

FAQ:

Internal Cleansing with Mega-Cleanse and Mega-Cleanse EX

***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 Internal Cleansing Complex / Mega Cleanse EX and Thera Colon Cleanse?

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, headache, dark circles under the eyes, skin breakouts, arthritis, depression, memory failure, muscle pains, digestive disorders, constipation, diarrhea, irritable bowel syndrome, ulcers, slow metabolism, weight gain and even serious illnesses.

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 and even death will occur.

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, **because our health and beauty are directly related to our ability to absorb the nutrients from our food and supplements and just as important, to detoxify.** **Mega-Cleanse / Mega Ex. / Thera Colon Cleanse 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 for 28 years and are helping thousands of people.**

*(Referenced from "Dr. Whitakers Guide to Natural Healing" by Julian Whitaker M.D. 1995, 1996. Prima pub. "Purify Your System for Health and Beauty" Margot Hellmis and Falk Scheithauer 1998 Sterling Pub.)

2. I have never cleansed my system or it has been awhile since I have cleansed. When and how many caplets / capsules should I take? / I have difficult elimination. Do I need all 3 formulas, and how should they be taken?

If this is your first cleanse, or it has been awhile since cleansing your system, **begin with the Mega Cleanse EX**, Extra Cleansing for Liver and Colon. If you are **constipated**, start with the **Thera Colon Cleanse** to remove all of the excess fecal matter from the large intestine. This will take a few days. Gradually add the Mega Cleanse EX along with the Thera Colon Cleanse. After a week or so, drop the Thera Colon Cleanse. Add the **Mega Cleanse Internal Cleansing Complex** after you have achieved good elimination. Removal of excess fecal matter allows the Mega Cleanse Internal Cleansing Complex to be more effective at cleansing the other channels of elimination. ie. (kidneys, lymph system, lungs and skin.)

(Thera Colon Cleanse) If you are constipated, start with 1-2 capsules with the evening meal. You may increase dosage as needed. When you feel good elimination has been attained, drop the number of Thera Colon Cleanse Capsules, and add the Mega Cleanse EX. (you may combine these)

(Mega CL EX.) If you are not constipated Start with 1-2 capsules with the evening meal. Increase by 1-2 capsules every 3-6 days till you are having normal elimination. As you increase the capsules, you may take them with breakfast, lunch and dinner in divided doses.

You would keep increasing the amount by one or two capsules per day, until you find what works best for your particular metabolism, or bowel tolerance. If stools become to lose, reduce the amount you take accordingly.

(Mega-CL.) You may take this formula with the Mega Cleanse EX product. **The Mega-Cleanse** diet complex has **30** herbs that cleanse all **six channels** of elimination including the liver and colon.

Start with **1-2** caplets per day with lunch or dinner for 3 days. **To reduce appetite, take it 30 minutes before the meal.** You may take them all together or split them between two meals. On the 4th day, take 2-4 caplets (1-2) with lunch and (1-2) with dinner for 3 days. On the 7th day take 4-6 caplets, (2-3) with lunch and (2-3) with dinner for 3 days. On the 10th day take 6-8 caplets, (3-4) with lunch and (3-4) with dinner. You may take 1-8 per day or what works for your particular body. **(Note) Listen to your body. The instructions above may be altered to suit your individual metabolism. You may take any amount, or combination of the above that attains the desired results specific to you.**

If you should get **diarrhea or constipation**, that's an indication that you are detoxing your system too quickly. You should cut back one or two caplets per day till the stool is more normal. **(If you become constipated)** add the Thera Colon Cleanse to reinstate good elimination. **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.

Diet and exercise --You need to exercise daily. Toxins are eliminated much faster from 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. **Don't eat processed foods.**

If you have a problem with **gas, bloating**, yeast infections, acne, or diarrhea add the **Total Digestion Probiotic and Digestive Enzymes**. (see details in this booklet) **Flaxseed/ fish oil** would also be very

beneficial to elimination and just compliment what you are already doing. Take with any of our herbal cleansing formulas. This can all be taken at one sitting with a meal.

A comprehensive multi-vitamin containing a wide spectrum of B vitamins is also imperative during detoxification. **Please look at Body Dynamics Mega Nutritional System as a companion to the Mega Cleanse and Mega Cleanse EX.**

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. After you have cleaned the accumulation of fecal waste from your bowel, and 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.

3. Will I have any side effects from these products?

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

When you add these new substances to your system, **the accumulated toxins that were stored in your tissues and organs as well as the endotoxins from the dyeing parasites, bacteria, fungus and other pathogens begin to leach out into the bloodstream and are passed out of the body through the elimination process.** , 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, flu like symptoms, body odor, upset stomach, itch and rashes, diarrhea and/ or constipation. **Constipation could be a sign that you are detoxing heavy metals such as lead and mercury.** Mega-Cleanse EX would be an invaluable tool for relief.

This is known to nutritionists as a **healing crisis or Herxheimer reaction**, and occurs within 24 hours to 5 days of cleansing. This is not a bad thing, but rather a sign that the body is releasing stored up toxins. The severity of the Herx reaction is often an indicator of just how much toxicity there was in the body to begin with and is an indicator of the effectiveness of the treatment. **It is actually a sign that the body is restoring itself to good health.** To lessen the severity of discomfort caused by a healing crisis, allow the body to detox slower by reducing the amount of Mega-Cleanse caplets you are taking, replacing them with the Mega Cleanse EX. Then as the symptoms lessen, increase slowly to the optimum amount for your system. We are all different, so listen to your body.

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 formulas are 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 these formulas 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. / Thera Colon Cleanse 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 that you **consult your Doctor.**

6. 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 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 **stabilize 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 was 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 the **reduction of excess water** retention.
- 5) Kelp **regulates the metabolism** and helps to control the thyroid gland
Mega-Cleanse is synergistic to other nutritional products and will aid their absorption.

- 6) Restoring intestinal health through colon cleansing **allows more nutrients** to be absorbed and a **person tends to eat less**.

7. 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, both acute and chronic types.

The fact that it is not habit forming, like many pharmaceutical laxatives, makes it even more valuable in cases of constipation. The herb is popular for its ability to relieve constipation and tonify the bowel. The Dispensary 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.

Some studies strongly suggest that the anthraquinones found in Cascara are beneficial in treatment and prevention of certain liver diseases. Traditional folk medicine utilized Cascara as a viable treatment for liver disorders. Today, its value as treatment for hepatic disease has been supported by contemporary scientific research.

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 chronic 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. Certain compounds in Cascara affect the gallbladder ducts and help the body to rid itself of gallstones.
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.

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

www.bodydynamics.com
1-800-MEGA-910
(972) 245-5500