



What Is a Cleansing Response?

A cleansing response happens when the body eliminates toxins that have been stored up in our tissues, impeding the healthy functioning of the system. It typically comes on fast and often feels like we're experiencing old symptoms such as pain, headache, tiredness, low energy, or diarrhea for example.

A cleansing response may not feel great, but we could say it's a time to celebrate because it's a sign that toxins are leaving the body. It's a sign that the body is cleaning up, setting the stage to regenerate, to becoming stronger and healthier. This occurs when the body has enough energy and nutrients to throw off toxins, so you're on the right path when this occurs.

What supports the body most to cleanse is a high level of nutrient, especially fresh vegetable juice with dark leafy greens or a green smoothie or a big salad full of greens and other vegetables. And notice what's common to all these cleansing drinks or dishes, they're all raw with high nutrient content. So, if you want the body to restore and regenerate quickly, raw, high nutrient foods are the way to go.

To support the cleansing process and help move through it quickly, drink lots of water and get light exercise like a walk in nature. And keep in mind that sometimes the body just wants to rest during a cleansing response. If sleep is what the body signals, honor that. Trust your body and follow its wisdom for the very best results.

It can take time for the body to regenerate. Herring's Law of Cure suggests it can take one year for every seven years we've practiced poor eating and life-style habits. I've often seen examples of great health returning in less time than that by adhering to the high nutrient density of a whole food plant based diet.

Here's the formula we've seen works best to restore and maintain great health: eating a wide variety of high nutrient dense, plant based, organic whole foods, drinking clean water, enjoying daily exercise, and remembering who you really are—innate health, wisdom, love and compassion.

Foods that support Cleansing:

- Wheat grass juice
- Cold Pressed Organic Vegetable Juice
- Dark Leafy Greens and Leafy Lettuce
- Raw vegetables
- Watermelon juice and Watermelon
- Seed Cheese
- Sprouts