

the Internal Cleansing Kit



Blessed Herbs Co-
founder and herbalist:
Martha Volchok, AHG

"Detoxification is a natural everyday process of the body. Without it we would not survive. This process includes bowel movements, urination, sweating, breathing, and filtration by the liver, kidneys, and lymph. In today's toxic world this natural process can easily become overwhelmed forcing the body to store toxins it cannot process."



the **Internal Cleansing Kit**, is our most comprehensive program; it provides a thorough cleansing that mimics the body's natural cleansing sequence. It also cleanses parasites, adds pro-biotics and has two formulas to reduce cleansing reactions.

The Internal Cleansing Kit is available with either Ginger or Peppermint flavored Toxin Absorber.
What is the difference?

UK & EU Customers

The Internal Cleansing Kit can now be purchased direct from our distributor in the United Kingdom, visit: www.blueherbs.co.uk

Each Kit Contains:

- 7 Organ Cleansing Formulas**
- 3 Parasite Cleansing Formulas**
- 1 Pro-Biotics Formula**
- 2 Anti-Oxidant Formulas**

View formulas' properties & ingredients:
[High Bandwidth File](#) | [Low Bandwidth File](#)

- 1 Shaker Jar**
- Daily Travel Vials**
- 1 Mixing Glass**

1 User's Guide ([download](#)) & **1 Dosage Calendar** ([download](#))
[view photos of above accessories.](#)

Quick look at the **Internal Cleansing Kit**

A twenty-one day whole body cleanse formulated from traditional cleansing herbs and guaranteed to improve your health and radiance.

Cleanses all the major organs of elimination: Colon, Liver, Gallbladder, Kidneys, Bladder, Lungs, Lymph, Blood, and Skin. Also cleanses parasites and adds probiotics.

100% Organic and Wild-Harvested Herbal Ingredients

Diet does not need to be changed, however, eliminating some products or improving your diet can deepen your cleanse.

Each kit comes with a detailed and clearly informative User's Guide and Dosage Calendar

[Common questions and answers.](#)

General overview of the **Internal Cleansing Kit**

The Internal Cleansing Kit is a twenty-one day comprehensive whole body cleanse that has over 90 herbs that are potent allies to release, absorb and eliminate stored toxins. Once cleansed, the energy previously used for toxin storage is now available for your body's deep healing and rejuvenation.

7 Organ Cleansing Formulas

This kit has seven formulas dedicated to the body's natural organs of elimination. These formulas are systematically taken over the course of this 21 day, 4 step program, which include the following:

Step 1. Colon & Digestive System

Step 2. Liver & Gallbladder,

+Parasite Cleansing

Step 3. Lungs, Kidney, & Bladder

Step 4. Lymph, Blood, & Skin

3 Parasite Cleansing Formulas

This kit has three formulas dedicated to cleansing the body of parasites. By getting rid of parasites, one will improve the functioning of their body's defenses, insure better absorption of food, decrease the toxic load, rid themselves of vague, annoying and discomforting feelings, and lift energy. Please [see our suggested protocol for complete parasite cleansing.](#)

1 Pro-Biotics Formula

This kit has one formula designed to recolonize the intestines with pro-biotics or friendly bacteria. "Friendly bacteria" are certain, specific strains of bacteria that one's body recognizes as beneficial and never tries to destroy. In exchange for a hospitable living environment, these beneficial bacteria provide life giving gifts. They occupy available space along one's intestinal wall keeping non-beneficial bacteria from taking hold. They also secrete antibiotic/antiviral chemicals which inhibit the growth of these bad bacteria.

2 Anti-Oxidant Formulas

The first anti-oxidant formula, Toxin Neutralizer, is taken throughout the entire cleanse. It is a powerful anti-oxidant that neutralizes and prevents toxins from binding to, or damaging, healthy cells. The second formula is Refreshing Green Tea Blend, which can be taken at any time, providing immediate relief and support during vulnerable moments in the cleanse.

Cleansing is Different for Everyone

Each person feels differently as they cleanse. Some feel very energetic and more alive while cleansing; others, not until after they have completed their cleanse. It is also possible to alternate between feeling great and not so great. There may be occasional discomforts called "cleansing reactions".

The more closely you eat an all raw diet of fruits and vegetables and/or their juices while cleansing, the more likely you will experience strong cleansing reactions. If the body is ready, some will even experience a "healing crisis". This can happen during the cleanse, but more likely will occur sometime later when you have built up your strength. All these experiences are the body's wisdom working on the areas that need to reach optimal health. Unlike disease processes which lead to continued degeneration and loss of energy, any discomforts of cleansing are only temporary and always lead to more energy, vitality, and renewed health.

CAUTION

Please note who should **not** use this **kit**:

Pregnant or nursing, mothers
Anyone with an active, acute infection
Anyone recovering from a medical procedure, surgery, or therapy
Anyone experiencing extreme weakness or extreme deficiencies
[Learn more](#)

A Powerful tool for Practitioners

If the body is toxic, it simply cannot assimilate or utilize any treatment effectively. The Internal Cleansing Kit is a powerful tool for practitioners to truly maximize all of their protocols. In a newly cleansed state the body will be more receptive to further treatments and deeper healing.

Detailed look at the Internal Cleansing Kit

Foundation of survival

Internal cleansing is a natural, everyday process of the body. Eliminating toxins is foundational to our survival. It is the doorway to optimal health. In today's highly polluted world, our normal body processes can be easily overwhelmed. When this happens we begin to accumulate toxins. Our bodies try to protect us from these toxins by storing them in our cells, mucus and fat, waiting for a time when they can be eliminated. Unless we periodically help our bodies by internally cleansing, this accumulation can lead to a toxic overload. Left unattended, our bodies may experience this toxic overload as anything from a vague headache and tiredness to a chemically induced cancer.

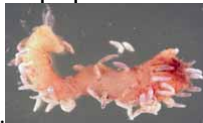
Physical Benefits of Internal Cleansing may include

Better Appearance
 Renewed Vitality
 Increased Energy
 Improved Health
 Eliminated Toxic Wastes
 Better Digestion
 Improved Response to Stress
 More Flexibility
 Strengthened Body Defenses
 Cleansed of Parasites
 Cleared Out Mucous & Congestion
 Recolonization of Healthy Bacteria

Mental and Emotional Benefits of Internal Cleansing may include

Increased Mental Clarity
 Brightened Creativity
 Improved Memory
 Increased Joy
 Improved Sense of Well-Being
 Stabilized Mood Swings
 Cleared Negative Thought Patterns
 Lessened Depression and Anxiety

photos for educational purposes



only.
 Everted chick intestine 7 days post-infection with cysts of flatworm parasite, Cotylurus erraticus, showing adult worms attached and feeding on the intestinal mucosa



smoker's lung



Smoker's kidney condition.

[more photos & information](#)

Detail of the Four Steps

Step 1: Digestive System | [Learn more \(large file\)](#)

No matter how much we may cleanse other areas of the body, if we do not clean out the intestines first, we will continue to introduce the very toxins we are working so hard to get rid of elsewhere. That is why this program starts with a gentle herbal stimulant to assure that you are having 3-4 bowel movements per day before moving on to step 2.

View formulas' properties & ingredients: [High Bandwith File](#) | [Low Bandwith File](#)

Step 2: Liver & Gallbladder | [Learn more \(large file\)](#)

Plus: Parasite Elimination & Pro-Biotics | [Learn more \(large file\)](#)

The liver is the body's primary organ of detoxification. It processes all of the body's blood and is also responsible for controlling metabolism. Just as the intestines directly affect the liver, the liver in turn affects the entire body. Parasites rob us of our nutrition before we have a chance to use it and must be eliminated. Pro-Biotics are Friendly Bacteria that help with the body's natural digestive process.

View formulas' properties & ingredients: [High](#)

[Bandwith File](#) | [Low Bandwith File](#)

Step 3: Lungs, Kidneys & Bladder | [Learn more](#) (large file)

The next two major cleansing organs we address are the Lungs and the Kidneys & Bladder. Both of these organs are directly affected by the liver and as such can only be cleansed after the liver.

View formulas' properties & ingredients: [High Bandwith File](#) | [Low Bandwith File](#)

Step 4: Lymph, Blood, & Skin | [Learn more](#) (large file)

The lymph and the blood will experience a flood of toxins during the Internal Cleansing Kit. During step 4 the time comes to clean the very "rivers of life" themselves.

View formulas' properties & ingredients: [High Bandwith File](#) | [Low Bandwith File](#)

Toxin Neutralizers

As your body releases stored toxins this kit has 2 powerful anti-oxidant formulas that neutralize and prevent these toxins from binding to or damaging healthy cells.

View formulas' properties & ingredients: [High Bandwith File](#) | [Low Bandwith File](#)

Words by our Herbalist **Martha Volchok**

"Desire for Health is our philosophy of love and life.

We believe health is a state of pure inner harmony and for this everyone shares an innate desire..."

Martha Volchok, AHG (American Herbalist Guild) is the co-founder and Master Herbalist of Blessed Herbs. She is also a professional member of the American Herbalists Guild, the USA's premier herbalist organization. Martha's unique formulating gifts rely on her intuition as much as her 30 years of herbal knowledge and experience. The combination of her vast knowledge and great intuition has allowed her to produce what are perhaps the most comprehensive and powerful internal cleansing programs available today.

"The kit is a living entity and it has an intelligence of its own. It will go into anyone and meet them where they are. We don't know exactly what that is, but we do know the kit is made with love, compassion, real knowledge, herbal help, and the help of the Creator who made it all. And what you need you are going to get. In making it, I knew it needed to be so complete and so gentle and at the same time so powerful. And I watched these formulas develop and said, wow!, they really are that wonderful. I have seen people take it in every dimension and with all body types and different constitutions and different imbalances. It just goes right into

what they need at this moment. They are being given the first step to get out of whatever place they are in. That is beyond just the physical world of the herb. It is beyond just the bio-chemicals that are going into the body, it is the energetics. Every formula has a complete compliment of herbs that address the energetic imbalances you might be faced with."

- Excerpt from Martha's talk at our first internal cleansing workshop

Read more about Martha's [Formulation of the kit](#) and Martha's path of [Developing this kit](#)

[Common questions and answers.](#)

Testimonials

By our customers

The Internal Cleansing Program is worth its weight in gold

...I could not believe how much the Internal Cleansing Program cost. But from the first time I opened the box, I was impressed. Everything was so professional it made me want to do it right. Now, after I have completed the program I feel better than I ever have in my whole life. The program combined with healthy eating has restored my vitality, mental focus, and even my emotional well being. These results are priceless. The Internal Cleansing Program is worth its weight in gold. Thank you Blessed Herbs.

- T.S., Client, Virginia

Harmony With My Body

...the Internal Cleansing Kit worked in harmony with my body. Helped with my food cravings and gave me lots of energy. I had a feeling of well being!...

- E.S., Client, Ohio

New Energy

...I found it to be remarkable. I have new energy and the weight I have been trying to lose has since come off. My husband would like to do the cleanse! Thank you for your wonderful product...

- K.J., Client, California

You Made it All So Easy

...finally, something that really works! The proof is undeniable!...Your packaging and directions made it all so easy...

- N.F., Client, Massachusetts

Stamina to Cope

...I lost so much weight others are asking about your products... My schedule is demanding but thanks to you I have the stamina to cope...

- Dr. E.T., California

Edema Is Gone

...After doing the Internal Cleansing Kit, my edema and water retention is virtually gone from my legs. Even better, my sleep is normal again after many

years...

- S.V., Client, New York

Truly Incredible

...The results of this cleanse were truly incredible. I am going right into the Colon Cleanse, so I will let you know how I feel after that!

- S.H., Client

By Holistic Practitioners

Using The Kit In My Teachings

...I am impressed with the comprehensiveness of the Internal Cleansing Kit. It makes the job of a Naturopath easier...no more needing to find and dispense a multitude of herbs & products to achieve goals. I am going to use this in my teachings on detoxification for my final year ND students...

- Dr. R.D., ND, Bastyr University, Washington

Great Improvement

...my husband did very well on the cleanse and we have seen great improvement in his overall health...I will be encouraging clients to do this cleanse...

- Dr. A.K., ND, California

Thank you for a good detox

I definitely feel lighter, not only because I lost five lbs, but also because my energy is good, I feel sharp and attuned both mentally and physically...Thank you for a good detox!

- Dr. C.L., ND

Congratulations

...the energetic "power" of your herbs is incredible, congratulations!...

- C.B., CHT, New Jersey

On Top of This World

...I am so excited and I am feeling really well. Just six days left and I should be on top of this world! I believe I have found a wonderful connection with you that will help me save or heal quite a few of my clients...

- D.M., HP, New Hampshire

Sweet and Pure

...the Internal Cleansing Kit has an energy that is sweet and pure...

- C.S., Shaman, Massachusetts

The kit is fantastic

The Kit is fantastic - a profound offering and an inspiration. Thanks for all you do. Much love and appreciation.

- Dr. F.S., ND, Colorado

Cleansing in an easier manner

...for those people who are aware of body cleansing, a great thing is the addition of toxin neutralizers, which enable the body to go through cleansing in an easier manner.

- K.F., Acupuncturist

Books & Outside links to others on the web who talk about the importance of Internal Cleansing

A book written by Dr. Robert Morse, N.D., D.Sc., M.H. entitled **Getting Healthy Through Detoxification**

A book written by Linda Page, N.D., Ph.D. entitled **Detoxification - All you need to know to recharge, renew, and rejuvenate your body, mind and spirit**

According to the **Center for Disease Control**: In 1988, the U.S. manufacturing sector emitted an estimated 2.4 billion lbs of toxic pollutants into the atmosphere.

Read the full article at:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/00001969.htm>

An article on liver, kidney and colon detoxification.

<http://www.healingdaily.com/liver-detoxification.htm>



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"Its simplicity is pure genius..."

-C.S., Health Care Practitioner, MA

"the Internal Cleansing Kit is the most intensive self-cleanse available... it promises great potential benefit."

-Reported in the April, 2003 issue of the Holistic Primary Care Magazine

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