



0208 293 9886

Homeopathy-Blackheath

www.homeopathy-blackheath.com

Cytocleanse from Cytoplan

Cytocleanse is one of the UK's leading practitioner colon support products. It has now been used successfully for many years, & has gained the respect of a large number of leading practitioners. It is a carefully blended herbal formula, designed to support colon health, containing herbs & Lactobacillus acidophilus. This product is only available to practitioners & people recommended by them.

Psyllium Husk Powder/or Capsules

Used as part of the programme, the purpose of the Psyllium Husks is to help maintain healthy, efficient intestines. The powder has to be taken quickly, as it thickens very rapidly. Capsules can be taken with large glass of water.

Psyllium Husks are a good form of dietary fibre. As they pass through the body they turn into a gel, which expands considerably during peristalsis & helps collect the waste products.

Organic Flaxseed Oil

Flaxseed Oil is one of the richest seed oil sources of Omega 3 alpha linolenic acid, of which it contains an average of 50%. The Omega 3 family of fatty acids helps to balance the body's inflammatory response, & therefore a supply of this oil is beneficial to help support a healthy digestive tract.

Within the oil, there will also be small quantities of proteins & phospholipids to help with the emulsification & absorption of the oil, as well as small amounts of a selection of vitamins & minerals, but the primary component of interest is the alpha linolenic acid. It is this fatty acid which helps maintain the function & integrity of cellular membranes, & participates in the regulation of cholesterol metabolism.

Fos-a-dophilus/Acidophilus Plus

The gastro-intestinal tract of a normal, healthy individual plays host to a varied population of micro-organisms. In an adult, the total weight of bacteria will amount to around one kilo, & be measured in trillions of bacteria.

In healthy individuals, this microbial population is delicately balanced, & only when the balance is maintained does the gastro-intestinal (GI) tract fulfill its potential of digestion & absorption properly. The quality of the body's intestinal flora is determined by the balance between the various microbial species. The two predominant groups are the beneficial bacteria, found naturally in the GI tract, & the putrefactive bacteria. Lactobacillus acidophilus is a strain of friendly, beneficial bacteria found naturally in the GI tract. Factors such as those below may lead people to increase their intake of friendly bacteria to ensure an optimal balance:

Changes in the normal dietary intake

- Travelling abroad & therefore experiencing dietary & water changes
- People who are taking, or who have taken, antibiotics
- Ageing

Fos-a-dophilus & Acidophilus Plus are:

- both leading gut flora products
- specially formulated to give a wide range of beneficial bacteria activity in the intestine
- beneficial bacteria - present in a live form, & therefore active when taken
- whole product - available for the body to use very quickly
- non dairy

Aloe Vera Aloe vera juice has become an established food supplement. A great deal of research has been conducted into the properties of aloe vera, which has led many people to use it as part of a colon care programme. 20ml of Aloe XL Inner Leaf Juice per day in water is often chosen as an optional extra to the programme. We recommend taking plenty of water when using aloe, as aloe vera is known to work well in an optimally hydrated body.

How to do a Colon Cleanse - Preparation & Overview It is important to ensure that the body's fluid levels are sufficient to allow the body to cleanse. Therefore, it is advisable to drink a minimum of 3-6 pints of purified or glass - bottled, natural mineral water daily. This should be spread throughout the day & drunk as

pure water. This will ensure that the cleansing will not put excess demands on an already congested digestive system. In addition, we would recommend that you reduce your intake of tea, coffee & soft drinks to a minimum. **These basic steps should be incorporated into the programme: Hot & cold showers** help to invigorate the body. This is particularly beneficial in the morning, as is skin brushing done with a bristle brush.

In the morning:

Before eating breakfast, drink the juice from a freshly-squeezed lemon mixed with water. 5 minutes or so later, take a dessertspoonful of organic flaxseed oil (in yoghurt if preferred). Then eat breakfast, followed by two Cytocleanse capsules to help maintain a healthy digestive system. After breakfast, take one dessertspoonful of loose linseeds, (which have been soaked overnight) & 15-20ml of Cytoplan Aloe XL Inner Leaf Juice with a glass of water, which will finish off the morning routine.

In the evening:

Two Cytocleanse capsules should be taken with the evening meal, followed one hour later by one dessertspoonful of Cytoplan Psyllium Husk Powder stirred into luke-warm water (drink immediately, before it sets). As psyllium husks pass through the body, they turn into a gel which coats the bowel wall & “collects up” waste products as it passes through. The process of moving “stuck”, unwanted build-up in the colon can also be helped by doing simple exercises such as “sit-ups” or “touching toes”.

Daily Routine

Morning

Some people like to drink up to a pint of warm water immediately on rising. This has been found to be particularly helpful for those who are constipated.

- 1) On rising, skin brush for approximately 5 mins, then take a shower. Ideally, have a hot shower followed by a cold shower, & the hot/cold routine can be repeated several times
- 2) 10 mins after rising, drink the juice of a freshly squeezed lemon, diluted in a glass of warm water.
- 3) 15 mins later take a dessertspoonful of flaxseed oil (optionally mixed with live yoghurt).
- 4) Eat breakfast with 2 Cytocleanse caps & a glass of water. (Optionally mixed with 15-20ml Cytoplan Aloe XL Inner Leaf Juice - alternatively, aloe vera can be taken 20 mins before breakfast to maximise its digestive benefits)
- 5) Optional - This can be followed by 1 dessertspoonful of linseeds which have been soaked overnight

Evening

- 6) 15-20ml Cytoplan Aloe XL Inner Leaf Juice taken neat
- 7) Evening meal with 2 Cytocleanse caps
- 8) ½ hr after eating, take 1 dessertspoonful of loose Cytoplan Psyllium Husks mixed with luke-warm water & drink immediately, before it sets. Alternatively, 3-4 Psyllium caps with a large glass of water.
- 9) 1-2 Fos-a-dophilus or Acidophilus Plus caps

To Conclude the Support Programme

The average length of time taken to complete a colon cleanse varies from person to person, but is rarely less than two weeks, averages at about four weeks, up to a normal maximum of eight weeks. Below are listed a few guidelines which indicate the colon cleanse process is nearing completion.

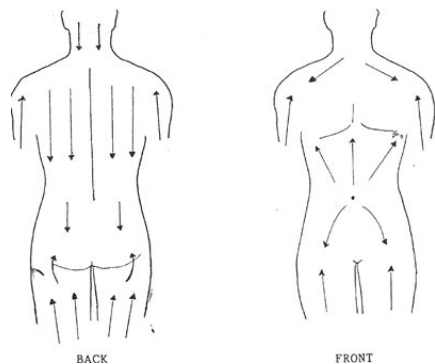
State of stools - passing stools at similar time(s) each day - passing large amounts of stools.

Sleeping pattern - waking up refreshed. This may be good to start with, then get worse for a while, as the

sodium/potassium levels in the cells rebalance. As the cleanse proceeds, you should once again wake up feeling refreshed.

Energy levels - should be good throughout the day for one week before the cleanse can be considered complete. Energy levels may be better initially, then may reduce whilst the process takes place. These energy levels will return at the end of the cleanse. When you experience the indications that your body is cleansed, it is time to wind down the cleanse programme.

Skin Brushing



Skin brushing is beneficial in all cleansing programmes. It has the effect of invigorating the body through the massaging strokes of the bristles, moving excess waste into the solar plexus area, where the toxic fluid is drained into the intestines & excreted from the body. Skin brushing can help maintain healthy muscle tone. Your skin will be revitalised & you will radiate health.

How do You Begin Skin Brushing? A pure bristle brush is essential - plastic or synthetic fibres can scratch tender skin & have no beneficial effects. Once your skin is used to daily brushing, you may find pure bristles too soft. For greater stimulation you can buy vegetable brushes, which are made from natural fibres, often coconut, & are very hard-wearing. Always begin when your skin is dry. Starting at your feet, brush with firm, gentle strokes up towards your navel, between one & four strokes on each section of skin.

Cover each leg, then each arm, over your shoulders, down your front, then down your back. Your skin brushing is now complete. If you wish, take a warm bath or shower to wash away the excess skin flakes.

The best time to skin brush is in the early morning, before bathing & dressing, although any time will do. Some people find skin brushing too stimulating just before bedtime. You will be surprised at the wonderfully invigorating glow just five minutes daily will achieve, & how refreshed & lively you will feel each day.

Dietary Hints for Maximum Benefit

Drink a minimum of 3-6 pints of plain water a day, especially a pint of plain, warm water before eating or drinking anything else in the mornings. Eat plenty of green, leafy & root vegetables. Eat at least 2oz (uncooked weight) of the more neutral grains a day (i.e. short- grain brown rice & millet). Avoid wheat, milk, sugar, sugary foods & drinks, chocolate, coffee, tea, alcohol & artificial food additives.

A banner for Cytoplan nutritional supplements. On the left is a logo with a stylized leaf and the text 'CYTOPLAN NUTRITIONAL SUPPLEMENTS FOR PROFESSIONALS Your partner in good health!'. In the center is a photo of a smiling couple. On the right are several bottles of Cytoplan products. A green box on the far right contains the text 'QUICK ORDER', the phone number '01 684 31 0099', the email 'sales@cytoplan.co.uk', and the website 'www.cytoplan.co.uk'.

<http://www.cytoplan.co.uk/Food-State/> 10% discount code is **RN10**

All the products outlined above are available from Cytoplan including the Skin brush.