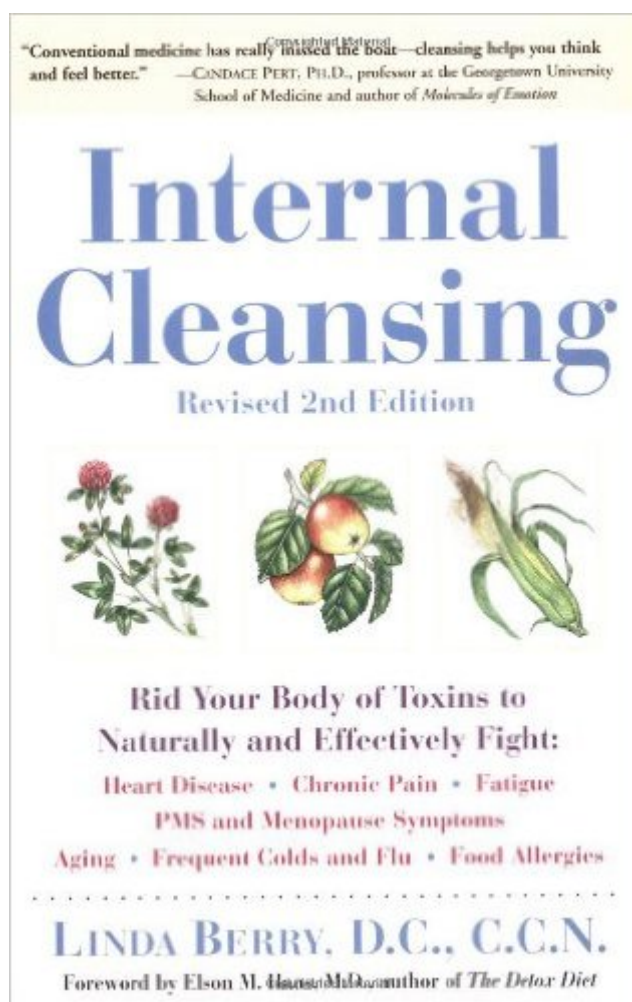


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# Internal Cleansing : Rid Your Body Of Toxins To Naturally And Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS And Menopause Symptoms, And More (Revised 2nd Edition)





## Synopsis

Cleanse Your Body of Pollutants and Other Impurities Why not feel gloriously better? Every day our bodies are bombarded with pollutants from food, air, and stress. This buildup of toxins is bad for you and ultimately leads to fatigue, depression, and a host of other chronic health problems. In this book are ways to help you give your body a fresh start and achieve vibrant good health. You will learn how to:

- Recognize and avoid toxins in air, food, and water
- Use herbs, fiber, and therapeutic food powders for cleansing
- Enjoy tasty recipes and follow a healthful diet to complement cleansing
- Improve your digestion, your outlook on life, and your overall health

"A wonderful, integrated approach towards cleansing. All individuals who are trying to make their way in a congested, polluted, toxic world will greatly benefit." — Jeffrey S. Bland, Ph.D., author of *The 20-Day Rejuvenation Diet Program*

"Menopause and perimenopause are times of great transition. Dr. Berry's book will help women make that time easier and more enjoyable." — Mary Ann Mayo, coauthor of *The Menopause Manager*

"A comprehensive and readable guide that should become a valuable companion for all who are intent upon improving their lives and living well." — Efrem Korngold, L.Ac., O.M.D., coauthor of *Between Heaven and Earth*

"Conventional medicine has really missed the boat — cleansing helps you think and feel better." — Candace Pert, Ph.D., professor at the Georgetown University School of Medicine and author of *Molecules of Emotion*

## Book Information

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## Customer Reviews

This book was quite informative. Certain sections were fairly indepth - for instance the Toxins in Our

Food and Environment Section was extensive and easy to understand. The self-exam section and pictorials are good, but also in other publications. The first part of the book could have been a more informed overview, thus more understandable for people not attuned to the aspects of inner cleansing. My biggest problem with this book, and it is a very big one, is that it recommends a few company's products, which are not necessarily the best on the market. Some are powdered nutrients that aren't totally accessible to constipated systems and some are fiber capsules that can be self-defeating, even harmful for some people. The formulas suggested from different companies and Multi-level Marketing organizations, are not balanced, and throw together herbs for different body systems (we can't just throw together some wonderful herbs and expect them to work in a balanced manner for that specific body system, which just confuses the body's natural cleansing function), laxative or stimulating herbs (which should never be taken for any length of time), and not relating to consumers that need to effectively and safely cleanse the body. We must gently, but totally cleanse each body system (or organ) separately. Other than 'the fiber capsules', the colon cleansing recommendations are adequate, but the information and products on the other organs or problems (liver, kidneys, arteries, lungs, parasites) is not up to date or very informative. If this book was more objective (without selling products), it would be much more credible.

The consequences of poor hygiene are quickly evident. If you don't brush your teeth, they rot. If you don't wash your hair, it gets matted and oily. If you don't take care of your skin, there is a strong possibility of acne and, in the long run, premature aging lines. These black-and-white rules of basic sanitation have become indelible in the modern era, championed by purveyors of social etiquette and cosmetic companies. But what about hygiene inside the body? How does one go about cleaning out the cumulated toxins and other icky stuff built up in *The Place that Shall Never Be Mentioned*? For a comprehensive guide on just such hygiene, look no further than Linda Berry's *\_Internal Cleaning\_*. A chiropractor and clinical nutritionist, Ms. Berry has over 25 years experience in the practice of cleansing/detoxification, and a fast perusal of the topics covered and the clear, concise writing style show that she really knows what's up in the nether regions. Berry begins with a section detailing the myriad toxins that we ingest on a day-to-day basis, some knowingly, others not: from obvious culprits like MSG flavoring and hydrogenated oils, to all those mysterious additives intended on extending the shelf-life; from animal steroids in the bulk of beef to the minerals and metals lurking in that clear glass of water; Berry details an astonishing amount of chemicals and carcinogenics that most probably have a detrimental effect on our health and happiness. This section contains a breakdown of how the digestive system works, explaining what substances pass

through easily and what clogs up the pipes. Also included: environmental toxins, household toxins, pesticides and plastics, hormones and drugs. After a simple test designed to find out the individual's current level of stress, Berry outlines a variety of cleansing programs, from simple juice fasts to powder-supplements targeting certain organs (liver, kidneys, lymph etc). A long discourse on diet comes next, complete with a guide of healthy alternative recipes. Berry completes the book with a section on practices that compliment these diet/cleansing techniques; an essential conclusion, but I wish she had gone in more detail about the importance of mastication, exercise, and positive thinking. An important book for anyone concerned with keeping the body healthy & whole.

i am a orthomolecular-nutritionist and i do have some books on cleansing, plus an experience of more than 100 cleansing programs with my patients. i can tell that this book is the bible of the subject. the author explains all the aspects of the immune system, how they work in combination, what is toxicity, and what is the best way of doing it without harming your tissues with a healing crisis that actually happens when you don't activate the phase-2 liver detoxification mechanism, (you want to know what do i mean? read that book) nutrition/recipes/herbs/vitamins/sport/baths/oxidative-stress/psychological-stress/antioxidants/other supporting therapies that complement the benefit of internal cleansing are all explained. allergy (whether nutritional and ecological) are well essentially explained in a wonderful guided way, easy to understand. i am a nutritionist, i know that it really works. buy it and use it with your nutritionist/naturopath, it is superb!

This book is a page turner and full of interesting information. I was ready to recommend this book to everybody, until I got to the chapters on cleansing - then the book turned into an "info-mercial" for Dr. Jeffery Bland's products. As far as I'm concerned, skip the chapters having to do with cleansing and read the rest.

A lot of good information for only one book, you will learn a lot about fasting and how your colon and stomach work. A good read for the first timer or people really into health. If you're interested in cleansing yourself or just learning the benefits of why you should, this is it. I would really recommend this book.

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