



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)holistic Healthcare

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Detoxifying the Whole Body System

HERBS	FOOD & FRESH JUICES	OTHER MEASURES
Burdock	Apples	Activated Charcoal Capsules <i>resulting black stool is common</i>
Cilantro	Avocado	Chlorella Pills or Powder <i>as a supplement</i>
Dandelion	Beets	Cleansing Clay <i>1 teaspoon powder stirred into water; drink daily or as directed by healthcare professional</i>
Ginger	Cabbage (all types)	Hot & Cold Showers
Juniper Berry	Celery	Lymphatic Massages
Milk Thistle	Garlic	Mini-Trampoline <i>jump 3-5 minutes increase duration as tolerated</i>
Parsley	Kale	Pure Water
Red Clover	Pears	Skin Brushing
Sarsaparilla	Seaweed	Zeolite Mineral Powder <i>1 teaspoon powder stirred into water; drink daily or as directed by healthcare professional</i>

Your AGING Body Can Talk, pages 132, ... and *Trash the Rest: Detoxing for Longevity*