

# Call of the Cleanse:

## *Herb, Supplement and Food Solutions*

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## The *Daily Detox Super Stars*:

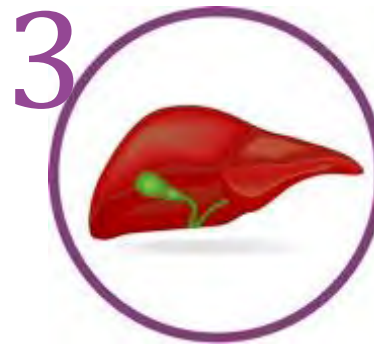
Hydrochloric Acid (HCl)

*Key to Life*



Liver Support

*Key to Detoxification*



Probiotics

*Key to Immunity*



Lymphatic Support

*Key to Draining Toxins*

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## 1 HCl



### Benefits:

- First line of defense against microbes
- Reduces and controls buildup of tissue acid wastes
- Protects detox organs such as kidneys and liver
- Triggers production of highly alkaline bicarbonates from pancreas
- Helps calcium, magnesium, sodium, iron, B12 and protein absorption

### Deficiencies:

- The only acid the body produces – without it, the body cannot maintain alkalinity (the key to life)
- Without sufficient HCl, bile backs up into the liver and gallbladder
- Starts to decline under stress in infancy
- Type A blood types are more achlorhydric

### Recommended HCl Supplementation (dosage per tablet):

- Betaine hydrochloride 500 mg
- Pepsin (1:3000) 150 mg
- Ox Bile 65 mg
- Take 1-3 tablets during or immediately following each protein-based meal

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## 2 Probiotics



### Benefits:

- The secondary/backup line of defense against microbes
- 75% of body's immune receptor cells are at the mercy of good bacteria
- TH-10 strain defends against yeast, parasites, and pathogenic bacteria overgrowth that create endotoxins
- Helps produce B vitamins, Vitamin K, and digest fiber

### Deficiencies:

#### *Disrupted by –*

- Antibiotics
- Chlorinated and fluorinated water
- Estrogen replacement
- The pill
- X-rays
- Sugary diets

### The Perfect Probiotic:

- Has living bacteria that ensures the bacteria are alive and active
- Is packaged in a fermented culture to provide a continual feeding system for the bacteria
- Includes organic acids to promote the growth of good bacteria in the colon
- Is enteric coated to keep it intact and survive the stomach and bile acids until it reaches the colon
- Provides evidence that it is gluten-free, non-GMO, hypoallergenic, and without preservatives
- Has proven adhesion, meaning it sticks to the walls of the digestive tract
- Is safe for infants, children, women and men as well as those with compromised immune systems
- Has multiple strains of beneficial bacteria including the TH-10 strain

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## 3 Liver Support



### Benefits:

*Body's Main Detox Organ*

Driven by Enzymes from Phase 1 and Phase 2 Detox Pathways:

- **Phase 1:** Hydroxylation—Requires antioxidants
- **Phase 2:** Conjugation—Requires folic acid

### Deficiencies:

*Inhibited by –*

- Caffeine
- Trans fats
- Medications
- Inadequate fiber
- Xenohormones

### Recommended Supplementation:

- Black radish 350 mg with each meal
- Oregon grape root 90 mg with each meal or 5 mL in water per day
- Dandelion root 100 mg with each meal
- Cruciferous vegetables in green powders containing kale and Brussels sprouts

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## Liver-Loving Super Foods



### Hot Lemon Water:

- Helps to thin out the bile and aids fat metabolism
- Recipe: 1 cup hot water and juice of ½ lemon, taken upon arising

### Whey Protein:

- Must be pure, undenatured, and unheated
- Helps the body produce glutathione, the body's toxic waste neutralizer
- Fasting and medications drain the body of glutathione



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## 4 Lymphatic Support - *The body's drainage system*



### Benefits:

- Carries away toxins and waste products of metabolism and fat globules
- Depends on movement (muscular contraction, deep breathing and massage) to function

### Deficiencies:

*Sluggish lymph creates waterlogged tissues –*

- Bloating
- Cellulite
- Nutrient and oxygen underutilization (fatigue)

### Recommended Supplementation and Support:

- Red clover 400 mg capsules, 3x/day
- Poke root 1:5 liquid, 1 mL/day
- Daily rebounding (10-20 min)

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## Lymphatic-Loving Super Foods:



**Cran-water: 100% cranberry juice diluted with water**

- 48-64 fluid ounces per day

### **Benefits:**

- Strengthens connective tissue
- Protects blood vessel walls from free radical damage
- Cleanses the urinary tract
- Supports digestion
- Supports acidic colonic environment killing pathogens
- Reduces appearance of cellulite and varicose veins!

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“ *Whoever wishes to investigate medicine should proceed thus: In the first place consider the seasons of the year and what effect each produces.*”

—HIPPOCRATES



## Unique seasonal characteristics that impact your health:

- Temperature and weather changes
- Daylight variations

## Target organs for seasonal detoxification and regeneration:

- **Autumn** – Lungs and Large Intestine
- **Winter** – Adrenals and Kidney
- **Spring** – Liver and Gallbladder
- **Summer** – Heart and Small Intestine

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## Autumn – *Lungs and Large Intestine*

**Lungs** – Gateway into the body for environmental irritants

- **Health Concerns:** *Asthma, allergies, congestion*
- **Herbal support for the Lungs:** *Soothing, anti-inflammatory and anti-bacterial*
  - Usnea 3-4 mL 3x/day or 100 mg 3x/day
  - Licorice root 200 mg/day
  - Echinacea root 125 mg/day

**Large Intestine** – Home to bacteria (both good and bad)

- **Health Concerns:** *Gas, bloating, diarrhea, constipation, IBS*
- **Nutritional support for the Large Intestine:** *Nurturing, immune-enhancing foods*
  - Yogurt, kefir, sauerkraut
  - Fiber from Flax, Psyllium or Chia (two tablespoons of Chia seeds provide 7 grams of fiber)

**Emotional Hallmarks:** *Prolonged or unresolved grief*

### SEASONAL TEA

*Fenugreek* – lubricant quality that dissolves mucus in lungs and moistens digestive tract



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## Winter – *Kidneys and Adrenals*

**Kidneys** – The key to filtration, urination, pH balance

**Health Concerns:** *Kidney stones, infection, thinning hair, wrinkled skin, weakness in knees or lower back*

**Herbal Support for the Kidneys:**

- Cranberry concentrate 200 mg/day
- Rehmannia 1:2 liquid extract 4-8 mL/day or 140 mg 2x/day
- Schisandra 1:2 liquid extract 8 mL/day

**Adrenals** – The body's stress response center

**Health Concerns:** *Low blood pressure, chronic fatigue, low stamina, allergies, ability to deal with stress and extreme sensitivity to light, vitiligo*

**Herbal Support for the Adrenals:** *Improve stress tolerance, mental clarity, vitality, and physical endurance*

- Rehmannia 1:2 liquid extract 4-8 mL/day or 140 mg 2x/day
- Rhodiola 150 mg 2x/day
- Korean Ginseng 100 mg 2x/day
- Licorice root 110 mg 3x/day
- Skullcap 120 mg 3x/day
- Ashwaganda 95 mg 3x/day

**Emotional Hallmarks:** *Unresolved or ongoing fear*

### SEASONAL TEA

*Nettle* – alkalizing for  
Kidney cleansing and  
Adrenal support



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## Spring – *Liver and Gallbladder*

*Key organs of digestion, detoxification, fat metabolism*

**Health Concerns:** *Hemorrhoids, hormonal imbalances, light colored stools, nauseousness especially after eating fatty foods, waking up between 1-3 am, chronic tension in neck and across shoulders*

**Supplemental Support for the Liver and Gallbladder:** *Enhance detox capacity and provide antioxidants for liver and improve bile production*

- Choline, 250 mg 1-2x/day
- Methionine 250 mg 1-2x/day
- Inositol 250 mg 1-2x/day
- Schisandra 250 mg 2x/day
- Milk thistle 200 mg 2x/day
- Oregon grape root 250 mg 2x/day
- Rosemary 200 mg 2x/day
- Dandelion root 100 mg 2x/day
- Grape seed extract 50 mg 2x/day

**Emotional Hallmarks:** *Unresolved and prolonged anger and irritability*

### SEASONAL TEA

*Dandelion root – liver cleansing and decongesting*



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## Summer – Heart and Small Intestine

**Heart** – Center of the life force

**Health Concerns:** *Circulatory and cardiac problems, shortness of breath, irregular or rapid heartbeat*

**Herbal Support for the Heart:** *Support normalizing blood pressure and general Heart support*

- Hawthorn 300 mg 2x/day
- Coleus Forte 185 mg 2x/day
- Garlic 250 mg 2x/day
- Chinese Skullcap 165 mg 2x/day
- Fennel 10 mg 2x/day
- Turmeric 40 mg 2x/day

**Small Intestine** – ‘Grand Central Station’ for digestion and absorption of nutrients

**Health Concerns:** *Allergies, food intolerances, parasites*

**Supplemental Support for the Small Intestine:**

- HCl
- Broad-based Plant Enzymes - protease, amylase, lipase

**Emotional Hallmarks:** *Manic tendencies*

### SEASONAL TEA

*Rose hips – high in Vitamin C and bioflavonoids for nutritional support*



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*“To every thing there is a season, and a time  
to every purpose under the heaven.”*

—Ecclesiastes 3:1



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