

# Cleansing & Alkalizing

**QUESTIONS?**  
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**CLEANSING TRIO:** When we choose to focus only on the digestive system, we start with this kit. **Item: 3115**

Comfortone: Created to “tone” the smooth muscles in the large intestine so waste leaves the body in a timely manner. We start with 2 caps 2X a day, then in about a week, work up to 3-4 caps twice a day.

Essentialzyme: Digestive enzyme helps break down food and encrusted waste. We use 3 tabs 3X a day.

I.C.P.: Ingredients gently scrub the small intestine, breaking up hardened waste matter, mucous, fungus, and even parasites. We start 1 scoop of I.C.P in the morning about a week after using Comfortone and Essentialzyme. After about 3 days, then we do 2 scoops.

## **ADDITIONS:**

DiGize/Peppermint: Oils that we use on our tummy and bottom of feet during digestive cleansing.

\* This cleanse we take until the bottles are empty. If regular bowel movement has not been established, we use these until 2 -3 movements a day with smooth stool, not loose. Digize **Item: 3324** / Peppermint **Item: 3614**

Slique Tea: Drink 2 -3 cups a day to regulate cravings and yeast growth. **Item: 4560**

Life 5: 3 caps before bed. **Item: 3099**

We always start with the digestive system first and then target specific items later. JuvaCleanse, GLF, JuvaTone, or K&B Tincture may be used to increase liver detoxification after initial cleansing has been completed.

It is very important to drink a lot of water when doing any cleansing program. Pop, beer, coffee, or tea does not count as water. We increase our normal intake which should be ½ our weight equivalent in ounces. If a person weighs 150 lbs, they should be drinking at least 75 ounces. During cleansing, we always use the Lemon oil in our water. It helps decongest our liver and supports with alkalizing the body.

If we experience headaches, skin blemishes, cramping, or any other discomfort, it is a sign that we are doing too much too fast. We do not stop our cleansing program; we just cut the items way down and increase water consumption. If skin blemishes appear, we increase Comfortone and Detoxyme and facilitate lymphatic movement using Cel-Lite Magic Massage Oil as a lotion 2 X a day.

## **ALKALIZING:**

# 1 is Nutrition: Lots of vegetables minimally processed (raw, juiced, lightly steamed). Our diet consists of 80 – 90% organic foods, especially animal products. When alkalizing, we minimize animal products (**NO** dairy, small portions of meat & eggs). To add protein, ingest organic tofu, legumes, and soaked raw nuts. Eliminate foods that create acid in the body like pop, coffee, sugar, flour, processed or fast foods, alcohol, and candy. Grains, even good ones like wild rice or quinoa, should be eaten in balanced proportion with vegetables. Vegetables, especially green ones, alkalize our body. A higher ratio of these should be eaten.

For additional help:

MultiGreens: Super green food that we take every day, about 3-4 caps 2X a day. Helps alkalize!

Alkalime: Alkaline salts to use before bed to alkalize the body. High blood pressure individuals should not use.

Megacal or Supercal: If pH balance is still not restoring, we might try these one at a time.

Stress management: Inability to deal with stress creates acid in the body. Meditate, Yoga, something!

Cleanse the Liver: Liver is directly involved with pH balance.

To fully alkalize the body, we follow the items above for minimal 90 days.

\* The above information is not meant to diagnose, prescribe, or treat any health condition. It is the system we personally use to cleanse our bodies. Please seek qualified health professional before changing your health regimen.