED DIETARY GUIDELINES

1. Don't be in a hurry to lose weight. You should lose between one half and two pounds a week - never more - if you want to keep it off.
2. Eat a good nutritious breakfast and lunch - salads, vegetables, fruits, grains, beans, and other proteins (60-80% of your meal should be fiber).
3. Go easy on supper. Eat more nutritious soups (see broth on next page ).
4. Chew well and avoid overeating or eating when under stress.
5. Cut down on all fatty foods and sugars - meats and meat products, mayonnaise, salad dressing, cheeses, dairy products, sugars and refined foods, and sodas.
6. Eat a variety of fresh leafy green, yellow and root vegetables, fresh fruits, juices and whole grains in your diet.

## HOW TO ENHANCE DETOXIFICATION!

- **Refuse to eat junk food!**
- **Don't snack between meals.**
- **Don't have a second helping.**
- **Avoid high calorie foods.**
- **Skip desserts, sugars and coffee.**
- **Do not eat before going to bed.**



The best tasting broth in the world!  
(*share it with your friends.*)

**Broth Recipe:** Make a vegetable broth using cauliflower, cabbage, onion, lentils, peas, green pepper, parsley, carrots, beets, (and their tops), garlic, potatoes, broccoli, or brussels sprouts. (Guidelines: 2 large potatoes, 1 cup carrots, 1 cup parsley, 1 cup beets, etc.) Try to purchase these organically, if possible.

Put all these vegetables into a large pot. Add 1/2 gallon clean, pure water. Let simmer for two hours, drain (keep this broth). Mash up the vegetables and put back in the pot. Then add a half a gallon of fresh, pure water and simmer for another two hours. Drain. Throw the vegetable mash away or mix it in with your soil. Combine the two liquid broths. Season with herb seasoning or dry vegetable broth seasoning. Add: Dr. Bronner's "Mineral Bouillon" or Bragg's "Liquid Amino's" to individual servings to taste.

## HOW TO ENHANCE DETOXIFICATION!

### THE RESTORATION DIET

Now is the time to provide your Body with good nutrition, vitamin and mineral rich foods, that are easy to digest and to eliminate. Go on this diet for 4-7 days after you have been doing the Herbal Cleansing program for about two weeks, and you will look and feel even better!

**Eat only these foods and the broth for four to seven days during your cleanse**



#### FRUITS

Pineapple, cherries, watermelon, cantaloupe, peaches, plums, pears, apples, strawberries, blueberries, grapes, nectarines. (In addition: eat at least two grapefruit, six oranges, or three lemons daily. All fruit should be fresh, not canned, and washed in clean, pure water.) Organic fruits are the best.



#### VEGETABLES

Spinach, celery, parsley, carrots, tomatoes, asparagus, lettuce, sprouts, cabbage, cucumbers, eggplant, corn, broccoli, zucchini, radishes, beets, onions, garlic, potatoes. Organic veggies are the best.



#### TIPS

Eat fruits in the morning and between meals, vegetables for lunch and dinner. Add the Broth as desired. Try not to eat fruits an hour before or after eating vegetables; doing so may result in gas. Fresh fruit and vegetable juices are encouraged.

**Do not consume milk, sugar or products containing sugar, gravies, butter, pasta, meat, eggs, tea, chocolate, ice cream, pastries, white flour products, liquor or tobacco. These foods can upset the action of the cleansing foods, congest and clog the system. If you feel a little tired, eat a little steamed or baked fish or chicken.**

The puffiness around my eyes has gone down and I feel brighter in the morning and have more energy all day long! Wow, toxins had a grip on me! J. Durbin

## HOW TO ENHANCE DETOXIFICATION!

### WATER



With the exception of pure air, there is no other element in nature that is as important as clean drinking water. Water helps to deliver essential nutrients as well as remove the blood's foulest materials. If you don't drink enough water, the blood can get thick and sticky, and the entire system has to work harder, letting waste materials accumulate more quickly and creating problems. **Drink eight glasses of pure water daily.**



### EXERCISE

Proper exercise in the open air and sunshine is among the greatest gifts you can give yourself. It gives good form, strength, buoyancy, and maintains a healthy, cheerful attitude. It doesn't even have to be vigorous exercise like jogging, aerobics, or swimming. Just taking a brisk twenty minute walk is helpful and will increase the rate at which excess calories are burned off. Regular exercise supports your body's detoxification systems.

### FASTING



Historically, our ancestors used fasts to clear the mind before important decisions were to be made. It helped their clarity and awareness. They knew as you will discover through Herbal Cleansing, that a clean body unclouds the mind, producing cleaner, higher thought, besides helping you to control your eating habits. Short fasts, *even a day or two*, are very beneficial. It is also very good for the body to abstain from rich food and to eat only plain food (vegetables, juices, fruits) for a few consecutive days.

## HOW THE HERBS WORK

### *Nature's Best Cleansing Herbs*

**Barberry Root** helps remove morbid matter from the stomach and bowels. It dilates blood vessels and has a very powerful effect on liver problems.

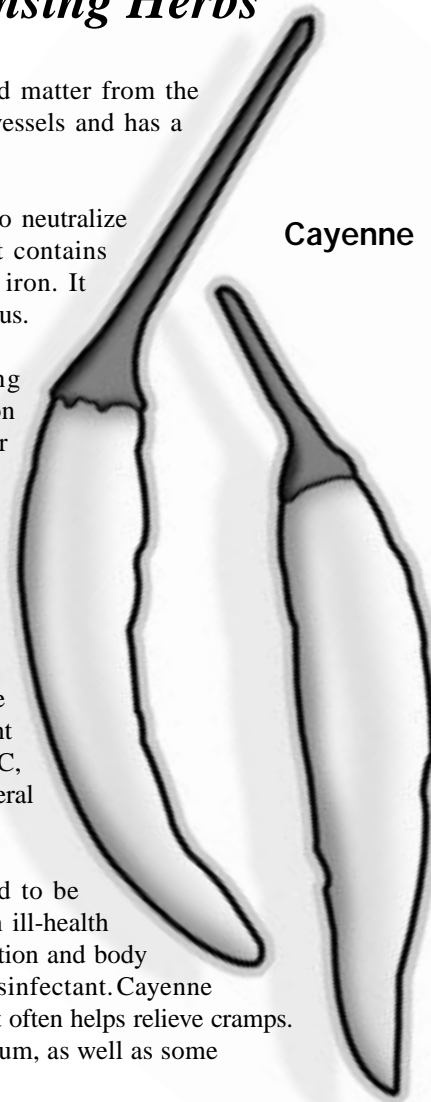
**Black Cohosh Root** has the ability to neutralize certain poisons in the bloodstream. It contains calcium, potassium, magnesium, and iron. It contains vitamin A factors, and phosphorus.

**Buckthorn Bark** has a stimulating effect on the bile and a calming effect on the gastrointestinal tract. Also good for the skin.

**Burdock Root** is one of the best blood purifiers, and promotes kidney function to help clear the blood of harmful acids. It has anti-poisoning effects. It also aids the pituitary gland by releasing protein to help adjust hormone balance, which may aid in the adjustment of excess weight. It contains vitamins C, A, P, and B complex, iron and trace mineral factors. It is also a tonic for the skin.

**Capsicum** or **Cayenne Fruit** is said to be unequalled for helping ward off certain ill-health conditions and promoting blood circulation and body warmth. It is an excellent internal disinfectant. Cayenne augments the power of all other herbs. It often helps relieve cramps. It contains vitamin A and C, iron, calcium, as well as some B complex. It is also rich in potassium.

**Cascara Sagrada Bark** is rich in hormone-like oils which promote peristaltic action (the squeezing motion which causes bowel movement) in the intentional canal. According to research, Cascara Sagrada also helps restore natural tone to the colon. It helps increase the secretions of the stomach, liver, and pancreas. It helps in painless evacuations, and is very cleansing to the colon. The American Indians called it "The Secret Bark" because of the excellent results they obtained. It contains B-complex factors, calcium, potassium, and manganese.



Cayenne

## Nature's Best Cleansing Herbs

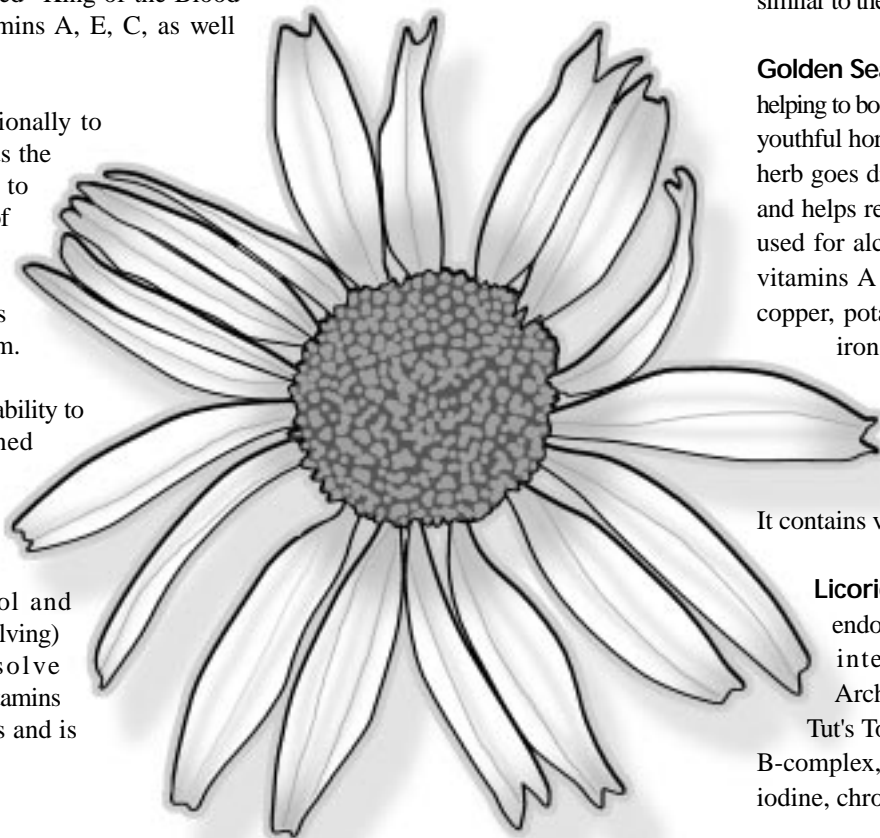
**Chickweed Herb** is valuable for combatting blood toxicity and inflammation. Chickweed resists plaque in the blood vessels and fatty substances in the system. Soothes internal inflammation. It is rich in iron, copper and vitamin C. Also is a mild diuretic and may be helpful in weight loss.

**Dandelion Root** benefits the liver function. It helps stimulate the liver to detoxify poisons. It may help reduce the sugar in the blood and has anti-inflammatory properties. It contains protein, vitamins A, B, C and E and is rich in potassium, calcium, and sodium.

**Echinacea** is beneficial as an infection fighter as an immune supporter. It contains a substance that counteracts tissue-dissolving enzymes, helping keep them out of the body tissue. It increases the body's ability to resist infections by aiding the production of white blood cells. It is considered one of the best blood cleansers and has been called "King of the Blood Purifiers". It contains vitamins A, E, C, as well as iodine and copper.

**Fennel Seed** helps nutritionally to suppress the appetite. It aids the nervous system in helping to move waste materials out of the body. It also counteracts herbs that may cause intestinal cramps. It contains potassium, sulfur and sodium.

**Fenugreek Seed** has the ability to soften and dissolve hardened masses of accumulated mucus. It reduces infections in the lungs. Fenugreek contains lecithin which helps dissolve cholesterol and contains lipotropic (fat dissolving) substances, which dissolve deposits of fat. It contains vitamins A and D, is rich in minerals and is high in protein.



Echinacea

## Nature's Best Cleansing Herbs

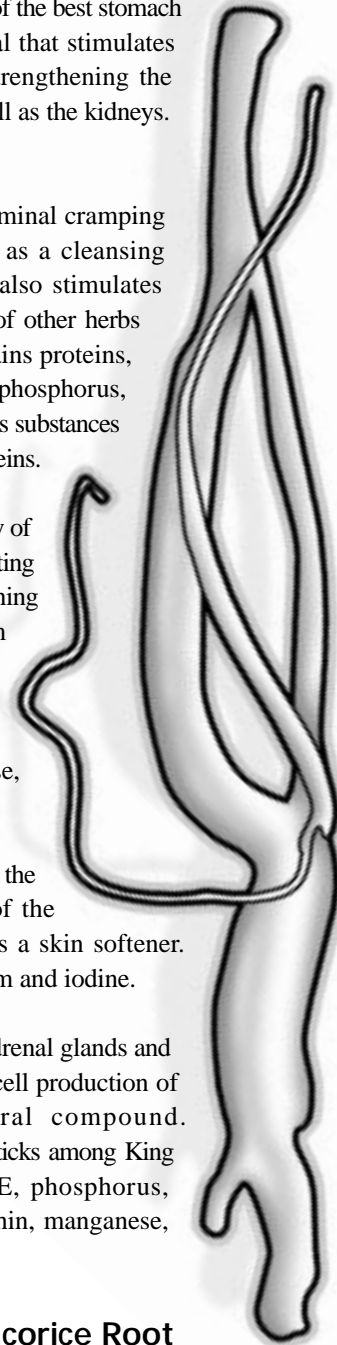
**Gentian Root** stimulates the circulation and is one of the best stomach tonics in the herb kingdom. It contains a chemical that stimulates the secretion of stomach acid. It is useful for strengthening the digestive organs, the pancreas and the spleen, as well as the kidneys. It contains B-complex, niacin and trace minerals.

**Ginger Root** helps relieve indigestion and abdominal cramping by soothing the gastrointestinal tract. Effective as a cleansing agent through the bowels, kidneys, and skin, it also stimulates circulation and warmth. It also hastens the effect of other herbs and helps promote a feeling of well being. It contains proteins, vitamins A, C and B-complex as well as calcium, phosphorus, iron, sodium, potassium, and magnesium, and contains substances similar to the digestive enzymes that break down proteins.

**Golden Seal Root** has been recommended as a way of helping to boost a sluggish glandular system and promoting youthful hormone harmony. This membrane-strengthening herb goes directly into the system and bloodstream and helps regulate the liver function. It has been used for alcoholism and indigestion. It contains vitamins A and C, B-complex, E, plus calcium, copper, potassium, lots of phosphorus, manganese, iron, zinc and sodium.

**Irish Moss** purifies and strengthens the cellular structure and vital fluids of the system, and is found in cosmetics as a skin softener. It contains vitamins A, D, E and K. High in calcium and iodine.

**Licorice Root** works as a stimulant on the adrenal glands and endocrine system. Licorice also stimulates cell production of interferon, the body's own anti-viral compound. Archaeologists found a bundle of licorice sticks among King Tut's Tomb of Treasures. It contains vitamin E, phosphorus, B-complex, biotin, niacin, pantothenic acid, lecithin, manganese, iodine, chromium and zinc.



Licorice Root

## Nature's Best Cleansing Herbs

**Milk Thistle** has been widely used in Europe as a digestive tonic for years. Excellent for liver disorders, it encourages liver cell renewal in a wide range of degenerative conditions.

**Mullein Leaf** is a very beneficial respiratory herb. It has the ability to loosen mucus and move it out of the body. It nourishes as well as strengthens. It contains iron, magnesium, potassium, hesperidin, sulphur, and Vitamin A, D & B-complex.

**Oregon Grape Root** is well known for the treatment of skin problems. It is an excellent blood purifier. It also aids in the assimilation of nutrients, with its stimulating and purifying properties. It contains manganese, sodium, copper and zinc.

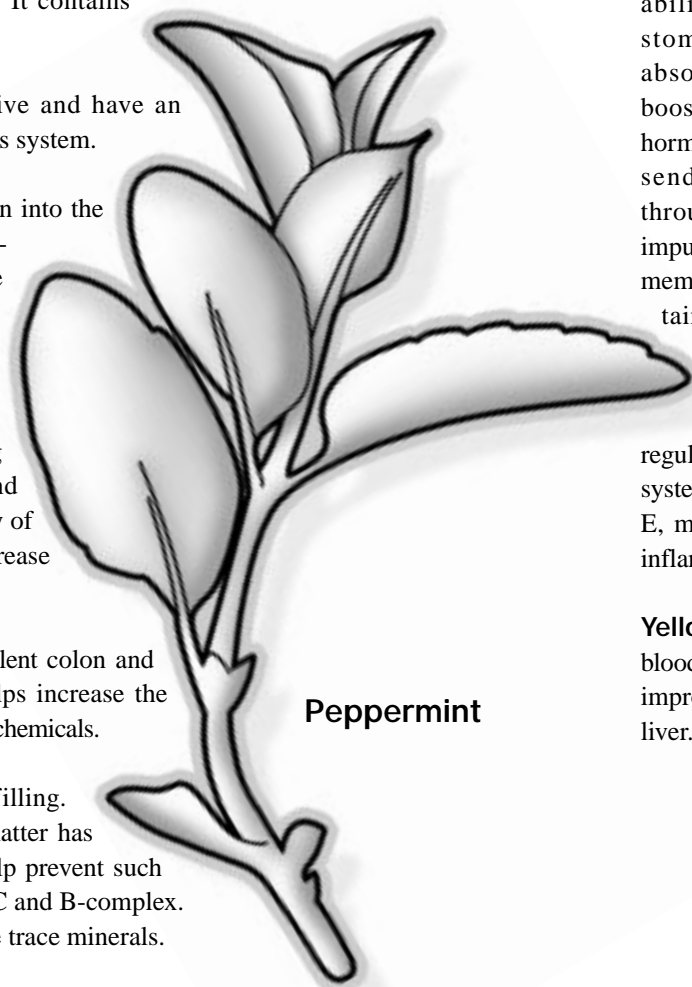
**Peach Leaves** are naturally laxative and have an excellent soothing effect on the nervous system.

**Peppermint Leaf** helps bring oxygen into the blood stream. It is soothing to the system as well as strengthening for the heart muscles. It contains vitamins A and C, magnesium, potassium, niacin, inositol, iron and menthol.

**Prickly Ash Bark** has a stimulating effect upon the lymphatic system and circulation. It helps increase the activity of the liver, pancreas, spleen and can increase urine flow.

**Psyllium Husk** is considered an excellent colon and intestinal cleanser. It lubricates and helps increase the bulk of the stool, and it may help absorb chemicals.

**Rhubarb Root** is more than a pie filling. The root has been used when fecal matter has accumulated in the intestines or to help prevent such accumulation. It contains vitamins A, C and B-complex. It is high in calcium and contains some trace minerals.



Peppermint

## Nature's Best Cleansing Herbs

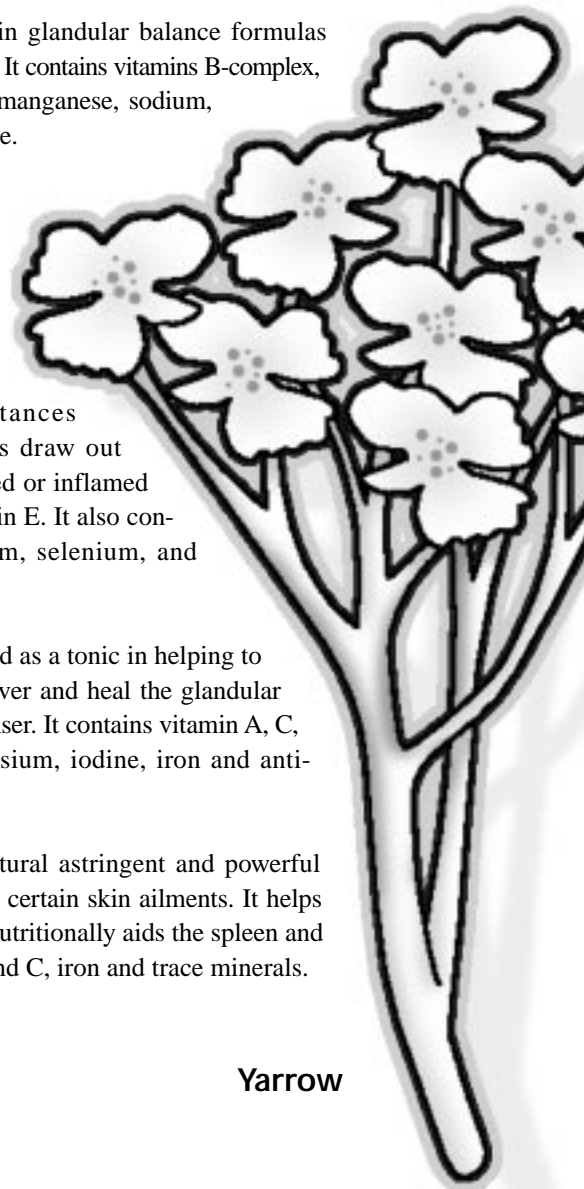
**Safflower Herb** is a popular remedy for sluggish liver and gall bladder problems. It has the ability to remove hard phlegm from the system. It neutralizes uric acid and aids in bowel function. It contains vitamin K.

**Sarsaparilla Herb** is used in glandular balance formulas and has stimulating properties. It contains vitamins B-complex, A, C and D, as well as iron, manganese, sodium, sulphur, copper, zinc and iodine.

**Slippery Elm Bark** has the ability to help neutralize stomach acidity and to absorb foul gas. It helps boost output of the cortin hormone, which in turn helps send blood-building substances through the system. It helps draw out impurities and soothes irritated or inflamed membranes. It contains vitamin E. It also contains iron, sodium, calcium, selenium, and other trace elements.

**Yarrow Flower** is used as a tonic in helping to regulate the function of the liver and heal the glandular system. It acts as a blood cleanser. It contains vitamin A, C, E, manganese, copper, potassium, iodine, iron and anti-inflammatory factors.

**Yellow Dock Root** is a natural astringent and powerful blood purifier and is useful in certain skin ailments. It helps improve the flow of bile and nutritionally aids the spleen and liver. It contains vitamins A and C, iron and trace minerals.



Yarrow

## Leave Toxins Behind...

Congratulations. You now have the information you need to begin a healthier life. You will be amazed at the healing your body is capable of when it is free of toxins and nourished correctly. The next step is up to you. Begin a herbal cleansing program today and you will be on the road to the vibrant, healthy life you have always been entitled to!

## Win the Race to Better Health!



Ask your health care professional  
for his or her recommendations and  
Purify your Body...Today!

### CAUTION

1. Herbal Cleansing is not designed to be a cure-all for any type of disease.
2. Herbal Cleansing is not meant to take the place of your doctor.
3. If you suffer from a bleeding bowel or any severe disturbance, it is important to see your doctor.
4. If you are under a doctor's care, it is important you discuss herbal cleansing with him or her.
5. This booklet is for informational purposes only.
6. No claims are made or implied.
7. Certain conditions contraindicate fasting without medical supervision. These include: diabetes, eating disorder, epilepsy, kidney disease, malnutrition, pregnancy, lactation, severe bronchial asthma, terminal illness, tuberculosis, ulcerative colitis, or any serious medical problem. Long-term fasts should be done only under professional supervision.

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