A large, stylized green leaf graphic is positioned in the background, partially overlapping the text. The leaf is composed of several overlapping, semi-transparent green shapes in various shades, creating a layered effect. The main text is centered horizontally and partially overlaid by the leaf's stem and a large curved leaf section.

LESSON 8 | **Strategies to Detox**

LESSON 8 | Strategies to Detox

ENGAGE AND ENCOURAGE: Group Growth Activity (15 minutes)



Procedure:

1. Before your meeting, take pieces of yarn and cut them into various sizes (from a couple of inches to a yard.) Cut enough pieces of yarn so that each person in your group is able to draw from the bunch. Put all of the cut up pieces of yarn into a pile.
2. Have each person pick a piece of yarn from the pile.
3. If you have a large group, then have 3-4 get together. If a small group, then each person can take turns.
4. Go around the room and ask your group to share something about themselves, or something interesting that they recently learned, or talk about anything they want —THE CATCH — they must talk as long as it takes them to wrap the yarn around their index finger.

Process Question:

Did this activity get your heart rate going? Was there anyone talking much faster than they normally would? Why do you think that is? Are there times in our lives that we are pressured to make a decision quickly because time is running out? Have you recently been in a situation where your emotions dictated your behaviors?

Group Leader Point(s):

Did you know that our soul, which includes our emotions, will or choices, and our thinking, has direct influence on our body's health and well-being?

Studies have shown through the Social Brain Laboratory that by simply observing an activity, it stimulates the same part of the brain as if you were personally participating. In Brenda Stockdale's book: *You Can Beat the Odds*, she explains that the "stories we tell ourselves, the images we hold in our mind generate a biological effect that enables us to examine the molecular basis of emotion. This is where your experience is translated into a physical reality – like when your heart races because you are scared or excited." It is so important that we not allow our emotions to dictate our actions. Don't let your circumstances dictate YOU.

EDUCATE AND EQUIP: Lesson and Action Steps (40-60 minutes)



Take Away/Objective: Taking charge of our health and making appropriate changes will help the body heal strong. There are many ways to help our body to cleanse and detoxify itself.

Key Concepts:

Detoxification

1. Understand your body's natural detox route, including first and second lines of defense functions.

2. Educate yourself on strategies available to deep cleanse and help heal your body from the toxic load.
3. Identify toxic thought patterns in your life. These lead to chemical responses in the body that are detrimental towards healing.

Suggested Speaker/Support:

-  Bring in supplies used for detoxification to show the group.
-  Invite a local hydro-colon therapist to discuss the importance of colon cleansing.
-  If you have time, you can show a short video testimonial from *Chris Beat Cancer Video* (Search TM Video Summary Guide or archives at <http://www.chrisbeatcancer.com/category/epic-health-videos/>)

LEADER'S SCRIPT

When diagnosed with a major illness, it can be difficult or even impossible to pinpoint the cause. Detoxification is vital and eliminates a variety of potential culprits. At our last meeting we talked about WHY detoxification is important in healing, so this week we are going to talk about HOW we do it. At the end of our meeting I'd love to hear ways detoxification has personally worked for you and how you've found time to work it into your week.

Rebounding

Pump it out! Rebounding is done on a high-quality mini-trampoline. Exercise aids the detoxification process, but jumping on a rebounder defies gravity to pump the cells and help cleanse the lymph system. Remember, as mentioned in lesson 7, the lymph system relies on physical exercise to move lymph fluid throughout the body. Have fun using this detoxification method!

Colon Cleanses

The body absorbs nutrients and pollutants accumulate in the colon, so regular elimination 2-3 times a day is an important part of healing. A squatty potty can help put you in proper position for easier elimination. Thoroughly cleaning the colon is extremely important. Hydrocolon Therapy is a process in which warm water is flushed through the colon (via your rectum) in order to safely clean your large intestine. Colonics are typically administered by a licensed colon hydrotherapist.

Enemas and Liver Cleanse

Coffee enemas cleanse the liver (rather than the colon) by stimulating the body's production of glutathione, theobromine, and theophylline.

The caffeine in these retention enemas dilates blood vessels and increases bile flow. Doctors at the University of Minnesota showed that coffee administered rectally also stimulates an enzyme system in the liver called glutathione S-transferase by 600%-700% above normal activity levels. This enzyme reacts with free radicals (which cause cell damage) in the bloodstream and makes them inert. These neutralized substances become dissolved in the bile, are released through the bile flow from the liver and gallbladder, and are excreted through the intestinal tract. So the enema acts as a form of dialysis of the blood across the gut wall. (https://gerson.org/pdfs/How_Coffee_Enemas_Work.pdf)

A great resource provided by Chris Wark is a video with Dr. Vickers discussing the benefits of coffee enemas and it can be viewed here: <http://www.chrisbeatcancer.com/dr-vickers-explains-coffee-enemas-for-healing-cancer/>

It is important to note that if you are a chemotherapy patient, then detoxifying the liver needs to be done gradually after all chemotherapy has been stopped. Chemotherapy works in conflict with detoxifying the liver. Here is a great resource to reference:

http://gerson.org/pdfs/Chemo_and_the_Gerson_Therapy.pdf

Parasite Cleansing

Most people have some type of parasite living in our bodies. When the immune system is compromised, these can wreak havoc on the body. Pumpkin seeds, hot peppers, and herbal remedies are all used as treatments. Black walnut hull tincture combined with ground cloves and wormwood has proven effective in cleansing parasites.

(http://www.naturalnews.com/037964_parasites_detox_cleanse.html)

Dry Brushing

Dry brushing helps to rid the body of trapped toxins and even unclogs pores. Using repetitive strokes towards the heart with a non-synthetic brush stimulates the lymphatic system and exfoliates the skin.

Oil Pulling

Oil pulling is an ancient Ayurvedic dental technique, which draws out toxins and improves oral health by swishing coconut oil in the mouth on an empty stomach for around 20 minutes and then releasing it into the sink. It may even whiten teeth!

Chlorella

This green algae is a powerful heavy metal detoxifier. If you have a mouth full of amalgams (“silver” or mercury fillings), chlorella is an important daily supplement. According to Dr. Mercola, it is a “green food,” a single-celled, micro-algae that is about two to ten microns in size...Its molecular structure allows it to bond to metals, chemicals and some pesticides.”

(<http://articles.mercola.com/sites/articles/archive/2010/07/03/chlorella-shown-to-remove-mercury-in-mice.aspx>)

Turmeric and Curcumin

This spice helps protect against environmental mutagens. Curcumin is a product of turmeric and has excellent healing properties. A study at India’s Panjab University found that curcumin inhibited mutations by as much as 80% against all mutagens tested in foods

(http://www.lifeextension.com/Magazine/2005/9/cover_dna/Page-01).

Coenzyme Q10 (CoQ10)

This is a powerful antioxidant that is made in the human body. CoQ10 is an essential coenzyme that supports mitochondrial performance protecting vital organs and cells.

Vitamin C

Also known as ascorbic acid, this is a water-soluble nutrient found in some foods and is important for cellular growth and repair. Choose one that contains piperine and dihydroquercetin for better synthesis in the body.

Milk Thistle Extract

This is an herb that’s been used for thousands of years to support liver, kidney, and gall bladder health. It contains the flavonoid silymarin, which is thought to be responsible for many of its beneficial effects, including liver protection and antioxidant, anti-viral, and anti-inflammatory properties.

Green Tea and White Tea

These herbs have powerful antioxidants called catechins and flavonols. The extract from the tea prevents DNA damage, triggers DNA repair mechanisms and also helps detoxify the liver.

Selenium

This is a mineral essential for good health. Animal studies have found that selenium introduced into the diet can repair liver damage. (<http://pi.oregonstate.edu/mic/minerals/selenium>)

Iodine

Thanks to environmental pollutants, iodine deficiency has become a worldwide epidemic. In the book, *The Iodine Crisis*, author Lynne Farrow discusses the importance of iodine supplementation in healing. Iodine displaces fluoride from the thyroid receptors, along with bromide and chelates all of the heavy metals to begin removing them from the body. There is a protocol behind it, which includes other supplements for support, but iodine is the key. Iodine is important to every cell in the body.

Juicing

Juicing aides detoxification and floods the body with nutrients. Devote 3 to 14 days (or more for an advanced juice fast) to consuming only raw, fresh, organic, vegetable and fruit juices. Kale, swiss chard, celery, cucumber, beet, carrot, lettuce, ginger, and lemon are all excellent choices for increasing nutrient levels (buying bottled juice is not sufficient). Once the juice fast is finished, continue juicing every day to maintain nutrient balance and aid detoxification. The Gerson protocol, in addition to many others, uses extensive juicing as the foundation for treating disease.

Sleep

The body needs 7-9 hours of sleep nightly to regenerate and repair cells. Trouble sleeping? Try drinking chamomile tea and rubbing organic sesame oil on the bottoms of your feet before you go to bed. Also, turn off electronic devices at least an hour before sleep.

Mind-Body Exercise and Meditation

Mind-body exercise includes a wide range of disciplines, such as Pilates, **GYROKINESIS**[®], tai chi, and yoga which emphasize moving the body while focusing the mind. The term comes from mind-body medicine which explores the “inseparable connection between the mind and body”, observing our bodies response to our thoughts. During mind-body exercise, attention is paid to breathing patterns, form, and muscular alignment. This concentration can produce some of the same physiological effects as meditation, and prepare you to meditate more easily. Yoga is used by many to provide a pathway to relaxation and better sleep through physical postures, and the purification of deep breathing. Depression and anxiety tend to accompany cancer and other diseases, and mind-body movement can promote calmness, and release serotonin, with the additional benefits of learning to hear your physical needs. For more information, see: Dr. John E. Sarno's *Mindbody Prescription: Healing the Body, Healing the Pain*, as well as Brenda Stockdale's *You Can Beat the Odds: Surprising Factors Behind Chronic Illness and Cancer*. In addition, Dr. Bernie Siegel's books may be helpful: *Peace, Love, Healing; 365 Prescriptions For the Soul; 101 Exercises For the Soul, etc.* (On a clinical research study and the effects on pain management through mindfulness meditation, see http://www.wakehealth.edu/News-Releases/2015/Mindfulness_Meditation_Trumps_Placebo_in_Pain_Reduction.htm.)

Detox the Mind

The Bible has a lot to say about detoxing our mind. How we perceive ourselves and others has a direct impact on our health. Taking every thought captive for Christ is essential to our well-being. (2 Cor.10:5)

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” (Phil. 4:8) ESV

“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (Ephesians 4:31-32) ESV

“A joyful heart is good medicine, but a crushed spirit dries up the bones.” (Prov. 17:22) ESV

“A fool’s mouth is his ruin, and his lips are a snare to his soul.” (Prov. 18:7) ESV

Music

The saying goes “Stress is a killer, but music is a healer” (author unknown). Listening to uplifting or calming music helps soothe the soul, which has a cyclical effect reducing stress. Which type of music brings you joy?

EMPOWER: End and Send Affirmations/Prayers and Resources (10 minutes)



Invite your group to join the **HealingStrong™** Connect Facebook Page. Provide participants with a Recipe Card from the **HealingStrong™** team, as well as the lesson’s Affirmation Card. Attendees can refer to them throughout the month.

Please share this communication information often with your groups **at each meeting and in each follow-up email**:

It’s always a good idea to have the websites projected on a screen for a visual with the participants.

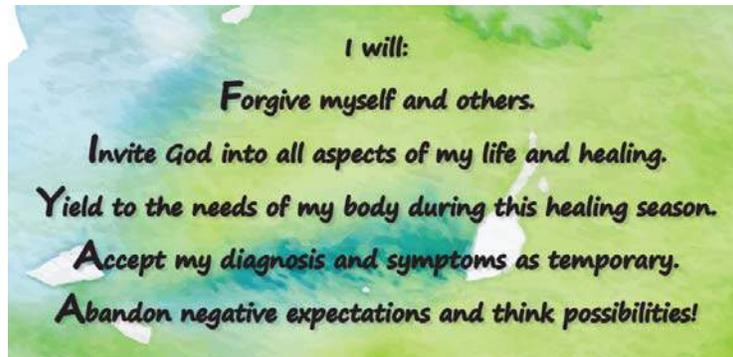
HealingStrong™ website: www.healingstrong.org – **direct them to these essential resources on our resources page.**

HealingStrong™ Facebook pages: <https://www.facebook.com/healingstrong/> and <https://www.facebook.com/groups/163500020092340/> provide ongoing resources, connection, and communication to you and your group.

Instructions: Use these cards at the close of each lesson. Remind everyone: **“Fear is detrimental to healing, but affirmations based on God’s Word help us replace it with courage and strength.”** Then, read the affirmation to the group, or ask another participant to read it. You can have the group repeat it with you, if you like. Then you, or a participant can lead your group through the prayer on the back of the affirmation card. Encourage your group to place the affirmation card where they can see it this month, and read it often.

(Note: The affirmation will be on one side, and the prayer will be on the other.)

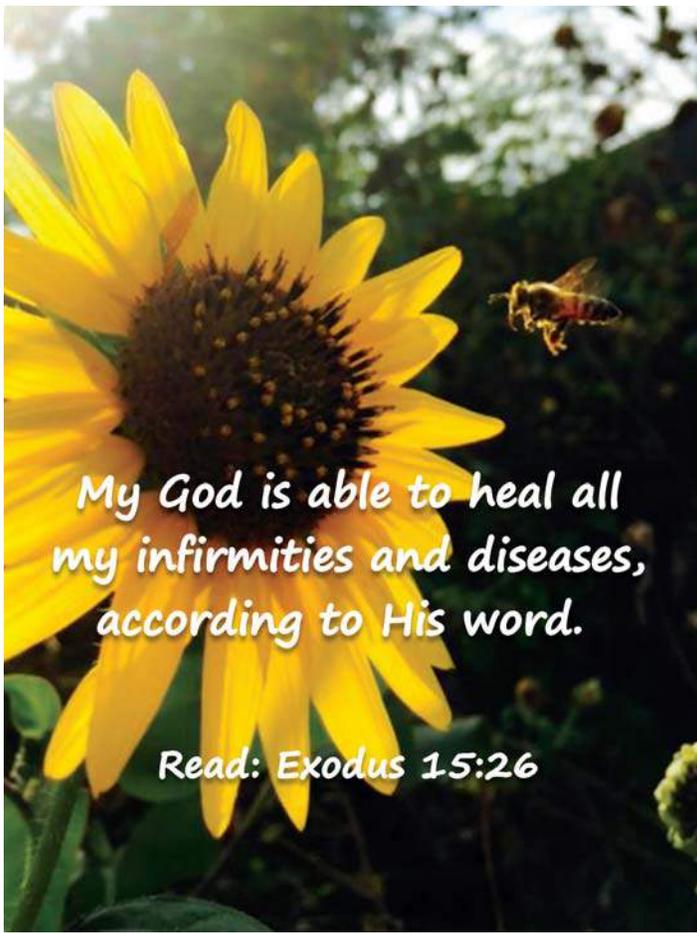
End and send with **FIYAA** (pronounced fire). It will be helpful to print this or have it posted somewhere so that it can be proclaimed together at the close of your group.



Lesson 8 Affirmation/Prayer Card, Recipe Card, and FIYAA Card

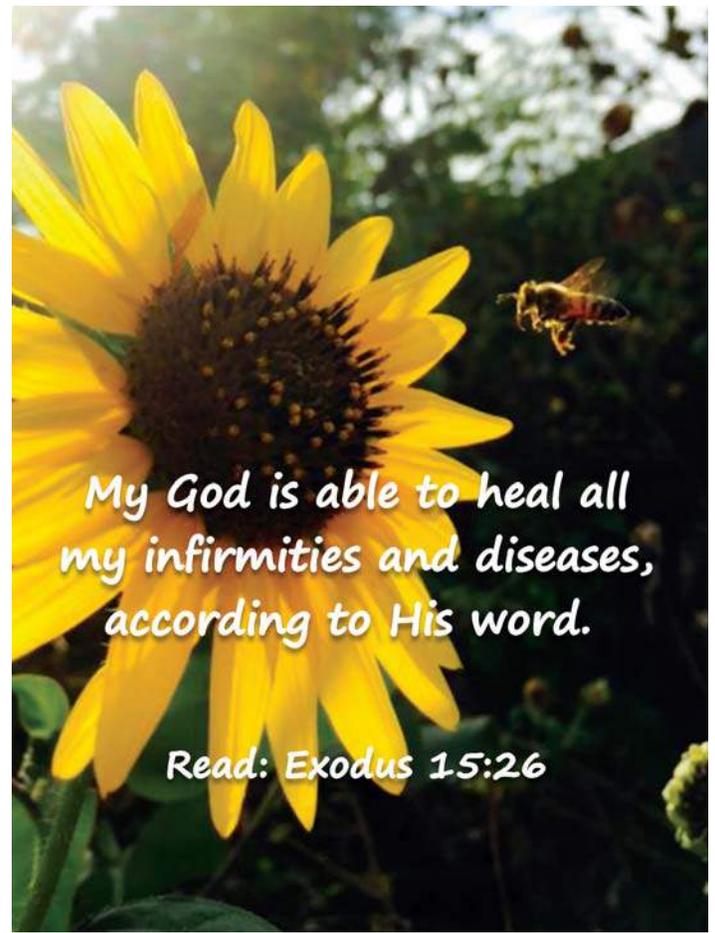
Please make copies for your group

You can also order pre-printed affirmation card sets from the [HealingStrong™ Resources for Groups Page](#).



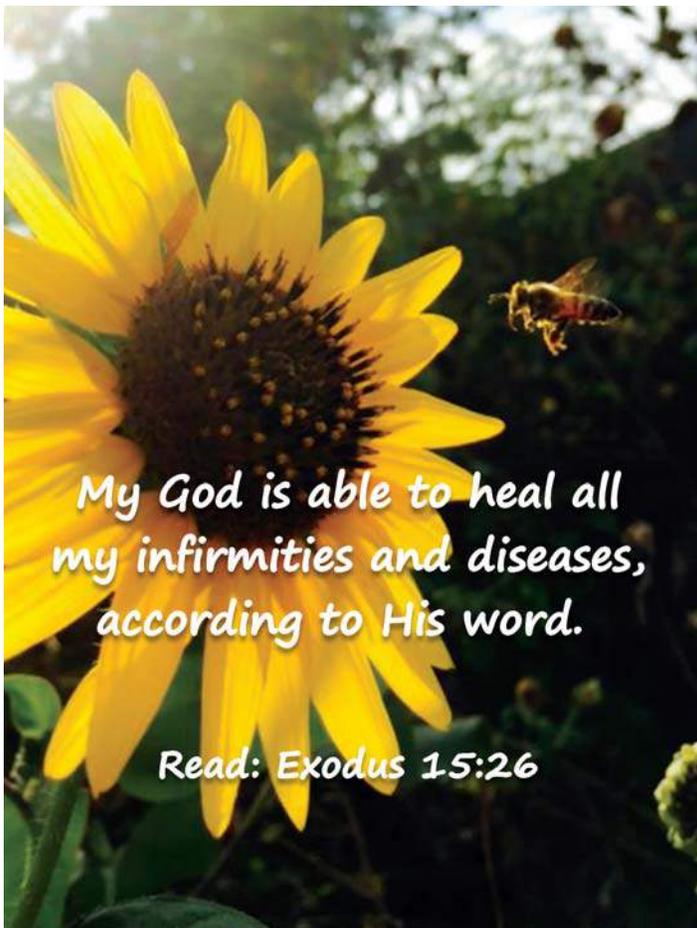
*My God is able to heal all
my infirmities and diseases,
according to His word.*

Read: Exodus 15:26



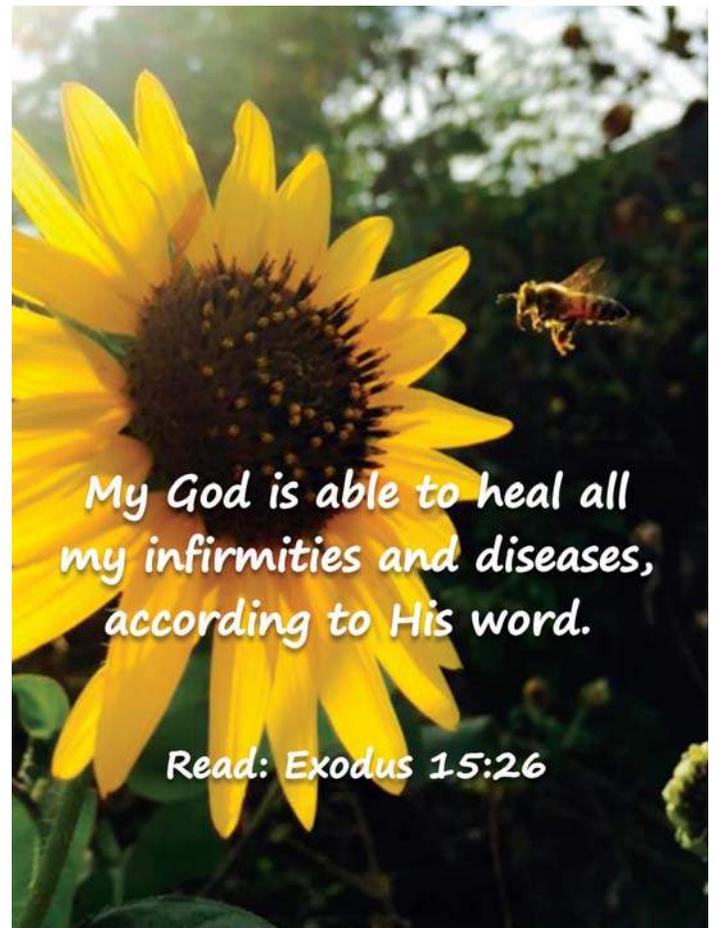
*My God is able to heal all
my infirmities and diseases,
according to His word.*

Read: Exodus 15:26



*My God is able to heal all
my infirmities and diseases,
according to His word.*

Read: Exodus 15:26



*My God is able to heal all
my infirmities and diseases,
according to His word.*

Read: Exodus 15:26

Dear Heavenly Father,

I cry out to You this day, for protection. Guide my steps.
Light my path. Make my heart light.

The Spirit we received does not make us slaves again to fear; it makes us children of God. With that Spirit we cry out, "Father." And the Spirit himself joins with our spirits to say we are God's children.

- Romans 8:15-16

Thank you for your word, Lord. Amen.



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Cauliflower Salad

by Bill McCleish

In large bowl, put all together:

- 1 head cauliflower, washed, separated into bite size florets
- 1 green apple, small dice
- 1 cup raw pumpkin seeds
- 1 cup raw cashew pieces
- ½ cup hemp seed

Dressing, mixed in a vita mix, blender, food processor, etc. Pour over dry ingredients.

- 1/3 cup hemp seed oil
- 1/3 cup flax seed oil
- Juice of 1½ lemons
- 3 dates
- 3 dried figs
- 4 green onions
- 1 teaspoon sea salt

Good source of protein, thiamin, riboflavin, niacin magnesium, phosphorous, dietary fiber, iron, folate, potassium, manganese and copper. Provides Vitamins C, K and B6.



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I will:

Forgive myself and others.

Invite God into all aspects of my life and healing.

Yield to the needs of my body during this healing season.

Accept my diagnosis and symptoms as temporary.

Abandon negative expectations and think possibilities!

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Lesson 7 and 8 References and Resources for Further Use

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