

Frequently Asked Questions

DrFostersEssentials.com

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I Had a Reaction to an Herbal Product. Was it a Healing Reaction, Side Effect or Allergic Reaction?

I have been helping people heal holistically for over 20 years and I've seen these reactions before. I KNOW EXACTLY WHAT THEY ARE and EXACTLY WHAT TO DO ABOUT IT so please keep reading this entire section so



you know ***the easy things you can do at home to reduce them or stop them completely.***

Using high quality herbal products can result in healing reactions – they are actually POSITIVE SIGNS OF HEALING. And natural healers throughout history have thoroughly documented these healing reactions – they knew exactly what to do about them as well.

People have healing reactions because they've accumulated toxic chemicals and wastes inside their bodies and herbs encourage these toxins to come out. After all the toxins come out, your body is renewed and functions so much better. Diseases can go away, and that makes it all worthwhile.

The toxins are there because of the Standard American Diet filled with pesticides, ultra-processed foods, and other chemical additives. They're there because you overworked yourself or didn't exercise, were smoking cigarettes filled with harmful chemicals, or hurt your liver with too much alcohol. They're there because Big Agra (large agricultural corporations) poisoned your meat and dairy products with hormones and chemicals, because they've covered their food crops (and even your morning coffee) with toxic chemical pesticides) and because your government put toxic cancer-causing fluoride in your tap water under the pretense that it would help protect you against cavities.

"We will keep their lives short and their minds weak while pretending to do the opposite. We will use our knowledge of science and technology so that they never see what is happening. They will be covered in poisons wherever they turn".

— John D. Rockefeller

The Founder of Modern Medicine

They're also there because your doctor prescribed you medications that are synthetic and that leave toxic residues in your liver, kidneys and other organs in your body. John D. Rockefeller was an evil man who accumulated massive wealth by manufacturing chemical medications out of ***cancer-causing petroleum products.***

All of your prescription drugs are based off of toxic petroleum. He simply wanted to make more money off of petroleum. He used violence and force to destroy most of the natural healers (including Eclectic Physicians, midwives, shamans, herbalists, chiropractors, osteopaths and other natural healers). Then he funded only the medical schools that were making the most amount of money and that would use petroleum products, surgery and other experimental drugs so that he could accumulate as much wealth as possible.

He then used his massive wealth to pay off members of Congress to pass laws in favor of Modern Medicine and against all forms of natural healing. He used his money to have articles written up in newspapers and magazines to discredit herbs and all of the natural

healers and to have them labeled as “quackery” – even though their methods were safe and effective. It was a hostile takeover motivated by evil and greed.

He passed down all of his merciless and strategies to his heirs and this massive corruption continues to this day!. The enormous amount of brainwashing and social programming they have done over the years to convince you that herbs are dangerous is one of the reasons why you are so afraid that herbs will hurt you. You can do an internet search on “Rockefeller Medicine” to find out the truth for yourself. I could have made plenty of money being a radiologist as I had originally planned, but I almost lost my life due to Modern Medicine and I had to find out these things for myself in order to save my own life. Now, I’m trying to save yours as well.

If you want to blame someone for the toxins in your body, blame your medical doctor who prescribed the synthetic medications and the toxic shots you've taken over the years. Blame all of the chemical industries that have produced all of the chemicals on the planet that have caused cancer and so many other diseases. Blame your drycleaner for using toxic chemicals on your clothes. Blame the chemical industry that has put toxic chemicals in your laundry detergent, household cleaners, air fresheners, shampoo, perfumes and all of your other household products. Blame your dentist for putting toxic mercury fillings in your teeth that can cause all kinds of brain and nerve problems and even epileptic seizures. **Don't blame the herbs – the herbs are actually helping get it out of you!**



If you're young and healthy, you may not feel these healing reactions at all. A lot of people do herbal cleanses and feel absolutely fine. But, if you have multiple health problems and are older, it is possible you will feel these because **your body needs to eliminate these toxins in order to heal itself.** Most people are not accustomed to these reactions because most herbal products on the market are diluted and watered down so that no one has a healing reaction or feels anything negative. At Dr. Foster's Essentials, we don't water down or dilute our herbs. We make them the strongest possible so that you have a fighting chance to heal yourself! Without at least a few healing reactions, it can be difficult or even impossible to heal.

But you don't have to suffer through a healing reaction and most of them only last around 3 days. Simply stop taking the herbs for a day or two (or longer if you need to) and drink lots of pure water. Make sure you're having bowel movements and if you have Colon Detox Caps, take them – they will absorb those toxins from your bowel and you will feel so much better! If you are constipated, take an enema or use Vibrant Colon to make sure you have 2 or three bowel movements per day. **All of that will move the toxins out of your body faster so that you don't feel so yucky. THE REACTION WILL JUST GO AWAY** and you won't need to go to your doctor.

Did you get a headache when you did an herbal cleanse? Yes, that's a healing reaction. Did you have some fatigue? Yes, that's a healing reaction. Did you have a symptom you had in the past when you were sick a long time ago? Yes, that's a healing reaction. Did you have a joint pain flare? Yes, that's a healing reaction. Did you have a runny nose or experience an increase in sinus drainage? Yes, that's your body trying to eliminate toxins through your mucous membranes. Natural healers have thoroughly documented these healing reactions. They are well-known and they're not a surprise when they happen.

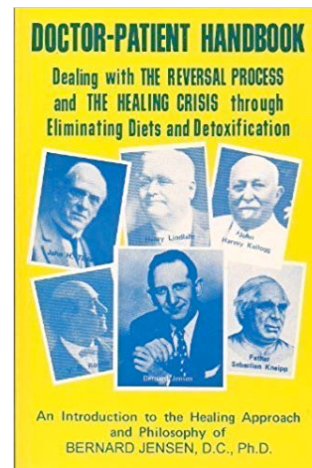
For the most part, if you took the recommended dose and followed the directions, these reactions are not allergic reactions and they are not side effects. If you don't understand this concept now, you may NEVER heal.

If you ask your doctor what has happened, your doctor will tell you the wrong thing because they are NOT TRAINED in the use of herbs and they don't know what this is.

Most medical doctors do not understand herbal therapy or these healing reactions, and they often misdiagnose these reactions as allergic reactions. They will tell you it's an allergic reaction and never to take the herb(s) again. They will give you antihistamines or even steroids. It will make you feel better and you'll walk away with a belief that you are allergic to an herb and you'll avoid those herbs.

When they stop the reaction, they stop the healing process, and it can ruin the effect of the cleanse. In order to heal, unless it's a really severe reaction, don't attempt to suppress the symptoms of a healing reaction. Allergic reactions to herbs are extremely rare. 99.9% of all the reactions I've ever seen to herbal products have not been allergic reactions at all, but positive healing reactions.

If you understand what this process is - that it's a **process of healing**, you'll slow down your detox, lower your doses, drink more water and work WITH your body until the toxins have all been eliminated and you completely recover your health.



This Book is One of Many Books That Describes Healing Reactions, Why They Happen & What To Do About Them



Your Doctor Perplexed By Herbs Because He Has Not Taken the Three to 4 Year Training That Most Herbalists Take

When you're feeling better, you can start up the herbs again but at a much lower dose. (Try half of the recommended dose or even a quarter of the recommended dose). It's usually as simple as that! Some people have so many toxins inside that they need to go through the detox process much more slowly. Maybe you can only take 5 drops of a formula. That's OK! You'll be able to gradually increase that dose over time.

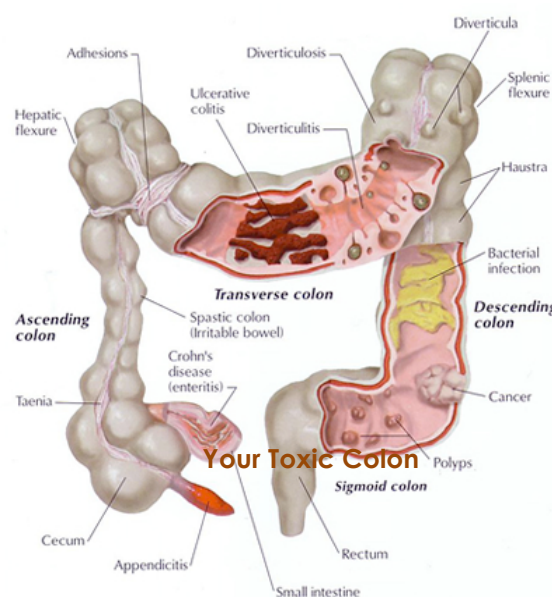
You don't have to do any herbal cleanse the way it's written out. You can lower the doses and take them for a longer period of time. This is completely fine, too. In the beginning, the detox can be slower until the toxins come out. Your future cleanses will become easier and easier and easier as there are much less toxins to clear out. One day you'll do a cleanse without any healing reactions at all and, like many of my patients, you'll feel absolutely fantastic and wonder where all the energy came from!

A lot of toxins accumulate in the colon and this toxin accumulation is **mostly SILENT**. Your doctor, for the most part, will NOT know about it until it's become so severe, it becomes obvious. There's no conventional medical test for the early signs of colon toxicity. It happens because of the processed food diet most Americans consume. This diet causes chronic constipation and a buildup of toxins in the colon.

If you're having less than three bowel movements per day, your colon is in bad shape and is filled with toxins. Those toxins, if left there for long enough, will eventually cause irritable bowel syndrome, colitis, hemorrhoids, colon polyps and even colon cancer. Your doctor will say "We don't know why this happens" and they'll simply drug you with chemicals or cut out the affected part of your colon. They'll do hemorrhoid surgery without telling you that you've been constipated for many years and your colon is in bad shape.

If you have any of the above conditions it means your colon is in bad shape and is filled with toxins.

If you have a colon filled with toxins and try to do an herbal detox, you can feel yucky. **Doing a colon cleanse FIRST before taking herbs is highly recommended, especially if you are older and have a severe or multiple health problems.** That way, you clear out a lot of the toxins from the colon and can avoid most of these healing reactions.



Herbal therapy cleanses away metabolic and environmental wastes that have accumulated in the body for as long as 20 years. In order to heal, these wastes must come out. They do not magically disappear or spontaneously combust. These accumulated wastes have been hiding in fat cells, muscle cells, brain cells, in the liver, intestines and kidneys. Herbs stir up these toxins, releasing them into the bloodstream so that they can eventually be eliminated from the body for good. During this time,

symptoms from the past often appear temporarily as the body is cleansing away these toxins. After completion of an herbal cleanse, these reactions typically stop.

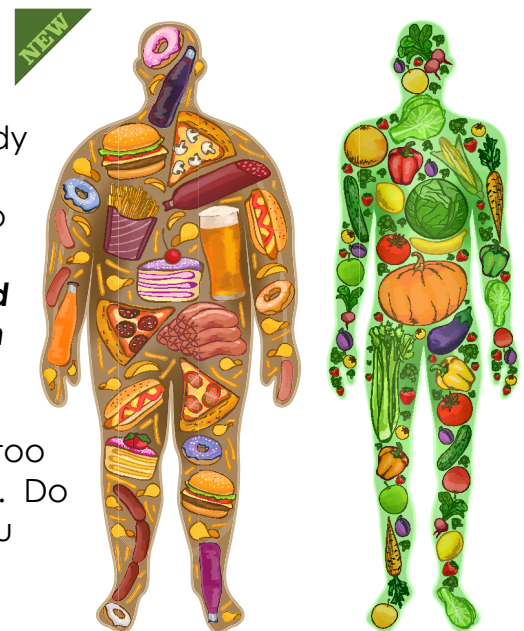
A classic example is someone with arthritis who does a kidney cleanse and during the cleanse, joint pain feels worse. However, when the cleanse has been completed, the joints feel much better than before starting the cleanse. The healing effect tends to be long-lasting. Many people are very happy to go through a short period of discomfort to get their function back and to have the chance at a normal, healthy life. Each herbal order comes with a detailed information sheet (see "How to Take Your Herbs") describing how to minimize these healing reactions so that one can still function in daily activities/ normal work day while doing an herbal cleanse or taking any herbal formulas.

How Long Does it Take Before the Herbs Work?

Herbs may have an immediate effect that relieves symptoms; however, the way they work is vastly different from the way prescription or chemical medications work. Unlike medications, herbs do not force the body to do something it's not ready to do. So, the initial effect may or may not be weaker than medications. However, the good news is that the long-term effect is usually much stronger and more permanent.

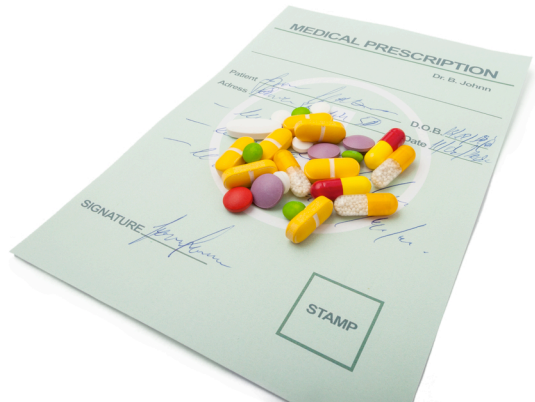
Many people give up herbs after just a few days when they should be taking them for at least 3 to 6 months in order to see a long term and noticeable healing effect. They move on to a different herb before the herb has had a chance to work. Unlike synthetic medications, herbs contain high amounts of vitamins, minerals, trace minerals, antioxidants, enzymes and other botanical components that are required by the body in order to heal. Herbs are recognized as food by the body and are generally much better tolerated than chemical medicines. Unlike medications, we very rarely see toxic side effects from taking herbs. It takes time, nutrients, exercise, rest and a positive attitude to heal.

In modern times, people are so severely malnourished and toxic from living the American lifestyle that the body must be flooded with nutrients and herbs for quite a while in order for people to "catch up." There is only so fast that diseased cells can be replaced by healthy cells. **When enough diseased cells have been replaced by healthy cells, people see dramatic improvements in health.** At this point, many people can then get off of some or all of their prescription medications permanently. The most common problem is giving up too soon, even though there has been some improvement. Do not expect a "cure" from a single bottle of herbs. If you have improved, keep going!



What Herb Can I Substitute For My Medication?

There are many herbs that have similar effects to medications; however I highly discourage taking herbs like medications. In order to heal a particular complaint, it is necessary to heal the entire body, not just the part that has symptoms. We are not trying to suppress symptoms with herbs; we are trying to heal and regenerate the entire body so that the body can heal itself.



Trying to suppress symptoms with herbs usually is as unsuccessful as using medication to suppress symptoms. This is because the body is a very complex organism and the functioning of one organ is usually tied to many others. The entire body is interconnected. We cannot have a problem in one organ without having problems in several others. You need to ask what all the reasons are for the illness and address all possible causes, even if that means healing a remote area of the body that doesn't appear to be related to the illness.

For example, in order to heal the heart, it is not only necessary to take herbs for the heart, but also herbs for the liver, the immune system, the intestines, exercising and perhaps using essential oils for emotional healing. Doing any less than this is cheating oneself out of a full healing and can cause chronic illnesses to drag out unnecessarily.

Then How Do I Know Which Herbs I Need?

We have lots of online resources to help you find out what herbs you need! **A new addition:** the FREE **Natural Protocols Ebook** is now online! This comprehensive guide lists over 400 health issues and what herbal formulas to take for them. Health issues listed range from cancer to Candida to high blood pressure to wrinkles and urinary tract infections. To access the guide, go to http://sacredgaia.org/Herbal_Reference.pdf

People New to Natural Healing: People who are new to herbal healing and don't know how to get started can usually start off with the Beginner's Program described at <http://drfostersessentials.com/store/begin.php>. This consists of Vibrant Colon, Colon Detox Caps, Echinacea Premium, and Digestive Tonic. This lays down a strong foundation for future, stronger herbal cleanses. Once you've purchased a cleanse, you will be led to a page online where there is a link to all of the complete written instructions for all of our products and cleanses. You will also you will get a link by email after you purchase any of our products.

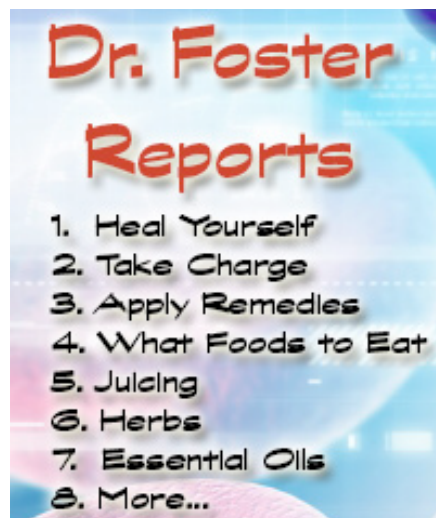


Other people who are already familiar with taking herbs can often begin with a slightly more advanced herbal cleansing program such as the Liver Regeneration Program, Parasite Cleanse Kit, Cholesterol Busters Program, 28-Day Healing Program, The Simplified Stone Cleanse, or the Kidney Revitalization Program.

After your first herbal cleanse, it's beneficial to add on specific herbs or formulas for specific health issues to be started immediately afterwards. For example, a person with memory loss should begin with a liver cleansing routine. During or immediately after the cleanse, brain herbs are going to be helpful such as the Brain Regain Formula, Cayenne Tincture, and Frankincense essential oil.

From the home page of the Dr. Foster's Essentials website, you can click on "Search By Organ System." It is organized by organ system so that you can browse through all the herbs available for each system such as the brain, immune system, heart, eyes, skin, female issues, etc.

Also check the **online articles** for any additional information on particular health issues. These are not trendy articles about the latest and greatest supplements. **These are articles about the specific how-to-steps you need in order to heal yourself naturally in the comfort of your own home.** Remember that YOU are the one who knows your body the best, and no doctor can approach the knowledge you have of your own body. If after reading thoroughly the online articles and Natural Healing Protocols Ebook, you are still unsure as to how to proceed, you can email us at healing@drfostersessentials.com



Will Herbs Interact With My Medications?

The most common herb-drug interaction is that between the prescription blood thinning drug Warfarin (Coumadin) and herbs that thin the blood such as garlic, onion, red clover, and ginkgo biloba. Anyone who is taking Coumadin, Warfarin, Heparin, Lovanox, Plavix or other prescription blood-thinning medications should not attempt to take herbs because the risk is too high for bleeding. Blood pressure meds are ok – they are *not* the same as blood thinners.

Because herbs can strongly affect physiology, the effect could be too strong if an herb that has a specific effect is taken with medications that also have the same effect. For example, one should not combine stimulating herbs (such as ma huang) with a stimulant medication (such as



Ritalin). Combining prescription sedatives with sedative herbs (valerian, passionflower, hops), can make people feel drowsy. It's generally not a good idea to combine hormone-balancing herbs with prescription estrogen/progesterone medications such as birth control pills (may affect birth control properties) or hormone replacement therapy (although it is possible to taper off hormone replacement therapy while gradually adding the herbs on).

Natural substances such as charcoal, psyllium and slippery elm (contained in the Colon Detox Caps) can reduce absorption of medications as well as herbs, but only if taken simultaneously in the same dose. One should allow one hour before or after taking the Colon Detox Caps or Colon Soothe Formula before taking medications or other herbs.

I have had clients who underwent chemotherapy and herbs at the same time with terrific results. The Colon Detox Caps can be used to offset digestive inflammation/diarrhea and soothe the intestines. The Vibrant Colon or Turkey Rhubarb is excellent in cases of constipation that sometimes occur due to the chemotherapy killing the good bacteria in the intestines. The Essential Nutrients Formula and Iron From Herbs Formula helps to protect against severe anemia which is so common during and after chemotherapy. Immune Valor keeps the immune system strong and the research shows that the therapeutic mushrooms can help shrink tumors. I have never had the experience of herbs decreasing the effectiveness of chemotherapy regimens. On the contrary, the clients I've had who used herbs with chemotherapy were more likely to survive the chemotherapy. This positive effect was further increased when clients changed their diet and lifestyle to a healthier one.

Can Children and Babies Take Herbs? Are They Too Young?

Of course they can take herbs! Simply decrease the dose depending on the child's weight. Each herbal order comes with a flyer that describes a simple mathematical formula to calculate the dose depending on a child's weight. The Turkey Rhubarb Formula and Colon Activator are too strong for children. The Colon Cleanse Syrup and Immune Boost Syrup are mild and specifically designed for children. Except for the abovementioned adult formulas, children can take any adult formula, as long as the dose is adjusted for their weight. Many children have been healed quickly since their metabolism is so responsive to herbs. If they are severely ill, it is better to take herbs than not to.



Is It Safe to Take Herbs While Breastfeeding?

Usually, if a woman is healthy, it is best to wait until after the child has been weaned

from nursing before doing a colon, liver or kidney cleanse. However, in certain circumstances, due to severe or urgent health issues, some women may not be able to wait. In this case, it is possible to store up extra milk using a breast pump. Then during a cleanse, instead of nursing the baby, give the baby the stored breastmilk. However, if the infant is severely ill, it is sometimes best for the mother to take the herbs while nursing since the herbs will go through the breast milk to help heal the child. Laxative herbs may have a laxative effect on the baby, so it's important to watch the dose of these herbs when nursing, since too much can cause babies to get diarrhea. Certain tonic herbal formulas are fine to take while lactating. These include Essential Nutrients, Calcium From Herbs, Tummy Tea, Lactation Tea, Iron From Herbs, Flora-G (GFX-180), Digestive Tonic, Echinacea Premium Formula, and the Earth's Nutrition Formula.

Is My Teenage Daughter Too Young to Take Herbs to Regulate Her Menstrual Cycle?

Absolutely not! Herbs can be taken at any age to help restore balance to the endocrine organs, but unlike synthetic hormones, they do NOT cause premature puberty. If she doesn't take herbs to balance the hormones, medical doctors usually put teenagers on birth control pills anyway. Birth control pills can cause liver damage, liver tumors, increased yeast infections, breast pain, mood swings, aggravation of migraines, weight gain, water retention, vitamin deficiency, loss of the menstrual period, abnormal thickening of the blood and increased risk of stroke and heart attack. Unlike birth control pills, herbs have none of these side effects, and as an added bonus, tend to help restore emotional balance as well.



Can Pets Take Herbs?

Absolutely! Simply adjust the dosage according to the pet's weight (see "How To Take Your Herbs"). Pets respond particularly well to Essential Nutrients, Earth's Nutrition Powder, the Anti-Par Formula, the Earth's Nutrition Formula, and can even drink carrot or other fresh vegetable juices. Many pet owners have told us their pet had tumors that shrank when they gave the Blood Detox Concentrate. You will need to hide the bitter-tasting herbs in their food or sweeten the herbs, but the Essential Nutrients and Earth's Nutrition formula they usually like just as they are. Just sprinkle onto their food. When in the wild, pets naturally forage around for herbs when ill. Many dogs and cats can also have small amounts of garlic and even cayenne. Use caution when giving cats echinacea. This does not always happen, and some cats have been fine with low doses, but it can cause some foaming at the mouth.

Why Are the Liquid Herbal Extracts Preserved in Alcohol? What Can I Do if I'm Sensitive to Alcohol?

First off, the amount of alcohol in a single dose is about as much alcohol as one would get from eating a ripe banana. It's minimal.

Tincturing the herbs in alcohol serves many important functions:

1. Alcohol is a natural antiseptic. If there are any germs on the herbs, after they have been tinctured, none remain.
2. Alcohol is a wonderful natural preservative. This gives the herbal tinctures an almost indefinite shelf life. You can use an herbal tincture decades after its manufacture, and it still works. Powdered and encapsulated herbs will lose potency after a couple of years.
3. Using alcohol for the extraction allows us to concentrate the herbal product to a high potency. Because their potency is many times higher than powdered or encapsulated herbs, we can often achieve a healing very rapidly when compared to traditional herbal therapy.
4. Tincturing the alcohol as the base brings out more therapeutic qualities than any other substance. Glycerine bases contain too much sugar, are inappropriate for diabetics and do not extract as many therapeutic components as an alcohol base.



For people who are sensitive or who take several tinctures simultaneously, it is very easy to evaporate the alcohol off of the tincture. To do this, do the following:

1. Place one dose of the liquid in a coffee mug.
2. Boil an ounce or two of water in a teakettle.
3. As soon as the water boils, turn off the heat, take the teakettle off the stove and pour the boiling water into the coffee mug.
4. Simply allow the hot mixture to stand for a few minutes to cool. The alcohol can be seen as a white puff of vapor that leaves the mug as soon as the water is poured on top of the tincture.

This method is suitable for those who are worried about Candida issues, former alcoholics or diabetics, and it does not damage the herbs.

Why Don't You Sell Vitamins?

In my personal and clinical experience with herbs, I have found that vitamins simply do not work as well as high quality herbs. In my opinion, many vitamins are a waste of time, money and kitchen counter space. Most contain synthetic chemicals that are indigestible. I have had many clients come to me with an entire shopping bag full of even "natural" vitamins that didn't work. These were highly expensive, supposedly high quality vitamins with special processing to make them more absorbable. Considering that most B vitamins have coal tar as their base, I wouldn't want to make them more absorbable. Even though many vitamin manufacturers claim to sell the "natural" form of the vitamin, the proof is on the label. If the ingredients listed are vitamins, but not food, this usually means that the vitamins are synthetic - even if the label says it's "natural." Anyone can use "natural" on a product label – it doesn't mean anything.

I've Heard That Herbs Can Cause Liver or Kidney Damage. Is This True?

Most of these stories cannot be validated by real science. Most of these reports come from researchers who have isolated a single phytochemical (out of hundreds) from a plant, concentrated it about 5,000 times and directly injected it into a mouse liver. No human being would ever take herbs this way! The pharmaceutical industry loves to spread this propaganda in order to scare people out of taking herbs and scare them into taking prescription drugs. Dr. Foster's Essentials only uses therapeutic herbs and we use only organic or wildharvested herbs. Pretty much all of the reports about liver and kidney damage due to herbs were traced back to Chinese herbs that were contaminated with heavy metals, pesticides, radiation or prescription medications. As I mention on my website, by law, all raw herbs that come into the country must be gassed with the toxic chemical ethylene oxide, therefore, we refuse to use any Chinese herbs except for one or two that come from Canada and have not been contaminated.



I deal with clients who have severe liver diseases such as hepatitis and cirrhosis as well as those who are in kidney failure. These people report back to me that their liver enzyme levels and BUN/creatinine fall during herbal therapy with my herbs, coming down towards normal levels. We have no herbs available from our company that could damage your liver or kidneys.

Specific prescription medications, on the other hand, are well known for their liver and kidney damaging effects. The most well known kidney-damaging medications are antibiotics (Aminoglycosides, cephalosporins, sulfonamides, tetracyclines), foscarnet, acyclovir, nonsteroidal anti inflammatories (NSAID's), amphotericin B, cancer chemotherapy drugs, HIV protease inhibitors, and contrast dye for CAT scans and other

imaging studies. Well known liver damaging medications include tricyclic antidepressants, oral diabetes medications, Accutane, cholesterol-lowering and antifungal medications, and the list goes on....You need to be much more afraid of the pharmaceutical medications you are taking and much less afraid of the safe and natural herbs you are taking.

How Do I Know When to Stop Herbs and Give Up?

There is a tendency to believe that if herbal therapy does not work immediately then it will not work at all. This is absolutely false. It can take at least 3 months in order to see dramatic improvements. Usually the problem is that the ill person is not taking enough herbs or is trying to substitute a single herb for a medication without considering how to heal the whole body. They may be taking weak herbal formulas such as powdered herbs in capsules or weak, watered down liquid herbal extracts. Some people believe that herbs can compensate for a bad diet or very stressful lifestyle. Herbs can do this to a certain extent; however, when the illness is serious, not only should herbs be taken, but diet and lifestyle should also be changed or else healing may not occur.

It takes time for the body to rebuild. Unlike herbs, regular medications do not contain anything nutritional and cannot rebuild body cells. Prescription medications typically have a strong initial effect that relieves symptoms. The effects of herbs are typically not so dramatic up front, but over the long term, they rebuild and regenerate the body with many naturally-occurring vitamins/minerals/trace minerals and other nutrients. It takes time for the body to rebuild. Most people simply need to be more patient and to stay on one program for longer than 3 weeks before jumping over to another healing program. "Natural healer hopping" can cause more delays in healing than if you simply stayed on a single health program. Of course my philosophy is, "Never give up!"

I Did a Cleanse and I'm Not Cured Yet. What Did I Do Wrong?

You didn't do anything wrong! For many chronic health issues, it can take more than one cleanse to remedy the problem. The longer a disease has existed in the body, the longer it will take to reverse it. The body can only eliminate toxins so fast. Anyone who claims to be able to get rid of all of the toxins in the body in one week is simply lying. It can take months to do this, depending on how severe the health problem is. Healing sometimes occurs in unexpected ways.

You may have been trying to heal your prostate cancer, but the first thing that happened was that your high blood pressure became normal. The body has priorities that may be different from what we think they should be. It may have been necessary for the body to heal the blood pressure first before it could begin healing the prostate. In healing migraines, the migraines may take a while to go away, but the digestion problems typically clear up first because they are a higher priority.

If something positive happens during or after a cleanse, but it was not what you expected, it is a good sign that the body will continue to heal during further cleanses. Eventually the body strengthens to such a point that it can finally address the worse and deepest health issue. Hering's Law of the Cure states that healing occurs from the head down, from the inside out and in the opposite order as the symptoms first appeared. This means the health problems you developed recently are usually the first to clear up, while the health problems you've had since you were young are the last ones to heal. The internal organs heal first and the skin heals last. If you have a skin issue, be patient and allow your internal organs to healing first before the effects show up on your skin.

This [Liver] [Kidney] Cleanse Looks Complicated. Can I Do it While Working a Full-Time Job?

Yes, of course. Granted you're working a typical 40-hour-a-week job. Many people do these cleanses while working full-time jobs. They simply wake up earlier, do their morning routine with their morning drink and herbal tea, and then bring their afternoon doses with them in ziplock bags. Then when they return home, they're ready for the last dose of the day. People can feel intimidated by a cleanse when they have never done one before, but they're so simple. Before you know it, the cleanse becomes like second nature, and doesn't seem like an effort at all, just a habit, or something different or fun, like an adventure. Unless there is a health crisis, you can do a cleanse less intensely. By this, I mean that you can follow a fairly pure diet, but not necessarily do a juice fast or all of the optional additions with the cleanse.



For people who are very worried about having enough time for their cleanse, I advise them to start the cleanse on a Friday or Saturday and take the lowest suggested doses listed on the bottles of herbs. This way, they have 2 or 3 days before going back to work to figure out how the cleanse is going to affect them, and they're doing the mildest cleanse possible. Usually the days when a person feels the worst are the first 2 or 3 days, and again, some people feel completely fine while doing these cleanses. If the mildest cleanse goes well, it can always be extended for more days and done with higher doses.

There are enough herbs to do at least 2 cleanses and they can even be done back to back if desired. It's all a learning process, and we learn by doing it. If we don't do it, we don't learn. It's not rocket science. People are not going to hurt themselves if they do something wrong. It's very difficult to hurt oneself with herbs. It's much easier to damage ourselves with medications. We need to stop looking at healing ourselves naturally as if it is a chore. It's important to keep a sense of adventure and positive thinking while doing an herbal cleanse and find ways to make it fun.