

Eastern Botanicals Cleansing Formulas

By combining the principles of Ayurvedic cleansing (Panchakarma) with synergistic herbal formulations from Chinese Herbology, we have created a cleanse process that penetrates deep into the tissues and organs without taxing the constitution. The process is as follows:

In Ayurvedic traditions the preparatory phase of detox (called Puvakarma) involves “ripening” the tissues with the external application of medicated sesame oil. This allows the tissues to soften and hence release toxins. Traditionally sweating therapy is recommended after the oil application to bring the toxins through the pores.

Eastern Botanicals Cleansing oil has been infused with herbs that break up blood stagnation/stasis in the extremities and relax the muscles and tendons. This effect is furthered by using the *Liver/GB Cleanse* formula internally. The primary function of the Liver/GB prescription is to “dredge” the liver blood and thus promote the “churning of the food stuffs in the stomach”.

Once the toxins have been expelled by the tissues, and the flow of Blood through the liver is uninhibited, the draining of the toxins through the GI tract can commence. Our *GI Cleanse* is a mild form of “Purgation” therapy using herbs that lubricate the bowel in combination with laxative and Qi moving herbs. The rhythmic peristalsis of the GI tract is further promoted by the now improved “dredging and draining” function of the liver.

The last formula, *Kidney Cleanse*, addresses the lower body functions by leeching out retained dampness and water with herbs that act on the Kidney and urinary bladder to promote urination.

Formula Ingredients:

Liver/GB Cleanse

herb

Salvia (dan shen)

Curcuma (yu jin)

Scirpus (san leng)

Oyster Shell (mu li)

Gentiana (long dan cao)

Cyperus (xiang fu)

Alisma (ze xie)

Pinellia (ban xia)

action

dredge blood of Liver, break up stasis

breaks up blood stasis, promotes movement of constrained liver qi, and benefits the gallbladder

breaks up blood stasis and promotes qi flow

calms and curbs liver yang, dissolves accumulations

clears heat and stagnation from the gallbladder

spreads liver qi and harmonizes liver and spleen

drains dampness and empty fire

causes rebellious qi to descend, harmonizes stomach

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GI Cleanse

herb	action
Polygonum (he shou wu)	mild laxative and blood tonic, nourishes liver
Rhubarb rt (da huang)	purgative, and clears heat from blood
Aurantium (zhi shi)	mild laxative, for qi stagnation in the intestines
Codonopsis (dang shen)	strengthen stomach/pancreas (digestive) qi
Persica (tao ren)	high oil content to lubricate bowel, and move blood
Licorice (zhi gan cao)	support and harmonize middle jiao

Kidney Cleanse

herb	action
Cyathula (niu xi)	drain damp accumulation in lower jiao, move blood
Alisma (ze xie)	promote urination and clear empty heat
Plantain (che qian zi)	promote urination and clear heat from lower jiao
Rehmannia (sheng di)	support kidneys, clear empty heat
Phellodendron (huang bai)	clear damp and heat in lower jiao

Dietary Recommendation:

1. During the GI Cleanse phase there should be a limited amount of meat and dairy as well as increase in daily dietary fiber such as psyllium and leafy greens, as well as an increase in water intake.
2. During the Kidney phase an increase in water intake is recommended, possibly up to 2 or 3 liters per day. Distilled water is preferable during this week.

Dosage and Sequence:

1. Take 5 capsules of the Liver/GB formula twice a day, for 5 days. Can be done in conjunction with the Sesame Oil application.
2. Take 5 capsules of the Liver/GB formula once a day, preferably evening, and take 5-6 capsules of the GI Cleanse once a day in the morning, until both are completed. If the Liver/GB capsules run out prior to the GI caps, take the GI Cleanse twice a day until completed.
3. Take 4-5 capsules of the Kidney Cleanse twice a day, until completed.
4. It is advisable to take a restorative prescription after the cleanse process, for as short as two weeks, up to a month. Formulas that serve to strengthen the Middle Burner digestive Qi (Tonify Middle and Augment Qi formula), or a formulas that will help to Nourish Blood as well, are recommended. ie Ten Tonic combination (Shi Quan Da Bu Tang).