

DETOX PROGRAM

Hinderstoder 2011



A guide to the 10 days ahead

FASTING

The ancient Greek physician, Aesclepius, advised 'instead of using medicine, fast' and Hippocrates routinely recommended prolonged fasting. Christ fasted 40 days in meditation. Animals and babies retain their natural instincts and refuse food when they're ill. Rather than keeping your strength up, eating while ill can actually lower vitality.

Fasting is undoubtedly a powerful medicinal tool. Most therapeutic fasts last from three to seven days. The only liquid taken is mineral or purified water, fruit or vegetable juices and broths decocted from them.

Fasting helps the body to heal itself by allowing the digestive tract to rest, by encouraging the mobilisation of various detoxifying defence mechanisms and by stimulating consequent recuperation. The theory behind fasting is that the body is well equipped with mechanisms for eliminating nutritional waste and also the toxic effects of negative feelings which can be argued to cause more illness than any other factor. Our digestive process uses up to 30% of our entire body's energy, so if the digestive system is allowed to rest completely that energy can be channelled to detoxification and healing. Fasting is a superb tool both in emergencies and to accelerate healing of long-term illnesses.

If carried out on a regular basis it can help the body achieve peak physical fitness by periodically unburdening itself of accumulated waste. It also prevents minor health problems developing into major ones. Fasting also decelerates the ageing process and helps the body to



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utilise nutrition far more effectively after the fast is broken. Research has shown that if juice fasting is done on a regular basis it can achieve remarkable results, including faster healing and a greatly reduced risk of DNA damage, the enhanced ability to fight off cancer-causing substances and even helping to promote longevity. The uninitiated often think fasting will lead to stress and fatigue but in fact it does quite the opposite. It is a potent quick-acting antidote to lethargy and anxiety.

Symptoms of Detoxification

The initial elimination of toxins begins early on in the fast, usually reaching its peak on the third day. The by-products of elimination manifest as a coated tongue, bad breath, headaches, muscular aches and general debility. These symptoms are due to the increase of toxins in the bloodstream passing out through the eliminative channels. The sooner these unpleasant symptoms manifest the more toxic is the system. By the morning of the fourth day, these eliminations lessen and fasters begin to feel much better with extra energy and clarity of mind. This state then goes up and down, the latter as more toxins are eliminated. In a long fast, a healing crisis may occur on the tenth day manifesting as 'flu-like' symptoms, skin eruptions or other eliminative evidence as the body throws off really deep-seated toxins. The tongue will give a lot of valuable information as the fast progresses. During the first three days it

will be heavily coated and this will gradually subside as the fast progresses.

It is absolutely vital that the fast be terminated with great care, matching each fasting day with a gentle fast-breaking day, by adding easily digested foods to gradually recondition the digestive system. During this time food needs to be chewed very thoroughly especially when grains are introduced and, of course, only organic foods should be used. It was George Bernard Shaw who said 'any fool can fast, but it takes a wise man to break a fast properly'.

Home-made Juices

Freshly pressed home-made juice is particularly beneficial because you can drink large quantities and therefore absorb more vitamins & trace elements. Nutrients die in any juice within fifteen minutes of standing, and fresh live enzymes are a major factor in healing any illness. Fruit juice helps to maintain a stable blood electrolyte balance so ensuring that the circulation remains constant, but water alone has the dangerous capacity to distort circulation. Besides all this, juices are easily absorbed into the bloodstream. They do not stimulate those with ulcers or tender stomach linings. When supervising patients through juice fasting it is often difficult to get them to drink enough juice. You should aim to drink 30 mls of fluid for every pound of body weight every day. This means that depending you may well be drinking up to a gallon of liquid per day.

Fasting Aids

Potassium Broth

This is a very useful addition to a fast. Vegetables including potatoes, carrots, beetroots, onions, garlic, celery and greens are cooked slowly in water for 1-2 hrs and then strained. This nutritious broth is retained and eaten.

Water

It is essential to make sure that water makes up at least half of the liquids taken during a fast to avoid dehydration. The water comes straight off the mountain glaciers and has no additives.

Detox tea

Ingredients:

Black peppercorn berry, carob pod, cinnamon stick, clove bud, coriander seed, fennel seed, ginger rhizome, hawthorn berry, horsetail leaf, juniper berry, liquorice root, orange peel, parsley leaf, roasted chicory, roasted dandelion root, uva ursi leaf

Therapeutic action: This formula is an extra strength detoxification formula. Each herb in this formula is famous for its cleansing ability and has hundreds of years of successful documented use for purifying the bloodstream and lymphatic system while detoxifying the entire body. It is based on an old East Indian digestive tea formulation known as yogi spiced tea. It is stimulating to the digestion, soothes the stomach, is mildly cleansing for the blood, while strengthening the heart, cleansing the skin, liver and gall bladder and is a mild diuretic and disinfectant to the kidneys and bladder. Best of all it is an excellent coffee replacement and tastes good. It increases the circulation but contains no caffeine and will help reduce dependency on coffee and tea.

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Other fasting aids

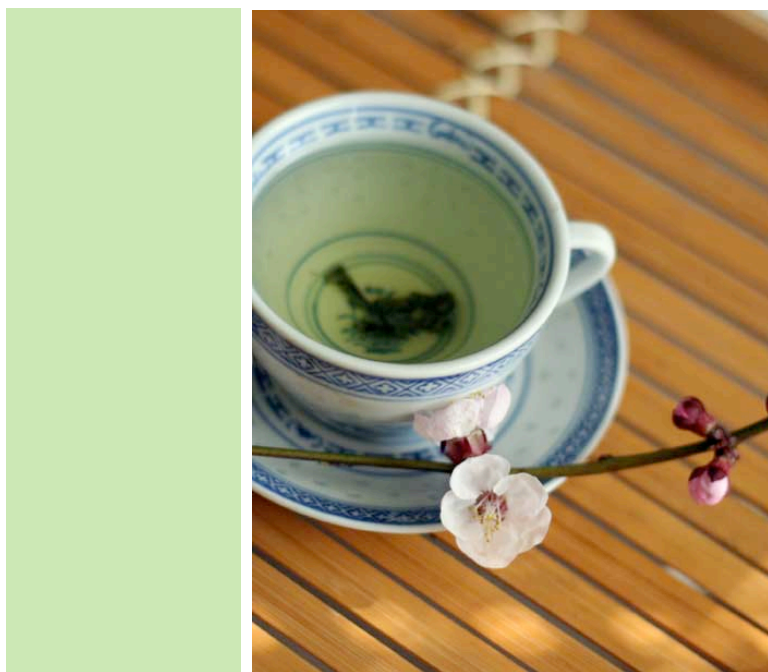
Morning dew walks are advised daily in reasonable weather. This involves walking barefoot in wet grass and is very refreshing and an excellent way of grounding any static electricity in the body and channelling the body's vital energies towards health.

Also there is a Kneipp foot and arm bath near the hotel which is an invaluable aid to vitality.

Regular skin brushing morning and evening is encouraged and wearing only natural fabrics. Stay with the natural rhythm of the day, getting up when the sun rises and taking a rest shortly after it sets. You will probably find you need extra sleep during a fast, at least in the initial stages. Try and fit in some extra rest before midday when the liver is still very active. The liver bears the brunt of cleansing during a fast and is at its most active between 4am and midday.

Fresh air accelerates wound-healing and encourages the skin to breathe properly, so take daily brisk walks, well wrapped, unburdened and breathing deeply. As your metabolic rate drops your lymphatic system will slow down but skin brushing and walking will speed it up again and help it gather up waste and dump it more efficiently.

Swimming in the natural warmed water from the glaciers in the swimming pool is also beneficial for the lymph and lungs.





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Yoga, Pranayama & Meditation

Hatha Yoga

Hatha yoga is sometimes referred to as the science of purification. On a physical level yoga cleanses the body and promotes healing. However, the therapeutic effect of yoga is only a by-product. By vitalizing the body we cleanse and unblock the energy channels (nadis), and this, in turn purifies the mind, so that it becomes clear and open. Therefore the main objective of yoga is to create an absolute balance of the interacting processes of the physical body, mind and energy.

Asana

The postures will help to restore balance in the musculoskeletal system, improve flexibility and strength, cleanse the tissues and free the spine. On a subtle level the physical work will open the energy channels in preparation for pranayama.

Pranayama

What is prana? Prana is energy, the dynamism of life. According to yogis it is the vitalising force present in the air, our food, water and sunlight. It has no chemical or physical form but without prana there can be no life. Not only does the current of prana exist, it can be harnessed and directed at will. The science of controlling prana is called pranayama. Pranayama is sometimes referred to as 'breathing exercises' but a more accurate description is the collection, retention and conscious control of pranic energies within the body.

Prana and mind are inextricably linked. When pranas are restless this affects the mind and vice versa. As the energy is controlled through pranayama, so too are the fluctuations of mind.

Tranquility Meditation

When meditating, we should not follow a thought about the past, we should not anticipate the future, and we should not be involved with thoughts of the present. Meditation is simply leaving things just as they are without being too relaxed or too tense. If we manage to do this, we will find that the mind calms down quite naturally by itself.

If we use mindfulness and awareness properly in our meditation, our mind will become tranquil. There are two main obstacles to the tranquillity of the mind. One is becoming too relaxed and the other is becoming too tense. When we become too relaxed, we start to follow our thoughts and become absorbed in them. When we are too tense, we make too much effort focusing on the idea of concentrating and being tranquil so that in the end our mind cannot remain tranquil and we become distracted. We have to constantly try to find the balance between being too tense and too relaxed by finding just the right amount of effort to put into our meditation.

Loving Kindness and Compassion

A settled and spacious mind naturally generates a feeling of well-being and joy. Loving kindness practice uses this positive mind state as a basis for cultivating love and compassion both towards oneself and others.

All these practices are very much influenced by the Buddhist view. However, the teaching itself is non-denominational.

Therapeutic Bodywork

Bodywork has been used for thousands of years as a physical tonic and emotional support. It has numerous clear benefits for keeping the body in an optimum state of being.

What are the benefits?

It improves muscle tone and balance, reducing the physical stress placed on bones and joints, can relieve muscular tightness, stiffness, spasms and restrictions in the muscle tissue. It also helps to increase flexibility in the muscles due to muscular relaxation, increases blood circulation bringing more oxygen and nutrients into the muscle. This reduces muscle fatigue and soreness. Bodywork also promotes rapid removal of toxins and waste products from the muscle.

It improves circulation by mechanically assisting the venous flow of blood back to the heart and dilates blood vessels helping them to work more efficiently. Massage produces an enhanced blood flow; delivery of fresh oxygen and nutrients to the tissues is improved and the removal of waste products, toxins and carbon dioxide is hastened via the venous system.

It also helps temporarily to decrease blood pressure, due to dilation of capillaries while decrease the heart rate due to relaxation. It has the ability to reduce ischaemia (ischaemia is a reduction in the flow of blood to body parts, often marked by pain and tissue dysfunction).

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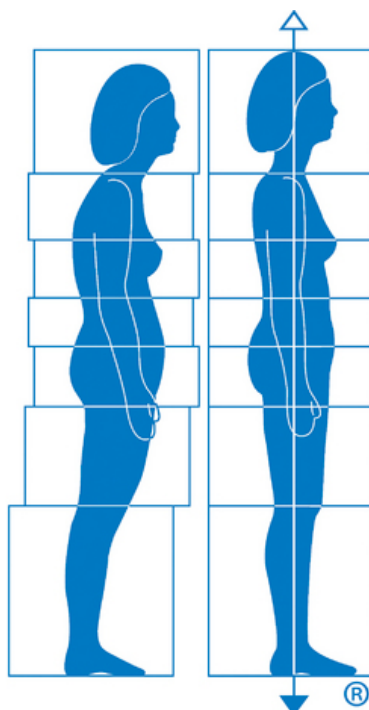
Posture & Pain

Therapeutic Bodywork can help to address function and form of the every person. The way we function in the world determines the way the world interacts with us. Our approach is holistic in its approach and seeks to nurture deep change in the underlying pathologies of all our patients.

With a combination of the art and science of modern bodywork each person is encouraged to explore their own body, to move with fluidity while treating postural imbalances, pain and injuries.

Visceral Health

Gentle and careful manipulation of the organs and viscera including the lower abdominal cavity, liver, intestines, stomach and up into the diaphragm can help to move any physical restrictions that limit the breath and also encourages smooth elimination of toxins and waste from the body.



Colonic Hydrotherapy

£50 million in annual laxative sales suggests that elimination is a problem for many people. The colon completes the digestive process. It absorbs nutrients and excess water from the digested residue of food we have eaten and discharges toxins and waste materials from the body. When the colon is clean and healthy we experience a feeling of well being. When it is congested and stagnant, waste backs-up into the system and pollutes the inner environment. This is called autointoxication – literally ‘self-poisoning’.

All of the body’s tissues are affected by autointoxication. Poisons are reabsorbed into the bloodstream and are carried to every part of the body. In the nervous system we feel irritable and depressed. We feel weak if they back-up to the heart, bloated if they reach the stomach and our breath is foul if they reach the lungs. The waste build-up of months and years can actually result in five, ten and sometimes as much as fifteen pounds of weight, causing a distended and abnormally shaped colon. Autointoxication can be a causative factor in numerous serious diseases. The colon, being the largest perpetrator of diseases of any organ in the body, is said to be the initiator of 80% of all critical illnesses. This need not be so.

Colonic irrigation is an internal bath that helps cleanse the colon of poisons, gas and accumulated faecal matter.

What is colon hydrotherapy?

Unlike an enema, it does not involve the retention of water. It is the gradual and



gentle introduction of purified water into the colon via the rectum. This water stimulates the colon muscle to recover its natural shape, tone and peristaltic wave action. About fifteen gallons of water are used, but only two to three pints are maintained internally at any time. The outflow of water takes with it accumulated faecal matter. Each treatment takes approximately three-quarters of an hour.

Does that mean my colon is clean after hydrotherapy?

A series of colonics is usually necessary to dislodge hardened waste. Colonic hydrotherapy is most effective when employed in combination with exercise and a mucus-free diet. Once the colon is clean, it is advisable to have a colonic

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every few months to maintain a healthy environment.

Isn't it a bit messy?

No. The water and waste are totally contained in tubes, and the waste goes directly into the sewage system. Part of the tube is made of glass so that the therapist can check the state of the waste.

Won't it damage the normal intestinal flora?

When the acid-alkaline balance becomes abnormal, and the bowel is impacted, the growth of friendly bacteria is stunted. Cleansing the colon will put this trend into reverse.

Bio-Resonance Treatment

Matrix Regeneration Therapy

Because of its holistic therapeutic approach to thorough basic detoxification, MRT can be applied successfully to all chronic diseases. It is made up of three energetic components, which work together synergistically, reinforcing each other's effects:

1) *Petechial suction massage* (a modern form of cupping). The partial vacuum in the suction electrode draws waste by-products and tissue toxins to the surface, where they are removed via the lymphatic system. In the case of previously damaged tissue, this can actually cause hematomas – a sign of the capillaries' fragility. Initially, these intense red streaks on the skin may be visible for days. After a number of treatments, and as tissue continues to regenerate (it gets noticeably firmer), these streaks fade after just a few minutes; the pain sensitivity also abates more and more. The suction intensity can be adjusted on an individual basis, a plus for patients with sensitive skin.

2) *Systems Information Therapy*, a further development of bio-resonance therapy. The suctioned-up toxins and waste by-products can also be regarded as electro-magnetic information with a pathological vibrational pattern. The organism's underlying disturbance fields can be neutralised, taking a considerable load off the immune system. A visible consequence of this is that disease-conditioned muscular tension eases up during the course of treatment. Although the therapy is primarily performed on the back, all internal organs are accessed via the neural reflex zones, thus achieving a very deep effect.

3) *Low-intensity Direct-Current Treatment* repolarizes diseased tissues in order to stimulate regeneration or reduce inflammation, whereby existing charge deficits are compensated out.

Other beneficial effects:

The MRT treatment strongly stimulates the immune system to greater defensive readiness. Also, hematopoiesis (through cytolysis) and the lymphatic system are intensely stimulated. Chronic malposition of the spinal column due to muscular tension, as well as blockages that impede the flow of energy in the

body can be relieved – and the stress overload on the brain's central hormonal regulatory system vanishes. Thus, a single operation performs a comprehensive whole-body-oriented treatment, de-acidifying the body, regulating the hormonal imbalances and stimulating the lymphatics.

The Power Tube

We are all afflicted by parasites, viruses and bacteria. The power tube does not kill, but rather relocates them by homogenising the cell structure, neatly arranging the molecules and tissues so that there is no more room for pathogens. In this way they can't breed, as there's no longer any environment for them in which to do so. The pathogens disappear without interfering with the intestinal flora, because intestinal flora that is healthy and intact fits into the molecular structure of the organism. The power tube neutralises 98% of all pathogens as well as elevating the recipient's energy.

What can it treat? Hepatitis A, B and C, herpes simplex, all intestinal, urinary tract, middle ear and tooth infection and inflammation (like appendicitis). In Germany, where it was invented by Martin Frischknecht, he claims success with it on malaria, high blood pressure, rheumatism, skin rashes, flu, meningitis, diabetes, haemorrhoids, sexually transmitted diseases, eczema, dermatitis and psoriasis, allergies, Alzheimer's, Parkinson's, bronchitis, fibromyalgia, headaches and multiple sclerosis.

The Chi Machine

The Chi Machine resulted from 38 years of research by the Japanese medical doctor Shizno Inone, Chairman for the Oxygen Association in Japan. His observation of goldfish's movement in water was the inspiration for the machine. When fish swim they swing their tails, so generating movement of the entire spinal column and all muscles. The Chi Machine replicates this action relieving vertebra joint pressure, minor aches and promoting a sense of well being. More importantly it helps the blood to circulate oxygen throughout the body.

Infrared Sauna

Infrared energy is an invisible band in the electromagnetic spectrum, which lies just below the visible red light (hence 'infrared' or 'below the red'). It has three wavelengths: near, inaudible

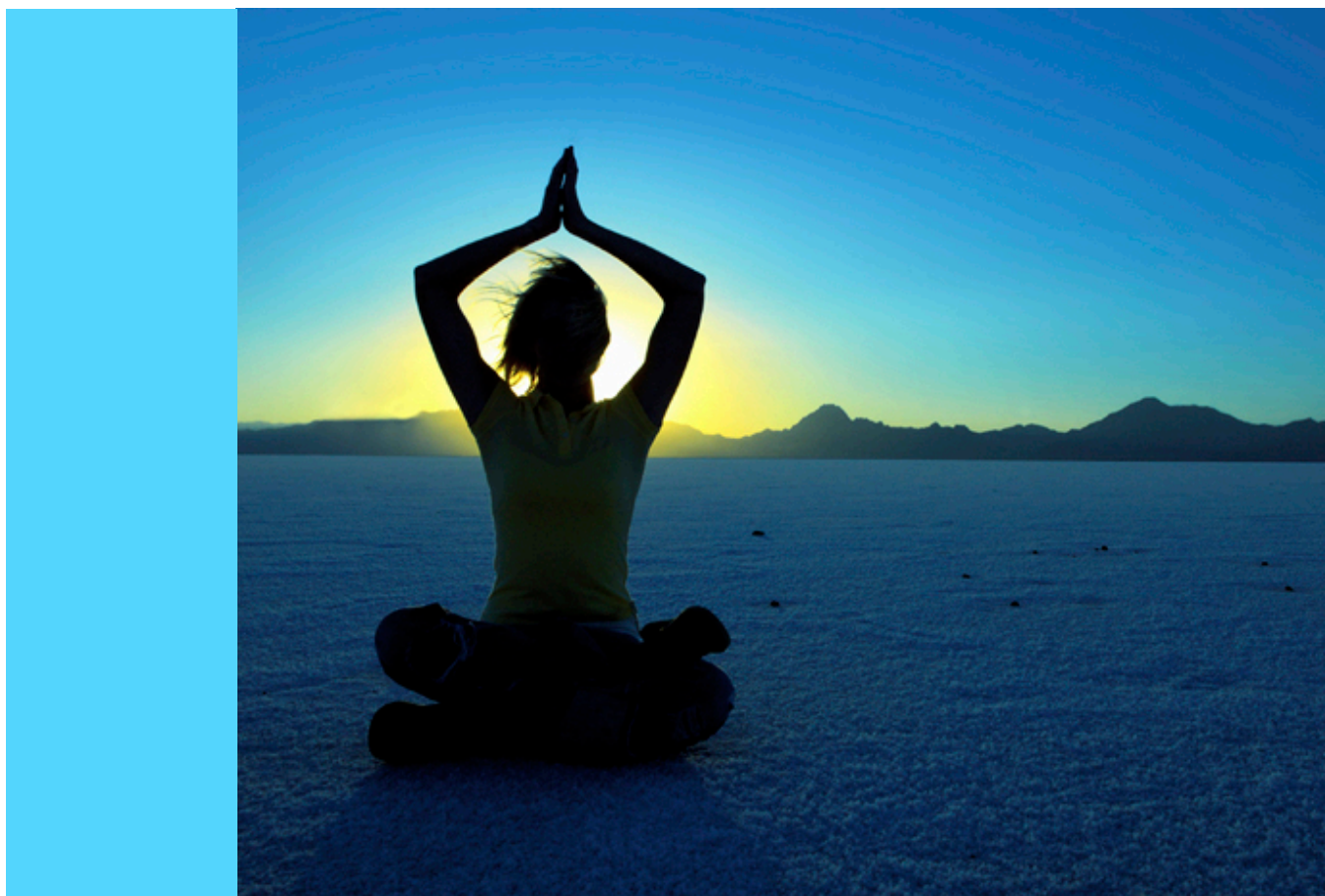
and far infrared (FIR), the longest of the three waves. FIR wavelengths are too long for us to see but we can experience this naturally occurring energy from the sun as a gentle radiant heat which warms us by direct light conversion without raising the temperature of the surrounding air. This, over time, induces an increase in body temperature by causing the bodily fluids to move around more quickly, leading to heavy sweating but at a much lower temperature than with ordinary thermal heat such as that in a Turkish bath or Finnish sauna. Research at Kagoshima University in Japan found chronic heart failure patients could be helped with FIR saunas which improve the function of the lining of blood vessels and their ability to dilate and so help heal atherosclerosis. These findings were replicated on 188 patients at the Mayo Clinic in California.

FIR saunas can also help chronic fatigue symptoms, arrhythmias and peripheral heart disease, chronic pain, fibromyalgia, sleep disturbances and low grade fevers. It can also help to normalise weight cholesterol and blood pressure, to promote growth and enhance blood circulation.

How do FIR infrared heal?

By increasing the protein levels of nitric oxide synthase in the aortic lining (the main blood vessel of the heart). Adequate levels of nitric acid are essential for healthy heart function and coronary vessel dilation. After just one week levels of nitric acid increase forty fold and even after levelling off stay 50% higher than before.

By lowering levels of urinary prostaglandin, a marker of oxidative stress. Infrared rays help knock toxins loose from fat cells, which are then released in to the body and eliminated through sweating. Dr Sherry Rogers, a fellow of the American College of Allergy, Asthma and Immunology believes that an infrared sauna is the only way of removing man-made toxins and further states that bio accumulated toxic load in the body is responsible for all disease not attributed to bacteria or virus. Regular use of an infrared sauna can help decrease the overall toxic load. FIR saunas are especially helpful for removing heavy metals from the body via the skin. Hence the reason why while in it you should sit on your own towel, use your own towel to dry yourself and have a vigorous hot, cold shower using natural soap to assist the heavy metals off the skin after each session.



*May you live this day embraced by tenderness,
Nourished body and spirit,
Compassionate of heart,
Kind in word,
Courageous in thought,
mindful in awareness,
Gracious in love*

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