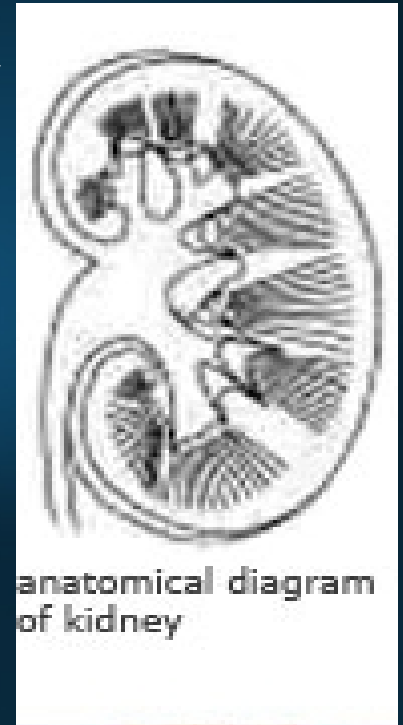


# Welcome to Class One – Kidney Cleanse!

Filtering organs - Kidney, Spleen, Liver  
Seasonal influence – circadian rhythm  
Kidney, Bladder, Adrenal season  
Water balance is most active

If sludgy, like any filter gets, it cannot process acids, wastes, filter well, and our tissues get loaded with excess waste.

Proteins, sugars, acids, minerals, DNA, Waste water are a few



anatomical diagram of kidney



kidney stones

# Winter and Stagnation – Holidays!

Winter is the time to eat more highly seasoned, salty, oily, cooked foods, which can be hard to digest – story

Kidneys process 250 gallons of water per day – yet only excrete  $\frac{1}{4}$ - $\frac{1}{2}$  gallon a day as urine.

2 million filtering units in the kidney called nephrons

They get damaged by microbes, wastes, and sludge

Kidneys regulate water balance, mineral balance, which is acid-base balance ultimately

Nerve regulation is affected by minerals, and this is why in the Chinese system, the bladder meridian is along the spine, and many nerve issues relate to “kidney.”



# Winter and Stagnation – Holidays!

When we eat excessive cooked foods, processed foods, our bodies have an immune reaction, the detox organs get overloaded, and our bowels slow down – waste!

We also tend to move less in winter, and breathe less

We see stagnation!

What happens when water slows down in a watershed?

Why does it slow down?

What does water do in living bodies, in chemistry?

# Poetic License – Winter, Water, Waves

Water and mineral balance affects nerve flow, affects consciousness – water element as the new dream/idea

Seed energy, potentiality

Kidney houses “Ancestral Energy.”

DNA and seed energy – manifesting tendencies or change?

What does a seed need?

Why rest more?

How does cleansing fit in?





# Salts and Water Balance



Salts determine water balance

What kind of salts – what minerals do we take in?

Major alkaline minerals = sodium, potassium, calcium, magnesium

Major acid minerals = carbon, hydrogen, phosphorus, sulfur

What do all major caloric foods have in abundance here?

C H O N – what do these mean?

And if processed and refined, what happens in us?

# Kidney and Nerve flow relationship



The types of minerals/salts in our body are regulated by Kidney – ion concentration

Why important? Bone, nerve, muscle, heart all depend on minerals for their jobs or functions

In Chinese medicine the Kidney is as important as Heart  
Conduction of nerve impulses depends on correct mineral/ion concentration

Kidneys were traditionally associated with the brain and spinal cord, and the brain called “The Sea of Marrow”



# Liver, Kidney, Spleen, Lung, Guts

What do they all have in common?

What is most important place to start?

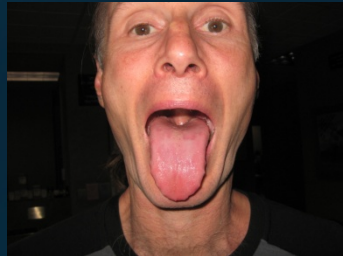
What are their relationships?

Which ones are strong and weak in each of us?

What easy things can we do outside of food to help them?

# Evaluation Methods

- + Symptom survey form - “x-ray vision” into the nutritional status of your body. 1) pinpoint which of your body systems are working below normal (i.e. the cardiovascular system) 2) to create a program designed to bring those systems back to normal.
- + Raglands
- + PH strips – urine and saliva, suggest daily use – cleanse
- + tongue
- + Sclera (iris for those not clients)
- + more...







# The Cleanse

21 days

Liquid days – broths, soups, smoothies, teas, juices  
+ to rest the digestive system, assist repair/rebuild

Herbs – SP cleanse/personal blends

+ known kidney, liver, and cleansing herbs to assist

Kidney sludge clearing – Arginex

Liver support – Livaplex

Gut and Toxin binding support – Custom fibers/chelators

Kidney regeneration – Protomorphogen/DNA templates

Smoothie/nutrient rich concentrates



# Dietary Focus

This is root season – celery root, rutabaga, burdock, carrot, parsnip (raw beet, carrot, and radish are ideal)

Limitations (with exceptions for some): no dairy except ghee, butter, and 1 cup goat milk kefir. No nuts or seeds except flax, chia, and homemade almond milk ok

No alcohol, no sugar except raw local honey, allowable grains and beans are on the PDF. No flour products.

Focus on thick hearty squash soups, stews with meat from bone broths, smoothies with fruit, parsley, ginger, SP complete, coconut oil, chia pudding, custards

Pomegranate juice with goat whey a good tool

Mallow plant teas good or Lady's Mantle – see recipes



# Dietary Focus Part II

Proteins to try – fish eggs/roe, raw eggs/yolks, marinated raw fish, beef, oysters, sardines, anchovies, mackerel

Best fruits – pomegranate, kiwi, apple, pear, oranges

Spices to focus on – turmeric, coriander, dulse, raw garlic  
2-3 cloves per day in/with food, ginger, cinnamon, seeds  
– cumin, dill, celery, fenugreek, fennel, anise

Special focus periods – liquids only challenge Days 8-14,  
Days 1-7 eat before 7pm

Special challenges – One day per week Bikram yoga, or  
sauna sweat, hot/cold shower alternations, lymphatic  
bouncing therapy, foot baths, hip baths, salt scrubs, clay  
packs, breathing exercises – see daily emails

# Next week – get motivated, learn more

How organ health affects emotional and mental states

What to look for and explore during this cleanse

Homework this week to write down your goals for cleanse

Sharing in group setting here and/or internet

Watch YouTubes and read information

Shop and be ready for start next week

Create space for more quiet time, and for some, risking new recipes, try new things, and open to support

Try on “root energy” this week

Stand in nature – feel weight of body

On the Earth

