



The Six Channels of Elimination

Lungs

The principle function of the lungs is to transport oxygen from the atmosphere into the blood stream, and to release carbon dioxide. When the lungs become congested with mucus The body get less oxygen and is not able to remove the excess carbon dioxide, the result is an decease in energy and mental clarity. Many lungs diseases can result from prolong mucus congestion.

Skin

The skin is the largest elimination organ in the body. When the liver becomes congested it dumps excess toxins into the blood stream. When the blood becomes toxic it show through the skin. Skin problems are a sure sign that the person needs to detoxify there body.

Colon

The colon is the organ that receives most of the attention with most cleansing programs. It is important because it is the body's sewer system and once it becomes backed (clogged), it puts tremendous pressure on the rest of the eliminative organs. Most major illnesses begin with constipation, which is a clogged colon. No other organ in the body can be cleaned effectively without cleaning the colon. But cleaning the colon by itself will not clean the entire body.

Kidneys and Urinary system

The kidneys are very important in filtering the blood. They filter out waste of protein from the blood. They also filter water waste. The kidneys are responsible for the maintenance of the acid/alkali balance of the blood. Once the kidneys become clogged, the salt/water balance becomes unstable and many problems can occur.

Devitalized and processed foods are very taxing on our digestive systems. High protein foods, white flour products, dairy, highly toxic substances such as alcohol, coffee, sugar, cigarettes and drugs stimulate the body to secrete mucus throughout the alimentary canal. This substance serves as a mechanism to protect the body from these toxins. Eventually layer upon layer of this mucoid matter up on the walls of the colon. If this toxic material is not removed, the body's sewer system will become clogged, affecting the liver, kidneys and lymphatic system. The eliminative organs slow down the immune function and the immune system becomes compromised and disease sets in.

THIS IS A NUTRITIONAL PROGRAM ONLY. IT IS PROVIDED FOR INFORMATIONAL USE ONLY AND IS NOT INTENDED TO REPLACE THE ADVICE OF A LICENSED MEDICAL PROFESSIONAL. THESE PRODUCTS OR STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.



Liver

The liver is the main organ for detoxification, all chemicals and toxins must be filtered by the liver. The Liver is our interface between us and the outside world. When the liver stops doing its job death is certain. We could not last more than a couple of hours if our liver stop working. Most of the toxic material people encounter comes from food, pesticides, chemicals and preservatives, white sugar, white flour and processed foods are some of the biggest offenders to the liver. Once the liver gets full of toxins we must detoxify

Lymphatic System

The lymphatic system is one of the most important elimination systems, yet one of the least understood. It collects waste fluids via the lymph vessels. The lymph nodes have white blood cells to fight foreign invaders, but once the nodes become overloaded with waste they swell causing pain and discomfort. The lymphatic system is also responsible for filtering excess protein that gets trapped in between the cell walls in the

THIS IS A NUTRITIONAL PROGRAM ONLY. IT IS PROVIDED FOR INFORMATIONAL USE ONLY AND IS NOT INTENDED TO REPLACE THE ADVICE OF A LICENSED MEDICAL PROFESSIONAL. THESE PRODUCTS OR STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.