

simple

easy

intuitive



flow
hydrotherapy
detox + wellness

holistic cleanse program

prepared by monica black

DISCLAIMER:



With over 12 years in clinical practice and having facilitated over 15,000 Colon Hydrotherapy sessions, I wanted to create a guidebook to support our clients with incorporating cleansing into their lifestyle in an easy, self-directed way .

This guide is intended to inspire people who choose to make cleansing part of their self-care regime, or who are considering making cleansing part of their self-care regime.

This is not meant to provide directions, instructions, prescriptions or firm recommendations. Here we are sharing thoughts, not making claims.

Do not take anything written here as a fact. Take it as a grain of salt. Use your intuition and please do your own research as well. Always use your discretion when processing any information.

If you have medical concerns, consult with your healthcare providers before making any changes to your lifestyle.

INTRO TO CLEANSING

If you search online, many sources will say that 'cleansing' and 'detox' are not legit and just quackery. And yet, humans are designed with elimination systems in our bodies: our liver, kidneys, colon, lungs, skin and blood. We are designed to ingest and consume air, fluids and foods; to take from them what we need to survive, and to eliminate from our bodies the wastes that do not serve us.

Cleansing in my mind simply involves consciously helping your body to clear backed-up waste from its elimination systems (colon, liver, kidneys, skin, lungs, lymphatic), and consciously supporting these organs and channels to be healthy and function well.

From a Holistic perspective, you are more than just your body. You are also your mind, emotions, soul, and part of your environment. All aspects are connected, and influence each other. Therefore, a holistic cleansing program such as this, will also address cultivating clarity and health of the mind, emotions, spirit, and environment as well as the body.

Humans have been practicing various methods of cleansing, all over the world since time immemorial, for physical healing and spiritual purification.

However these days with processed, industrialized food, chemical additives to the food and water systems, higher stress levels, airborne pollution, increased use of pharmaceuticals, tendency for over-consumption, and high incidence of preventable degenerative diseases- we strongly believe that cleansing is especially important now.

Cleansing is a very deep and very broad topic. This program just provides a summary.

Welcome to Flow's Holistic Cleanse

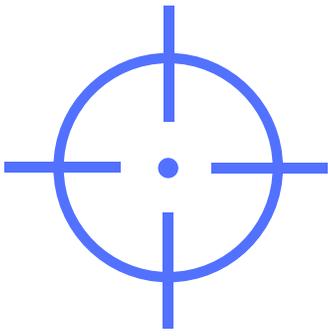
This program is designed to be a safe, easy, and flexible way to incorporate cleansing into your life

There are many cleanse programs you can find in books, clinics, and online. This one is meant to be a general, holistic, non-medical protocol that does not involve deprivation and easily fits into our various lifestyles. It lays a great foundation for an overall healthy lifestyle, and to prepare your body for more advanced cleanses in the future.

We recommend using this program for ongoing maintenance at least quarterly, with the change of season (January, April, July, October), or whatever suits your lifestyle best.

*We all need to refresh ourselves
now and again*





Objectives:

Hydrate your body

Nourish yourself

Reduce exposure to irritants and toxins

Help your body to eliminate built-up waste

Support your body's channels of elimination

Reduce inflammation

Clear your mind

Relax your nervous system

Affirm healthy habits

Take a break from unhealthy habits

Mobilize + release stagnant energy and emotions

Promote regeneration of cells, tissues and organs

Promote a healthy microbiome

3 Necessary Aspects of Cleansing

1 Reduce Toxic Exposure

Where can toxic exposure come from ?



pesticides on food, additives to the water system, chemical additives to food, processed food items, alcohol, cigarettes, vapes, plastics, cleaning products, beauty and skin care products, colognes and perfumes, mold in your home office, mouldsbuilding materials, paints and solvents, pharmaceuticals, recreational drugs, electromagnetic radiation, harmful messages conveyed in advertising, television, lyrics and various forms of media including video games and pornography, relationships or interactions with people who you feel don't have your best interest in mind, / drain your energy, negative / self-defeating thoughts and self-talk

2 Nourish + support

What are ways to nourish and support the body so that its elimination systems can function well?



- drink plenty of purified water
- eat an natural-foods diet, with as organic choices when possible and superfoods
- make sure you are supplementing with trace minerals via either a liquid mineral concentrate added to your water, or a good quality natural mineral-containing salt- such as Redmond's Real Salt, added to your food
- incorporate nourishing, tonifying herbs
- you may wish to supplement moderately with food-sourced (not synthetic) vitamin / mineral a formula from the health food store (not from pharmacy, not synthetic)
- ensure that you are consuming good quality omega-fatty acids and quality protein
- make sure you are getting enough REST and SLEEP (when you are in a state of rest and relaxation, this is when the body can attend to cleansing and regeneration)

3. Cleanse+ Eliminate

How can we help the body to cleanse and release waste?



- drink plenty of purified water
- supplement with herbs that support and stimulate your body's systems of elimination
- do colonics to eliminate waste from the large intestine, and activate the body's detox systems
- move your body to move your lymph
- sweat
- let go of things, situations, places, and relations in your life that no longer serve you

Choose your program length:

We recommend committing to at least 14 days for a deeper cleanse, but do what works best for you @ this time

3 day "weekend" version

take cleansing herbs and follow nutrition for 3 consecutive days.

Schedule at least one colonic on day 2 or 3

herbs: use ONE of the following:

Flor Essence Gentle Detox or

loose leaf whole body cleanse blend from Flow

7 day week-long version

take cleansing herbs and follow nutrition for 7 consecutive days. Schedule a colonic at the beginning, and another at the end.

herbs: use ONE of the following:

Flor Essence Gentle Detox

Renew Life Rapid Cleanse 7 day Total Body Cleanse or

loose leaf whole body cleanse blend from Flow

14 day 2-week version

take cleansing herbs and follow nutrition for 14 days. Schedule a colonic at the beginning, another in the middle, and the 3rd at the end

herbs: use ONE of the following options:

Wild Rose D-Tox 12 day cleanse

First Cleanse 15 day program by Renew Life

Flor Essence Gentle Cleanse

or loose leaf whole body cleanse formula from Flow

30 day version

take cleansing herbs and follow nutrition for 30 days. Schedule a colonic once a week throughout the protocol.

herbs: use ONE of the following:

Cleanse Smart 30 day program by Renew Life

Flor Essence Gentle Detox

Loose Leaf blend from Flow



Preparation:

- read through this e-book + get familiar
- cleanse your kitchen and pantry
- clear out any food or drink items that you would rather not have in your home during this protocol
- order cleansing herbs and supplements (or, if you already have some at home, get them ready)
- schedule your colonics
- do a grocery shopping, making sure you stick to items on the list provided in this package
- complete the 'pre-cleanser reflection' in this package

Pre-Cleanse Reflection

WHY AM I DOING THIS CLEANSE? LIST AS MANY REASONS AS POSSIBLE

WHERE IN MY LIFE DO I HAVE ANY UNFINISHED BUSINESS, OR LOOSE ENDS TO TIE?

HABITS I AM READY TO LET GO OF

HABITS I WANT TO GROW AND CREATE

Where + how am I exposed to toxins, irritants or pollutants in my life right now?

WHAT AM I GRATEFUL FOR IN MY LIFE ?

WHAT AM I READY TO LET GO OF THAT NO LONGER SERVES ME?

WHERE CAN I DECLUTTER IN MY HOME?

WHERE CAN I DECLUTTER MY LIFE?

Yes Foods

Enjoy

VEGETABLES

enjoy any vegetables in abundance!
fresh or frozen
sea or land

FRUIT

fruit, fresh or frozen

CARBOHYDRATES

sweet potatoes
carrots
yams
quinoa
millet
brown rice
fruit
turnip
root veggies
sprouted grain bread
oatmeal

PROTEINS

beans
lentils
chickpeas
wild caught fish
organic + game meats
hemp seeds
pumpkin seeds
sunflower seeds
hemp hearts
quinoa
organic tofu
organic probiotic kefir / yogurt

SUPERFOODS

spirulina
E3Live
powdered greens
gogi berries
açai berries
golden berries
hemp hearts
maca
cacao
raw apple cider vinegar

GOOD FATS

avocado
cold pressed oils
seeds
fish
ghee
nuts + nut butters
coconut

FLOURS

coconut flour
almond flour
buckwheat flour
chickpea flour
lentil flour

SPICES

any natural spices you wish

HERBS

any herbs you wish

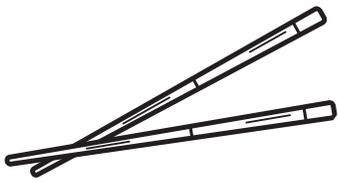
BEVERAGES

filtered /purified water
herbal teas
cold pressed juices
good quality black coffee (in moderation)
smoothies
kombucha
kefir
coconut water
green tea
sparkling water
amond milk
oat milk
organic soy milk
master cleanse formula

SWEETENERS

all in moderation
dates
agave
stevia
maple syrup
fruit
raw honey
coconut sugar





Eating:

Over the years in our practice we have realized that there is no one-size fits all approach when it comes to food and eating. Based on factors like genetics, constitution, climate and lifestyle, what's right for one person may not hold true for another. We have seen people thriving on a vegan diet, and others doing well on a carnivore diet. .

However, we have noticed some universal truths when it comes to eating:

- Aim to eat what is natural, not processed
- Listen to your intuition when eating
- Eat foods that make your feel good and energized
- Avoid foods that make you feel depleted or uncomfortable
- Choose quality, organic, or homegrown when possible
- Eat when you are in a calm, relaxed state
- Chew your food well and eat slowly
- Eat only until you are 80% full

Aim to follow these principles, while eating the foods that feel best to you from the 'yes list.'

Also, if you live in a climate that experiences the four seasons, you can adapt your eating as the seasons cycle (guidelines on this later in program)

Digestive Enzymes are recommended with meals containing carbs, fats, and protein, especially if you have digestive discomfort, gallbladder issues, or are doing a cleanse.



H e r b s



Nature is our original pharmacy. There are countless herbs that you can use to support your cleanse. Of course, the best way to get your herbs is to grow and harvest your own. Or to harvest non-endangered herbs in your local region.

Most of the culinary herbs at your local market or grocery also have great therapeutic qualities. Cilantro is a great heavy metal cleanser. Parsley helps cleanse our bloodstream. Ginger is amazing for digestion and circulation. Thyme aids respiratory health, and the list could go on. We recommend incorporating lots of herbs into your menu during the cleanse .

Many communities also have herbalists who can create special teas and formulas to suit your needs, and usually for a very reasonable price This is a great option if you would like a custom formula. .

These days, many good herbal cleansing formulas are found in readily available bottles and kits at the health food store, or can be ordered online. The ones we are sharing here are from reputable companies, and are safe, time-tested formulas, and work with the body's major organs and channels of elimination:

Flora Essence- Gentle Cleanse: a liquid formula (so no taking pills) that gently supports and stimulates your body's elimination channels. Convenient due to liquid format. Must use all after 30 days of opening, so purchase smaller bottle if you're doing a shorter cleanse. .

Renew Life- 7, 15, or 30 day cleanses: these are accessible, affordable, and convenient products, and good formulas. The Renew Life company was bought out by Clorox Bleach. In general we rather support smaller companies closer to the ground. But these will get the job done.

Wild Rose Cleanse- a 12 day herbal formula. It's a small, independently owned Canadian company. This is a well formulated program that addresses all of the body's detox pathways. Top recommendation if you're doing a 2 week program and would like a kit.

Here at Flow we often have a loose leaf herbal blend available, containing a range of herbs that support your elimination pathways. This kind of blend is brewed at home like a loose leaf tea.



Recommended Supplements

Chlorella

Chlorella is a single cell algae. It provides us with good quality amino acids, proteins, minerals and chlorophyll. It also acts as a binder to help grab toxic particles from our digestive tract, bind to them, and draw them out with bowel movements, ensuring more complete elimination of waste substances / toxins from our bodies

Although bentonite clay also acts as an amazing binder, some people have concerns about trace levels of arsenic that can be found in bentonite

Activated charcoal also acts as a binder, but can bind to everything, not just toxins, drawing out important nutrients as well

Since chlorella nourishes our body, while at the same time acting as a binder this is our recommended binder of choice

You can get chlorella in powder form to mix with water and drink, or in capsules.

Take your chlorella first thing in the on an empty stomach, after your first glass of water You can also take chlorella after your colonics

Probiotics

The bacteria in our digestive system (microbiome) play a very important role in our immune function, as well as digestion (among many other functions).

As we cleanse, we create a cleaner, healthier environment for our good bacteria to thrive, so its a great time to welcome more good bacterial cultures into our body.

You can take probiotics throughout this protocol. Get your probiotics from a good-quality food source (home-made or from health food store). As well as through a good probiotic supplement from the health food store.

Enzymes

Take digestive enzymes before a meal containing proteins, carbohydrates and / or fats to help you digest your meal. Foods containing digestive enzymes such as raw fruit and vegetables, particularly pineapple, papaya, and live fermented foods are also encouraged.

Enzymes taken on an empty stomach help break down organic waste matter in your system.

For this reason, it can be supportive during your cleanse to take digestive enzymes on an empty stomach, in addition to with meals, to help break down residual waste in your body. .

***We prefer to focus on a good, natural diet including superfoods as a foundation for nutrition, versus reaching for too many supplements.

Everyone's nutritional needs are different based on their unique situation, so we don't want to make blanket recommendations for taking vitamins.

Consulting with a Holistic Nutritionist can support you in formulating a more customized supplement regime to suit your unique needs.

Most people do well to take a naturally sourced multi vitamin and mineral + extra D in winter



DAILY SCHEDULE



UPON WAKING

8 OZ - 1 L of room temperature or warm water (add lemon if you wish)



take your Chlorella



take your herbal cleanse doses



BREAKFAST (omit if you are intermittent fasting)



hydrate



MID MORNING SNACK (optional)



hydrate



LUNCH - best time for a larger meal (+ enzymes)



hydrate



MID AFTERNOON SNACK (optional)



hydrate



DINNER (+ enzymes)



herbal cleanse doses



Only water, teas, broths or soups after dinner. Take probiotic.



BETWEEN DINNER AND BED

Aim to do one of the complimentary self-care techniques listed in this program. Take enzymes on empty stomach.



SLEEP WELL



Daily Musts

- drink at least 2 L of room temperature or warm purified water
- Eat according to the food lists included in this package
- Eat mindfully. Eat only when you are relaxed. Chew your food well.
- Take cleansing herbs and supplements to support your process
- Be mindful of your thoughts, feelings, and energy
- Move your body
- Get sufficient rest + sleep

Optional Adaptations

LIQUID ONLY DAYS

If you wish to add liquid only days to your cleanse, we recommend to do so in the middle of the cleanse. If this is new to you, start with just one day of liquid only.

Liquids can include: fresh fresher juices, water, herbal teas, broths, master cleanse formula

FASTING

Fasting days are best added to the middle of the cleansing period, and ideally sandwiched between liquid-only days.

If you are new to fasting, you may wish to just start with one-day.

You also may wish to consult with a fasting guide, or research fasting first. For more experienced fasters, use your best-judgement with adding fasting days. If you have diabetes or blood sugar issues, refrain from fasting or consult with doctor .

INTERMITTENT FASTING

Involves eating and drinking fluids other than water during a window of 8 hours or less (usually 11am-7pm) and fasting for the remaining hours of the 24 hr period

CANDIDA / PARASITE CLEANSING

Incorporate herbs and spices targeted to parasite and fungus cleansing. Reduce carbohydrates in diet. Incorporate Rife frequencies. Ensure you are bowel cleansing. Commit to 2 months.

Mind the Seasons

If you live in a climate where you experience the 4 seasons, we recommend you consider the influence of the season when making your nutrition and lifestyle choices. A lot of this is intuitive. We are part of nature, and part of our environment. When we move with the flow of the seasons, we tend to stay healthier, and life seems easier.



Spring

Lighten up

This is a great time of year to plan a more intensive cleanse, as our body naturally wants to shed after the winter. Incorporate lots of in-season bitter greens, and herbs to support the liver grow your own herbs + food if you can Good time to be more active



Summer

Freshen up

With the abundant availability of in-season fruits and vegetables, this a great time to focus on raw food eating. Its also an intuitive time for juice cleansing, and water fasting grow your own herbs + food if you can! Good time to be more active



Strengthen up

Enjoy the cleansing properties of in-season grapes, apples, cabbage and watermelon Start fortifying for the winter with root vegetables, squashes, soups and broths Incorporate warming spices and warm herbal teas aswell as immune boosters rest more

Warm up

Enjoy soups, stews, roasted vegetables, meats, and heartier meals. Incorporate probiotic foods such as saurcrouit Drink herbal teas and broths. Incorporate warming spices such as cayenne, ginger, cloves, cinnamon, and cardamon. Allow yourself to be restful and go within.

Autumn



Winter





During the cleanse, please focus as much as possible on YOU: caring for your own needs, and recharging your own battery.

For some of us, this comes easily.

For others- especially empaths and caregivers- we need to consciously train ourselves and give ourselves permission to take time out for ourselves without feeling guilty.

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.”

-Eleanor Brown



Some Complimentary Holistic Cleansing Practices

Feel free to integrate any of these supportive practices into your ifestyle during the cleanse

Media Cleanse

We are constantly inundated by messaging from the media.

Reducing, or taking a complete break from: TV, newspapers, magazines, social media, unnecessary browsing, can give us the opportunity to calm our minds, relax our nervous systems, and re-centre back into ourselves and the world in front of us.

Incorporate videos, books, music with positive, uplifting messages if you wish.



Decluttering Space

Is there any place in your home, office, vehicle that has clutter?

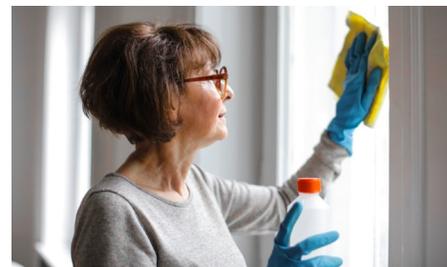
Closets? Drawers? Purses? Storage lockers? Basements?

Garage? Glove compartments? Boxes? It can be very cathartic during your cleanse to also start clearing stagnation / blockages in your living space. Do as much or as little as you like, if you feel called.



Deep Cleaning

Is there any area of your living space or workspace that could use a deep cleaning? It can be extremely carthartic to take care of some or all of it it during your cleansing period. As within, so without.



Contact Cleansing

Are there any contacts in your phone or social media that you are ready to release?



Mental Declutter

Sit down and turn your phone on airplane mode. You will need: blank paper and a pen or pencil. Set your alarm for 45 minutes.

Now write non-stop for 45 minutes straight. The goal is to do stream of consciousness writing. Let anything that is on your mind come out onto the paper. Don't stop writing- even if it is nonsense. At the end of the process, you can rip up or burn the papers. Your mind should feel clearer. After this exercise is a good time to do creative, productive work. Exercise inspired by Dean Jackson..



Colonics

Our absolute favourite therapy for cleansing. Colonics not only help to thoroughly eliminate build up wastes in the intestines, they also stimulate liver cleansing, lymphatic cleansing, lymphatic circulation, purify the bloodstream, move stagnation in the body, and give your body a natural boost- helping the digestive system to perform better on its own, and waking up your body's detoxification pathway



Dry Skin Brushing

using a dry skin brush or loofah sponge will stimulate blood circulation, lymphatic flow, and is amazing for your skin. Look up dry brushing how-tos on youtube, and you will find a lot of good guidance. Do this when your skin is dry without any product on.



Epsom Salt Bath

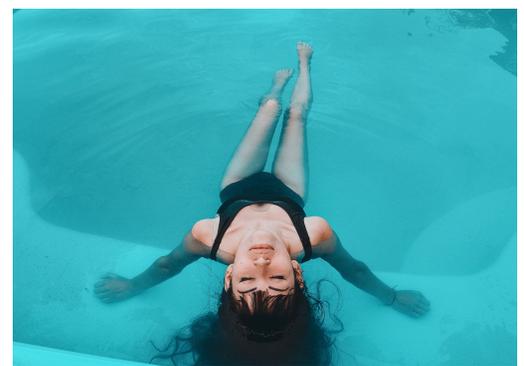
A hot 15 minute epsom bath helps to stimulate circulation, reduce blood pressure, relax your nervous system, open up the pores and draw out impurities, as well as deliver much-needed magnesium to your body system

Start by adding 1 cup of epsom salts to a hot bath, and increase with practice.. Feel free to add essential oils as well. Soak for 15 minutes, and then rinse in the shower.



Floating

Getting into a float tank is a treat to yourself during a cleanse. It helps you to get into a deep state of regenerative relaxation, reconnect with yourself, escape from the sensory stimulation and mental demand we are so often bombarded with, and the high magnesium in the water delivers this wonderful mineral to our system, helping release tension and strain from the body.



Infrared Sauna

Infrared sauna is an amazing therapy for detoxification. Not only does it stimulate blood and lymphatic circulation, it also induces a deep sweat, helping to eliminate waste through your pores. Infrared sauna is also used to reduce inflammation, release tension from the body, and elevate your mood.



Meditation

An ultimate practice for cleansing the mind, and helping your body get into parasympathetic nervous system state, aka 'rest and digest' - a state where the body can focus on repair, cleansing and regeneration.

There are countless ways to meditate. If you don't have experience with meditation, you can find endless resources online, and guided meditations on youtube (even guided meditations to aid with detox). Even a few minutes a day goes a long way.



Castor Oil Packs

Castor oil applied topically to the abdomen is used to promote liver detoxification, digestive movement, lymph movement, and therapy for fibroids and tumours. Do not use during menstruation. This is ideal the night before, or day of your colonic treatment.

Warm castor oil in a pot on the stovetop. Soak an old piece of fabric or piece of flannel in the castor oil. Apply the fabric to your abdomen, taking care to cover your liver (under the right rib cage). Cover with an old tea towel or t-shirt and finally, apply a hot water bottle or heat pat. Lie down and relax for 45-60 minutes.



Hot Cold Therapy.

If you're not lucky enough to have access to an ice bath and sauna, simple hot cold showers at home will do. The purpose of this is to get your lymphatic system pumping.

Start with a few minutes in warm/hot water. Then turn your shower to cold for 20 seconds or so, and make sure you cover your body in the cold water. Repeat this cycle several times. It may take mind over better to get over the initial discomfort. But at the end, you should feel invigorated from head to toe.



Sexual Fasting

Taking a break from sexual activities can allow you to gather your energy back into yourself. This choice isn't right for everyone.

But if you use sexual behaviours as coping or distraction mechanisms, you may want to use this opportunity to take a break.



Breath Work

The practice of deep, intentional breathing helps oxygenate the body, helping with the delivery of nutrients, formation of white blood cells, and transportation of waste out of the system. With every deep inhale, we take in oxygen. With every deep exhale, we release waste in the form of carbon dioxide.

Online you can find countless resources for conscious breath work techniques. Since breath work can also release stored emotion and trauma from the body, you may wish to work with a Breath Work practitioner as a guide.



Emotional Release Exercise

Take some time to yourself to sit down and handwrite letters to anyone in your life you feel you have unfinished business with, have not yet forgiven, or need to communicate something to.

You don't need to send the letter. Just the act of writing it down helps you with processing. You may also write a letter to yourself about a situation in your life that you feel needs 'unpacking.' At the end of the process you may respectfully burn, or dispose of the letters. Practice inspired by Louise Hay.



Time in Nature

The best medicine. This is very important for grounding us to the earth's energy,, receiving vitamin d from sunlight, oxygen from the fresh air, and therapy for our soul and spirit. Being in nature is a way of soothing us and renewing ourselves into present moment awareness. Even a little time in your local park or under a tree helps.



Plant Spirit Medicine

Throughout human history, people have been using entheogens for healing + cleansing of the mind, body, emotions, and spirit. If you choose to work with plant medicine, do so in a ceremonial context., and with respect and moderation. If you decide to work with Iboga or ayahuasca, do so with a trusted and reputable provider. We are partial to Iboga for its efficient ability to help people see the truth, soul integrate, improve mental health, and make significant healthy changes.



Movement

Our lymphatic system circulates throughout the body, helps to transport immune cells and drain away toxins. We need to move in order for our lymph to flow. If the lymph is stagnated, not only does your immune system suffer, but waste and toxins will stagnate in your system. Moving also helps release stress and emotions, oxygenate your body, keep your blood moving, and clear your mind. Breaking a sweat is great, but simply walking or playing outdoors with your kids counts too. Dance to a song at home. Every bit counts.



Sleep

Sometimes it feels like there's not enough hours in the day to accomplish everything we want to get done. But prioritizing sleep is extremely important-since this is a time when our body and our mind restores itself. Research is now showing that deep sleep is the time our brain cleanses itself of neurotoxins via the cerebrospinal fluid, During this program, ensure you get good sleeps.



Massage

Professional massage are great, but receiving massage from a partner or friend is great too. Self-massage is a wonderful practice. Massage can stimulate lymphatic flow, provide TLC to our organs, promote circulation and relax our nervous system and help us connect with our body . Online or in books you can easily find accupressure points that can stimulate detoxification, target certain organs, and help you to relax.



Unplug

Most of us spend way too much time in front of a screen. Whether it's for necessary work, communications or leisure. Some of us even use our phones and devices addictively and compulsively. They can be a distraction from our internal world, as well as the world around us. Not to mention radiation exposure. Taking planned breaks from electronics can help us clear our mind, be more present with ourselves and our surroundings, free up time and energy and get greater perspective on our relationships with our phones and devices.



Supporting Your Body's Elimination Channels

We are all pretty accustomed to taking care of the outside of our body. Let's get accustomed to thinking about and caring for our internal body. These are the organs and systems we are focusing on during the cleanse program.

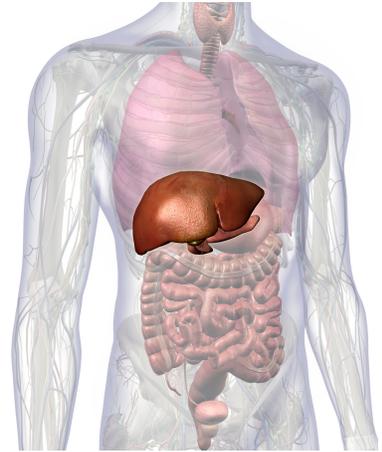
Liver:

One of the liver's primary jobs is to filter toxins from the bloodstream, process and neutralize them, and send them off to the intestines or kidney for elimination.

How to support the liver: minimize toxic exposures, drink plenty of water, eat a healthy, liver supporting diet, reduce / junk foods, processed foods, alcohol, chemical exposures, pharmaceuticals and narcotics.

Keep your colon clean and healthy. Minimize stress. Take liver-supporting herbs such as burdock, dandelion, nettle, and milk thistle. Sleep well.

In Traditional Chinese Medicine, the liver is associated with anger .



Lungs

eliminate waste from the body in gas form, carbon monoxide, in addition to other waste particles and phlegm.

How to support the lungs: practice breath work. Get lots of exposure to fresh, outdoor air. Avoid smoking. Check your indoor air quality for mold and other pollutants. Take care of your colon. Move and exercise. Eat well. Take lung-supporting herbs intermittently.

In Traditional Chinese Medicine, the Lungs are closely associated with the large intestine (colon), and associated with emotion of grief.

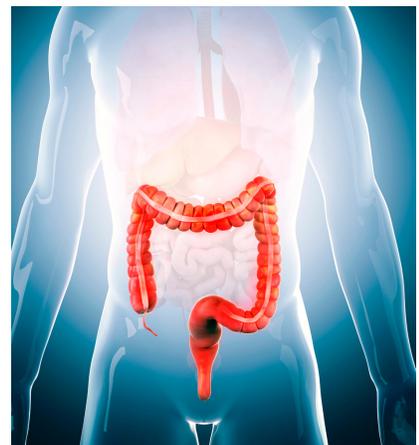


Colon

The colon is like the solid waste disposal system of the body. The small intestine, after absorbing nutrients from food, empties the excess waste into the colon for processing and elimination. The liver empties waste into the intestine via bile. The colon must then eliminate the waste via poo. A congested colon burdens the body's other elimination systems. So a clean, healthy colon is a must.

How to support your colon: eat a good, natural diet. Hydrate well.

Ingest probiotics, minimize stress, process your emotions. Take colon-supporting herbs. Use colonics intermittently. .



Kidneys

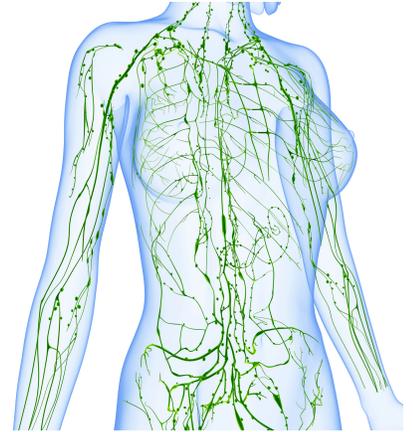
The liver channels toxic byproducts to the kidneys via the bloodstream. The kidneys filter the blood, removing the waste for elimination via urine. In traditional Chinese medicine, the kidneys are associated with fear. How to support the kidneys: hydrate well, eat a healthy, whole foods diet with plenty of vegetables and fruits. Take kidney supporting herbs.



Lymphatic System

The lymphatic system is one of the most important but under acknowledged systems directly involved in detoxification and immune health. It's a system of fluid that circulates throughout the body, via a series of ducts, transporting waste to for elimination and transporting and delivering immune cells.

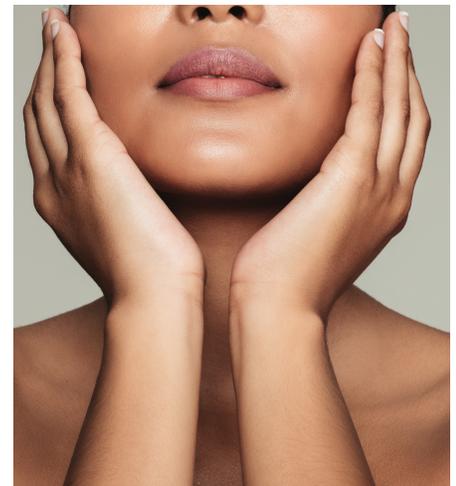
How to support the Lymphatic system: move your body to stimulate lymphatic circulation, hydrate well, eat a healthy natural diet, supplement with immune-supporting herbs, maintain a clean and healthy colon, hot cold therapy, massage



Skin

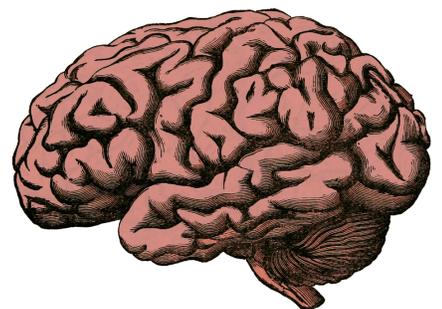
The skin is our largest organ of elimination. If our other systems of elimination are congested or not functioning properly, the body can release waste substances via the skin. This is why people sometimes sweat a lot after drinking too much alcohol, or why pimples pop on on the face when you're constipated.

How to support the skin: keep your other systems of elimination functioning well, stay well-hydrated, eat a healthy, natural whole foods diet, move and massage your body to enhance circulation all over, convert to all natural skin care products



Glymphatic System

A detox system that's kind of obscure compared to the others. It's a series of vessels and cerebral spinal fluid that clears waste from the central nervous system, including clearing neurotoxins from the brain. It is said to actively cleanse during deep sleep cycles. Ensure good quality sleep and hydration levels to support cleansing of your brain and nervous system, ensure enough quality essential fatty acids in your diet.



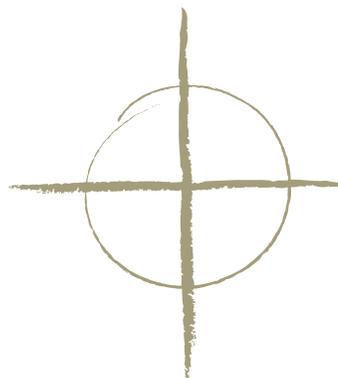
Cleansing with the Elements

Traditional Chinese Medicine, Ayurvedic Medicine and older lineages of healing emphasize connection with the elements. From the Natural Health / Holistic Wellness perspective, connecting to the elements, helps us to connect to nature and feel more balanced. As all of the elements are present in nature, they are also present within us. Each of the elements offers its own assistance with cleansing and wellness. Traditional Chinese medicine includes wood and metal as elements, but we address just the four here:



Water | the Emotions
cleansing baths and showers
drinking purified water
colon hydrotherapy
emotional release and healing
connecting with rain, rivers, creeks, lakes,
ponds, oceans and waterfalls
transformation, growth
crying
Bladder, kidneys and lymph
washing away impurities

Air | the Mind
Breath Work
Fresh outdoor air
Smudging / Incense
Reason, knowledge, thought, will
cleansing + cultivating your thoughts
Connecting with sky
Winds of change
winged animals
Lungs
Airing things out



Earth | the Body
barefoot grounding
time in nature, forests
Connecting with trees
plant and animal kingdoms
minerals and nutrition
Support and structure
clay masks and wraps
stones and gems
laying things to rest
giving things back to the earth

Fire | the Spirit
the sun
our heart and circulation
digestion
candles
Light and warmth
honouring your ancestors
metabolism, physical exertion
sexuality
saunas and sweats
Burning away impurities



The Importance of Colon Cleansing During a Cleanse or Detox

Why is colon cleansing considered foundational to cleansing and detoxification?

If the colon is not eliminating properly, a build up of waste, including fecal waste, gases, metabolic waste, hormonal wastes, chemical wastes, and harmful organisms can become backlogged. Since the colon is about 5 feet in length, a significant amount of waste can accumulate there.

The build up in the colon can lead to inflammation and congestion (pooling, stagnation, and repetitive recycling of waste) in the rest of the body - including the liver and lymphatic system. This burdens the body's other elimination channels and can lead to many different symptoms, from bad breath and skin problems, to lethargy and depression.

In certain situations, detoxing without colon cleansing can lead to extreme discomfort. In our practice at Flow, we have definitely had people call us who are feeling terrible after completing cleansing programs that did not include colon cleansing.

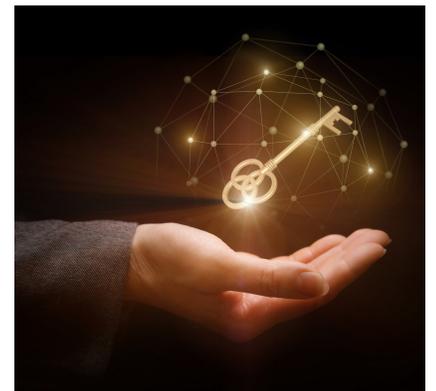
This is why colon cleansing should be a key element during cleansing protocols- to ensure proper elimination and prevent the pooling of waste in the body.

But unfortunately, it is often the missing piece of the puzzle many people and programs overlook.

Even people who go to the washroom regularly with no constipation issues, and eat healthily, tend to have a build up of waste and gases in their large intestine. Anyone considering doing a cleanse- not just people with constipation- should turn their attention to colon cleansing.

We would consider it a pre-requisite for almost all cleanses and detox program.

There are several ways to colon cleanse, which are listed below.



Methods of Colon Cleansing

Fibre + water: this is usually the first thing the doctor recommends for constipation. And is believed to be all that's needed to keep the colon working well. However, this is just not always the case. Fibre and water can be great for maintenance- as is good nutrition- but deeper colon cleansing almost always requires more.

Laxatives: this is today's standard medical recommendation for constipation that does not respond to fibre and water. Laxatives can be very helpful from time to time to helping induce bowel movement.

But laxatives also come with their downsides:

- with repeated use can lead to dependency
- with long-term repeated use can diminish your body's natural ability to go the bathroom on its own
- stimulant laxatives can be irritating to the entire intestinal lining
- long-term repetitive use can lead to malnourishment
- can be crampy and uncomfortable
- incomplete cleansing
- can cause you to have to urgently run to the toilet or stick around the toilet all day

If you're going to use laxatives- look for a well-balanced herbal formula containing lubricant and relaxing herbs as well. A well balanced formula will be much more comfortable than taking something like senna on its own. Aim to use laxatives only occasionally, to prevent the side effects above. Look out for Senna aka Cassia, and Cascara Sagrada in herbal blends. Especially blends that are 'slimming,' or for colon cleansing, or detox. These are fine to take short-term for a few weeks or so. But its not in most peoples best interest to take them long-term.

Laxatives are also not always effective. In our practice at Flow we have also seen cases where people who are taking some of the strongest laxatives available (designed for colonoscopy prep) are still not moving blockages in their colon.

Magnesium Oxide products such as OxyCleanse or BioxyCleanse are a great alternative to a laxative. They are much friendlier and more beneficial for your body. Follow the protocol on label, and stick near a washroom when you're taking it.

Enemas: involve introducing water into the rectum, retaining it (often moving body position to try and get the water to go deeper), then releasing on the toilet. Enemas are affordable and relatively easy to do at home. However do not offer a thorough treatment and cleanse of the colon. They are wonderful for targeting the lower fifth of the colon. They are handy for administering substances. People sometimes add organic, enema-grade coffee to their enemas to stimulate glutathione production in the liver, or even probiotics. Don't experiment with adding things to enema water. Research carefully or seek professional guidance.

If you do not have access to colonics (discussed below) in your region, consider a combination of the methods listed here. Ideally magnesium oxide or laxatives, plus enemas, for the duration of your cleansing period.



Colonics



Colon hydrotherapy is an ancient practice that has been practiced by many different cultures over time. It is a therapy often associated with purification, longevity, and 'letting go.'

It is done in a professional clinic and involves the gentle flow of purified water in and then out of the colon. As the session progresses, the water makes its way deeper into the colon, and the bowel starts eliminating built-up gases and waste. Compared to an enema, typically much larger volumes of water is used, much more of the colon is treated, and much more waste comes out.

It is a deep, efficient, thorough process, that not only cleanses the colon, but is also known to hydrate the body, activate and support the body's other systems and organs of detoxification, tone the large intestine, and help the intestines to work better on their own. The colon is extremely dense in nerve endings and neurology (its known as the second brain!). The water therapeutically interacts with these nerve endings during the therapy, which likely contributes to some of the many benefits associated with colonics,, including releasing stored stress and emotion from the body.

In our practice at Flow, we have seen countless cases of people who have been doing home enemas, taking laxatives, fasting, juice cleansing, or eating very strict nutritional diets- yet when they come in for colonics, the cleansing that happens is beyond comparison.

We would say that colonics is the secret ingredient in our program. It is not an everyday therapy, but something to be practiced intermittently, ideally in combination with other healthy lifestyle practices.

If it is your first time using the Therapy, aim to book about three sessions (one a week for 3 consecutive weeks, or so) to more thoroughly cleanse and treat the whole colon. There are different methods of colonics available. We at Flow prefer the Angel of Water method. However, any method will do, as long as you are working with a good reputable clinic and Therapist that you resonate well with. Your clinic will walk you through all the details, as well as the preparation, aftercare, and do an intake with you to ensure you are a good candidate. If you're in Toronto or GTA, come visit us @ Flow :)

"the most progressive treatment in the world for cleansing the internal organs and digestive system."

- Rhythmia Life Advancement Centre

"I also believe that normally healthy people will find it valuable to take colon hydrotherapy every couple of months in order to experience how well one feels when the colon is truly empty. It's a fact that most people fail to fully evacuate the colon, something they don't realize. People undergoing colon hydrotherapy on a prevention basis, are quite surprised at how much waste is removed by the procedure," Dr. Smith says.

-Dr. Leonard Smith, Gastro-Intestinal Surgeon

Uncomfortable Cleansing Symptoms

When we do a cleanse, we stir the pot a little in order to assist our body with eliminating excess waste. In this process, sometimes some symptoms or side effects will arise. These are also known as 'symptoms of detoxification.'

Since this program is a gentle cleanse, and not an intense detox, the chances of really uncomfortable symptoms coming up are pretty low. Nonetheless you may notice some things- especially if this is your first cleanse, or if its been a long time:

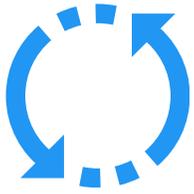
- increased urination (kidneys / urinary tract releasing fluid waste)
- increased bowel movements (intestines releasing waste)
- old gas moving out, burps, farts (GI tract releasing built-up gas)
- body odour (impurities coming out via sweat, breath, gases)
- vaginal discharge (reproductive cleansing shedding mucous, impurities)
- skin flare ups (waste coming out via the skin)
- increased tiredness / feeling under the weather
- mucous coming up (excess mucous being released releasing)
- emotions coming up (feelings can be stirred up, and come and go)
- hunger (especially if you have emotional or stress eating patterns, or normally eat processed, sugary or heavy foods- phantom hunger and cravings can come up)

These symptoms are not a bad thing- but demonstrate that your body is cleansing- like "taking out the trash." or dumping the dirty mop water. Most are temporary and will pass easily as you continue the program.

Chances of experiencing more uncomfortable symptoms such as fatigue, feeling under the weather, headaches, or skin flareups are reduced with proper hydrating, ensuring good elimination with colon colon cleansing, and proper rest.

Some people, especially those with already very healthy lifestyles, may not notice any of these symptoms. Everyone is different.





Some Substitutions

sugar: stevia, agave, fruit, maple syrup, dates, raw honey,

table salt: Redmond's Real salt, or Himalayan Rock Salt

tap water: fresh spring water, purified water using Santevia, Berkey, or Kangaroo- with fluoride filter add ons; or reverse osmosis or distilled water, with added minerals such as Auro Gold or Redmons Real Salt

wheat pasta: brown rice pasta

cow's milk: coconut, almond, oat hemp, or organic goat milk,

wheat flour: coconut, almond, lentil or barley flour

bread: other healthy carbs, or sprouted grain bread, gluten-free

white rice: wild rice, brown rice, or quinoa

generic cooking oils: use water, coconut oil or avocado oil for cooking

generic meats: purchase wild-caught fish, game meat, organic meats from local butcher, or Menonite-raised meat

unhealthy take out food: if you order in food, aim to order from Freshii or another option that offers healthier, gluten-free, dairy-free meals

smoking: breath work, or hand-rolled, organic-quality

generic coffee: tea, or organic coffee- if not black, add oat, almond or coconut milk. If you sweeten, add a touch of agave

alcohol: kombucha or kefir

potato chips: kale chips

generic body lotion: natural oils such as olive oil, coconut oil, almond oil, shea

generic soaps: natural soaps from healthfood store such as Dr. Bronners

perfume and cologne: natural essential oils

generic vitamins from the pharmacy: food-based vitamin / mineral supplements from the health food store

generic toothpaste, deodorant: natural blends from the healthfood store

generic household cleaning products: from the health food store, or homemade with baking soda, vinegar, essential oils, hydrogen peroxide

unnecessary web or social media browsing: a creative activity, or reading a conscious, uplifting book or article, movement, meditation or time in nature

watching pornography: meditating, doing movement, breath work, time in nature

watching generic TV and movies: watch conscious programming with positive messages, read uplifting books, engage in creative activities, or spend time in nature

engaging with people who you feel drain you: being alone or with people who uplift you

Transitioning Off

The end of the cleanse and transition back into regular lifestyle is just as important as the cleanse itself.

The diversity of foods allowed in this program make for an excellent, long-term daily diet. Because you're probably feeling amazing from the cleanse, you may choose to stick to the diet outlined here. We encourage you to do so. Or, aim to eat at least 80% of your foods from the 'yes' list.

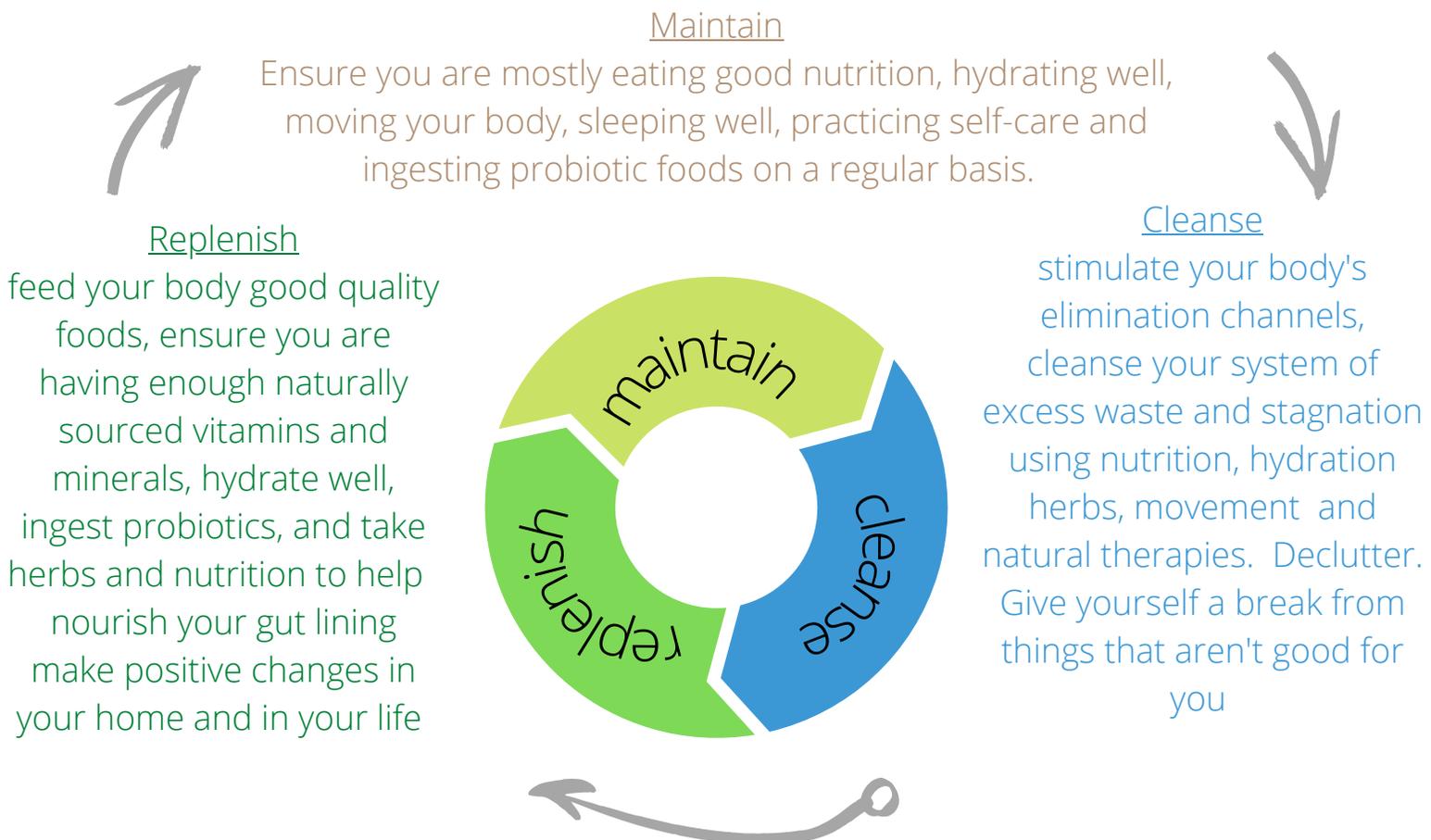
If you do decide to add in foods from the 'no' list, do so slowly, bit by bit, so as not to irritate or overwhelm your system. Transitioning this way also gives you the opportunity to really notice how different food and substances affect your body and the way you feel.

We also encourage you to maintain the habit of drinking water, and properly hydrating your body. After the cleanse- we recommend you nourish your system with good bacteria / probiotics, either via supplements, or probiotic-rich foods.

Its also a great time to supplement with L-Glutamine, agar agar, or bone broth to heal and fortify your gut lining. Vitamin D, and essential fatty acids are also important for gut lining.

Cleansing is a great opportunity to 'step-up' your lifestyle to an improved homeostasis. Like the saying goes: two steps forward, one step back. The cleanse acts as your two steps forward. Even though you may take one step back after you transition, hopefully you will be maintaining healthier habits than before the cleanse.

We recommend cleansing at least 2-4 times a year, ideally with the change of season, repeating the cycle below :



Frequently Asked Questions:

"What if I get off track?"

Don't beat yourself up, just get back on track asap. Each moment is a chance for a fresh start.

"Can I still smoke cigarettes?"

Although smoking is not ideal for your health, you have to be realistic with yourself. If you're addicted, and not ready to reduce or quit, go ahead and keep smoking during the cleanse. Try to make your smokes as mindful as possible. Thank the tobacco. Be in the moment with it. Choose organic quality, hand-rolled if possible. If you are ready to reduce, even just a little, the cleanse is a good time to start. Quitting smoking is a big deal, sometimes it's best to focus on one thing at a time.

If you're not addicted- do refrain from smoking.

"Can I use cannabis?"

Cannabis does have medicinal therapeutic properties. However, you've got to examine the way you use it and your relationship to it. Are you using it consciously and occasionally? Are you using it habitually and frequently? Although Cannabis isn't physically addictive, people can easily form psycho-emotional patterns of dependency and attachments to it. If you feel like you may over-use cannabis, the cleanse would be a great time to take a break and reset your relationship with the plant. If you choose to use cannabis occasionally during the program, we recommend topical application, in a healthy edible form, or occasional mindful smoking of good quality, natural plant. .

"Do I have to stop coffee?"

Similar to cannabis, coffee does have health benefits. However, you've got to examine the way you use it and your relationship to it. Are you using it consciously and occasionally? Are you using it habitually and frequently? If you overuse coffee, or feel you depending on it, the cleanse is an excellent time to reset your relationship with it. Try taking a break all together, or enjoying good quality coffee mindfully and in moderation.

"What is the difference between a cleanse and detox?"

A cleanse, such as this program, is a way to clear your body's channels of elimination of excess waste, and enhance the function of your body's detox systems.

A detox involves a processes to rid the body of particular toxins or substances, such as: heavy metals, chemicals, medications, narcotics, alcohol, mold, or fungus.

Some detoxes should be guided by a healthcare professional, whereas most cleanses are safe to undertake on your own as part of your self-care regime. .

Doing a good cleanse is an ideal preliminary to a detox program, and an important support during and after a detox program to ensure elimination of toxins from body.

END OF CLEANSE REFLECTION

What did I do a good job with during my cleanse?

DO I FEEL ANY DIFFERENT NOW, COMPARED TO BEFORE I STARTED THIS PROGRAM?

WHAT DID I LEARN DURING THIS PROCESS?

WHAT CHALLENGES DID I FACE?

WHAT'S ONE CHANGE I WANT TO MAKE IN MY LIFE ?



Sharing is caring. Support wellness in your community by sharing this guide with someone you care about

If you would like support with this program, please be in touch with us to chat or to set up an appointment.

Our clinic specializes in Colonics.

Our team of Holistic Practitioners offer Holistic Nutrition, meal planning, assessments, and customized protocols online or offline.

www.flowhydrotherapy.com