

For better health, give yourself a real detox:

Fasting & Colonrinse

-in your own home



Korte uddrag fra boken til
dr. Bernard Jensen, Teacher of right living.



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-til beste for mennesker og natur
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Korte uddrag fra dr. B. Jensen

1. Fasting can be successful for only those people who have the highest principles in mind. First, they absolutely must want to correct their condition. They must be interested in putting new tissue in place of the old; they must want to discipline their mind and must want to control their past, and live a new and more healthful life. Fasting belongs to those people who are also interested in doing the right thing mentally and spiritually.

2. Fasting is one therapy whereby the body is placed in a state of complete rest. Fasting allows the body to rest from food. You drink, but you take nothing but water into the system. During a fast there is no work for the digestive juices, and so the glands that make these juices can have a complete rest.

3. Spring is the cleansing time as far as our seasons are concerned. The fresh fruits, new vegetables, and drier, warmer air are all in our favor. When we have damp, chilly weather and must wear heavy clothing and live most of the time indoors, fasting results are less satisfactory.

4. Fasting is indicated in practically every disease (including diabetes, epilepsy, etc.) because in every disease there is unbalanced chemistry. An exception to this is tuberculosis.

5. My advice in entering upon an eliminative program is not to work. Since the body should be resting, it is not wise to use its energy for work. An eliminative program does not furnish the necessary energy to carry on a set routine of work, especially that demanded by modern city life, where employees must work under high pressure of all kinds and get their work done right and on time.

6. Fasting gives a person an opportunity to look ahead and say, "I'm going to make a change in my life."

7. During a fast the skin should be brushed daily, and the body should be clothed as scantily as the weather will permit. Outdoor life is the most desirable, especially if facilities for sun and water bathing are available.

8. The average person undergoing a complete fast does not wish much activity, because of the elimination that is taking place within the body and this is as it should be. Under a fast, when elimination is maximum, the tongue becomes coated, an excess of toxic material is exhaled from the lungs and bronchial

tubes, and the breath is foul. The odors of the toxic material being thrown off by the bowel and skin are also foul. Fasting is a time to be alone. Complete rest allows for this complete elimination. Under a fast the body throws off toxic material better than any treatment could force or stimulate it out of the body.

9. A hot bath should be taken every night during a fast. Enemas should be used the first four or five days, then discontinued, and wait for natural movements.

10. There are cycles in a fast that should be observed. For some reason, the greatest reactions seem to occur on the **seventh, fourteenth or twenty-first day**.

11. Food taken during a fast can act as a suppressant of eliminative processes.

12. We should break the fast very slowly, for during the fast the digestive system is not functioning and there is very little digestive juice to handle food. We should break the fast by starting with fruit juices, sometimes diluted, and taken in small quantities, at first. Small amounts can be taken every half hour, and finally, more can be taken less frequently. After a long fast, we break the fast more slowly, keeping the person on juices for a longer period of time before permitting the fibres of the natural fruits and vegetables to be included with the juices.

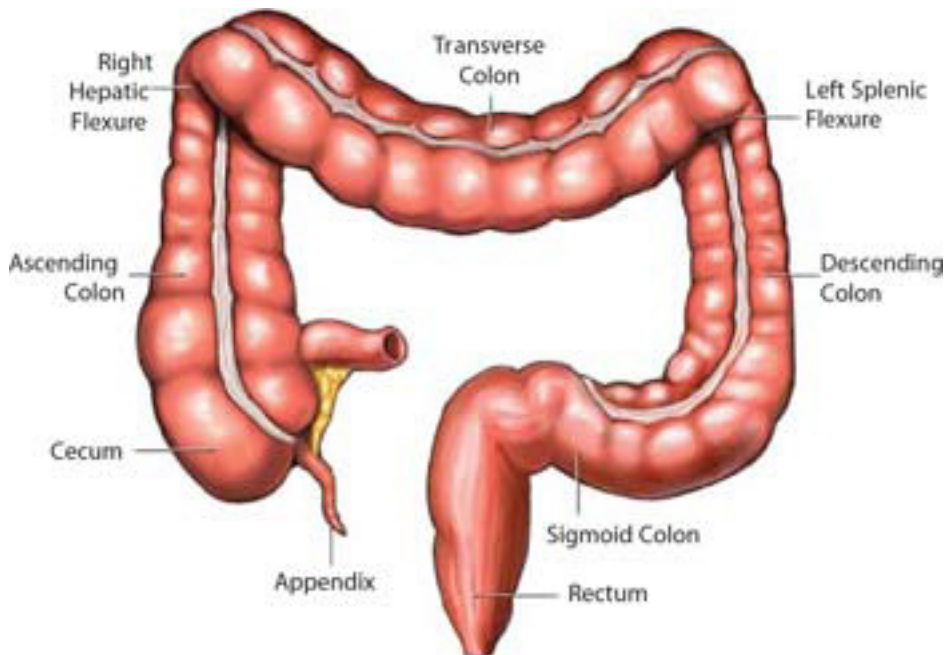
13. The one main point we watch in breaking a complete fast is the return of hunger. If hunger persisted throughout the fast, it no doubt was due to the presence in the body of extreme accumulation of waste acids, which act as irritants and produce a false appetite. Hunger usually disappears after about the third day of the fast.

14. Regardless of the type of eliminative program followed, I do not believe a person can get well from serious problems in less than a year's time. Trying to rejuvenate and remineralize the body by a two weeks' diet regime is a foolish gesture. As I mentioned before, after we go through an eliminative program, we should then follow through with a good building program to help bring about the transition from the old to the new. While we can build new skin in the palm of our hand every day, we cannot build a new stomach every day; but we can build a new stomach perhaps in a year's time when all the health rules are rigidly adhered to.

15. Colema bord, the perfect way for cleansing the digestive system. >>

Vår indre hygiene

-det viktigste for en god helse



Alle er opptatt av den ytre hygiene, hud og hår.
Men ingen opplyser om den *indre* hygiene, som
er avgjørende for en god helse og frisk hud.

Resepten er enkel:
Faste og tarmskylling.

Orientering

Vår indre hygiene

De fleste sykdommer forårsakes av at nesten alle mennesker har tykktarmen fylt med (opptil 5 kg) eldgamle avfallsstoffer, hvor toxinene stadig opptas av blodet og skaper sykdom.

Selv den beste diett blir da ikke bedre enn de verste giftstoffene i tarmen. Faste og tarmskylling bør derfor foretas minst én gang i året, for at organismen skal kunne oppta sunn ernæring.

Viktig: Den beste fastetiden er i april, de 14 dagene *etter* fullmåne.

Fasten bør vare minst 3 dager, helst 7

Dagen før (og etter fasten) bør det spises mest frukt eller rå grønnsaker. I tillegg tas et svakt avføringsmiddel. Deretter er det kun drikke, hvile og spaserturer gjennom hele fastetiden.

Tarmutskylling, nødvendig utstyr:

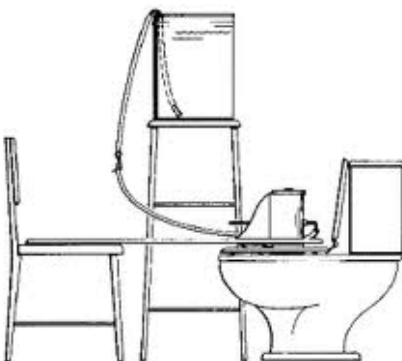
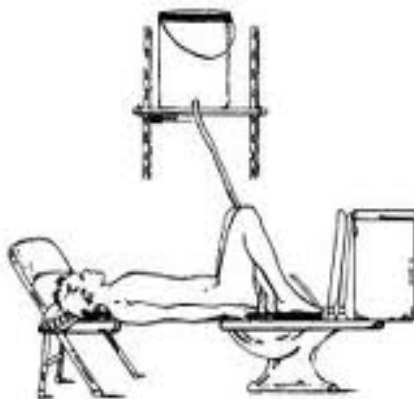
1. Liggebrett med avløpsåpning (colemaboard)
2. Stor plastbøtte 15-20 l., helst transparent.
3. Lang klysterslange med plast utløpstip.
4. Olivenolje, hvitløk, sitron eller
5. Bentonite nr. 16 (flytende vulkansk aske).

Utrenskningsdrikk som trengs

- a) 1 flaske psyllium frø-blanding.
- b) 1 flaske Bentonite nr. 16 - vulkansk aske.

Gjør klar for tarmskyllingen

1. **Liggebrettets** avløpsside plasseres på toalettet. Den andre siden på en litt høyere stol.
2. **Plastbøtten** plasseres med bunnen ca. 1 m. høyere enn brettet.
3. **Klystérslangen** henges som vist (se også neste side).



Nesten én times behagelig opplevelse

Tarmutskyllingen foregår ved at tykktarmen gjennomsprøytes av lunkent vann, som naturlig renner inn med et lite overtrykk, **samtidig** som det renner vann ut. Selvmassasje over magen forsterker effekten vesentlig.

Tarmutskyllingen er enkel -og behagelig (1 gang per dag i fastens første uke)

Endelig klargjøring:

1. **Press 4 fed hvitløk** eller én sitron, som avsiles og fylles i bøtten.
Eller ta 1 spisesje Epsom salt.
2. **Fyll plastbøtten** med ca. 20 liter lunkent 35°C vann.
3. **Utløpstipen** smøres med f.eks. olivenolje.

Anvisning:

- A. **Legg deg** behagelig på brettet (se foto s. 6).
- B. **Utløpstipen** føres forsiktig, max. 5 cm., inn i rektum og det åpnes for vannet.
- C. **Massér** kontinuerlig maveregionen, først mot høyre, deretter opp på høyre side, tversover og ned på venstre side.

Ca. den 7. dagen blir du forbauset over de lange strenger med faste avfallsstoffer som du kvitter deg med.

Daglig utrenskningsdrikk i fastetiden:

Ta 1 spisesje Bentonite (flytende vulkansk aske) og 1 teskje psylliumfrø, som blandes kraftig i ca. 0,3 liter vann. Drikk 1 glass ca. 37°C kildevann hver 3. time, ca. 2-3 l. pr. dag i god tid før sengetid.



DETOX

daglig rutine-forslag i helseuken

1. kl. 07.00 Drikk vann, lunkent og basisk, 3-4 glass. Hudbørsting med hampvott.
2. 07.30 Citron og ingefær i stor kopp lunkent vann.
3. 08.00 Morgentur med bønn og planlegging.
4. 09.00 Yoga/pust/meditasjon, 1 glass grønndrink*.
5. 09.30 Detox urterens, malte linfrø, spirulina og enzymer i 1/2 l. lunkent vann.
6. 10.00 Fritid, hvile. Kunnskap om sunt levesett. 1 glass grønndrink*.
7. 13.00 "Lunsj" (hvis noe) fruktsmoothie, enzymer, chlorella.
8. 15.00 Grønndrink, spasertur, hvile.
9. 16.00 Badstue, infrarød, ca. 65°C i vel en halv time.
10. 17.00 Yoga/pust/meditasjon, strekk og tøy.
11. 18.00 "Middag", frisk gulrot/grønnsakssaft m/hvitløk.
12. 19.00 Massasje og hvile. 1 glass grønndrink*.
13. 20.00 Tarmutskylling, helst colemaboard med 20 liter vann.
14. 21.00 Varmt, avslappende bad.
15. 21.30 Sengetid med studier og ettertanke i takknemlighet og bønn.

Til lykke med å leve frisk lenger!

***Grønndrink:**

1. Hvetegresspulver
2. Ris eller hamp-protein
3. Nypepulver mm.

