

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Extended Herbal Cleanse

October 21, 2009

Revised October 2009 by David Christopher, M.H.

When dealing with long-standing health problems we cannot expect to totally cleanse or cure the body with one or more three-day cleansing routines. Therefore, to rid the body of chronic conditions or to prevent their occurrence, an extended herbal cleanse is an excellent path to follow. This should be used in conjunction with the mucusless diet.

Upon arising take one or two capsules of Lower Bowel Formula. This would then be repeated one hour before lunch, and prior to retiring for the night. If you do not have regular bowel movements increase your dosage by a capsule per day until you have 3 regular bowel movements a day.

Along with the Lower Bowel Formula take three of the Kidney Formula capsules mid-morning and also mid afternoon.

This routine would be followed six days, resting on the seventh. Resume taking the herbs on the second week, adding two droppers of the Liver Gall Bladder Extract twenty minutes before each meal. Do this again for six days, resting on the seventh day.

Take these three cleansing formulas for 2 more weeks, and then on the fourth week add two capsules of the Blood Stream Formula one hour after each meal. Do this again for six days, resting on the seventh day.

This procedure would then continue every week for six weeks, after which we would rest one week. We would repeat these intervals for six months and then rest for one entire month. At the end of this seven month program we would assess our progress and determine if another seven month program would be beneficial.

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	Lower Bowel	Kidney	Liver Gall Bladder	Blood Stream
Week One	2 capsules 3 times a day	3 capsules 2 times a day	X	X
Week Two	2 capsules 3 times a day	3 capsules 2 times a day	2 droppers 3 times a day	X
Week Three	2 capsules 3 times a day	3 capsules 2 times a day	2 droppers 3 times a day	X
Week Four	2 capsules 3 times a day	3 capsules 2 times a day	2 droppers 3 times a day	2 capsules 3 times a day
Week Five	2 capsules 3 times a day	3 capsules 2 times a day	2 droppers 3 times a day	2 capsules 3 times a day
Week Six	2 capsules 3 times a day	3 capsules 2 times a day	2 droppers 3 times a day	2 capsules 3 times a day
Week Seven	X	X	X	X

QUESTION

What changes were made and why were they made?

Originally you started taking the Lower Bowel, Kidney and Liver Formulas the first week. Now you wait a week before adding the Liver and Gall Bladder Formula. Before you start cleansing the liver you need to be eliminating properly. The delay of one week helps you to do that.

In addition on the old program you could use the Liver and Gall Bladder capsules. This has been changed to the Liver and Gall Bladder Extract. In order for the liver to effectively utilize the herbs in this formula the bitter herbs must be tasted.

On the old program you added the Blood Stream formula in week two. Now you are instructed to wait until the fourth week. This is because this formula is so effective in removing toxins from the blood stream that you need to make sure your bowels, kidneys and liver are eliminating properly so the toxins released by the Blood Stream Formula do not remain in your system.