

The Rose Cleanse

Also by Natalia Rose:

The Raw Food Detox Diet
Raw Food Life Force Energy
The New Energy Body
Detox 4 Women
Emotional Eating S.O.S.

The Rose Cleanse

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DetoxTheWorld.com

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Front cover photo by Lawrence Rose

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Are You Ready to Really Cleanse?

- Do you want to finally look and feel light and energized?
- Are you naturally drawn to the idea of cleansing, but confused by conflicting information and wary of all the gimmicks on the market right now?
- Do you want to lose weight quickly in the safest, healthiest, most effective way—without putting your life on hold?

We are here to guide you! No gimmicks, just the lightness and freedom that you have been longing for!

It all begins with cleansing the cells, and it is far easier and more pleasurable than you may think. The information you will find here is priceless. I believe that health should not be shrouded in mystery or used to lure people to buy useless products.

The “wellness” market continues to take advantage of health-seekers, and the health information highways are saturated with absurdities. According to Spins, the market research company, sales of herbal cleansing products tripled to nearly \$28 million worldwide last year. This figure reflects a tremendous growing interest in fasting, but it also reflects a lot of false advertising and misguided product use. I stopped being shocked by all the deceptions a long time ago, but it is worth reminding you that these “miracle” powders, supplements, prepackaged juices, and the like are all useless.

What I'm offering here is efficacious, tried-and-true, deep-tissue cleansing. Whether you are attracted to cleansing for weight loss in the short term or you've come to recognize the value of living in a clean-celled body over the long term, I welcome and support you. Whether you just want to look better or hope to reduce painful symptoms and combat acute illnesses—or all of the above—you've come to the right place!

A cleansed body is naturally light, beautiful, and full of vitality. It is the obstruction—not some missing miracle ingredient—in your body that prevents you from experiencing your greatest physical, emotional, and mental potential. Our cells were never meant to accumulate all the toxic substances that flood our mainstream diet-lifestyle.

Right here, right now, I can help you transform your body. What I've put together is a foolproof cleanse, with all the information, support, and delicious foods and juices you could hope for to make this new experience a reality! If you adhere to THE ROSE CLEANSE, you will lose the weight you want to lose without subjecting yourself to hard-core, round-the-clock liquid fasting. It is safe for everyone, and has no down side. Juice fasting has its place in the health and healing world, but what I recommend below is the best bet for the majority of you.

How The Rose Cleanse Works

1. Read THE ROSE CLEANSE guidelines. On pages 17–25 you will find the core guidelines—specifically, what to consume and how to help your body release waste. Please read the information carefully and follow it as closely as you are able.

2. Line up the juicing component. Absolutely essential to a proper cleanse is fresh, raw vegetable juice—think of it as the highest-quality soap on the planet for your cells! You will enjoy fresh, raw vegetable juices during the day and cleansing meals in the evenings. I encourage you to embrace the wonders of juicing—don't let the prospect of buying, using, and cleaning a juicer put you off. It's much more enjoyable than you might think! I offer detailed instructions on juicing in my first book, *The Raw Food Detox Diet*, which also includes lots of wonderful cleansing, vitalizing juice recipes. But if you're like a lot of people who feel they don't have the time or inclination to make their own juice (at least not all the time), you can also pick up your juice at a juice bar that makes organic, fresh-pressed juices, or have Norwalk Pressed juice sent to your door. If you're like me, you'll wind up doing all of the above, depending on your plans for the day. But in the beginning it's important to have a plan!

3. Get support from your community. While THE ROSE CLEANSE is a simple plan, and all the core information you need is right here in this booklet, you will find more in-depth guidance and answers to all your questions online at DetoxTheWorld.com.

You'll find that more people than ever are revising their perspectives on what belongs in the human body. The mainstream population is more open to cleansing and all its aspects than you might think. Whereas colonics, enemas, and fresh vegetable juice used to be conversation killers, today people are curious and often seek out such topics of discussion. Many people have just had enough of the common approaches to health and diet. They've had enough of feeling sick, heavy, depressed, and symptomatic. So, while you might not want to share the details of your journey with just anyone, or receive their support, there will be many others (old and new friends alike) in your sphere who will be excited to cleanse with you, learn from you, and grow supportively with you along this path.

We also invite you to partake of the wonderful membership community at DetoxTheWorld.com. There you will find both veteran cleansers and newcomers benefiting from the collective experiences, knowledge, inspiration, and exclusive content made available to the community.

The Basics of Cleansing

Why cleanse?

What every health-conscious individual needs to know is that nearly all physical imbalances (except outside accidents, defects, and diseases developed in utero) and all excess weight is a result of the accumulation of substances that the body cannot effectively metabolize. Remove this accumulation, and you will reverse the physical imbalances and excess weight. This is why we cleanse, pure and simple. A body made up of clean cells and flowing pathways (think: blood, lungs, intestines, lymph nodes) is the very essence of good living! The alternative is no way to live.

Bottom line: Whatever your reason for cleansing, cleansing is the appropriate action, and if you undertake it properly and intelligently, it will leave you in a far stronger physical, mental, and emotional state than before—most likely by a very wide margin. Whatever your reason, if you've come to cleansing for a greatly improved life experience, you've come to the right place!

An intelligently executed cleanse will address countless physical and emotional imbalances, major and minor, from A to Z. There is simply not enough room here to list them all. So don't go under the knife. Don't think there's only one way to age or believe that sickness is inevitable. Cleanse with us instead!

What is a cleanse?

A cleanse of the human body is the effective removal of accumulated waste and waste by-products (bacteria, fungus, gas pressure) from the cells, tissues, bloodstream, colon, and lymph of the human body. The accumulated waste is due to substances common to our diet-lifestyle that are not designed to be metabolized by the human body. Given the way we typically eat, drink, and medicate in our culture, waste accumulation can settle very deeply in the cells and tissues over the decades prior to cleansing.

It is very important to understand that cleansing specifically refers to the event of accumulated waste *leaving* the body. Anything else is not a cleanse in the true sense, but a gimmick. Anything that merely stirs up waste but fails to ensure the exit of the waste is, at best, only a *potential cleanse*.

Many things can stir up some accumulated waste, but ***the body only cleanses when it releases awakened waste***. This is the difference between all the trendy cleanses on the market and what you'll find here. It is pointless to awaken waste and not release it, which actually does more harm than good. This is why we include an evening meal (to help prevent the awakening of matter in quantities that overwhelm and thereby paralyze the bowel) and also why bowel cleansing (i.e., skillfully administered gravity-fed colonics and enemas) is essential.

How do you awaken and release?

The accumulated waste is acidic and the cells and tissues of the human body are alkaline. Therefore the acidic waste—which, chemically speaking, is positively charged (i.e., there are more protons in the nucleus than electrons

orbiting the atom)—sticks to the alkaline human tissue, which is negatively charged (i.e., more electrons are orbiting the atom than there are protons in the nucleus). We awaken the waste by drinking alkaline-rich juices and eating raw salads, which hydrate and—just like alkaline soap on dirty, acidic hands—pulls the acid waste up and away from the tissues, starting with the intestinal walls and the bloodstream. It may help you to think of the awakening process as “teeing up” for the star of the show: the release!

The body is designed to pass mulch—chewed up fruits and vegetables—with some small amounts of nuts and flesh, perhaps, when necessary. It is not designed to cope with the majority of substances and quantities we regularly consume in our culture. Therefore, while the body has incredible organs designed for filtering and eliminating waste, these cleansing organs are not, on their own, sufficiently able to eliminate a lifetime’s worth of dehydrated waste and all the by-products that develop around that waste (bacteria, carbonic gas, and fungus). So, while the body will independently release a fair amount of waste through the eliminative organs (colon, skin, liver, kidneys, and lungs), in our experience, it most effectively releases waste accumulation through colon hydrotherapy.

Why do most cleanses fail?

What typically occurs when people attempt to cleanse is that far more waste is awakened than eliminated, if any at all actually makes it out of the body. Further, the substances they choose to cleanse with wind up aggravating the already undesirable internal landscape. For example, fruit and fruit juices, agave, and maple syrup (typical to The Master Cleanse and other leading juice

cleanses on the market) actually *feed* already overwhelming colonies of yeast!

A growing number of Westerners, especially women (but this also applies to a growing number of men), have systemic yeast infections—yeast that has gone beyond the intestine, permeating and infecting the entire system with these devastating single-celled plants that, like weeds in a garden, choke off and wreak havoc on the body's ecosystem. The fact that a fruit juice may be raw makes no difference to the yeast. Yeast lives on sugar and starch—any form will do. In a yeasted body, consuming fruits in juices and maple syrup in lemon juice will cause the proliferation of yeast and the further putrefaction and fermentation of waste matter. This is the biochemical result of sugars and fruit juices (even organic ones) in a toxic system. The same scenario would occur in a petri dish in a science lab. If we start to look at our bodies as giant petri dishes, we can really start to understand the causes of weight gain and other physical symptoms.

Fruits + Waste = Compounded Fermentation and Putrefaction. It's not pretty, to say the least. Between failing to remove the waste that gets awakened by juice cleanses and this unsavory biochemical reaction, the would-be cleanse aggravates the cycle rather than remedies it.

Most people simply cannot sustain a long fast and, even if they do, they will immediately revert back to their old habits after the fast. THE ROSE CLEANSE not only includes but insists upon an evening meal—to make it more physiologically effective as well as to make it an approachable, enjoyable process that you may easily continue for as long as it suits you. It is a recipe for both short-term and long-term success. Stay at home or go out

with friends—you can always look forward to that wonderful dinner!

But wouldn't an all-liquid fast help me cleanse and lose weight faster?

Another common mistake of would-be cleansers is that they launch into a liquid fast off a mainstream diet (including gym-style diets or soy-, grain-, nut-based vegetarian or vegan diets). People typically undertake a cleanse in order to look leaner for an event, or for some other short-term weight-loss goal. Or they have received a medical diagnosis and hope that juice or water fasting will save them. Either approach is triggered by stress and panic, which leads vulnerable people to make poor decisions. The common belief is that the more extreme the cleanse, the quicker and more dramatic the result. But extreme approaches to cleansing abuse the system—taking one from a state of self-poisoning through outside substances to one of self-poisoning from exposure to a flood of toxins from awakened waste into the bloodstream. This is called “auto-intoxication.”

There is indeed a place for water and juice fasting, but it is not for people coming off a mainstream diet-lifestyle. Further, it is no more effective for real weight loss and healing than gently awakening and releasing. Attempting to over-cleanse in hopes of faster results is a major but common misstep. The best cleanse is one that removes as much rubbish as possible with the least possible stress to the body. Gently awaken and gently release—that's the secret, and that's what we are teasing you up for!

Always keep in mind that cleansing means removing the offensive substances. A cleanse does not occur when the matter is merely stirred up or awakened. When that happens, it feels terrible—not only does it make you feel symptomatic (headachy, bloated, phlegmatic, and in some cases achy), but the waste simply resettles after a while, leaving the body no better off in the long run. All that effort and discomfort for no gain!

Think about it: when you clean your home or workspace, you don't just rearrange things. That's called reorganizing, not cleaning. What's the point of reorganizing your internal rubbish? Whether you're talking about a room or a body, to clean it is to *remove* the dirt, debris, and other undesired contents from it.

Of course, some of you are better at cleaning your spaces than others. The good news is that the body is great at self-cleaning—it just needs you to bring along the right tools for the job: that which goes into your body (the raw juices and salads, or the “soaps”) and that which helps move the rubbish out (colonics, enemas, sweating, exercise, and sleep, or the “garbage collectors”).

The Rose Cleanse

Juicing till Dinner

The protocol is really simple. From the time you wake up in the morning until five or six o'clock in the evening, consume anywhere from 2 to 4 fresh-pressed, raw vegetable juices—whether from your local juice bar or your own kitchen. (Note: blending vegetables is *not* juicing. Juicing separates the vital fluid of the plant from the fiber. Yes, fiber is necessary, but not in this instance when we want the juice to go directly into the cells, bypassing digestion. You will get plenty of fiber in your salads. A primary purpose of taking these hours to juice fast is to avoid the laborious task of digestion so that the body can maximize cleansing. If you are interested in knowing more about why juicing is superior to blending, I address this in my books and on the DetoxTheWorld.com website.

The juices do not have to follow a specific recipe. There are just a few basic rules:

- Only vegetables, *not fruits*, should be juiced (with the exception of lemons).
- Most of the juices should be mostly green, but not so dark as to taste bad—which won't appeal to your cells either. In fact, making a juice too green is a very common mistake among would-be-cleansers. People tend to believe that if green is good, then the greener the better. Not quite. You can use as much of the mild greens (romaine, celery, cucumber, etc.) as you like, but do not overuse very dark greens such as spinach, chard, escarole, and kale. Use them if you like them, but you should not be drinking straight kale juice. A good rule of

thumb is not to let the very dark greens comprise more than 50% of the juice. Medicinal greens such as wheatgrass and dandelion greens should not be used in large amounts either. One or two ounces—but only if you desire them and if they agree with you. Otherwise, they may agitate the system. A little medicine can be a good thing, but too much can be counterproductive.

- In addition to a mixed-green juice with lemon, ginger, and/or stevia (optional), root vegetables may also be added. Carrots and beets are a wonderful complement to greens.
- Bottom line: have fun with it and make your juices really tasty! (For more inspiration, I suggest referring to my book, *Detox 4 Women*, as the juicing recipes in that book are specific to eliminating yeast. You'll find that the NuNaturals stevia is delicious, and a good substitute for the sweetness of fruit.)

If juicing until dinner is too much of a reach for you initially, I encourage you to try juicing until lunch, which I explain further below (see also the related Q&A on p. 31). This can also serve as a preparation for the cleanse and for continuing the detox diet-lifestyle!

Since your cleansing juices will be mostly green (with some carrot or beet if desired, but no fruit sugar), you may wish to add some stevia to sweeten them. Not all stevia is created equally. I recommend NuNaturals liquid stevia, as the liquid form won't clump in your juices, and it's the best-tasting, high-quality stevia I have found. It will make you look forward to your green juices during this process!

In my books, I refer to this method as “juicing till dinner.” Your juices will serve as your meals until you enjoy a fresh, satisfying supper. Juicing till dinner has become a beloved lifestyle for so many of my readers. Without necessarily planning to make “juicing till dinner” a long-term practice, you will quickly discover the benefits, ease, and pleasures it brings. Practitioners find they have more energy and avoid illness when they consume just one delicious, hearty meal a day.

An alternative to juicing till dinner is to enjoy a light salad in the late afternoon. You might consider this if you’re seeking a less radical approach that offers similar benefits. The key is to avoid eating big meals during the daylight hours. Big meals leach energy, but if you’re used to them, you will need to retrain your diet clock and undergo a substantial cleanse gradually. Juicing until lunch (even starting with juicing until 10 or 11 a.m. if you need to take baby steps) is a great way to do this! Bottom line: don’t force juicing beyond your comfort zone after the first week of THE ROSE CLEANSE, when the protocol calls specifically for juicing till dinner.

Juicing all day offers the body the opportunity to rest from digestion, which is the key reason for fasting. The body can start to self-repair and rebalance when it’s given a break from the difficult task of digesting dense or toxic substances. Juicing allows you to enjoy all the benefits of a fast without suffering from the side effects of over-cleansing. You don’t have to go to bed hungry or put your life on hold. Simply get your juices and then have a great dinner at home or out with your friends.

Short, daily fasts that culminate in a desirable, hearty, cleansing evening meal make for a highly effective and enjoyable experience. Forget everything you’ve heard

about eating the other way around. The heavy breakfast and light dinner approach is misguided; it drains your energy when you're supposed to be productive, and leaves you unsatisfied when it's time to kick back and commune over a great meal.

Try it and see for yourself. Expect juicing till dinner to be a bit challenging the first few days as you reprogram your diet clock. Then expect to feel light and energetic from all the life force and enzymes of simple vegetable juice. (Even coffee drinkers are amazed to find they don't need or want their coffee when they have the juice!)

Throughout the day, you may also enjoy water (plain or with lemon), herbal teas (with lemon and stevia if you desire), and, if needed, organic vegetable broth. The day will go by quickly if you fill it with things you love to do, or even with things you have to do!

At around 5 or 6 p.m. (or later if you like), feel free to "break" your juicing-till-dinner fast with your favorite raw vegetables. For dinner, here are two ideal suggestions (for more ideas and inspiration, enjoy any of the meals from my book, *Detox 4 Women*):

Cleansing Dinner Option #1 (Non-Vegan)

A large salad comprised of 4–8 ounces of organic, leafy greens; 1 box of grape or cherry tomatoes, halved (or 2–3 medium, vine-ripe tomatoes, chopped); any fresh herbs you enjoy; any additional raw vegetables you enjoy; 4–6 ounces of raw goat or sheep cheese, grated (Alta Dena and Shiloh Farms have great cheddar-style raw goat cheese, which is delicious grated on this salad; non-raw goat or

sheep cheese is acceptable if the raw variety is not available).

Dress the salad with lemon or lime juice (avoiding vinegars if you can), NuNaturals stevia to taste, a sprinkling of sea salt if needed, and a touch of cold-pressed olive oil. However, the cheese acts as a fat, so you are not likely to need the oil unless you omit the cheese.

Non-starchy vegetables, steamed or sautéed (with garlic and just a touch of butter and sea salt, if desired), such as spinach, broccoli, carrots, beets (best baked). Opt for nothing starchier than carrots and beets if combining with a salad containing cheese.

You may also add a piece of fish (ideally wild and organic, but as always, do the best you can under the circumstances), if desired.

Note: Starting with a raw salad is not optional; it is the foundation of the cleansing dinner. However, the cheese, cooked vegetables, and fish are optional. Enjoy all of these additions or just some of them, as desired. Just be careful not to mix food groups: do not add any starches, nuts, or fruits to this meal. This is a vegetable meal with animal products, and should be combined as such. I've addressed food combining in detail in all of my diet books, The Raw Food Detox Diet, Raw Food Life Force Energy, and Detox 4 Women. However, if you follow these dinner guidelines, the food combining has already been done for you!

Cleansing Dinner Option #2 (Vegan)

A large salad comprised of 4–8 ounces of organic, leafy greens; 1 box of grape or cherry tomatoes, halved (or 2–3 medium, vine-ripe tomatoes, chopped); any fresh herbs you enjoy; any additional raw vegetables you enjoy; 1–2

ready-to-eat fresh avocados (but do not eat avocados that are overripe, as rancid fats are highly undesirable).

Dress the salad with lemon or lime juice (avoiding vinegars if possible), NuNaturals stevia to taste, a sprinkling of sea salt if desired, and a touch of cold-pressed olive oil. However, the avocado acts as a fat, so you are not likely to need the oil. (Note to women: women do not digest oils well, so avoid them if possible.)

1–2 medium baked sweet potatoes or yams, with a touch of butter if desired, or a baked acorn squash (or any other cleanly prepared winter squash you enjoy). You may also add or choose instead another vegetable, such as spinach, broccoli, carrots, or beets, as recommended in Cleansing Dinner Option #1. Just avoid beans and cooked corn. Raw, organic corn would be fine. However, avoid mainstream, non-organic corn because it is genetically modified and typically grown on large, inorganic farms with pesticides and hormones. Feel free to add garlic and just a touch of butter and sea salt, if desired, to your vegetables.

Note: Enjoy generous helpings of the above items if you are hungry. You may also choose from any of the recipes in my book, Detox 4 Women, for your evening meals. This can be your go-to book to help anchor your dietary knowledge and guide your choices as you adopt cleansing as an ongoing lifestyle choice.

Sleep and Energy Flow

It's very important to get plenty of sleep. Your body needs deep sleep to support the metabolism and elimination processes key to cell renewal.

Moving your body in the open air is also very important—not to burn calories, but to move the stagnant energy out of the body and bring clean, new life force energy to your cells. To take in this incomparable, precious substance, enjoy being outside, walking, jogging, biking, practicing yoga, playing tennis or basketball—or whatever else appeals to you!

However, this is not the time for excessive exercise; the aim is cleansing and moving out all possible stale energy, not building muscle mass.

Colon Cleansing

From the earliest months and years of life, substances begin to enter the body that do not belong there. These sludgy foods (particularly infant formula, cow dairy, and grain) move slowly through the intestines. At first, the young, able body holds up fairly well against these obstacles, but eventually there is too much mucus and drying waste sitting in the intestines.

When the intestines get too backed-up, the waste is absorbed into the tissues of the intestinal walls to make space for all the other incoming substances. Where does that absorbed matter go? Into the blood and organs that lie on the other side of the intestinal walls. The matter begins to circulate throughout the body, eventually landing and nesting somewhere. This process of accumulation continues from this moment forward. With every bit of intake, the full intestinal path struggles to keep the

pathway clear by absorbing the putrid waste that is obstructing the flow. Some of it passes out the bowel while the rest is absorbed. Thus the assembly line of waste marches on over time, and you've got a serious case of accumulation.

Now look at your body: look at your cellulite, your wrinkles, contemplate that lump or other aberration deep inside you. These are symptoms of the accumulated waste that landed where it was never meant to go, clogging pathways that need to be clear to help you stay healthy, youthful, and lean.

You were never meant to eat those unfit foods, let alone in those quantities. And now you have diabetes or eczema or asthma or osteoporosis or cancer, or you're simply overweight and chronically tired, and the doctors and researchers are scratching their heads over a cure.

The cure is simple: accumulation got you into this mess, and removing that accumulation is the only thing that can get you out. The frequency with which you choose to visit your colon hydrotherapist will depend on several factors: proximity, budget, and your attraction to colonics. Based on all these factors, let your body be your guide. Going anywhere from once a month to once a week is common, particularly during the week of the cleanse when it is even common to go more than once. For example, you might go on the second or third day to clear the intestine of all that is starting to get dredged up, and then again on the sixth or seventh day to clear what is awakened.

For a listing of recommended colon therapists in your area, please refer to the Colon Therapy Directory at DetoxTheWorld.com, under Knowledge Base.

Easing off a Cleanse

After an initial week of THE ROSE CLEANSE, if you've had enough and wish to ease up by adding a midday meal and more cooked foods (avoiding the vegan offenders—grain, soy, nuts, fruits, raw concoctions, etc.), do what feels right for you. Observe the nuances of your body and use what you see to determine your next move, whether it's to ease up or to continue for another week or so. Decide day by day after the first week so you remain honest with yourself and begin to understand what is truly working for you.

Just make sure you are able to *release* all that you *awaken* so that the waste can leave easily through the bowel instead of trying to push through surface cells due to an inflamed lymph and overwhelmed, constipated bowel. Persevere when it seems impossible; try not to get distracted by naysayers who don't understand the laws of nature and cleansing.

Frequently Asked Questions

What if I can't make it until dinner? Is it meaningful to juice until lunch?

Juicing until lunch is a great first step, and it's a mini-fast that you can be very proud of. If you are accustomed to a large breakfast of dense foods, having a glass of raw vegetable juice for breakfast instead will certainly carry you in the right direction. You will still likely experience a dramatic shift in the body toward cleansing and healing.

Will my metabolism slow down if I fast or stop eating breakfast, as people often say?

A well-executed cleanse actually improves metabolic function. The metabolism is not some phantom part of the body that operates in a vacuum, but the composite of every system in the body constantly breaking down substances that threaten its pristine state. The metabolism keeps the body clear and functioning optimally from the cellular level through (1) ingestion, (2) digestion, (3) absorption, and (4) elimination. Maximum metabolic power comes from ensuring there is never more to metabolize than these systems can gracefully manage.

If the cells become overwhelmed and congested with more than they can reasonably metabolize, the whole body becomes congested and backed up with waste. This is why diets recommending 3 to 5 meals a day are so damaging. The average person today has deeply clogged cells, a condition that can lead to exponentially larger problems with every meal. Juice fasting, mini-fasts, and quick-exit eating all help correct this problem and thereby support a highly functioning metabolism.

Is colon cleansing really necessary for a cleanse?

The short answer is yes. The longer answer is, take a moment to consider the vicious cycle of modern living.

Common foods in common quantities paralyze the elimination system. It just cannot keep up with what's being ingested. The mucus-forming foods build up in the intestines and push their way into the body through the tissues of the intestinal walls. This leads to common symptoms such as headaches and colds. Sometimes the waste attempts to leave the body through the lungs (a major eliminative organ), and sometimes through the skin, forming rashes or eczema.

When you take an over-the-counter drug like Sudafed or Tylenol, it only suppresses the waste matter, sending it back into the tissues. Eventually, the matter becomes even more sticky and acidic, and once again the body tries to push it out via the lungs and skin. Once again, you take more symptom-suppressing drugs, which lead to even more waste buildup and even stickier mucus, which attracts bacteria like a magnet and creates an infection requiring antibiotics.

After several years of this mucus-filled state coupled with the antibiotics, the bowel becomes completely overrun with hostile bacteria. The antibiotics kill off the good bacteria in the bowel, which would otherwise help keep it functioning properly, causing the bad bacteria to thrive and prey off the acid waste. Meanwhile, the over-accumulation of waste matter from unfit foods continues to permeate the intestinal walls and move through the body, landing and nesting throughout it.

Once your intestinal balance is compromised, your bowel hasn't a hope of keeping up with your food intake and starts to buckle under the stress. The impaction in the

bowel not only causes fermentation throughout the intestinal tract, creating a number of symptoms that fall under the umbrella diagnosis of “IBS,” but also prevents proper absorption of nutrients and precludes the body from producing the nutrients it naturally would to keep itself balanced. Further, the body starts to exhibit allergic reactions to the foods that are impacted in the colon. Yet, as the chemical residue from those foods circulates in the bloodstream, you still crave them—hence, you’re caught in an impossible addiction/aggravation cycle.

Lack of proper absorption of nutrients such as calcium, B vitamins, and amino acids makes you feel physically exhausted, as well as emotionally and psychologically imbalanced. It leads to high irritability, difficulty sleeping or getting up in the morning, and a general inability to cope with everyday tasks. It’s a reflection of your organs’ inability to cope. The liver, which would ordinarily be able to manage a degree of toxicity, is overburdened—which means dangerous toxins such as heavy metals are building up instead of being released through normal channels such as the skin and lymph.

At this point, you cannot figure out what is wrong, even after several visits to the doctor and a litany of tests and diagnoses—such as IBS, Crohn’s disease, acid reflux, depression, you name it. Suddenly you might find yourself on a cocktail of pharmaceutical drugs—one for each condition.

All of this accelerates the aging process. The blood becomes more acidic from the drugs that are forcing the organs to work harder still. The skin, the largest organ, becomes a mirror of all the interior organs: it gets thinner, reveals pockets of waste in the form of cellulite, acne,

under-eye circles, a double chin, and wrinkling. Foul breath and bowel activity and weight gain all result as well.

Eventually, the endocrine system also breaks down, as in cases of pancreatic or adrenal exhaustion (diabetes and anxiety disorders) or inactive thyroid function (usually the under-active thyroid condition, “hypothyroid”). At this point, more drugs or even amputation or partial amputation of a gland or organ are deemed necessary. I cannot tell you how many young women (under forty) come in to see me who have already had their gallbladder, pancreas, or thyroid partially or completely removed!

This is not a rarity, friends. This has become the common cycle of the body. It all starts with the ingestion of unfit substances and carries you into pitiful physical states that should simply not exist in modern times when we have so much advanced knowledge. What is ironic is that the very things that will save you from this fate—eating one to two meals a day plus vegetable juices and bowel cleansing through colonics and enemas—are commonly considered extreme, and even potentially harmful. As it turns out, this “extreme” way is the only sane approach to caring for our bodies in this modern age.

Aren't colonics unnatural?

The way we live is what's unnatural. In addition to accumulating toxins in our cells and tissues throughout generations of poor diet-lifestyle choices, we have lost our intestinal fortitude. The human body is like the soil on our planet. Our soil used to be rich in humus, the highly fertile substance that makes things grow. But just as the humus is hardly one-tenth of what it needs to be to deter pests naturally and remain fertile, so too is our “intestinal humus” inadequate to manage the rogue yeasts and

bacteria from a lifetime of unfit foods, or to expel what we draw up with this improved alkaline diet-lifestyle we strive to implement. You cannot inundate an organism with substances it is unable to metabolize and then expect it to eliminate them all—particularly not if its eliminative organs are severely compromised. Modern living has created the perfect storm in the human body, and colonics are the rescue workers.

But I'm a vegan—I've been eating healthy for years!

Crippled intestinal fortitude is no match for normal vegan fare: soy products, grain, wheat gluten, beans, nuts, fruits, etc. in random combinations. Despite this seemingly beneficial dietary change, it is still going to render the body subject to all manner of illness, dystrophy, and imbalances. If we shun colon cleansing for IBS meds and suppress our inner voice with antidepressants, we will only bring more pain and suffering upon ourselves with each passing year.

There is only one way out—persevering in the “awaken and release” approach. There is no other way to address the incredible depth of damage we've done to our cells, DNA, blood, lymph, and intestines. All we can do is start diving and digging. The more accumulation we can pull out, the better we will look and feel, and the more we will correct the DNA damage to our cells, thereby improving not only our physical bodies, but the DNA of our future offspring.

Why not just use laxatives or the “colon cleansers” on the market?

There are innumerable different brands of cleansing products, but they are all similar in concept and ingredients. I know how seductive these products’ claims can be and how tempting it can be to try a short-cut method instead of undertaking colon hydrotherapy. These products are cheaper and promise to do the same thing. But please do not be deceived by the marketing! Herbal and chemical laxatives only irritate the intestine, and the fiber products only fill the body with unreleased waste matter (psyllium collects ten times its weight in waste, which cannot be passed without a colonic).

Here is what you need to know: herbal laxatives (such as cascara sagrada, senna, etc.) and chemical laxatives (such as magnesium citrate, used to prep for colonoscopies) can only clear a very small, narrow pathway in the intestine. They do not clean the colon—they just help to release a significant amount of matter, which fools people into thinking they are clean when, in reality, so much more matter is still caked in the intestine.

It’s a bit like trying to clean a really messy room. You need to walk through that room, so you clear a pathway—this is all the magnesium citrate (or senna, to a lesser degree) does: clears a narrow pathway by irritating new matter out of the center of the bowel. This is the opposite of deep-tissue cleansing. It’s spitting out the very latest, most superficial waste in such a way that agitates the intestinal tissue. You cannot compare such an event in any way to the deep hydration and full release of waste matter from the intestinal walls that occurs with a series of good colon hydrotherapy sessions.

But what if my colonoscopy comes up pink and clear?

Don't be fooled by a pink, "in the clear" colonoscopy. This does not mean you're not deeply impacted. The colon is made up of layers upon layers of tissue, like a sponge. Just because the visible layer is clear due to the laxative effect of the magnesium sulfate, it does not mean that the intestine is clean. The waste is stored in the layers—and once the layers of tissue fill up, the waste ventures into the body at large. In an effort to maintain equanimity in the organs, the body keeps pushing the accumulated waste into tissues that can manage it—those become your cellulite, your asthma, your eczema, your pimples.

If you have physical imbalances of any kind, you are holding waste in your cells and tissues. The deep impaction is there—even if it doesn't show up in a colonoscopy. Yes, waste settles in the intestines, but it's everywhere else too by the time you have a colonoscopy. You must awaken the waste through a cleansing diet and eliminate it through gravity-method colon hydrotherapy.

Colonics and home enemas (though the latter is far less effective, as it only clears the lower bowel) are the only viable alternatives to professional gravity colonics. Laxatives are not an alternative at all. In the case of serious constipation, you might use a product called Natural Calm to help loosen some of the matter, but that is the only product that I'd recommend as safe, and only for the short term.

The best thing you can ingest to support your bowel is pure aloe vera juice, but unfortunately most of the aloe juices on the market are ineffective. The only one I recommend is Herbal Answer, which comes in a white bottle and costs about \$26. It's worth it! I recommend

mixing in a little stevia to make it palatable. You'll love the results and should see improvement as soon as the next day.

The only way to cleanse your body is to cleanse every cell in your body. The cells throughout your body can only release waste matter for elimination if the intestines are able to receive them. For this, we first need a clean, clear, receptive large intestine/colon. So we must clean the colon first, then we can have a chance at the rest of the body. Every time the colon empties, more waste from throughout the body—from the cellulite in your thighs to the corrosion in your arterial walls—can be released.

Obstruction in the form of food wastes or emotional blockages are compromising your inner terrains and preventing the optimal flow of your life force. Only the removal of these physical and emotional wastes will render you radiant, lean, youthful, and clear-minded. Don't fall prey to commercial deception and pay homage to pills and powders. Instead, support the removal of your obstructions through gentle transition, easy-to-digest combinations of foods, and plenty of waste removal support (proper colon cleansing, sauna sweats, dry brushing, correct breathing, and rest). This is the only way. Of course, this may not be what everyone wants to hear—for it requires some discipline and thought—but for so many of you, the power of perseverance and personal fulfillment is well within reach. The rewards for aligning with truth are beyond measure and deeply thrilling!

Why do I still have acute symptoms, even though I work so hard to follow a healthier diet-lifestyle?

Here's what you and all of us must remember: we have been devastating our cells and thereby our DNA for many thousands of years now (most acutely since the Middle Ages, and even more so since the Industrial Revolution at the turn of the last century). With each decade the cultural norms have become exponentially more devastating to humans and to all living organisms. Consider the heritage and habits of modern consumption (not to mention radiation), and it's no surprise that people living in painfully dysfunctional bodies are more the norm than the exception.

In other words, it's a given that people are going to suffer intensely—whether from cancer, autism, depression, suicidal and violent tendencies, impotence, infertility, premature balding, or any number of other illnesses and imbalances. Exactly whom, when, and how these issues will strike most harshly are the only variables. You might call all of these ailments birth defects—merely delayed in becoming apparent. Your body is harboring a lot of substances that do not suit the human organism. Granted, this is not entirely your fault, especially if you are young. You inherited your ancestors' toxicity and compromising way of life. You were born into a world that should be alkaline but is growing more acidic every day. The sooner we all accept these facts, the sooner we will be able to use this information to transform our state of being.

Some indigenous peoples have said that it takes approximately seven generations to reverse the damage done by a culture. But that was several generations ago, and we humans are far more damaged today, requiring

probably nine or ten more generations to correct the damage now done. That does not mean we should throw in the towel, but that we need soldiers who will embrace life-generating truths and wield them against ignorance and cultural distractions, to create an increasingly clean space for future regeneration and blossoming.

Will my toughest symptoms go away?

With perseverance, you should be able to reach a point where acute symptoms become, at the very least, few and far between; then, with further perseverance, they should disappear entirely. But there is only one way out of this thicket of waste and illness; there is only one life-generating path, and it requires honest dedication. I urge you not to allow yourself to become either so disappointed that you give up or so frustrated that you lose sight of the reasons for your pain.

We must never forget the reason for pain: pain arises to signal danger to our being, whether physical or emotional, and it is because people have ignored the signals for so long that pain is so profound and widespread today. Will we not stop until every child is born with a birth defect and everyone is suffering from seizures and schizophrenia and Parkinson's by the age of 21? All we can do is realize that this is the situation we inherited, and try to be smart and independent enough not to perpetuate the problem.

Generations X, Y, and Z are the recipients of all that has come before us. But hear this: we are also the pivot point for what is yet to come. We can stand in front of the mirror and squeeze cystic pimples and suppress them with medications and wind up with liver cancer—or we can read the book of life on our face and apply the

necessary steps, even when they scare us or threaten those around us.

If you have difficulty quelling the body's alarm bells, have faith that no wisdom is greater or better earned than when it is extracted like blood from a stone in the service of self-knowledge. This is the most powerful way to learn, and it's the only way to learn how to help others. If I had never suffered, I would never have learned how to bend, torque, and walk through fire to set myself free—and thereby how to lend guidance to others who are struggling to set themselves free!

Should I do a liver or gallbladder cleanse? I hear about these all the time.

With THE ROSE CLEANSE, we cleanse the organism as a whole, which means that *all* the organs get cleansed. We remove the burden of obstruction layer by layer—starting with the intestine, then the intestinal walls, and then the vital organs. The deeper and longer you adopt these principles, the more you cleanse all your vital organs, including your liver and gallbladder.

Both the liver and the gallbladder process proteins and fats. A person with liver damage typically has a history of consuming a lot of proteins and fats, cooked and uncooked. By changing these habits along with awakening and releasing the accumulation, the liver and the gallbladder damage can be reversed. Voila, there's your liver and gallbladder cleanse. Nothing short of this will do, and certainly nothing that comes in a kit.

Remember, if one organ is in acute stress, the whole organism is stressed. When you have a symptomatic organ, you will be tempted simply to point the finger at the substances you've overindulged in throughout your life.

Nevertheless, the healing process is the same here as it is for any other type of organ imbalance: remove the obstruction and bring an end to the cause. In other words, barring a certain type of food from your diet, though often a good idea, is never the whole answer—nor even the most important answer. You must awaken and release the waste that has *already accumulated* and that is creating obstructions as well as maintain a positive change to your diet-lifestyle.

Make no mistake, if one organ is suffering, the cells throughout the body and its systems (blood, lymph, digestive, circulatory, respiratory, metabolic, etc.) are all suffering. One cannot have a damaged liver *and* efficient waste elimination, or a toxic gallbladder *and* a great reproductive system! The body is one!

That is why organ-specific cleanses are so shortsighted and ineffective. If you are consuming alkaline, raw juices and salads and eliminating copiously, then you are getting a liver and gallbladder cleanse. Your body is an interconnected, interdependent organism and should be treated as such. Don't be fooled by any organ-specific cleansing kits that tell you otherwise.

What about detoxifying heavy metals and other environmental toxins?

There is real concern today about heavy metal toxicity. Here's what you need to know to help your body eliminate heavy metals (and environmental estrogens too):

1. Cleanse the body as a whole per THE ROSE CLEANSE. Metal residue is nestled in the cells, so as the body eliminates waste throughout the system, this metallic waste will be flushed out with the rest.
2. The cleaner your cells and intestines are, the better your body is able to remove new heavy metals and environmental estrogens before they settle into your cells.
3. The cleaner your body is, the less heavy metals and environmental estrogens can find a place to land and accumulate there.
4. Use an infrared sauna (I use the High Tech Health one, which you can find via the Shopping section of DetoxTheWorld.com). They are expensive but worth every penny! The infrared heat is uniquely able to pull these poisons out through the skin as you sweat.
5. Consume plenty of raw greens in the form of juices, blended salads, and fresh chopped salads. (To enjoy a lively exchange of delicious recipes, join our DetoxCommunity at DetoxTheWorld.com.) The chlorophyll-rich, alkaline greens will help magnetize and escort the metal compounds and environmental estrogens out of the body through the bowel.

If you know that you have heavy metals in your system, simply undertake a full-body cleanse. The answer is not “a

heavy metals cleanse.” The beauty of THE ROSE CLEANSE is that it addresses all types of waste from all parts of the body by honoring the body as a whole.

Conclusion

I know you all want to look great and have more energy, but don't let those be the only reasons to undertake a cleanse or adopt the detox lifestyle. Beyond just the "hot bod" you've always wanted and the burst of vitality to get you through your day (which you *will* have) is a state of clarity and liberation!

There has never been a time in human history of so much physical and mental distress. This is a call for change on the largest scale! In hindsight the world is going to see the lunacy of the vicious cycles we routinely put ourselves through in the name of culture and progress. Future generations will wonder how a civilized people could so completely miss the link between a clean body and emotional and mental integrity. The consumption of most mainstream foods (including many so-called health foods) and medications will be regarded with as much disdain in a few years' time as cigarettes and sodas are today.

You will soon join the ranks of the many of us who live in clean-celled bodies. You will marvel at how much stronger and more energized you feel after juicing, eating clean dinners, and eliminating your accumulated waste. You will be the living examples we need to pave the way for others. You will all be teachers of the highest order, helping to heal the world.

Give it all you've got—this is deeply life-enhancing work. We are here to inform you and support you, so we may all partake of the great elixir of life flowing through our cells and pathways!

Appendix

Note to Reader: You can find all of the following information in the blog archives at DetoxTheWorld.com. I have carefully selected entries that are specifically relevant to THE ROSE CLEANSE and compiled them here for your reading convenience. Enjoy! —Natalia

Eat for Simplicity

If you are interested in diet, health, raw foods, or any offshoot of the detox lifestyle, you must understand the beauty of simplicity. No matter what level of health you are coming from—be it decades of raw or right off the hot dog cart—the quickest, most painless route to health and weight loss is extreme simplicity in your diet.

To practice extreme simplicity, you must ignore all labels such as “raw” or “vegan” or “vegetarian” and focus on foods that move through the body easily, or what I call Quick Exit foods. This boils down to the following foods and food combinations:

- Fresh vegetable juices (ideally on an empty stomach either for breakfast or in the late afternoon)
- Fresh vegetables (such as a salad, raw or steamed with a little organic butter and sea salt if desired)
- Avocados (with a raw salad for lunch)
- Baked (and raw) root vegetables such as parsnip, butternut squash, and sweet potato (try these wholesome comfort veggies for dinner with your

raw salad with a little organic butter, sea salt, and agave)

- Raw goat's milk cheeses (use it liberally with raw and cooked vegetables)
- Fresh fish (ideally wild/organic, enjoyed with a raw salad and steamed low-starch vegetables such as broccoli, mushrooms, nightshades, leafy greens, etc.)

These foods, while not all “raw” or “vegan” by definition, are the easiest to digest when properly combined per the instructions in my books, enabling the body to release the built-up waste matter that's causing your ailments and excess weight. I deliberately omitted fresh and dried fruits, nuts, and grains because nuts and grains are very dense and difficult to digest, and both fresh and dried fruits can create a lot of carbonic gas in a body that's awakening old waste matter. The discomforts and symptoms that come with transitioning to a raw diet are usually caused by abundant intake of those foods.

If you're sailing along smoothly while indulging in raw nuts, grains, and fruits, by all means keep doing it. But if you are have trouble boosting your energy, losing weight, or reaping other benefits that the raw world promises, it is time to practice the beauty of simplicity. It solves the problem every time!

Remember, whether you are a beginner or a lifelong raw devotee, simple food from its source, in the simplest combinations possible, is the secret to cleaning your cells and lightening up! Labels do not matter. What matters is that the food you eat moves rapidly through your body. Accept this simplicity and you will overcome every

dietary puzzle and experience the true bliss of a clean, harmonious, energized body!

Don't get caught up in complicated raw/vegan concoctions such as nut pâtés, tempeh, soy foods, grain mixtures, and dense desserts—all of which lead to gas, gas and more gas, along with reduced energy and a heavy burden on the intestines. This is not to prohibit you from enjoying these raw/vegan gourmet items in small amounts if you really love them. Just don't kid yourself into thinking they are healthy and energizing or support your weight loss efforts.

Remember, simplicity trumps all. You don't need unusual, hard-to-find items that mimic mainstream fare in raw or vegan form to succeed. In fact, you can easily find the simple foods listed above at restaurants or prepare them at home.

The goal of working toward a raw diet is to eventually feel completely content and satisfied with some fresh raw fruits and vegetables—not to require huge volumes of raw nuts and grains. Don't fall for the marketing of so-called health foods by building your diet around the denser, more complicated raw products.

Until you are truly ready—emotionally, socially, and physiologically—to embrace a diet of 95% (or more) of simple fruits and vegetables, you are much better off bending to include steamed or baked vegetables, raw goat cheese, and even the occasional piece of fish. Do not place unrealistic pressure on yourself. Raw is not a race. Nor is it a goal unto itself. The goal is joyful, clean, vibrantly oscillating cells, which comes from eating simply, eliminating fully, and treating yourself and others with loving devotion.

Do you see the difference, my friends? Forget all the raw, vegan, and vegetarian dogma. Simple foods, whether cooked or raw, in simple combinations, is the fastest, most effective way to cleanse and rejuvenate.

Do You Have to Exercise?

One of the most popular questions among my readers and clients is “Do I have to exercise?” Let’s shine a new light on exercise, once and for all. There are three key things the body needs to be doing constantly:

- Taking in oxygen
- Pushing out poisons (primarily through the bowel, skin, liver, and lymph)
- Pumping fresh Life Force Energy (aka chi or prana)

When any of these three functions slow down, we slow down. When they stop, we stop.

Now, here’s where exercise enters the picture. If our goal is vibrant health and ideal weight and optimal vibrations, we must maximize the above three functions. Some common exercises—such as jogging, walking, yoga, and swimming—will help us achieve this, but only in the presence of lots of fresh air—not in an enclosed gym. Further, they will not benefit us significantly if we are not also eating pure, well-combined foods; removing the internal buildup of toxins lodged in our cells; or ensuring that Life Force Energy is flowing throughout our mental and emotional bodies as well.

We should not base exercise on calories or fat grams burned, which are the completely wrong measuring sticks. We should approach exercise as a way to help us

achieve optimum oxygenation, remove waste, and increase the flow of Life Force Energy. (Of course, if you enjoy playing a particular sport or practicing a certain form of exercise, that's also a good reason to do it!)

In other words, physical exercise is NOT the end-all-be-all of this detox lifestyle. For example, you might enjoy a “gentleman’s workout” of a sauna, some deep breathing/mediation, and a short but oxygenating walk outdoors. Coupled with a cleansing diet of fresh, natural foods, this could keep you looking and feeling much younger, leaner, and stronger than if you were to spend hours a week on gym equipment or in a sculpting class. Exercising in a stale gym environment does very little to contribute to the functions that matter, particularly when paired with a typical gym-goers diet of dense, lifeless, mucus-forming, high-protein foods and shakes. So will you get off the bloody StairMaster, already?!

You can count and burn calories till the ice cream truck comes around again, but you will make very little if any progress if your cells and tissues are still burdened with waste matter and you’re inhabiting poorly ventilated spaces. The good news is that if you have been pounding away on the elliptical trainer with little change to your, um, “bottom line,” it’s not because you’ve failed to push yourself. Rather, your push failed you!

Now, here’s how to make your effort pay off. Instead of a regular exercise routine, what I would recommend is to look at your body on a daily basis and ask yourself the following sets of questions:

1. *Is my breathing deep, connected and calm? Am I in my body today or swirling up in my head? What is the quality of the air my blood is receiving? Could I use a nature walk or some deep breathing to*

oxygenate my blood and bring serenity to my decisions, relationships, and work life?

2. *How is my chi flowing today? Is it stagnant? What kind of movement does it require? A real shake-up? A rolling, rhythmic run? Some fluid movement like free dance? Also, why is my energy stagnant? Is it from lack of movement (too much desk work) or constipation? Have I been indoors for too long with poor ventilation? Do I need some fresh air?*
3. *How have my eliminations been? How does my lymphatic system feel—are the nodules around my armpits or neck tender? Do I feel in need of some extra nurturing? Am I dragging my feet, depleted of energy?*

If the answer to any of these latter questions is “yes,” your elimination channels are overloaded, calling out for new concept “exercises” such as deep sweating in a sauna, massage therapy, bowel cleansing, rest or meditation, and body brushing. Yes, you can go for a run or do some hardcore exercise if you feel your body is calling out for that, but consider rebalancing and renewing yourself in these other ways.

Going forward, you may find that with a good sauna, meditation routine, and walks around town to run your errands, you won’t need formal exercise for weeks at a time. But then a week or a month will come along when you may need to dance or jog or do yoga stretches every day because, for whatever reason, your body wants to pump even more chi, oxygen and sweat.

On the one hand, this explains why formal exercise is not always effective. On the other hand, it also explains why exercise is so useful—because physical exertion forces deep breathing, movement helps chi circulate, and

sweating helps to eliminate waste and stimulates the other eliminative organs as you oxygenate and circulate the blood. Whatever exercise you like—be it yoga, weight training, boxing, or some other sport—take it outside into the fresh air, if possible. Or, at the very least, open all the windows in your apartment or gym so you are not just recycling stale air.

Make no mistake: I'm not saying, "Don't exercise." I'm simply offering a new perspective on exercise so that you may invest your time and energy wisely in activities that will make the greatest positive impact on your beauty, vitality and longevity.

Also, take a look around and see what combination of activities best suits your location. Don't become robotic or too firmly fixed in your routines. Tune into your inner voice, listen to what your body is telling you. As you implement the basic principles of this detox lifestyle, you'll get more out of, say, dancing around your house for ten minutes (windows open please) than getting up early or skipping an evening with loved ones to hit the gym.

If you're ever near the water and have access to a sauna, enjoy a short run or a longer walk on the beach, or a swim in the fresh sea, and then hit the sauna followed by a cold shower. This will oxygenate the blood and cells, give you a great chi boost, stimulate the lymphatic system, and help to release toxins. In this way, you can experience maximum pleasure in very little time. This, my friends, is the goal. Stop forcing yourself to do exercises you hate, and do what makes you peaceful, clear, and joyful!

Your Body Is a Living Community of Cells

Matter is like a small ripple on this tremendous ocean of energy, having some relative stability and being manifest... And in fact beyond that ocean may be still a bigger ocean... the ultimate source is immeasurable and cannot be captured within our knowledge.

—David Bohm

Our body is a living community of cells. Each cell within our body contains all the systems and characteristics of the whole: a digestive system, respiratory system, nervous system, lymphatic system, circulatory system, and so forth. We can conceive of our cells as a microcosmic reflection of ourselves. We can look at a single cell and better understand ourselves, just as we have better understood our world by looking deeply into its subatomic structures. The most microcosmic structures hold the imprint of the macrocosm.

How we treat one cell is how we treat every cell. If we feed our bodies unnatural, toxic substances, it will affect our moods, our work, and our daily existence in general. Likewise, in the reverse, if we invite stress and violence in our lives, it will affect our perception, our sleep, our digestion, and our physical state.

When we dismiss people, judge them harshly or act in hurtful ways, we suffer in our inner life, develop cancers or fail to achieve our dreams. Every little thing we do affects our whole being. When we eat poorly, it will manifest in our inner and outer lives. When we ingest fresh vegetable juice, reflect on nature, speak kindly and cherish the divine spark in ourselves and in our fellow

man, every aspect of our lives will reflect that. I call this “the ripple effect.”

Thus, your body, which is a community of cells, naturally reflects the state of those cells. If there is harmony or disruption in the smaller community, there will be harmony or disruption throughout the whole. Like a rock tossed onto a body of water, everything that enters the body ripples through it, affecting every system, organ, and ultimately every cell. We are, after all, made mostly of water, and as bodies of water we conduct everything that enters our system.

Everything runs along the rippling stream of light energy. Our lives operate within it and it operates within us. May you contemplate how every choice you make ripples throughout your whole body and your whole life. May you ripple with joy!

The True Measure of Health Food: Deep Tissue Cleansing

For those of you who are still confused about what actually constitutes a “health food,” let me clear the air: if a substance contributes to the removal of the accumulated waste in the body, either by awakening it or by helping it move through the eliminative channels—in a process called Deep Tissue Cleansing—it has a place in a cleansing diet. If not, it cannot rightfully be called a “health food.”

Deep Tissue Cleansing happens through the eliminative organs, predominantly the bowel, followed by the skin, lungs, kidneys and lymph, with support from the liver and spleen. Waste accumulation saturates the cells

and tissues throughout the body, which is why organ-specific cleanses are inferior to full-body cleanses.

Many people believe they are cleansing when they simply undertake a raw food diet or a fast, or use an herbal “cleanse” product. However, it is only through the copious release of old waste through the colon (while other eliminative organs play a supporting role) that meaningful cleansing occurs.

Deep Tissue Cleansing is the only cleansing that is profound enough to impact biochemical improvements in our bodies. Understanding this is the key to determining which foods have a rightful place in a cleansing diet-lifestyle. However, keep in mind that there’s a distinct hierarchy even within this group of foods.

Substances that support Deep Tissue Cleansing can be broken down into three categories:

1. True health generators (alkaline)
2. Neutral foods.
3. Safe transition foods (mildly acidic) *Caution: Do not confuse foods in this third category with health foods. It’s best to regard them as “safe poisons.” See below for more details.*

Let’s look at each category one at a time:

1. **True health generators** are only vegetable juices, raw vegetables, and fresh, raw, ripe fruit (avocados and young coconuts are high on the list). These are the only substances that are truly alkaline, contributing life force and cleanliness to the blood and fully exiting the body, leaving no accumulation behind. Health generators are also the effective “awakeners” in a cleanse because their alkaline charge literally magnetizes the acid-waste matter

in our otherwise alkaline bodies, creating the potential for that waste to exit the body.

One caveat here, particularly for women, is fruit. Fruit is the cleanest food for the human body, and the highest vibration food on the planet. However, if you combine high quantities of accumulated acid waste with the estrogenic nature of your biochemistry, which makes you more inclined to proliferate yeast, beware of feeding that yeast with sugars—including fruit sugars. I strongly urge women to consume only small amounts of low-sugar fruits, such as lemons (which you may use liberally), grapefruits, green apples, and berries, until the system is cleaner and less saturated with yeast. Focus more on the raw vegetable juices and raw vegetables for your source of alkaline, waste-awakening foods. (I explain this in greater detail in my book, *Detox 4 Women*).

2. Neutral foods are not health generators, but they won't to stick in the body or hold back the cleanse either. They help to fill you up, leave the body easily, and facilitate the transition to this lifestyle. Neutral foods are all the cooked vegetables (from spinach to yams and everything in between) and the following few grains: millet, quinoa, and buckwheat. Cooked vegetables are of a higher vibration than nuts and seeds and therefore should not be shunned as they typically are in raw food circles. One of the biggest mistakes that raw foodists make is to focus their diets around nuts and seeds while vilifying benign cooked vegetables. Cooked vegetables are the helping hand in a long-term cleansing diet.

Personally, I'm not a fan of grains in general, but those who wish to include them can still be successful with millet, quinoa, and buckwheat. Women should stick to these three grains, as they are less likely to feed yeast. Men

and some women (especially beginners coming off the mainstream diet) can enjoy other whole grains, such as sprouted-grain breads, spelt, kamut, and products such as spelt pasta. However, millet is the only truly neutral, non-gluey grain, followed by quinoa and buckwheat. All others would fall into the third category...

3. Safe transition foods are important because they can help keep us sane as we cleanse. These are the less offensive low-vibration foods that offer an emotional and social crutch as you embark on the cleansing lifestyle while still struggling with addictions to low-vibration, stimulating substances. For example, if you are addicted to bagels and burgers, you will need a bit of acidic food to ease the transition without bringing the cleanse to a halt. As you focus on a diet of raw juices and salads, the true health foods, you might include some acidic items from this third category for some fun and familiarity. Such foods include raw goat cheese (some pasteurized goat cheese is okay when you can't get raw), high quality fish (admittedly hard to come by, now that our waterways are so polluted), sprouted-grain breads and whole grains, raw nuts and seeds, and dark chocolate.

Note: I find that non-vegan items such as the raw goat cheese and fish actually leave the body much more easily than the celebrated raw nuts, seeds, and grains, which are extremely dense and should be consumed with caution. They tend to be overeaten and sit like dead weight in the body. Further, they are often miscombined—such as when eaten with avocados or raw grains or followed by fresh fruit—which is not healthy or cleansing. As you transition and require these third-category foods less (though you may never let them go altogether), try to eat them in the evening. Drink lots of raw vegetable juice and

pure water (distilled is best, as the vegetable juice will ensure good mineral balance) in the morning, graduating to raw salads and avocados as the focal point of daytime eating, then a raw salad and any of the cooked food in these latter two categories (per the Quick Exit combination laws in my books) in the evening.

If you hold all health food information up to the light of Deep Tissue Cleansing, you will never again be misled or confused by what is healthy. Always ask yourself: *Will this ultimately help to mobilize accumulated waste matter out of the cells and tissues of my body or not?*

Nuts, seeds, and grains, which are traditionally among the most celebrated foods in the raw lifestyle, are actually the least health-supporting of all the foods mentioned above! Oil and coconut butter are fussy additions that can bring some fun to transition foods, but they are not health-generators. They are dense and clogging and should be used minimally—especially by women. I don't eat raw chocolates because they tend to contain a lot of coconut oil. They can be helpful for those transitioning off chocolate candy bars, but they are not a Quick Exit health food. When I'm in the mood for high-quality dark chocolate, I prefer the non-raw brands such as Endangered Species, Rapunzel, Green & Black, Dagoba, and of course the best, my very own Rose Bar available at DetoxTheWorld.com.

Fiber supplements are also frequently recommended in the mainstream diet. This is because the mainstream diet is overwhelmingly comprised of starch, sugar, fats, and protein (for example, bagels, turkey, processed cheese sandwiches, meatloaf or soy-loaf for vegans). A diet devoid of natural fiber makes it necessary to take fiber supplements, but that does not make them

healthy. When we eat poorly and then try to patch up what we are missing with supplements, vitamins, gym workouts, and eight glasses of water a day, we will get sick and deteriorate rapidly.

The only way to live well is to fully enter into the circle of truth, where we can drink pure water but don't need to focus on a particular quantity; where we eat raw vegetable like normal humans instead of taking fiber supplements; where we can stop counting calories, fat grams, and carb grams and forget the contrived concept of consuming three meals a day plus snacks, which is way too much food for the average body to process. In the circle of truth, we wait for our bodies to tell us when we're hungry, then start with our juice and eat our raw salads when we are hungry for more. We instinctively create salads that taste good and include neutral and non-offensive cooked foods to make the process pleasurable.

All we have to remember is to remove accumulation for cellular cleanliness. We must ensure that the waste being awakened by the alkalinity of the raw juices and vegetables continuously exits the body through bowel cleansing and sweating (ideally infrared saunas and rebounding, or other exercises that you enjoy). The body has no other needs. For those in the circle of truth, the chi flows in blissful currents and health is abundantly obvious. If you are working hard at your health but not feeling this current of life force, you are probably eating too much dense food and not eliminating enough waste. Correct this and see what happens.

Never forget: Deep Tissue Cleansing is the only meaningful kind of cleansing. Let this always be your measuring stick as you make your health food choices.

Keep your sights set on the mountain peak and you will get there. Don't look down. The truth will set you free, but you must be courageous and dedicated enough to follow that truth all the way to the top—and let me tell you, it's mighty fine up here!

The Age of Accumulation

What is the real culprit behind weight gain, illness, and the modern deterioration that we incorrectly call normal aging? *Accumulation*. Namely, the accumulation of substances, mostly from the foods we ingest.

When you see a wrinkled, heavy, tired-looking 60-year-old, you should know that this person does not necessarily look this way because he or she has gone around the sun 60 times. Time alone does not age the body. Don't confuse time with accumulation. The body of the average 60-year-old today reflects 60 years of over-consumption and under-elimination, whereas the average 20 or 35-year-old reflects 20 or 35 years of the same.

Again, accumulation, not time, is the primary culprit. Your physical signs of age, weight, and illness are all a result of the substances you have taken into your body over your lifetime that have not fully left the body. Over-consumption always leaves a residue, and probably much more than you think. This is why supplements and so-called detox products—even the highest quality ones—cannot remove accumulation and make you well. They only provide the potential to eliminate. Until you have copious bowel eliminations or profound skin eliminations (deep sweats), you have not detoxified.

A 60-year-old can look as young as 35 if he or she has the same degree of accumulation in the body. If a

person has spent a lifetime eating only what is needed and eliminating fully, dwelling in a peaceful, clear mental state and harmonious physical environment, using colonics as necessary to support complete elimination and prevent accumulation, he or she will be perfectly youthful inside and out.

Our world is full of people who are aging prematurely and being diagnosed with all kinds of sickness. Yet most of them fail to look at the accumulation in their bodies and instead choose to take the prescribed drugs, which will only make matters worse.

Contemplating the return to true physical balance is not for the faint of heart. It means eating simply and cleansing the bowel for as long as it takes to self-heal, and then making it a permanent lifestyle choice.

Of course, the joys and rewards are indescribable. It is sheer liberation if you can be brave enough to face the issue of over-accumulation and correct it. Clean the colon and large intestine through enemas/colonics and Quick Exit eating (which I describe at length in my books) so the emptied intestine can then begin to receive and address all the other waste accumulation from throughout the body for elimination as it moves into the cleared colon.

Day after day, you will remove more of all that accumulated waste as it makes its way from the nesting grounds in the cells and tissues back into the colon and out of your body. Your body is always seeking to do this. You need only give it the chance through Quick Exit eating and a clear, receptive colon.

Then, just kick back and observe how every elimination leaves you younger looking, slimmer, and less symptomatic of your ailments until you are perfectly functioning and beautiful at last!

Rejoice, my friends, for we have finally debunked the myth of common aging!

My Top 10 List for an Outstanding Life Experience

1. Keep your center clear. When your intestine is clear, you'll feel the bliss of free-flowing energy coursing through you. By contrast, a dense, weighted digestive system and impacted colon is a recipe for depression and sluggishness. To clear your intestine, eat Quick Exit foods in Quick Exit combos and spotlight bowel cleansing. Maintain this and enjoy the constant high!

2. Follow your dietary intuition—not the food police. Be your own highest authority. Don't blindly follow the government's food pyramid, the raw-vegan dogma, or the newest diet craze. Focus on the truths of the human body—of your body specifically, and your optimal level of transition. Outside of your truth, everyone has an agenda, a vested interest in making you follow their belief system. Don't make your kids drink milk just because everyone else says it's essential. Enjoy that occasional piece of fish, even after you've committed to being vegan, because it feels right and it will make you happy. There is no dogma, only the truth of your body. Follow your truth and enjoy the power to decide for yourself!

3. Boost your Life Force Energy by keeping your mornings sacred. Just by resting your system with a period of fasting in the morning, you will boost the life force that animates your whole body and spirit. Stop cluttering up your center with food all day long. Enjoy the lightness of the morning before you take in anything. You will grow to

love this time of day as you come to recognize the Life Force Energy within you.

4. Juice until dinner—one, two, or three days a week. Juicing will really help to open up your center and increase your Life Force Energy. At first, work your way up to this by juicing until lunch. This will really get the energy flowing and help your body catch up on the backlog of dense substances that are blocking your bliss, physically and energetically.

5. Make every day a “salad day.” Make yourself the juiciest salads with lots of cucumbers, tomatoes, lemon juice, and summer herbs such as basil and cilantro. Remember what raw food is all about and make the most desirable, mouth-watering salad imaginable! Add some raw goat cheese or avocado to make it a totally satisfying meal!

6. Stretch your body. Get down on the floor and gently stretch your body—not to practice yoga per se, but just to open yourself up and relieve your body of the energetic stagnation and gas pressure between the muscle tissues and joints. Enjoy the easy bliss that comes from just a few moments of stretching throughout the day.

7. Discard the old programming, and embrace new stories that serve your truth. You are your own storyteller. Direct your own life by choosing what to accept and what to discard. Make way for all the love and joy you want to bring into your life by discarding the lies and misguided programs. Love yourself so much that there is only room for the beautiful truths in your heart. Watch what develops.

8. Pay attention to the people and places that are no longer part of your truth. Gauge your physical reactions. Do your palms get sweaty or does your heartbeat increase when you when you go to certain places? Are you really

having a good time when you go out with certain people or is it a routine obligation? When you pay attention to such things you discover other parts of your life that are ready to evolve. It took me a while to recognize the many uncomfortable signals my body gave when I would walk into department stores. I finally understood that these places greatly repulsed my whole being. Now, unless it is absolutely necessary, I stay out. Another time, I realized that I could not open a celebrity magazine without getting a little sick inside, so I stopped reading the gossip rags—and now they look as foreign to me as a bag of Twizzlers! Recently, I had a strong reaction to a certain crowd. Now I have complete confirmation that there is no joy in that environment for me anymore, so I no longer engage with it. Don't swim blindly and let the waves and rapids knock you around. Open your eyes and see that you have options!

9. Be impeccable with your word—your word is you! Don't say things that are not true just to make other people happy or to keep yourself safe from their judgment. Be true to yourself. Of course, this starts with being honest with yourself. Have honest conversations with yourself as you address what you embrace and what no longer serves you. Be as courageous as you can be today and expand your courage every day as it opens you up more and more to your true self. When you are free to be your true self, you will love yourself more, and your life experience will be so much more fulfilling.

10. Find something you love more than food. Discover a passion, something that gets you out of your mind-chatter. It could be anything from painting to meditating to discussing a particular subject that captivates your imagination, or just the pleasure of a walk with a good friend. Too many people lean on eating as an outlet for

their mental reprieve. That should not be the role of a meal or a snack. Remember how great it was to be a kid lost at play for hours—not thinking, just creating and playing with the innocence of a clear mind? My passion is pursuing truth and eliminating illusions in all areas of life and then creating naturally from that incredible, ever-expanding perception. When I am creating, I am in my joy. What is your joy?

A Salad in Motion Remains in Motion

When you launch into a diet high in living foods, you will discover that these foods contain a force that creates motion. Non-living foods (cooked proteins, cooked starches, nuts, etc.) do not have this effect on the body. Given the physical laws of motion, if you eat foods with no life force, your intestines will be mostly stagnant.

When living foods suddenly enter your stagnant, acid-waste-impacted intestine, you may feel like you swallowed a bunch of expanding jumping beans! People usually embark on a diet of living foods for the weight loss and digestive benefits, so they are perplexed when their midsection suddenly starts moving and expanding!

One thing I stress to everyone is that *we must all become scientists*. People are too quick to cry confusion in the face of all the conflicting information circulating in health and raw food circles. If everyone would just take a moment to sit with the common scientific sense of chemical reactions and what we know about the laws of motion, they could find all the answers they need without opening a single book or visiting a nutritionist, spa, doctor, or raw food guru.

Pay close attention now, and you'll gain something of real value. I'm going to give you two scenarios that illustrate the two important concepts that will serve you well in this lifestyle:

1. Imagine taking the remains of dinner and tossing it into a garbage can. Seal the lid. The next morning when you wake up, go to the garbage can and open it. That stench is noxious carbonic gas that has started to grow rogue bacteria. This is what happens in your body—but your body is much warmer, so the chemical reaction and resulting bacteria are much more pernicious.

Now imagine what would happen if you took fruit—the cleanest, healthiest food known to humankind—and added it to the garbage, or to the contents of your stomach, at this moment of chemical decomposition. Would that be healthy? Health means cleanliness, so even though fruit is wonderful, it is not going to generate health in this scenario. Since the chemical reaction in the body is already troublesome, the fruit in this case would just make it worse. If you are bloated and gassy and have not moved your bowels, it's time to think scientifically about what your next move should be: *something that reduces the gas and bloat and annihilates the bad bacteria.*

Given the kinetic motions and chemical properties of foods, when you place fruit sugar on top of acidic waste and gas, the result is more gas, fermentation, and putrefaction. This scenario adds insult to injury, contributing to the intestinal distress, and ultimately endangering the bacterial balance of the intestine and constipating the bowel.

Therefore, if you were a scientifically minded live-foods enthusiast, you would take one of the following steps:

- a) wait to have a bowel movement (use an enema, if necessary) to remove waste and gas before it creates more gas and supports the proliferation of bad bacteria;
- b) choose a vegetable juice or vegetables, which will have a neutral effect at worst, and a beneficial effect at best, by hydrating the waste and contributing good microbes to fend off the bad bacteria (ideally, you would first consume some quality probiotics to help the process along); or
- c) just wait a few hours before eating or drinking to give the body a chance to clear up this digestive upset (which is commonly caused by poor food combining, poor food order, overeating, eating while stressed, etc.).

Remember, living food is only *potentially* health-generating. It is only health-generating if it has an advantageous chemical reaction with everything else going on in the great petri dish of the body.

2. Next, imagine the average person off the street who has consumed mainstream food or “gym head health food”—meaning lots of high protein, lean meats, soy, peanut butter, etc. This food is dead; it has no kinetic energy. Living foods are alive; they have a lot of kinetic energy.

Again, most people come to living foods because they want to lose weight and heal digestive issues and other illnesses. So they don’t expect what usually happens as soon as they eat their first living-foods meal—a ballooning midsection with lots of gas and motion! But if they put on their scientific thinking cap, they would remember

Newton's first law of motion: **“A body persists in its state of rest or of uniform motion unless acted upon by an external unbalanced force.”**

In other words, dead food piled on top of dead food keeps the intestine pretty dead. But add living foods—with all their live enzymes kickin' around having a party—to that dead system, and that system will be moved according to the rate and force of the added food. Living foods will act upon the body in a state of rest.

It's important to understand that this is ultimately a very good thing. If living food enthusiasts of all levels keep their science caps on and make choices that minimize the development of new carbonic gas—following my guidelines for food order and combinations—they will eventually have clean, contracted, healthy cells. This will correlate to a lean body with tremendous vitality. As you progress, keep this in mind so you don't fall into the trap of misunderstanding the changes your body undergoes as you introduce more living foods into your diet.

Here's another scenario: If you're like me and you enjoy lots of raw salads, along with cooked vegetables, goat cheese, and dark chocolate, you will see your body contract a lot because the goat cheese and chocolate are not expansive in the body the way grains and fruits are. This is a good choice if you want to get really nice and lean. But remember that the goat cheese and chocolate can stick in the body (even though they are better than many other foods and very helpful in this lifestyle). But if you switch it up and add fruits (even appropriately timed on an empty stomach) or some all-raw, water-containing meals such as blended raw soups and bananas after consuming a lot of goat cheese and chocolate (or fish, which is also contracting, not expansive), your midsection

will very likely swell up. This is because even cleaner, living foods, with all their enzymes and motion-filled energy, will hit and awaken the acidic waste residue from these other foods that haven't fully left the body.

Most people will assume that this reaction is unfavorable and means that the cleaner living-food meals don't agree with their system. But this is not the case. The all-raw hydrating substances are just having a chemical reaction as they meet and help eliminate the acidic waste. This is why many people think that raw foods don't agree with them when, in fact, it's a temporary state of awakening the old matter in the intestine. The only way to help clean out the waste is to introduce these ultra-clean living foods (think of them as soap for the intestine), allow them to awaken and magnetize the waste, and then eliminate the awakened waste from the bowel. You never want to awaken and then fail to release, as all great scientists know!

If you understand these principles, you can use this knowledge to play with your food choices. For example, I love my goat cheese and dark chocolate, and I'll enjoy them for several days in a row (with a raw salad and maybe some steamed veggies, but only after I've had my green lemonade that day)! I know that the cheese and chocolate, while not heinous, are imperfect, but I enjoy them. I also enjoy my all-raw meals. One of my favorite meals is to start with some seasonal Honeycrisp apples, followed by a raw green salad with lemon and stevia, followed by my ultra-favorite banana-carob-alfalfa-sprout "milk shake" topped with shredded coconut.

This all-raw meal is going to create a bit of temporary expansion in my system when it hits the residue of anything impure (such as the cheese and chocolate that

didn't fully leave; only water-containing fruits and vegetables, their juices, and young coconuts fully leave the body, and even that only occurs in a clean, microbially sound intestine). But am I going to freak out because of it? NO! I'm expecting it and using it as a "cleanup tool"—a tasty one at that! I'm doing it on purpose. I'm a scientist and I know exactly what I am doing in my intestinal petri dish. When the water-containing living-foods meal awakens anything sticky or acidic in the intestine, it hydrates it, magnetizes it up and out of the tissues, and carries it out of the body. Therefore, as soon as it leaves with the next morning's bowel movement, I am better off, despite that temporary expansion.

Isn't that cool?

So let's all keep our science caps on and consider the chemical reactions and the laws of motion as we make our meal choices. This way, we can use food and our food preferences as tools for our health, while understanding the various reactions occurring in the body. It's really fun getting to know your body in this new way.

Here's to the kinetic energy of living foods and harnessing the laws of science to improve our life experience!

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