



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, supports liver detoxification, clears lymphatic congestion and helps to balance intestinal dysbiosis and eliminate parasites. It's one of the best all around cleanses for not only improving elimination, but also for strengthening the eliminative organs. The cleanse was formulated by a Chinese herbalist who sought to make it a very balanced cleansing program. It 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 gives the cleanse its name. Tiao he translates as "mediate harmony," which means this formula harmonizes the function of the internal organs and glands to bring balance and health to the body. It helps to decongest the liver, improve bile flow and aid the gastrointestinal tract. Emotionally, Liver balance helps to ease feelings of irritability, anger, frustration and aggression. It also calms restlessness, improves sleep, helps a person wake up more refreshed in the morning and can also help to reduce the frequency of liver-oriented headaches like migraines.

All Cell Detox

All Cell Detox is a general cleansing formula that contains herbs to aid all of the eliminative systems of the body. It contains herbs that stimulate bowel elimination, aid liver detoxification, improve the flow of lymph and aid elimination through the kidneys and sweat glands. Originally formulated as an anticancer remedy, this time-proven formula is a great all around cleansing formula that helps the body better eliminate toxins and waste material.

LBS II

A gentle stimulant laxative formula, LBS II promotes and encourages intestinal peristalsis to overcome constipation and sluggish colon transit time. In also helps to tone the colon. LBS II contains cascara sagrada and similar stimulant laxative herbs, which can cause the colon to become stained. The active ingredient in these herbs anthraquinone glycosides will trans-

fer to babies through nursing mothers, so this product is not generally recommended for nursing mothers. Pregnant women should also be careful with stimulant laxatives.

Psyllium Hulls

Psyllium hulls are a source of mucilaginous fiber that function as a bulk laxative. The mucilaginous fiber absorbed many times its own weight in water to form a gel that lubricates the bowel, soothes the intestinal walls and bulks the stool for better elimination. The mucilaginous fiber also absorbs cholesterol and environmental toxins so they are more easily carried out of the body.

Burdock Root

Burdock is a common weed with seed heads that cling to clothing and served as the inspiration for Velcro. The root serves as a nourishing alterative or blood purifier that helps to cleanse the liver and lymphatics. Burdock has been used for cancer and as a remedy for skin eruptive diseases like acne, rashes, measles and chicken pox.

Black Walnut ATC Concentrate

The hull surrounding the black walnut is very helpful for toning the intestinal tract and correcting leaky gut. It also helps to balance the friendly bacteria in the intestines and expel parasites. Black walnut has also been used to fight various infections.

Suggested Use

Take one packet 15 minutes prior to breakfast and another packet 15 minutes prior to dinner or at bedtime. 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, 6th edition by Steven Horne and Kimberly Balas
Coming Clean : Your Guide to Detoxification by Steven H. Horne

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