

# THE CHI NEI TSANG INSTITUTE

## BACK TO GOOD HEALTH PROGRAM

**1 - Self-help manipulation:** To send a strong message inwardly that we are starting a progressive, ongoing betterment, to prepare for the next CNT session and to prevent all possibility of regression once the body becomes healthier.

**2 - Diet balancing and healthy appetite building:** To gain strength and vitality through a proper and personalized diet as detailed below: this simple and invaluable program will help you reduce your level of stress hormones and balance your entire endocrine system through stabilizing your pancreatic output. It will also help you differentiate between your cravings (the point at which you should avoid consuming particular foods or beverages) and an healthy appetite. This is based upon common sense wisdom, as well as, the results of the latest scientific research on the role of our endocrine system in the maintenance of our health.

- a) **Eat your meals at regular times every day so your body learns to invest in regularity and avoid cravings.**
- b) **Never allow yourself to be too hungry before you eat and never eat too much.**
- c) **Never eat complex carbohydrates without protein nor protein without complex carbohydrates (helps reverse hypoglycemia and diabetes).**
- d) **Snacks are often necessary to prevent oneself from becoming too hungry; they must be eaten regularly (as meals) and the protein/carbohydrate ratio balanced.**

This simple dietary program allows some people to loose weight even by eating more and others to gain weight even by eating less. It will help you to progressively learn to be in touch with your body's essential and particular needs.

**3 - Stress management:** Life is stressful. We can't stay away from stress. Therefore we need to learn techniques that help us cope with it. Simple meditations and breathing exercises are essential for our stressed nervous system to find a way back to emotional calm and peace of mind even if it is for short periods of time. These breaks, when regular, allow us to progressively rebuild our nervous system, detoxify from stress hormones, and prevent nervous breakdown. The **Bone Breathing Meditation** has been very successful in helping people to decontract and sleep more restfully.

**4 - Herbal detoxifying and parasite cleanse:** We all have parasites. We constantly ingest them with our food, through contact with pets, in our back yard, in our carpets, during travel etc... It is a normal part of every day life. Most are very benign and non-toxic for a healthy person. One's defense system becomes used to parasites and doesn't fight them, fighting only the pathogens they excrete. Unfortunately when our health weakens, the parasite population has a tendency to increase, our defense system is not able to cope with the task at hand and having to ward off increased pathogens. We then end up with strange symptoms such as pain in joints, uneasiness all over, fatigue, poor digestion and elimination, nervousness, sleeplessness, etc... all kind of nagging feelings that poison our life. Our metabolism then slows down, we gain or loose too much weight and we become toxic. Our herbal detoxifying program takes one month and involves purifying our whole system: eradicating parasites, and cleansing our kidneys from gravel and liver and gallbladder from gallstones. For thorough results and support, the herbal program must be carried out with the administration of CNT treatments as well as practicing self-help CNT.

**5 - Chi Nei Tsang treatments:** CNT manipulations are specifically designed to train the internal organs to perform better on their own. It is the reason why it works so fast, efficiently and offers long lasting results. At the Chi Nei Tsang Institute we offer affordable quality treatment options that are now covered for Blue Shield Lifepath members.

*For further information or for appointment please contact us:*

**THE CHI NEI TSANG INSTITUTE**

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## THE WAY OF EATING NATURALLY

*Especially recommended for people with hormonal/metabolic imbalance such as hypoglycemia, diabetes, thyroid problems, menopausal problems, weight and food assimilation problems.*

### 1 - FOUR BASIC RULES OF NUTRITIONAL WISDOM

Experience with Chi Nei Tsang, Internal Organs Integrated Massage, suggests that metabolic imbalances in clients can be helped by following these basic rules of nutritional wisdom:

- |                  |   |
|------------------|---|
| 1 - Regularity:  | Eat meals at regular times everyday.                                      |
| 2 - Mindfulness: | Don't do anything else while eating.                                      |
| 3 - Discernment: | Never go hungry but never eat too much.                                   |
| 4 - Combination: | Never eat carbohydrates without protein or protein without carbohydrates. |

### 2 - REGULARITY OF MEALS

**Respect your body's need for regularity:** regularity of exercise and rest, work and leisure, sleep and wakefulness, digestion and assimilation, absorption and elimination, etc.... The body needs to know when it is going to be fed, not only to prepare for digestion and assimilation, but also to feel safe and comfortable. Knowing when the next meal is and what it might consist of will bring a sense of peace to your inner mind. If you don't eat at regular times, you are sending the inner message that food is not available on a regular basis, triggering a stress response that will stimulate the body into saving the energy for the future instead of having it available now, causing you to get fat and tired.

The net result of having meals on a regular schedule every day will be an improvement and refinement of your appetite. People are often afraid of their appetites because they don't differentiate between healthy appetite and craving.

#### ARE YOU HYPOGLYCEMIC? Try this simple test:

- 1 - Buy your favorite sweet: candies, ice cream, cookies, pastries, baked goods or health food rice cakes.
- 2 - Go back home and put the package on the kitchen table.
- 3 - Open the package and take a taste of it. No more than one bite.
- 4 - Put that cookie down (or ice cream scoop or rice cake, etc....)
- 5 - Walk away and see how far you can get.

If you can walk away and get involved in other things without giving a second thought to the sweets, then you are just fine. Your pancreas is delivering your insulin slowly and your blood sugar remains constant. You can eat as many sweets as you like. You are healthy, and most likely you won't feel like eating too much because taste is proportional to body type needs: some people might need more sweets than others while being just as healthy. But if you can't put that cookie down, if you **have to finish it** and have another one and another one ad nauseam, then you shouldn't have started to have them. It means that your blood sugar is dropping faster than you eat. This is hypoglycemia. These nutritional guidelines are especially important to balance this tendency. (See below for more detailed information about hypoglycemia.)

#### 2.1 - DIFFERENCE BETWEEN APPETITE AND CRAVINGS

Many people feel that if they listen to their appetites they will eat too much. However, actually the reverse is true. The number one reason why people eat too much is because they do **not** listen to their appetites. They eat but don't feel satisfied, so they want to eat more, but don't know what the body wants, so they

end up eating the same thing over and over again. Most overweight people are starving people: their bodies are not getting the nutrition they need.

**A good appetite is the best sign of good health.** A good appetite will tell you what to eat and what not to eat and also the right amount of each food. A good appetite will teach you how to cook for yourself, what ingredients to use and what taste should be expected in each part of a meal.

**An appetite out of balance is called a craving; a craving points to your poison.** When you have a healthy appetite for something you should feel satisfied once you have it in the right proportion. In the case of craving you never feel satisfied. Once you start you can't stop. The more you eat what you crave, the more you crave it. The only way to stop is to eat so much of it that you get sick, but that means you shouldn't have started to have it at all.

### 3 - MINDFULNESS

**When having a meal don't do anything else.** It takes a tremendous amount of energy for our bodies to digest food properly. The metabolism needs to be able to select, differentiate and choose from a meal what will meet our short and long term energy needs as well as to efficiently eliminate everything else. Too much mental, emotional or physical activity interferes with digestion: we don't have enough blood in our bodies to think, run and digest at the same time. Don't watch TV during your meals, especially the news! Don't read either, especially the newspaper. These activities are mentally taxing and too emotionally charged. Read the newspaper or watch TV before the meal to relax from your daily preoccupations. I would recommend that you read the funnies rather than the front page. Humor is the best appetizer. It stimulates your parasympathetic response to create more digestive juices.

**A fair amount of time should be dedicated to meals.** Your body needs both undivided attention and enough time to help you perceive and cultivate a healthy appetite. Don't get distracted. Eat slowly and pay attention to the taste of each single bite you take. Your body will be very appreciative of this and will reward you greatly!

**Avoid business lunches.** Having a meal while under any kind of mental or emotional stress will automatically inhibit the parasympathetic response necessary to provide your digestive tract with digestive juices and peristaltic movements. In such a situation the body finds itself burdened with too many contradictory tasks. The central nervous system will be left with no choice but follow priorities: If the mental and emotional stress is such that it becomes the first thing to be taken care of, then digestion will be impaired. If mental and physical activities are not considered important enough to you (a boring meeting or a dull job), then you will experience sleepiness at work and dullness of mind in order to favor your digestive process.

### 4 - DISCERNMENT

**Seek balance with regard to intake of food.** The Way (Tao) of wisdom says: Rest before you are tired, and you will never be tired; warm yourself before going out in the cold, and you won't be cold; eat before you are too hungry, and you will never go hungry.

**Discernment is about listening to oneself, to be in touch with one's needs.** Anytime you wait until you are exhausted to go to bed, wait until you are cold to put on more clothing and wait until you are starved to eat a meal, you unnecessarily set off your body's stress response, which is physiologically manifested by over-stimulation of the sympathetic branch of the autonomic nervous system and inhibition of the parasympathetic response. Your blood becomes more acidic and your body responds to a fight or flight reflex.

**Don't go long periods without eating.** The message sent to your body when you starve yourself is that there is less and less food available and you need to save and store for the future. Direct physiological result: your pancreas produces more insulin, your body turns immediately everything you eat into fat for the future, and you are left with no energy for the present.

If you prevent yourself from becoming too hungry, you will then avoid the stress response and send a message of safety and comfort to your body. This is easily done if you always take your meals and snacks at the same hours every day.

**Never eat too much.** Any kind of overload given to any system in your body--whether the nervous system, the lymphatic system, the immune system, the endocrine system or the digestive system--will make it slow down. When you eat too much you actually provoke a slowing down of your digestion. Also you are sending the message that you might not have another meal for a very long time so you need to store for the future. Paradoxically, you are sending the same message of upcoming famine by eating too much as by not eating enough or very erratically. Your body immediately responds by turning food into fat and preventing you from using that source of energy in the present. Basically you are getting ready for hibernation.

**Eat slowly and be aware when you have enough**, when you are pleasantly satisfied. If you go beyond that point you will be hungry again because the stress of overeating will cause your blood sugar level to drop.

## 5 - FOOD COMBINATION<sup>1</sup>

**If you have a hormonal imbalance such as hypoglycemia or diabetes, NEVER EVER eat carbohydrates without proteins or eat proteins without carbohydrates.**

If you are hypoglycemic or if you have diabetes or a weight problem, whether you are overweight **or** underweight, your attitude about food has to change. Instead of being the enemy, the poisoned relationship, food can become your prescription drug and your way to salvation. You must eat the way you would take a very potent prescription drug: you have to calculate your daily requirement of protein, divide it up into four meals and two snacks, and balance it with the required amount of carbohydrates and unsaturated fats. Even if you just have a piece of fruit, if you are hypoglycemic or if you have diabetes, make sure you are having the right amount of protein and fat to balance it: a piece of cheese or some lean white meat. Make sure you always have a variety of protein sources available: milk, eggs, cheese, tofu, fish, protein powder, meat etc. Also don't eat red meat every day. Try to have at least a full vegetarian day every week by eating some soy-based products or seafood, eggs and dairy products.

### FOOD COMBINATION FOR HYPOGLYCEMIC VEGETARIANS

If you are a vegetarian you will have to combine your carbohydrates with a lot of tofu or other soy-based products, especially if you don't eat any dairy, milk, cheese or eggs. Any grain or grain products and beans should be thoroughly chewed to liquid consistency before swallowing to allow the freeing of the essential amino acids from their carbohydrate settings. A lot of vegetarians try to get all of their amino acids through a combination of grains, nuts and beans, which is just fine if you are able to eat slowly and chew thoroughly, and if you have a very healthy pancreas. However, if you are hypoglycemic, chances are that you are unable to eat slowly because you are responding to a stress response. Rice, beans and bread are almost swallowed whole and remain carbohydrates because the amino acids don't get a chance to be absorbed. This will continue the hypoglycemic vicious cycle.

Stay away from these foods (all high glycemic index food) for a while until you are able to eat slowly. Replace them with full protein products even if you have to get off your vegetarian diet for a while. Remember that your food will be your most important prescription drug until all symptoms disappear. If you are diligent in following your prescription, you will be surprised how fast results come.

## 6 - MORE INFORMATION ABOUT HYPOGLYCEMIA

### The Function of the Pancreas:

To understand hypoglycemia it is necessary to understand the two basic metabolic functions of the pancreas, as follows:

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<sup>1</sup> For more information concerning the carbohydrates/protein/fat ratio and calculation of those nutrients in your daily meals according to your body size and activity factor, see Barry Sears, Ph.D. [Enter the Zone](#)

- a) an **exocrine function** that consists of manufacturing digestive juices containing digestive enzymes and delivering these to the duodenum through the common bile duct;
- b) an **endocrine function** that consists mainly of producing two basic hormones that metabolizes blood sugar: insulin and glucagon.

### **The Insulin-Glucagon Axis:**

The hormones in a given system are usually paired in sets (or axis) consisting of two hormones with totally opposite effects. Insulin drives down blood sugar, while glucagon increases blood sugar level.

Under stress the pancreas will suspend its exocrine function and give priority to insulin production over glucagon. If the body receives more insulin than glucagon, it gets the message that it has been exposed to an emergency situation such as hardship in getting regular meals. The message is translated into storing energy for the future. If your pancreas is susceptible, any time you skip a meal or have an irregular schedule for your meals, your body reacts by preparing for a famine and overproduces insulin. Your body then turns anything you eat into fat, leaving you with no energy available for the task at hand. Your blood sugar drops dramatically, making you more hungry as you eat. This pancreatic susceptibility is what is known as **the hypoglycemic syndrome**.

### **The Role of Food:**

Certain foods, such as starchy ones like bread (especially when undercooked), potatoes, pasta, rice, rice cakes, crackers, cookies, muffins, pastries, and even raw dough, as in cookie dough, are foods with a high glycemic index, (vegetables and fruits being low glycemic index carbohydrates). The body of a hypoglycemic person craves the high glycemic index foods, but they are their poison. The body responds to intake of these foods by going immediately into a stress response, especially if the foods are wolfed down, barely being chewed. Even just thinking about these foods instantly makes the pancreas crank up the insulin production and creates a drop in blood sugar level. The brain is then not fed properly, and thinking becomes very fuzzy. The craving can become so intense that if a person doesn't eat anything right away, he or she might become very aggressive or upset and/or you feel about to pass out. Not even the strongest will power can then keep the person away from the food which is craved: it has become a survival need for the central nervous system.

### **What Can be Done?**

The only way for the hypoglycemic to avoid those cravings is to stay away completely from high glycemic index foods as long as the craving persists. Eat vegetables and fruits instead of bread, potatoes, pasta and rice. You'll be able to eat high glycemic index food again as soon as your metabolism balances up and the cravings vanish.

The four simple dietary guidelines above will also lessen symptoms. Thus, if you are hypoglycemic, never spend more than 4 hours without a meal or a snack. Also have a light snack before going to bed, such as a glass of milk or plain yogurt. Don't wait to be hungry to eat. Eat all your meals and snacks at regular times during the day. Balancing the ratio of proteins and carbohydrates in all your meals and snacks will make your pancreas release more glucagon and less insulin. This balanced glucagon-insulin is essential for preventing your endocrine system from going into a stress response. If you follow these dietary guidelines, the symptoms should lessen and will often disappear within days.

***TO INQUIRE ABOUT OUR DIGESTIVE SYSTEM DETOX PROGRAM,***

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## CHI NEI TSANG INSTITUTE

### DIETARY RECOMMENDATIONS - STARCH CONTENT OF FOODS

To control blood sugar/insulin levels: eat foods with lower percentages of starch content, eating sparingly of those foods with 20 – 25 % starch content.

#### Vegetables

<u>3 Percent</u>	<u>6 Percent</u>	<u>15 Percent</u>	<u>20 Percent</u>	<u>25 Percent</u>
Asparagus	Beans, String	Artichokes	Beans: DRIED	Rice
Bean Sprouts	Beets	Beans: Kidney	Beans: Lima	Sweet Potato
Beet Greens	Brussel sprouts	Hominy	Corn	Yams
Broccoli	Carrots	Oyster plant	Potato: White	
Cabbage	Chives	Parsnips	Peas: Green	
Cauliflower	Collards			
Celery	Dandelion Greens			
Chard, Swiss	Eggplant			
Cucumber	Kale			
Endive	Kohlrabi			
Lettuce	Leeks			
Mushrooms	Okra			
Mustard Greens	Onions			
Radishes	Parsley			
Sauerkraut	Peppers, red			
Spinach	Pimento			
Squash	Pumpkins			
Tomatoes	Rutabagas			
Watercress	Turnips			

(Grains are 70% - 100% starch)

#### Fruits

<u>3 Percent</u>	<u>6 Percent</u>	<u>15 Percent</u>	<u>20 Percent</u>	<u>25 Percent</u>
Cantaloupe	Apricots	Apples	Bananas	
Rhubarb	Blackberries	Blueberries	Dried Fruit	
Strawberries	Cranberries	Cherries	Figs	
Watermelon	Currants	Grapes	Prunes	
	Gooseberries	Kumquats	Raisins	
	Grapefruits	Loganberries		
	Guava	Mangos		
	Melons	Mulberries		
	Lemons	Pears		
	Limes	Pineapples		
	Oranges	Pomegranates		
	Papayas			
	Peaches			
	Plums			
	Raspberries			
	Tangerines			

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## THE CHI NEI TSANG INSTITUTE

### COMPLETE HERBAL DETOXIFYING & REJUVENATING PROGRAM

The Chi Nei Tsang Institute, Internal Organs Applied Chi Kung, offers a complete program to detoxify, tonify, and rejuvenate all vital organ systems in the body including cardio-vascular, respiratory, digestive, lymphatic, nervous, and defense systems. The program consists of:

- 1) - **CNT manipulations: Private treatments from a practitioner and training in self- help manipulations.**
- 2) - **Dietary recommendations: See our Dietary Recommendations hand out.**
- 3) - **Instruction in meditation and visualization techniques taught during private sessions.**
- 4) - **Our complete herbal cleanse aimed at getting rid of common parasites such as lung, liver, and pancreatic flukes that we get from house pets, soil, and food, as well as tapeworms, amoebae, etc.**

This program uses the same herbal formulas that Hulda Clark, Ph.D., N.D. uses in her cancer clinic, and is absolutely safe at the prescribed doses.

**Begin here:** the total length of this program is 4 weeks. Look at your calendar and find a day 28 days from when you wish to begin, where you know you will be home for the final flush. The first week starts off with the parasite cleanse as well as the kidney cleansing program which continues for all 4 weeks. The liver strengthening program follows for weeks 2, 3, 4. A liver and gallbladder flush is recommended at the end of the program following a very simple, inexpensive, and efficient procedure explained at the end of this handout. The Seven-Vegetable Soup, which has a diuretic effect, is recommended during the whole program as a basic dietary support, completing the kidney formula. Eat one bowl of soup with dinner. Note: the strict herbal approach calls for a separate parsley or dandelion leaf tea taken every day as a diuretic instead of the soup.

**For your added convenience, see the separate Detox Supplement Chart included with this kit.**

#### The Seven-Vegetable Soup

This is an old family recipe that was passed down to Gilles' grandmother from her grandmother, who was the local medicine woman of her native village in Southern Provence in France. When eaten on a regular basis, it cleanses the digestive system of all the excess and abuses people of Southern France are renown for during their festivities. It is particularly recommended for weakened kidneys and an over-burdened liver. It is prescribed for anytime you are sick or recovering from illness. You may continue to eat this soup after the flush for better health.

**For 1 person for 1 week:**

**1 leek**

**1 turnip**

**1 carrot**

**1 small potato**

**1 small leafy green or just the greens of the turnip, lettuce, collard greens, mustard greens, etc. (not cabbage or cabbage family greens, broccoli, cauliflower, Brussels sprouts, spinach or sorrel)**

**3 stalks of celery**

**1 full bunch of parsley chopped up and put aside.**

**If you are pregnant or trying to become pregnant replace the parsley with dandelion greens.**

Dice, rinse, cover with 1qt of water, salt to taste and cook until carrots are done. Add the parsley at the end, turn off the heat and let the parsley steep for 3 minutes. Eat 1 cup as a side dish for supper. To make it a full meal, add some cooked chicken meat or some diced tofu (cooked for at least 10 min.) to your bowl of soup.

**Eat 1 bowl and refrigerate the rest for the rest of the week preferably in two or three different sealed containers to avoid spoilage. Warm up only the quantity needed for each meal. Do not boil. Keep the rest refrigerated or frozen.**

**Parsley broth** (alternative to Seven-Vegetable Soup):

Put a cup of water in a small pot with enough fresh parsley to saturate the water (about 1/4 of a bunch). You want the water to just cover the parsley. Bring to a boil, reduce the flame, and let it simmer covered with a lid for 3 minutes. Throw away the parsley. Drink the resulting tea.

**Have at least 1 cup a day of parsley tea or Seven-Veggie Soup at dinnertime for the duration of the whole detoxifying & rejuvenating program.**

### **The Kidney Cleanse Program (Weeks 1-4) Prepare weekly before bedtime**

**It is very important for the kidneys to be clean of residues in order to be able to eliminate the dead parasites efficiently. The same formula is used to prevent and get rid of kidney stones.**

#### **Tea Composition:**

- 1 part Hydrangea roots
- 1 part Gravel roots (Queen of the meadow)
- 1 part Marshmallow roots

#### **Prepare the tea before going to bed:**

- \_ Put one bag of the mix into 2 qts. cold water inside a non-metal container (such as an enamel pot or a glass perk coffee pot) with lid.
- \_ Heat to boiling point and simmer (do not boil) for 20 minutes.
- \_ Turn off heat, cover, and let sit for six hours or overnight. Bring to boiling point once again. Strain. Sip warm.
- \_ You can sip the cup gradually throughout the day if your stomach is sensitive to it or if you feel pressure in your bladder or kidneys.

#### **Supplements:**

- Ginger capsules: 1 with each meal (3 / day).
- Uva Ursi capsules: 1 with breakfast, 2 with supper.

**\*\*Stay away from black and green tea, coffee, soda and chocolate and other sources of caffeine for the duration of the program to avoid formation of new kidney stones.**

**To get the best results, drink the Kidney tea, take the supplements daily, and eat a cup of the Seven-Veggie Soup (or a cup of parsley tea) for the entire duration of the 4-week program, longer if you have kidney stones.**

### **THE PARASITE CLEANSE**

The parasite life cycle peaks at three weeks. It takes only 5 days consuming the three herbal supplements daily to kill the intestinal fluke adults, eggs, miracidia, redia, cercaria and metacercaria. After this initial high-dosage program, continue with a weekly maintenance program. This is necessary in order to kill any new parasites that you pick up. If you feel any after-effects, they may be due to parasite die-off. Don't interrupt the program if you are feeling any after-effects. This shows that you've killed something! **After the final flush day, you can continue to guard against parasites by following the parasite maintenance program either once or twice a week.**

**OPTIONAL: 500 mg capsules of Ornithine (now included in kit)** – Hulda Clark recommends this for insomnia during the parasite cleanse. She believes that the insomnia is due to high levels of ammonia in the brain. The ammonia, caused by parasite die-off, is easily eliminated from the rest of our tissues through urea which is metabolized in our liver and kidneys and eventually excreted as urine. Our brains, however, cannot metabolize urea. It lacks the essential enzyme, *ornithine carbamyl-transferase*, for this bit of biochemistry. Ornithine reacts with ammonia by "mopping it up like a sponge." Refer to the separate detox supplement chart with this kit for the recommended dosage of ornithine.

### **FOR ADULTS (see end of directions for pet's programs)**

#### **Week 1:**

- 1 - Black walnut hull tincture:** Take 2 teaspoons one time during the day (with water).
- 2 - Wormwood combination capsules:** Take 7 capsules before supper every day (with water).
- 3 - Clove capsules:** Take 2 capsules 3 times a day before meals every day (with water).

#### **Weeks 2, 3, 4 (Maintenance program):**

- 1 - Black walnut hull tincture:** Take 2 teaspoons one time during the day **once a week only**.
- 2 - Wormwood combination capsules:** Take 7 capsules before supper **once a week only**.
- 3 - Clove capsules:** Take 3 capsules one time during the day **once a week only**.

**NOTE: We have provided a chart at the end of these directions for you to use. Mark off supplement doses as you take them.**

## **The Liver Strengthening Tea (Weeks 2, 3, 4) Prepare twice a week before bedtime**

### Composition:

6 parts Comfrey roots  
6 parts Tanner's oak bark  
3 parts Gravel roots (Queen of the meadow)  
3 parts Mullein  
3 parts Marshmallow roots  
3 parts Walnut bark  
2 parts Milk thistle herb  
2 parts Licorice roots  
2 parts Wild yam root  
1 parts Lobelia plant  
1 parts Skullcap flower

- \_ Start drinking your liver tea with Week 2, one week after starting the kidney cleanse.
- \_ Prepare the tea every 3 days. Put one package of the liver tea mix in 2 quarts of water using a non-metal pot (an enamel pot or a 2-quart glass-perk coffee pot) and bring to a boil.
- \_ Heat to boiling point (do not boil) and simmer for 20 minutes. Turn off heat and let sit for six hours or overnight. Strain.
- \_ Drink 2 cups sipping throughout the day for the next three weeks of the cleanse.

## **THE LIVER & GALLBLADDER FLUSH**

**NOTE: For convenience, you may also use the separate Flush Schedule included in this kit.**

This is the final phase of the program. After cleansing your kidneys and killing the parasites in your lungs, liver, pancreas, intestines, and other organs, you need to cleanse your liver, gallbladder, and bile ducts of gallstones, and your large intestine of all residues to flush out all dead parasites and improve your overall health. You can expect your allergies to disappear to a greater degree with each cleanse you do! This cleanse also eliminates shoulder, neck, upper arm, upper back, and some joint pain. You will have more energy and increased sense of well being.

### **Ingredients:**

<b>Epsom salts</b>	4 tablespoons in 3 cups of water
<b>Olive oil (cold pressed)</b>	1/2 cup
<b>3 fresh pink grapefruits</b>	2/3 to 3/4 cup of freshly squeezed juice
<b>Large plastic straw</b>	To help drink potion
<b>Pint jar with lid</b>	for mixing

### **Preparation**

- You can't clean a liver with living parasites in it. You won't get many stones, and you will feel quite sick. Get through the 4 weeks of the parasite killing program before attempting a liver flush. If you are on the maintenance parasite program (beyond the 4 weeks of the detox cleanse), you are always ready to do the liver flush.
- You begin and complete the kidney cleanse before flushing the liver because you want your kidneys, bladder, and urinary tract in top working condition so that they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.
- Choose a day like Saturday for the cleanse, since you will be able to rest that day and the next day, plus on the second day, you need to be near the toilet from breakfast to about supper time to eliminate the gallstones.
- **Stop the parasite program and kidney and liver herbs, the day before (Friday).**
- **Take no medicines, vitamins, or pills that you can do without on Friday, Saturday and Sunday; they could prevent success.**
  
- **On Saturday, eat a no-fat breakfast and lunch** such as cooked cereal with fruit, fruit juice, preserves or honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

## The Chi Nei Tsang Institute Detox Kit: Instructions

**2:00 pm** Do not eat or drink after 2:00pm. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbls. in 3 cups water and pour this into a jar. This makes 4 servings, 3/4 c. each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

**6:00 pm** Drink 1 serving (3/4 c.) of the Epsom salts water. If you did not prepare this ahead of time, mix 1 tblsp. in 3/4 c. water now. You may add 1/8 tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards, rinse your mouth out, or suck on a hard candy for a minute and then spit out the rest of the candy.

**8:00 pm** Repeat by drinking another 3/4 c. of the Epsom salts water. You haven't eaten since 2:00, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success; don't be more than 10 minutes early or late.

**9:45 pm** Pour 1/2 c. (measured) olive oil into the pint jar. Squeeze the grapefruit by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 c or more (up to 3/4 c. is best). You may top it off with lemon juice. Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more times, even if it makes you late for your 10:00 pm drink. Don't be more than 10 min. late.

**10:00 pm** Drink the potion you have mixed. Drinking through a large plastic straw helps it go down easier. You may use brown sugar to chase it down between sips. Take it to your bedside if you want, but drink it standing up. Get it down within 5 minutes (15 minutes for very elderly or weak persons).

**Lie down immediately.** You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. **As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 min.** Put your hand over your liver/gallbladder area. You may feel a trail of stones traveling along the bile ducts like marbles. You feel no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep immediately; you may fail to get stones out if you don't.

**Next morning:** Upon awakening, take your 3rd dose of Epsom salts water. If you have indigestion or nausea, wait until it is gone (suck on a piece of freshly cut ginger root or ginger or peppermint candy) before drinking the Epsom salts water. You may go back to bed. Don't take this potion before 6 am.

**2 hours later:** Take your 4th dose of Epsom salts water. Drink 3/4 c. of the mixture. You may go back to bed.

**After 2 more hours:** Start with fruit juice. Half an hour later eat fruit. 1 hour later you may eat regular food but keep it light. By supper you should feel recovered.

**How well did you do?** Expect diarrhea in the morning, less in the afternoon, and you should be done by dinnertime. Use a flashlight to look for gallstones in the toilet with each bowel movement. Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks, but the gallstones float because of the cholesterol inside. Count them all roughly (tan and green). You will need to total 2,000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from the rear of the liver travel forward, they give you the same symptoms again. You may repeat the flush at 2-week intervals, provided you stay on the parasite maintenance program weekly. **Never do the flush when you are ill.**

**Note: The more regularly you do the flush, you may notice smaller, flat stones resembling aquarium gravel. These are stones from the liver's biliary tubing.**

"How safe is the liver cleanse? It is very safe. My opinion is based on over 500 cases, including many persons in their 70s and 80s. None went to the hospital; none reported pain. However it can make one feel quite ill for one or two days afterwards, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite, liver & kidney tea and supplement programs first. Before the flush."

- From Hulda Clark Ph.D., N.D. The Cure For All Diseases - Promotion publishing, 1995 -

**PET PARASITE PROGRAM (for your pet, not you)**

If you are quite ill with allergies or with a systemic disease, it may be best to board your pet with a friend until you are better or to see if you notice an improvement. The following program should be helpful in eliminating parasites in your pet.

**All dosages are based on a 10 pound (5 kg) cat or dog. Double them for a 20 pound pet, and so forth.**

**1 - Parsley broth** (to help the kidneys to eliminate the dead parasites):

Put a cup of water in a small pot with enough fresh parsley to saturate the water (about 1/4 of a bunch). You want the water to just cover the parsley. Bring to a boil, reduce the flame and let it simmer covered with a lid for 3 minutes. Throw away the parsley. Mix 1 Tbsp. with the food. Whatever amount is eaten is satisfactory. This broth will make a week's supply if you keep it covered and refrigerated. Smell it for freshness after the 4th day as it might spoil. To avoid spoiling, boil it again after the 3rd day or cook another batch.

**2 - Black walnut tincture:** Put the smallest bit possible on their food. Treat cats only every two or three days. Treat dogs daily, for instance a 30 pound dog would get a slightly fuller bit (but work up to it increasing the amount of the dose over 3 days). Start the wormwood a week later.

**3 - Wormwood capsules:** Open a capsule and put the smallest pinch possible on their food. Do this a week before starting the cloves.

**4 - Cloves capsules:** Open a capsule and put the smallest pinch possible on their food.

- **Week 1:** Parsley broth
- **Week 2:** Parsley broth and black walnut tincture.
- **Week 3:** Parsley broth, black walnut tincture, and wormwood capsules.
- **Week 4:** Parsley broth, black walnut tincture, wormwood and cloves capsules.
- **Maintenance:** A full dose once a week to avoid re-infestation.

**For more information please don't hesitate to contact us at:  
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**(510) 848-9558**

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**Website: <http://www.chineitsang.com>**

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## Chi Nei Tsang Institute Detox Kit Dosage Chart



*Mark off doses as you take them.*

	DAY	ANYTIME	BRKFST	LUNCH	DINNER	BEDTIME
<b>WEEK 1</b>	1	1 c Kidney Tea 7-veggie soup or parsley tea	b4 - 2 clove caps w/ - 1 ginger - 1 uva ursi	b4 - 2 clove caps w/ - 1 ginger	b4 - 2 clove caps - 7 super wormwood w/-1 ginger, 2 uva ursi	b4 - 2 tsp black walnut ornithine - 2 caps
	2	1 c Kidney Tea 7-V soup or PT	b4 - 2 Clove w/- 1 G, 1 UU	b4- 2 Clove w/- 1G	b4- 2 clove, 7 SW w/- 1 G, 2 UU	b4 - 2 tsp BW ornithine - 4 caps
	3	1 c KT 7-V soup or PT	b4- 2 Clove w/- 1 G, 1 UU	b4- 2 Clove w/- 1G	b4- 2 clove, 7 SW w/- 1 G, 2 UU	b4 - 2 tsp BW ornithine - 6 caps
	4	1 c KT 7-V soup or PT	b4- 2 Clove w/- 1 G, 1 UU	b4- 2 Clove w/- 1G	b4- 2 clove, 7 SW w/- 1 G, 2 UU	b4 - 2 tsp BW **continue ornithine
	5	1 c KT 7-V soup or PT	b4- 2 Clove w/- 1 G, 1 UU	b4- 2 Clove w/- 1G	b4- 2 clove, 7 SW w/- 1 G, 2 UU	b4 - 2 tsp BW
	6	1 c KT 7-V soup or PT	b4- 2 Clove w/- 1 G, 1 UU	b4- 2 Clove w/- 1G	b4- 2 clove, 7 SW w/- 1 G, 2 UU	b4 - 2 tsp BW
	7	1 c KT 7-V soup or PT	b4- 2 Clove w/- 1 G, 1 UU	b4- 2 Clove w/- 1G	b4- 2 clove, 7 SW w/- 1 G, 2 UU	b4 - 2 tsp BW
<b>WEEK 2</b>	8	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	<b>b4 - 3 Clove</b> w/- 1 G	<b>b4 - 7 SW</b> w/- 1 G, 2 UU	<b>b4 - 2 tsp BW</b> **continue ornithine
	9	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU	
	10	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU	
	11	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU	
	12	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU	
	13	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU	
	14	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU	

**\*\*OPTIONAL:** Take 500 mg capsules. Continue ornithine at the dosage you feel is best for you. Take for as long as needed throughout the cleanse.



## Chi Nei Tsang Institute Detox Kit Dosage Chart

*Mark off doses as you take them.*

	DAY	ANYTIME	BRKFST	LUNCH	DINNER	BEDTIME	
<b>WEEK 3</b>	15	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	<b>b4 - 3 Clove</b> w/- 1 G	<b>b4 - 7 SW</b> w/- 1 G, 2 UU	<b>b4 - 2 tsp BW</b> **continue ornithine	
	16	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU		
	17	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU		
	18	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU		
	19	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU		
	20	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU		
	21	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU		
<b>WEEK 4</b>	22	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	<b>b4 - 3 Clove</b> w/- 1 G	<b>b4 - 7 SW</b> w/- 1 G, 2 UU	<b>b4 - 2 tsp BW</b> **continue ornithine	
	23	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU		
	24	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU		
	25	1c Kid T, 2c Liv T 7-V soup or PT	w/- 1 G, 1 UU	w/- 1 G	w/- 1 G, 2 UU		
	26	<b>TAKE NO SUPPLEMENTS, TEAS, OR OTHER MEDICINES WHICH YOU CAN DO WITHOUT.</b>					
	<b>27/28</b>	<b>REFER TO SEPARATE CHART FOR LIVER / GALLBLADDER FLUSH</b>					

\*\*OPTIONAL: Take 500 mg capsules. Continue ornithine at the dosage you feel is best for you.  
Take for as long as needed throughout the cleanse.