



Tiao He Cleanse

A convenient program to cleanse the colon and liver for better health

The Tiao He Cleanse is a general cleansing and detoxifying program that focuses on cleansing the liver and colon. It is a gentle cleanse, which most people can tolerate well. The Tiao He Cleanse stimulates better bowel eliminations, cleanses the liver, clears lymphatic congestion, helps with parasites and generally cleanses the tissues of the body.

The cleanse contains six products, placed into convenient packets. The benefits of each product are described below.

Chinese Liver Balance TCM Concentrate

The traditional Chinese name for this formula is Tiao He, which translates as “mediate harmony.” Liver Balance harmonizes the energies of the body by improving the function of the liver and gallbladder, which are connected to the element of “wood” in Chinese medicine. Imbalances in the wood energy and constriction of the chi or energy of the liver can result in feeling irritable, angry, frustrated and aggressive. It can also cause restlessness, insomnia, morning grogginess, headaches and many other health problems.

Liver Balance cleanses the liver and nourishes the blood. It supports better digestive health and nervous system function. As its Chinese name suggests, it harmonizes the body to help everything work better.

All Cell Detox

All Cell Detox is a general cleansing formula that focuses on the colon, liver and kidneys. The herbs that are contained in the formula stimulate digestive organs, cleanse the bowel, promote liver health, and work as blood purifiers and glandular tonics. In general, it also encourages the absorption of nutrients into the body.

LBS II

Known as a gentle-working laxative formula, LBS II promotes and supports normal bowel function. In addition, it works to cleanse and tone the colon for improvement in colon strength and health. As it works to cleanse and tone, LBS II also promotes natural detoxification of the bowel and encourages better digestion. It should be noted that LBS II contains cascara sagrada and similar laxative stimulants that will transfer to babies through breastfeeding, so this product is not generally recommended for nursing mothers.

Psyllium Hulls Combination

Psyllium Hulls are a bulk laxative formula that promotes normal bowel health. The hulls function by absorbing liquid several times beyond their actual weight, so it “grabs up” large amounts of toxins in the colon and also works to lower food-cholesterol absorption. In addition, Psyllium Hulls calm bowel tissue while cleansing the lower bowel. The combination also contains hibiscus and licorice for flavor.

Burdock Root

Burdock is known as a common weed that viscosly grabs and clings to clothing. However, it is safe and fairly popular alternative or blood purifier. It has digestive and immune-supporting properties. Burdock stimulates bile production that builds up the liver, lymphatic and kidney functions. Burdock has long been used by herbalists for treating cancer and skin eruptive diseases.

Black Walnut ATC Concentrate

Black Walnut allies with the immune system in fighting infections. The main actions of Black Walnut are support of the immune system, intestinal system, and the calming and enhancing of irritated tissues and skin. Even the ancient Greeks utilized Black Walnut for promotion of intestinal and skin health. It is very helpful for cleansing the gastrointestinal tract of parasites.

Suggested Use

Take one packet 15 minutes prior to breakfast and another packet 15 minutes prior to dinner or at bedtime, followed by a large glass of pure water. Drink at least 8-10 glasses of water per day while on the cleanse. Two or three bowel movements should be expected daily during this cleanse but, if movements become too loose, try taking just one packet a day. Taking extra fiber in the form of Psyllium Hulls or Nature’s Three will make this cleanse even more effective.

Cleansing is not recommended for young children, pregnant women or nursing mothers.

Selected References

- The Comprehensive Guide to Nature’s Sunshine Products* by Tree of Light Publishing
- Coming Clean* by Steven H. Horne

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