

**FAQ about:**

***Internal Cleansing with Mega-Cleanse  
and Mega-Cleanse Extra***

**\*Gentle cleansing and Wellness for all six channels of elimination:  
kidneys, liver, colon, lymph system, lungs and skin.**

**1. Why do we need Mega- Cleanse / Mega Cleanse Extra?**

We live in an extremely polluted environment. Toxins are virtually inescapable. The water we drink, the food we eat, the air we breath, the medicines we take, even the bacteria in our intestines all add up to pollution of our bodily systems.

**There are currently more than 70,000 toxins in our environment.** Farmers are producing ever-increasing amounts of food, and they are using huge quantities of poisonous pesticides, insecticides, fungicides, and chemical fertilizers. Further food processing adds preservatives, artificial colors, artificial flavor enhancers, and artificial sweeteners. The average American is consuming 135 pounds of food additives every year.

Increased exposure to these toxins have been linked to fatigue, headaches, dark circles under the eyes, skin breakouts, mood swings, memory loss, muscle pains, digestive problems, constipation, diarrhea, slow metabolism, weight gain and other health complaints.<sup>1</sup>

***The human body has to process every poison that it takes in. When this becomes impossible because the organs of detoxification are overburdened, then disease can set in. The specific long-term health effects of chronic exposure to even very low levels of toxic compounds have not as yet been fully determined.***<sup>1</sup>

**Secondly, it's not what you eat—it's what you absorb that counts. Poor assimilation leads to nutritional deficiencies.** The job of your small and large intestine is to absorb nutrients from the foods you eat and the supplements you take. **If the intestinal walls are clogged with impacted wastes, nutrients can't be absorbed and are eliminated.**

It's up to us to protect ourselves from these toxins and accumulated waste in our system **because our health and beauty are directly related to our ability to absorb the nutrients from our food and supplements, and just as important, our ability to detoxify.**

**Mega-Cleanse / Mega-Cleanse Extra contains 37 herbs and super foods to cleanse toxins from the liver, colon, kidneys, lymphatic system, and blood.\*** Single herbs used alone often will not have the same effect as when combined in a formula. A synergy is created. These formulas have been in use since 1987 and are helping hundreds of people.

**\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure or prevent any disease.**

(Reference <sup>1</sup>“*Dr. Whitakers Guide to Natural Healing*” by Julian Whitaker M.D. 1995, 1996. Prima pub.  
<sup>2</sup>“*Purify Your System for Health and Beauty*” Margot Hellmis and Falk Scheithauer 1998 Sterling Pub.)

## 2. When and how many tablets/capsules should I take? Do I need both formulas?

The **Mega-Cleanse** has **30** herbs that cleanse all **six channels** of elimination including the liver and colon. The **Mega-Cleanse Extra** provides additional help and cleansing for the liver and colon as these organs may require more assistance in the removal of toxic waste. You may take these formulas together or either one by itself.

**(Mega-CI.)** Start with 2 tablets per day, one with lunch and one with dinner for 3 days. To reduce appetite, take it 30 minutes before the meal. On the 4<sup>th</sup> day, take 4 tablets (2) with lunch and (2) with dinner for 3 days. On the 7<sup>th</sup> day take 6 tablets, (3) with lunch and (3) with dinner for 3 days. On the 10<sup>th</sup> day take 8 tablets, (4) with lunch and (4) with dinner. You may take 1-8 per day. (Listen to your body. If one per meal is enough, don't increase.)

**(Mega Ex.)** Start with one capsule with the evening meal for 3 days. On the fourth day take (2) capsules per day, (1) with the noon meal and (1) with the evening meal for 3 more days. On the 7<sup>th</sup> day, take (4) capsules, (2) with each meal. Increase up to (6) per day, taking (3) with lunch and (3) with dinner.

**You would keep increasing the amount by one or two tablets / capsules until you find what works best for your particular metabolism.** If you should get diarrhea, that's an indication that you are taking too much, so you should cut back one or two capsules per day until the stool is more solid and you are eliminating 2-3 times per day. **You MUST drink lots of bottled or purified water to irrigate your system and aid the cleansing process.** Eight 8 oz glasses per day is suggested.

After you have cleaned the accumulation of fecal waste from your bowel as well as the toxins that have accumulated in your liver, lymph system, fatty tissue, and blood, you will probably require less to maintain a toxic free system.

**Diet and exercise** habits also should be taken into consideration. Toxins are eliminated much faster in an active body. It rids itself more quickly of toxins through perspiration and encourages proper elimination. Eating a healthy diet, i.e. fresh vegetables, fresh fruits and lean meat will further aid the cleansing process.

**Note:** Everyone is different and their metabolism will determine how much they should take. Someone with a slower metabolism would probably take more than someone with a faster metabolism.

## 3. Will I have any side affects from these products?

The Mega-Cleanse / Mega Ex. formulas contain no chemicals, preservatives, toxins or pesticides. They are pure and pollution free, **and as pure substances they will not cause side affects.** However, it is possible for a person, who has been eating improperly for years, to experience minor discomforts and body changes when he alters his eating habits or adds new substances to his system.

Eight of the herbs in these formulas cleanse and heal your system. They are as follows: alfalfa, aloe vera, bayberry bark, beet root, burdock root, cascara sagrada, dandelion and ginger. This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat cure or prevent any disease

When you add these new substances to your system, the accumulated toxins that were stored in your tissues and organs begin to leach out into the bloodstream and are passed out of the body through the elimination process. However, while these toxic substances are floating around in your system in their concentrated form, they re-poison the body slightly until they are completely expelled.

## **This is what causes discomfort, not the herbs.**

During this detoxification period, a person can experience mild to severe reactions such as headaches, aching joints, body odor, upset stomach, diarrhea, muscle-stomach cramps and constipation. **(Constipation could be a sign that you are detoxing heavy metals such as lead and mercury. Mega-CI. Extra would be an invaluable tool for relief). This is known to nutritionists as a healing crisis and occurs about the third day of cleansing.** This is not a bad thing, but rather a sign that the body is releasing stored up toxins. **To lessen the severity of discomfort caused by a healing crisis, allow the body to detox slower by reducing the amount of Mega-Cleanse tablets you are taking. Then as the symptoms lessen, increase to the optimum amount for your system.**

If we will just give our system a chance to eliminate and readjust, we will feel much better. We must move slowly but surely towards tissue cleansing and rejuvenating our system, **keeping in mind that even as it took time to pollute our system, it will take time to reverse the process.**

## **4. How long can I take these products? Will I become dependant?**

The formula is gentle and it is the combination and amounts of each herb that make it possible to take on a daily basis. Common sense dictates that we should cleanse the toxins from our systems every day instead of purging them out every 3-6 months, as is the case with some herbal cleansing products. Some individuals have taken this formula for 18 years. Most report that they have reduced the amount they take after an initial cleansing phase of several months. These are super foods and nutrients and are not habit forming. If you should quit taking the product you will simply revert back to whatever condition you were in before you started taking it.

## **5. I'm taking medication. Will Mega-CI. / Mega Ex. interfere with it?**

Many clients report that they have been able to take the Mega-Cleanse Internal Cleansing Complex and the Mega-Cleanse Extra with their medications. We at Body Dynamics recommend that before you take any herbal supplements with medications, you should consult your Doctor.

## **Will these products help me to lose weight?**

Yes, and here's why.

- 1) Spirulina is the main ingredient in Mega-Cleanse. It is the perfect **appetite suppressant** because it contains phenylalanine, an **amino acid** that releases a hormone that **"tells" you that you are full.** Spirulina is a micro-algae, or a microscopic plant. It contains more usable protein than any food you can name. In addition, it has nearly twice as much vitamin B-12 as dried liver, is rich in vitamin A., and has all eight essential amino acids. Spirulina contains every essential nutrient science has identified.
- 2) Six of the herbs in this formula help to **maintain blood sugar levels.** This helps **reduce cravings for simple carbohydrates and sugars.** These herbs are dandelion, bayberry bark, beepollen, licorice, juniper and skullcap.
- 3) Mega-Cleanse also contains Chromium Polynicinate. This aids fat loss by aiding brain synthesis of the neurotransmitter serotonin, which is shown **to reduce sugar cravings.** Chromium polynicinate potentiates insulin and may help to maintain a higher metabolic rate

thereby aiding in weight loss. This stimulates protein synthesis and retards protein breakdown in muscles so the body would burn available fat and not muscle.\*

- 4) Fennel and juniper aid in the **reduction of excess water** retention.
- 5) Kelp **regulates the metabolism** and helps to control the thyroid gland.\*
- 6) **Mega-Cleanse is synergistic to other nutritional products and will aid their absorption.**
- 7) Restoring intestinal health through colon cleansing **allows more nutrients** to be absorbed therefore **a person tends to eat less.**

## 6. What is Cascara Sagrada, and why should it be included in the Mega-Cleanse formulas?

Cascara Sagrada had been considered a mild, effective, treatment for constipation for generations. First used by the Native Americans, it's name means "sacred bark", in Spanish, a reference to the medicinal part of the plant itself. The bark is rich in hormone-like oil, which promotes the peristaltic action (pushing out of waste material) in the lower intestinal tract. It is this particular action that makes Cascara Sagrada so effective in treating constipation. \*

**The fact that it is not habit forming** makes it even more valuable in cases of constipation. The herb is popular for its ability to relieve constipation and tonify the bowel. The Dispensatory of the United States says this concerning the herb; "It often appears to restore tone to the relaxed bowel and in this way produces a permanent beneficial effect". **It is considered mild and gentle enough for use by children and the elderly.** Reports in the "Drug Evaluations" of the American Medical Association confirm that Cascara Sagrada causes peristalsis in the large intestine with virtually no side effect on the small intestine. \*

**Colon health is dependent on the maintenance of beneficial intestinal bacteria and proper elimination.** In this regard, Cascara Sagrada can prove to be invaluable in its role as a colon cleanser. When five healthy medical students were given Cascara, their bacteria counts of E coli and enterococci significantly decreased. The emodin and rhein constituents of Cascara actually inhibit the respiration processes of certain bacteria. **\* While undesirable bacteria may be destroyed by these compounds, friendly bacteria are not.** This good flora is necessary for colon health and helps to keep the immune system strong. \*

Cascara Sagrada also contributes to correcting hormonal imbalances controlled by the pituitary and facilitates the activation of the gallbladder, liver and the pancreas. \*

### Summary of Specific Actions Associated With Cascara Sagrada \*

1. It is an excellent remedy for constipation and can help to prevent future episodes of constipation
2. Cascara bark is rich in hormone like oils, which help promote peristaltic action in the canal of the large intestine only.
3. This herb is **not habit forming to the colon** and can simultaneously clean, and restore the natural tone of the bowel.
4. Cascara Sagrada **improves the flow of stomach, liver, and pancreas secretions**, which helps to promote better digestion and elimination.
5. It also promotes the flow of bile, which is beneficial to the liver and gall bladder
6. Cascara has been shown to be **effective against parasites** and acts as a natural antibiotic in the intestines, ridding the colon of only the bad bacteria and not the good flora needed for colon health.

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*References:* Daniel B. Mowrey, Ph.D. *The Scientific Validation of Herbal Medicine* New canaan, Connecticut: Keats Pub. 1986, Donald Lepore N.D *The Ultimate Healing System* Provo Ut. Woodland Books. 1988, Sendon H. Smith, M.D., E. P. Donatelle, M.D., Vaughn Bryant, Ph.D., *Basic Natural Nutrition* Provo Ut. Woodland Books, 1984