

Put Your
Organ Cleanses
In Order

Before Your Organs
Put You

**OUT
OF
ORDER**

BY AQIYL ANIYS

NATURAL LIFE ENERGY

Healthy  Living

Put Your Organ Cleanses In Order
Before Your Organs Put You Out of Order

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For Natural Life Energy—Healthy Living—[By way
of a plant based diet](#)

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Understanding the Cleansing Process

It is very important to consume the optimal nutrients so your body stays in a state of homeostasis—the state where all of the body’s organs and functions are operating at the optimal levels. Plant-based whole foods work best to keep the body in this state of homeostasis. Excess animal-based protein, animal-based fat, dairy, processed foods and their additives and preservatives, environmental chemical toxins, and pollution throw our bodies out of a state of homeostasis. We can protect our health and strengthen our immune system if we remove or minimize the consumption or absorption of these foods and chemical toxins. Fortunately our bodies are very resilient and even when these foods and toxins overwhelm our bodies, with the proper care our bodies can rebound. The health revolution is upon us and people are bucking the status quo because they are waking up to how industry is overwhelming us with its products that undermine our health. The cycle it creates sends a steady stream of people to the doctor or hospital to treat conditions

they have control over. Control over your health is managed by eating healthy. It is unfortunate that too many people seek comfort in foods that ultimately undermine their health. This doesn't happen by accident. Many of us lead extremely fast-paced and hectic lives and comfort foods high in fat and sugar give us some reprieve from the immediate stress we are going through, unfortunately they add to the long-term stress caused by the destruction of our bodies and minds. When and if we are ready to combat this societal programming, we can begin to reclaim our health and clear our minds by consuming as close as possible to a whole food plant-based diet as we can. There are immediate positive effects of switching to a plant-based diet, but the real long-lasting effects are felt over time. Some people do various cleanses to jump-start the plant-based diet process, while others perform cleanses to address a specific ailment or disease, and then they continue with the way they originally ate. It is safe to say that the people who revert back to their original eating habits will also revert back to their ailments.

The change needs to be a lifestyle change for the positive effects to stay with you.

Whether you choose to do these cleanses either as a jump-starter towards adopting a plant-based diet or to make short-term changes to address current ailments, focused organ cleansing should be done in a particular order. The colon and the kidneys should be addressed before cleansing the entire body. I find this to be very important in having successful cleanses. Full-body cleanses are becoming more popular and many people have difficulty with them because they are cleansing their bodies too quickly.

Their colons and kidneys haven't been cleansed first to address the rush of toxins that are pulled into the bloodstream from their stored fat and organs during the cleansing process. When the colon and kidneys are not working efficiently, toxins get reintroduced into the body because the colon and kidneys are not clean and strong enough to properly filter and remove the toxins from the body. Many people who use these 7, 14, and 21-day

cleanses, that consist of a combination of cleaning herbs that target the entire body, often get headaches, nausea, and skin irritation because their bodies cannot process and remove the toxins effectively.

To lessen these responses, you must use specific cleansing methods to target the colon and kidneys first, before using overall cleansing methods that remove toxins like excess mucus, heavy metals, and harmful chemical compounds stuck in organs and fat cells throughout the body.

It is important to understand that as you now work to cleanse your body, there is bad bacteria in your body that will fight to remain in your body. These unhealthy, bad bacteria love the excess mucus—a highly acidic environment—and toxins that have accumulated in your body. When you work to remove them, they will work to keep their surrounding environment conducive to them. They will release toxins into the body to keep their environment acidic, while your cleanses work to make your environment alkaline which is harmful to them.

Depending on how many different cleansing herbs and concentrations you are using, people experience different levels of nausea throughout the process because of this battle. It is best to be aware of this process so you don't get discouraged, and remain patient as you go through the cleansing process.

To avoid the nausea that can but doesn't have to be part of the process, the toxins produced by the bacteria and the toxins released from the fat and organs in your body must be processed quickly by the liver and removed quickly by the colon and kidneys or they get reintroduced into the body. So, it is best to clean the colon and kidneys before you focus on cleansing the entire body.

The Colon Cleanse

The colon cleansing process I used contained two primary ingredients that played vital roles in cleaning the colon. You can find different methods used for colon cleanses, but this is the method I used and found to be most effective. I used a kit whose primary cleaning compounds were psyllium husk and bentonite clay. The compounds are used to specifically clean the digestive track, especially the colon.

Psyllium Husk

Psyllium husk is a natural dietary fiber used to move the bentonite clay out of the body. Bentonite clay is a super-absorbing compound that is used to pull putrid waste out of pouches called diverticula that can develop in the intestines. Psyllium husk (powder) is made from portions of the seeds of the *Plantago ovata* plant. Psyllium husk contains soluble and insoluble dietary fiber that has been used to relieve constipation, irritable bowel syndrome, and diarrhea. The psyllium husk is used primarily to remove bentonite clay.

Bentonite Clay

Bentonite clay is used to pull putrid waste from pockets that can form in the intestines, especially the colon. Western diet lacks fiber, which helps to keep the colon healthy and strong. Without fiber the colon has to work extra hard to move waste through it. This is done by the muscles in the colon having to exert more pressure on the colon to move waste through it. This weakens the walls of the colon and its mucus membrane lining, and allows the formation of diverticula pouches on the colon walls.

Over time these pouches collect and hold on to the waste that moves through it. This waste becomes hard and putrid and is difficult to remove from the pouches. Bentonite clay is used to pull the waste from the pouches because it contains great absorptive properties and can absorb 40 times its weight. Once the bentonite clay removes the waste from the pouches, the psyllium husk is able to move the bentonite clay and the waste it picked up out of the colon and the body.

Psyllium husk is made from part of a whole food while bentonite clay is not. Bentonite clay comes from volcanic ash and has been used by societies for thousands of years as an external and internal purifier. Some people shy away from using bentonite clay because it is not a whole food and can contain impurities.

Since bentonite clay is not a whole food I would not use it as a staple in my diet, but it was definitely useful as a jump-starter for my cleansing process and dietary lifestyle change.

Using bentonite clay was similar to my use of baking soda because both are not food, but both can serve a purpose in the healing process if used correctly and sparingly. Baking soda is used to make baking soda water and is drunk to help quickly alkalize the body. Yes, it works, but should only be used for a short period of time and alkalization should depend on the consumption of alkaline plant-based foods.

The use of the bentonite clay helped to remove waste from pouches in my colon, which allowed my colon to heal. A diet high in plant-based foods contains fiber which will bulk up

waste in the colon, so the colon doesn't have to strain itself to move waste through it. Ideally plant-based whole foods should be used to clean the colon and to keep it strong and to keep the body in a slightly alkaline state, but the use of the non-whole foods such as bentonite clay and baking soda can play an effective role as a jump-starter in the process. I used a kit for a three-day weekend cleanse that contained psyllium husk and bentonite clay. You can find the kit here on the Natural Life Energy website's [colon cleaning page](#).

Kidney Cleanse

The colon removes solid waste from the body through the anus, and the kidneys remove waste from the body through urination. As with the colon, it is best to clean and strengthen the kidneys before attempting to do a full body cleanse. The kidneys maintain a proper water/mineral balance in the body, regulate blood pressure, and filter waste from the blood. If the kidneys have been weakened through improper diet and a full-body cleanse was attempted before the kidneys were cleaned and

strengthened, they would be overwhelmed by the influx of toxins released by organs and fat in the body.

Many people have kidney issues because they don't drink enough water, and in many cases drinking enough water can cleanse and strengthen the kidneys. We should drink as close to a gallon of water a day (including the water you consume in plant-based whole foods) to support healthy kidney function. The Institute of Medicine reported the general recommendations for water consumption for men is approximately 3.7 liters (125 ounces daily) of total water, and for women approximately 2.7 liters (91 ounces) of total water from all beverages and foods each day. Though the panel did not set an upper level for water, generally one gallon of total water is recommended.

A "watermelon cleanse" is used to clean the kidneys, and it consists of eating one whole watermelon and drinking one gallon of water in a day. It will force urination and cleanse the kidneys. Dr. Clark made a popular kidney cleanse that consisted primarily of hydrangea root, gravel root,

marshmallow root, and black cherry concentrate. You can find her cleanse on the Natural Life Energy [kidney cleanse](#) page.

My kidney cleanse consisted primarily of drinking a gallon of water a day, the watermelon cleanse, and the natural alkaline cleansing herbs I used as part of the three-month herbal cleanse I did during the beginning of my adoption of a plant-based diet. The herbs consisted of [burdock root](#), [dandelion](#), and [sarsaparilla](#).

I would start with cleaning the colon and the kidneys first before attempting to cleanse the entire body, because not starting with the colon and kidneys could make your cleanses much more difficult than they need to be. It is very important to clean our kidneys and other organs to help revitalize our healthy living, but if the colon and kidneys are not cleaned first they can stop you right in your tracks. If you get stopped in your tracks and don't continue to address getting your organs to operate in a condition of homeostasis, your ailing organs can put you out of order.

Once you have cleaned your colon and kidneys, you can then move on to cleansing the rest of the body. You can find more information on organ and body cleansing on the Natural Life Energy [body detoxification](#) page.