

# THE ART OF DETOX

“IF YOU DIE AT THE  
AGE OF 120,  
YOU DIE YOUNG!”

DAOIST SAYING

# CONTENTS

3	The Art Of Detox
4	Disease Is Something We Worked A Long Time For
5	Alkalinity - The Foundation Of Health
6	Acidosis The Cause Of Health Problems
8	Our Toxic World
9	The Body's Ability To Adapt
10	The Various Degrees Of Qi/Life Force
12	Alkaline And Acid Diet Made Simple
12	What To Eat To Alkalize
14	What To Avoid Eating In Order To Alkaline
15	Other Major Sources Of Acidity
16	What Does A Good Cleanse Consists Of?
16	How Long Does It Take For Detoxification?
16	Do A Simple Home Test!
17	What A Real Detox Includes: The Gut & The Kidneys
18	Lymph & Liver
20	The Cleanse Programs
20	The Importance Of Supporting Your Body While Detoxing
22	Basic Cleanse
22	Medium Cleanse
22	Serious Cleanse
23	Detox Healing Crisis
25	Some Frequently Asked Questions
26	Do The Best You Can
27	About The Author

# THE ART OF DETOX

You are the master of your health. The Daoist saying: *"If you die at the age of 120, you die young,"* gives us a powerful clue about the potential of human health.

Let's start this journey by looking at the overall picture. The body has two main fluids. The blood which nourishes and oxygenates all of the cells, and the lymphatic system which is like the sewage drain of the body, eliminating all the waste fluids through the kidneys. Blood consists of **25%** of the total fluids in the body and has to be alkaline at a very tight **7.34 PH**. Fluctuations by even **0.2/0.3 PH** could mean death. A healthy body should be slightly alkaline.

Since the body does not want the acidity and toxicity to stay within the blood, most toxicity and acidity is discharged into the lymph system. The lymph fluid makes up **75%** of the body's fluids, and is excreted through the kidneys. This fact is very important to understand.



**25% BLOOD**

**75% LYMPH**

# DISEASE IS SOMETHING WE WORKED A LONG TIME FOR

Between health and disease there is a wide spectrum of years where the body slowly deteriorates unnoticed or is perhaps ignored intentionally.

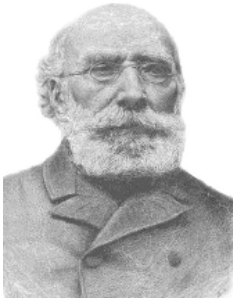
***“If you don’t want to wake up one day and find that you have cancer, diabetes, or a wrinkled up aged body, catch the signs now.”***

There is always a progression. If you catch that progression now you can reverse this downward spiral.

In this regard, you are the master of your health. Get informed, make good personal lifestyle choices that support your well-being. Detox and heal the deteriorated parts of your body through raw fruits, greens and herbs. It is as simple as that.

# ALKALINITY

## THE FOUNDATION OF HEALTH



The 18th century French scientist **Antoine Bechamp** theorized that it is human body culture medium's acidity or alkalinity feature which

is the basis of disease and health, and not the pathogens per se. In his research with microorganisms he discovered that they remain dormant and harmless in an alkaline culture medium, and become actively virulent according to the degree of acidity of the medium.



During the same period of time Bechamp's contemporary **Louis Pasteur** theorized, (and later on his deathbed admitted

his theory was wrong), that diseases were caused by pathogens. For various financial and control reasons, this approach was adopted by allopathic medicine, which focuses on chemical drug-based treatment of symptoms.

To detox and alkalize the body is the key to good health, along with proper nourishment.

Acidity is the side of chemistry that contributes to degeneration, premature aging, poor health and eventually disease states. Alkalinity is the perfect environment for cellular regeneration contributing to health and radiance.

# ACIDOSIS

## THE CAUSE OF HEALTH PROBLEMS

Toxicity or acidity is introduced into the body through food, fluids, the air we breathe, and all that comes into contact with our skin. Cellular metabolic waste also creates it - yes, cells do poop like all living organisms, as well as acidic stress hormones. All this has to be cleaned up by the lymph system and excreted through the kidneys. That is a big job for the kidneys!

When the adrenals are fatigued, which is a common phenomenon today, the kidneys lose their filtering capacity. Lymph fluid gets backed up in the body, leading to acidosis. Ingesting acid producing food and drinks also contributes greatly to progressive acidosis.

***“From this perspective all health problems stem from acidosis causing deterioration in cellular functions”***

Acidity in the body reduces conduction, this means the more acidic you are the less energy you have and the more prone you are to infection, inflammation, pain, tissue break down, rapid aging, premature wrinkling, age spots, loss of muscle and bone tone, cellulite, cysts, tumors; these are all different stages of the same acid corrosion. Acidity corrodes, burns cells and impairs their function. Imagine your body in an acidic medium like that of a nail in a can of soda, slowly dissolving and breaking down.

The body produces mucus, cholesterol, dissolves calcium from bones and tissues when needed and holds onto water in order to neutralize the corrosive nature of an acidic inner environment. On this note most acidic bodies hold onto water, leading to thicker arms, legs and trunk even though there may not be much added body fat per se. It is difficult to lose this water weight without alkalizing the system first.

From this perspective all health problems stem from acidosis causing deterioration in cellular functions. This means that the more important cells that make up the glandular system like the adrenals, thyroid; the internal organs including the liver, kidneys, gut, heart; plus the brain and extended nervous system

are all under corrosive stress and underperforming due to acid damage. So the task to regain and maintain vibrant health is clear: detox, alkalize and nourish tissues!

Along with using detox herbs, you should invest in tonic herbs to support and nourish the weakened internal organs and glandular system, especially the adrenals and kidneys.

# OUR TOXIC WORLD

The human body is like a sponge. We soak up toxins from our environment through the skin, water, food, air, vaccines and recently higher doses of radiation. There is no real square inch of earth that is not contaminated at some level, for everything travels through the atmosphere and rainfall. Therefore, it is just a matter of looking at the degree of exposure. Certain places on the planet are cleaner than others and some, especially big cities are heavily polluted.

Moreover, toxicity is passed on from mother to child. So most of us carry around a sack of somewhat toxic and acidic fluid we call home. To improve your overall health, and that of your family, detox with herbs, eat a clean, balanced diet, create the best living and working environment possible and pursue an overall healthy lifestyle for the body, emotions and mind. These are the life factors that we do have some control

over, and if used with wisdom we can enhance our lives positively.

Food is the foundation to health, but food alone is not strong enough to purge the body of the toxicity that is sometimes buried deep inside. Herbs are nature's gift to help us detox the body. Different types of herbs have specific functions and small quantities can do an amazing job if applied properly.

To regain and maintain health you have to detox annually. The goal is to clear out as much as possible of all the old stuff that has been in the body since inception, and then keep cleaning in maintenance doses to keep the system clear. Essentially changing the internal fluid of the body from toxic to that of cleanliness and health.

This, as simple as it is, is the key to long-term vibrant health, rejuvenation and youth.



# THE BODY'S ABILITY TO ADAPT

Homeostasis is a state of being where things are in the best harmony they can be. For example, if your life is healthy and happy then your inner mechanism experiences that as the normal state, in essence homeostasis. If let's say you gain 10kg of weight overnight you will notice the difference in not only how much more heavy you become, but how it affects your energy levels and your self-image. However, if this 10kg stays with you for some months your body will adapt and it will become more or less a normal part of your self-perception. This is simply an adaptation and your system will reorient itself to accept and live in this new state of homeostasis. For most people it happens gradually through time. The same with toxicity and acidosis in the body - with time it adapts.

The way to break free from this negative adaptation and chronic deterioration is:

- A. Openness and motivation for change**
- B. New awareness or knowledge that opens to fresh possibilities**
- C. Disassociate with the old knowledge and behaviors.**

***“Do you know the potential for your body if it's detoxed, supported and alkaline?”***

Pain and suffering can serve as our teacher and motivator for positive changes, growth and expansion if we can muster the courage to acknowledge this inner call instead of trying to drown it out by pain killers, drugs, alcohol and life dramas.

This longing for “something else” (better health), may become the seed for change and exploration. It is then likely that your openness for change will attract new awareness and knowledge (such as reading this booklet), and this leads you to see the limitations of the old thought paradigms more clearly, thereby adapting a new, more life affirming belief system.

But why wait for the pain and dis-ease to hit its maximum limit? Is it possible to have openness for change, receive new knowledge and see old patterns of behaviors in the present moment? Of course! Why not invite the potential for health before the dis-ease becomes unbearable?

# THE VARIOUS DEGREES OF QI/LIFE FORCE

Another way of looking at yourself is from the perspective of an energy system. The functions of your body are connected to your emotional, mental and spiritual bodies; they are all influencing each other. How you feel at every moment in all these bodies depend on

***“...your emotional, mental and spiritual bodies; they all influence each other. How you feel at every moment in all these bodies depend on the***

the level of Qi you have.

If you are low in Qi then you will feel tired, the emotions and thoughts may not be so positive and pessimism creeps in. When you are abundant in Qi then you feel whole, positive, optimistic, and generous. We are referring to these different states

of function without stimulants like caffeine.

To maintain regular function means everything is in good working order, from the internal organs, hormonal glands and nervous system to the quality of thoughts and emotions, which all require a certain amount of Qi or life force.

When the system is chronically fatigued, this means the quantity of Qi is below what is needed to maintain regular function. This means all your systems in your body are not getting enough power - like a light bulb that becomes dim when the electrical current drops. If you function for months, years and sometimes decades with subpar energy the body is bound to experience negative consequences.

Some kind of a break down in the system occurs at some point, and we call that illness or disease.

If your car is running sluggishly because it has not been properly maintained, or if the tires are deflated, then you would look into fixing it before it progresses into more serious problems that will require more resources to fix later on. This is what detox can do for your body! Give it new life by removing the acidity and toxicity that have impeded the system.

More often than not, people adapt to a new lower level of systemic functioning by rationalizing or believing this is just a normal part of the aging process. Their body deteriorates, emotions become toxic and the mind gets filled with negative thoughts. It is ok if you choose to maintain this mindset, but just know that if you do want to improve your

***“In order to wake up in the morning and have that “I feel good today and life is peachy” state of mind, your system needs more octane than you would need for just maintaining regular functioning.”***

health, it is possible and doable! Here you can go beyond detox by exploring the world of tonic herbs and using herbs to improve the functions of all your glands and internal organs; and explore the world of Qi through the practice of Qi Gong, meditation, and yoga at some level.

# ALKALINE AND ACID DIET MADE SIMPLE

The quality of what you eat and drink creates the foundation for your health or illness. To eat the most nourishing foods you can afford and have access to is vital to long term health.

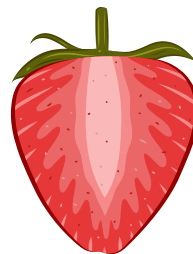
***“The quality of what you eat and drink creates the foundation for your health or illness.”***

The perspective of acidity concerning foods and drinks is similar to the ancient Ayurvedic system of high and low ash foods, and modern naturopathy of the mucusless diet. Ash and mucus being substances that clog up the inner space creating resistance to proper functions in the physical, nervous and energetic systems. Similar comparisons could be a haze of smoke or fog obstructing your vision, or sinus congestion making breathing difficult, or trying to speak clearly when there is a mucus ball in the throat. Except in this case

the acidity or mucus is systemic - it is everywhere in your body.

The connection is that the body uses mucus, cholesterol, water and dissolved calcium to neutralize acidity. When you are in the process of working to alkalize and detoxify the body, consuming acidic inducing foods and drinks could slow down the process and can be counterproductive to what you are working to achieve.

## WHAT TO EAT TO ALKALIZE

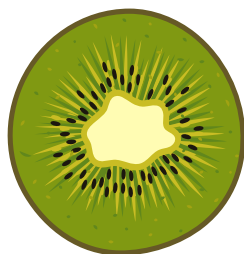


The best foods for detox are mainly fruits of all varieties. From the perspective of nutrient density, berries are denser in nutrients and antioxidants than melons and fruits. For practical purposes you can consume as much as you can find, considering seasonality and the place you live on the planet, and

also budgetary considerations of course. Overall, fruits of all varieties are the best for detoxification and provide readily available nutrients without taxing the digestive process.

***“The best foods for detox are mainly fruits of all varieties.”***

Many often ask, “What about the sugar in fruits?” Fresh, raw fruit sugar is fructose which absorbs directly into the cells and does not need insulin produced by the pancreas to transport it into the cells like glucose.

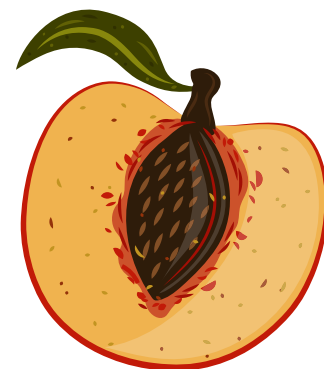


All the other forms of starch from grains, nuts, seeds, roots, vegetables, honey, even meat have to be broken down to glucose and need insulin like a taxi to transport it into the cells. The energy factory in the cells called mitochondria use the sugar molecules to produce energy.

In this sense fruit sugar from raw fruits is a superior food when you are detoxing because it requires minimal loss of energy. Whereas everything else you eat will require more energy to break down into the single element of glucose.

The human system runs on sugar so there is no way around it. Grains contain more sugar than fruits when broken down. This is why grains are complex carbohydrates and fruits are simple carbohydrates. So to make it simple - we can take in easy to digest fruit sugar or difficult to digest glucose sugar.

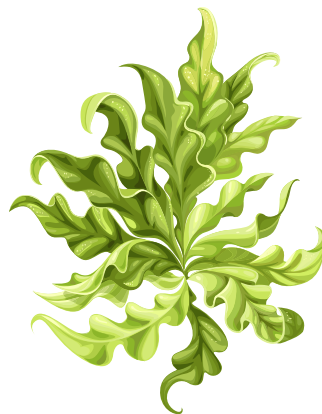
Sprouting is one of the very best and easiest ways to get proper nourishment. The sprouts are strongest, most packed with qi, protein, enzymes, vitamins and minerals during days 2-4. It is best to sprout a variety of beans and seeds



enough for consumption within 2-3 days. You can learn how to do this on Youtube. If you are a vegetarian or vegan and your diet is not predominantly raw fruits and green juices then you may not be getting enough nutrients, sprouting is the best way to fill in the nutritional gaps.



Green juices are amazing. Although raw and cooked veggies are very good, the juice is better for alkalizing for the simple reasons of having more readily available nutrients and less energy expenditure towards digestion. Humans do not have enzymes to break down cellulose. This means you get minimal nourishment from a supposedly healthy bowl of salad and that's why we mention green juices as the most efficient way to get the nutrients and alkaline effect.



Seaweeds are also an amazing source of nutrients, and the super minerals they contain are alkalizing. They are far superior than vegetables

grown on land because of soil quality erosion through many decades of bad agricultural practices. Organic farms are better, but the food is nowhere as strong as it used to be. Therefore seaweed stands out as a super food and alkalizing agent.

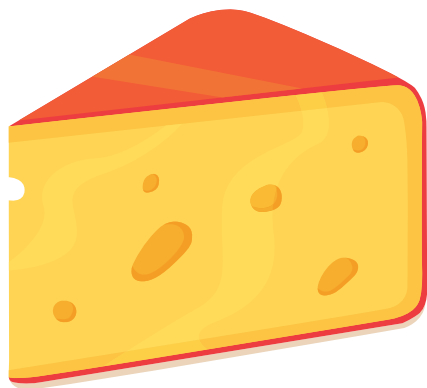
## WHAT TO AVOID EATING IN ORDER TO ALKALINE

The major acidic, high ash, mucus food and drinks are meat, dairy,



coffee, soda, caffeinated tea, pharmaceutical drugs, alcohol, nuts, seeds, chocolate and grains.

This may seem like “all the fun” stuff for some people. But with everything taken into consideration you can still do the best you can under the given circumstances.



Try to eat as much fruit and green juices all day long if possible before you dive into the other foods. Work toward consuming **60%-80%** of your overall food intake as fruits and then greens.

It is definitely easier to do this diet if you live in the warmer climates. In colder climates you have to be proactive by freezing whatever you can find in the summer months. It takes some work and planning but its very doable.

## OTHER MAJOR SOURCES OF ACIDITY

# STRESS

Stress hormones like adrenaline and too much estrogen and testosterone in the body are extremely acidic. Therefore chronic stress is the number one contributor to many illnesses. Relaxation and balancing the hormones will go a long way in contributing to a healthy system.

## WHAT DOES A GOOD CLEANSE CONSIST OF?

There are 2 main factors which determine how long and how regular you need to cleanse.

1. **Your current state of toxicity/acidity.**
2. **How much health and rejuvenation you would like to achieve and maintain.**

It is also about perception. Most people would spend hundreds, even thousands of dollars to fix their car or house plumbing at a moments notice, but neglect their body for years or even decades even until it becomes diseased. Re-prioritize and put YOU first.

***“With a healthy body you will enjoy life so much more.”***

## HOW LONG DOES IT TAKE FOR DETOXIFICATION?

To give you an idea of the duration for a good first time cleanse, here are some approximate guidelines. **The gut 2-3 months, the kidneys 2 months, the liver about 3 months and the lymphatic system anywhere from 3 months to 2 years.** You should consider cleansing the gut, kidney and liver all at the same time. In addition, include lymph detox into the program once the kidneys are filtering.

### DO A SIMPLE HOMETEST

You can do a simple at home test to see if your kidneys are filtering properly or not by collecting urine in a glass and looking at the fluid against a light source. If the urine is clear, your kidneys are **NOT** filtering, if the urine has sediments then your kidneys **ARE** filtering.



# WHAT A REAL DETOX INCLUDES



## THE GUT

A major source of old accumulated waste and parasites, and cause of low energy and many diseases. Poor gut health will negatively affect all the other internal organs and overall nourishment of the body.

### INDICATIONS:

People with parasitic infections often have low energy, look malnourished, have a protruding gut that is not from the fat layer, strong sugar and junk food cravings, sensitive and painful in gut area to the touch, constipation, chronic diarrhoea, gut prolapses, irritable bowel syndrome, polyps, Crohn's disease.



## KIDNEYS

When working properly, the kidneys filter the lymph fluid, which is roughly 50% of your body weight, and this is a big workload. Kidney energy is connected to your Jing or life force in Chinese Medicine. This means weak kidneys, weak life force.

### INDICATIONS:

Lower back/kidneys area pain and weakness. Urinary tract infections, eye weakness, bags under eyes, gout, cystitis, edema, restricted urine flow, burning urination, anxiety, chronic fear, lack of will power and motivation, not enough energy to get the job done.



## LYMPH

At this level of cleansing you can alkalize the body. This can be translated into elimination of inflammation, pain, reducing of wrinkles, skin dryness, premature aging, and a regenerating of the whole body. This is where good health and true anti-aging are found. It takes a year or two to shift this system depending on your current state of acidosis but you will most likely begin experiencing positive changes within a month or two.

### INDICATIONS:

Chronic sinus congestion, phlegm, sore throat, swollen lymph nodes, edema, allergies, abscesses, gout, cellulite, blurred vision, pimples, boils, cysts, acne and dry, leathery skin with age spots.



## LIVER

The liver is the chemical factory of the body. It is where chemicals are made and synthesized from given raw materials, for example, the liver converts silica into calcium. It has a big job in regard to digestion.

Some researchers believe liver bile circulates in the body preventing germ cells and tumor cells from forming. Germ cells in this case refer to cells that can potentially subdivide and grow into a mass of tissue similar to the germ cells that produce a fetus and baby; in essence, this is what a tumor is. Bile salt nips this process in the bud thus preventing uncontrolled growth.

Chinese Medicine calls the liver the General. If the liver is congested, then all the internal organs will suffer.

Liver Qi is responsible for harmonious energy flow through all the meridians in the body. From this idea, we can perceive that all tension related pain in the body is a result of liver Qi stagnation. Therefore, by cleaning the liver you harmonize energy flow throughout the body.

## INDICATIONS:

Pain in mid-back, right front side under ribcage, white or pale stool, liver spots on skin, bloating after eating fats and dairy, anemia.

(Liver/Gallstones - If you know or sense you have gallstones and/or kidney stones please use Stone Dissolver Herbal formula. Liver/Gallstone flushes are popular and nice to do annually but the process may be difficult for some people, especially for those who are sensitive and have weak adrenals. An herbal stone dissolver program is a very good and easy alternative.)

# THE CLEANSE PROGRAMS

Because everyone's needs are different, it is difficult to determine the quantity of herbs your body will need to do the intended job. The number of packs listed below should only serve as a suggestion. There are also many herbal products on the market, only a few however are serious about solving health issues. Dr. Morse is a quality brand and so is Dr. Richard Schulze at American Botanicals. In this informational booklet we use our own, Ming Herbs, packages of formulas as guidance to detox but you can also find equivalent high quality herbal formulas from other companies that could work equally well.

Also, keep in mind that you are not only working to fix symptoms but moving towards better health. This will require a mental shift in perception from cost to investment. What you are actually doing is investing in better health, and this will translate

into a better quality of life. An investment in health today usually means you do not have the higher cost of disease tomorrow.

## THE IMPORTANCE OF SUPPORTING YOUR BODY WHILE DETOXING

Your body does need extra energy to detox so please do find time to rest, relax and consume healthy foods.

People with fatigued adrenal glands, and high acidity are more likely to encounter a "healing crisis" than those who have more inner resources. This is why it is important to support your adrenals to give your system more resources to work with. You may even want to look into taking some super foods while on the detox. Supporting the adrenals and taking super foods are very good for your body in general and can be used for long-term health maintenance.

Herbal formulas can be categorized into two main groups. That of detox and that of support. These are the basics of what you need to regain, maintain, and improve your health. To maximize the effectiveness of the herbs, you would need to use the detox herbs along with the appropriate supporting formulas.

Glands and organs that have deteriorated need support and healing. Using these support formulas are the best ways to bring them back to normal and efficient functioning. You can pick the support formulas you need based on the symptoms you have. For example, using Ming's herbal formulas, if your mental concentration is challenged then use the Brain and Endocrine formulas. If the prostate needs support then the Prostate. Same with Heart and all the other support formulas.

You may be surprised to find that simply by doing these two things, detox and support, that your health can improve relatively quickly.

## SUPPORTING THE ADRENALS

Ming's formulas "**Adrenal Support**" and "**Life Force**" are very good options

### IMPORTANT NOTES:

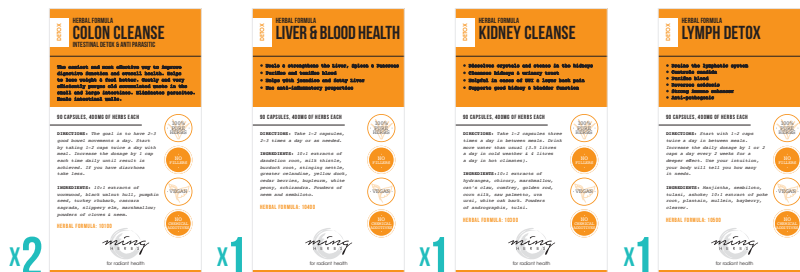
**The programs on the following page are designed for detox. If you have glandular and internal organ weaknesses, then it is crucial to your progress to use the appropriate formulas to heal and support them. Detox and Support formulas work hand in hand.**

**It is highly recommended that you at least support the adrenal and kidney systems by using herbal formulas, and use the other support formulas as needed.**

# BASIC CLEANSE: I WANT TO FEEL BETTER, RELEASE STAGNATIONS

## 4 WEEK PROGRAM

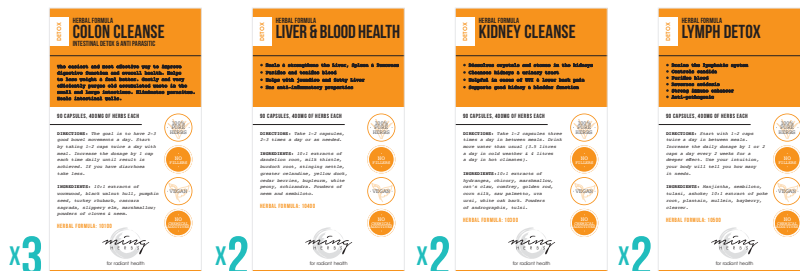
- 2 x Colon Cleanse (10100)
- 1 x Liver & Blood Health (10400)
- 1 x Kidney Cleanse (10300)
- 1 x Lymph Detox (10500)
- + Support formulas as needed



# MEDIUM CLEANSE: I WANT TO FEEL LIGHTER, BRIGHTER & MORE ENERGIZED

## 8 WEEK PROGRAM

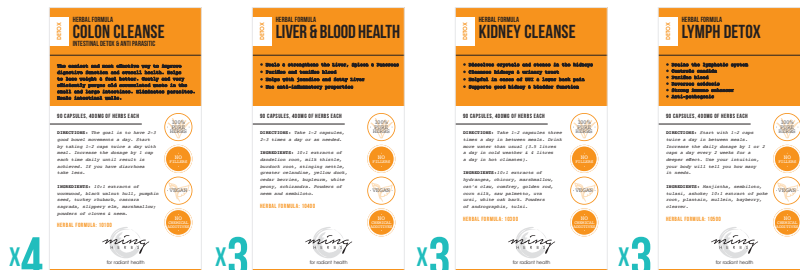
- 3 x Colon Cleanse (10100)
- 2 x Liver & Blood Health (10400)
- 2 x Kidney Cleanse (10300)
- 2 x Lymph Detox (10500)
- + Support formulas as needed



# SERIOUS CLEANSE: I WANT TO REVERSE AGING, HEAL FROM DISEASES

## 12+ WEEK PROGRAM

- 4 x Colon Cleanse (10100)
- 3 x Liver & Blood Health (10400)
- 3 x Kidney Cleanse (10300)
- 3 x Lymph Detox (10500)
- + Support formulas as needed



# DETOX HEALING CRISIS

Understanding that the body holds memories of all life experiences will influence your interaction with and perception of reality. To detox is to make inner changes, getting rid of the old so a healthier you can emerge. Detoxing could potentially touch not only the physical but emotional and mental layers of your being, for all these bodies of our being are interconnected and interdependent.

***“...detoxing could potentially touch not only the physical but emotional and mental layers of your being, for all these bodies of our being are interconnected and interdependent.”***

It is difficult to imagine how acidity, toxicity and pathogenic infection influence how your being functions on the physical, emotional, mental

and spiritual levels. The more toxic the system the further from clearness and balance the system becomes. It is not easy to perceive this because your system has adapted and normalized this disharmony. Cleansing is one of the ways to peel away these filters.

This is why in the Eastern spiritual traditions most Taoists and Yogis fast, detox, do selective diets in the attempt to free their system from these negative influences. Imagine how much more toxicity we are surrounded with now and is constantly entering our body. This makes detox essential if we want to be healthy, and even more so if we are seriously chopping away at the inner journey.

Be gentle, take time and care in this all-important process. And celebrate the release of that which is no longer you and support positive changes that you will live into. Even with all

the seriousness, one must approach it with a sense of lightness of being, humor and renewal, as the journey itself is the teacher.

***“Even with all the seriousness, one must approach it with a sense of lightness of being, humor and renewal, as the journey itself is the teacher.”***

Instead of stopping and trying to run away from these sensations - look into it. Understand that some of our symptoms are caused by emotional memories and others by the fact that the body is acidic and toxic. The herbs are there to help and are not the real cause of the symptoms.

Some discomfort and even pain could occur as weak cells are being eliminated by the body in order that new, healthier tissues can replace them. Sometimes the body's memory

needs to relive certain pains or old forgotten symptoms so that everything can move on. The human body is miraculously conscious. This is just how nature works, so do not be afraid of it. Tune into yourself. Listen. Stay calm. Observe. Your body will communicate with you and give you all the clues you need.

Listed below is a short list of possible symptoms from so-called detox healing crises that can appear. Please keep in mind that they are temporary and will pass.

**Cold and flu-like symptoms, pains of various types, fever, heartburn, lung congestion, energy loss, swelling and itching, vomiting, exaggeration of existing chronic symptoms. Emotionally irritable, sensitive, vulnerable, anxious. Reliving memories of past events and even past lives.**



# SOME FREQUENTLY ASKED QUESTIONS

A common mistake many people make is to stop taking the herbs when their body reacts either too strongly or not much at all. Instead, adjust the dosage and include other herbs to support the process.

Keep in mind that healing the body is really an experimentation process in awakening your connection with the body's health. Ultimately no one knows and cares for your body better than you, or at least, this is how it should be. What could be a better testament to self-empowerment than to take care of yourself and learning to heal yourself when needed rather than handing your power and body over to some doctor and hope that your self-interest and well-being will be considered with the utmost care. Below are some of the most common questions asked during a cleanse.

**Q: I am taking this number of capsules and the number of bowel movements is about the same. What should I do?**

**A:** Increase the dosage by 2 caps each day until you get to 2-3 bowel movements. Eat more fruits, greens, and some

whole grains for nourishment and fiber. Work on being as relaxed as possible and drink plenty of fluids.

**Q: I feel more bloated and constipated while taking the Colon Cleanse, what should I do?**

**A:** Increase the number the capsules slowly. Eat more fruits, veggies, and some whole grains. Make sure to drink plenty of fluids. And more importantly support the adrenals with the Life Force or Adrenal Support formulas.

**Q: Why are my symptoms appearing to get worse when I start the cleanse?**

**A:** Your body is self-healing so keep at it.

**Q: Should I do the colon, liver and kidney at the same time?**

**A:** Yes, ideally. Cleansing the gut by itself would provide great health benefits but for some people it puts stress on their liver and kidneys.

**Q: I feel nauseous while doing the colon cleanse, why? What should I do?**

**A:** The liver is stressed. Take the Liver Blood Detox formula. It is recommended that you detox the gut, liver, kidneys all at the same time to reduce the chances of one of these organs becoming stressed from the process.

**Q: My lower back area feels sore and I feel tired while cleansing? What should I do?**

**A:** Support the adrenals and thyroid if you have not done so by using the Adrenal Support and Endocrine Health formulas. Also, keep using the Kidney Cleanse.

**Q: I have chronic loose stool or diarrhea, should I still use the Colon Cleanse?**

**A:** Many users have reported that the Colon Cleanse helped to reverse these conditions. Although it may exaggerate the symptoms for a while. Use the Anti-Parasite formula when it is available in these cases.

# DO THE BEST YOU CAN

At the end of day, all you can do is do the best you can, given your overall circumstances. However, everything starts with knowledge and understanding; you begin to reprioritize things in life to accommodate and make room for the new priority, which is your well-being. If you see something as important to you then you will find the resources in terms of money, time and action needed to make it happen. In a sense, naturally changing perceptions and habits to better your condition.

## ENJOY THE ART OF DETOX!



This book is dedicated to Nikita,  
Ananda, Ming and Tao  
I would like to thank my sweet  
wife Anita for all her support and  
contributions.

**Hang Wang**

## ABOUT THE AUTHOR

Hang Wang is a qi healer, medical intuitive, qi gong and meditation teacher, Esoteric Acupuncture practitioner, Resonant Frequency Therapist and Trainer, and the creator of Ming Herbs with 17 years of experience of herbal medicine.

His strength is in synthesizing the ancient energetic Eastern and modern Western healing wisdoms into a unique way of perceiving and treating health symptoms from their root causes to achieve long term health.

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