

## Health through Cleansing and Detoxification

By Kyle Leatherwood, PhD

Health through cleansing is not a new idea. In fact, the Bible taught people not to eat unclean things or do unclean things. This was clearly written in the Bible and the Tora over 3000 years ago. Of course Biblically, being dirty was not considered being unclean. Jesus Christ healed people and cast out unclean spirits. The Bible uses the term unclean and uncleanness over 180 times. Clean and unclean were used quite often in context of sickness and health. So, the concept of health being equated with cleansing has to be at least 3500 years old. So the original concept started with God.

Today with science and technology we can prove the Biblical accuracy of uncleanness (toxins) being the major root of illness. Dr. Saul Pressman writes the following paper entitled,

### **What is Disease? :**

"Early in this century, Dr. Carl Edward Rosenow of the **Mayo Biological Laboratories** began a series of experiments in which he took distinctive bacterial strains from a number of disease sources and placed them in one culture of uniform media. In time, the distinctive strains all changed and became one uniform class, indistinguishable one from the other. By repeatedly changing cultures, he could individually modify bacterial strains, making harmless ones "pathogenic" and in turn reverse the process. Dr. Rosenow concluded that the critical factor controlling the nature of the bacteria was the food and the environment they lived on. These discoveries were first published in 1914 in the **Journal of Infectious Diseases**.

Rosenow's work was corroborated and expanded upon about two decades later by Royal R Rife, developer of the fabled Universal Microscope, with a resolution of 150,000 power. This precision instrument made living bacteria and viruses visible. Rife showed that by altering the environment by adding adrenaline, friendly bacteria such as bacillus coli could be converted into "pathogenic" bacteria known as typhoid, then into viral germs associated with polio, then tuberculosis, then cancer. Rife observed that the process could be reversed backwards to harmless bacillus coli by adding long chain sugars, such as are found in aloe vera. Rife stated that it was unbalanced cell metabolism of the human body that in actuality produced the disease. He believed if the human body was perfectly balanced, it was susceptible to no disease.

This work closely paralleled Alexis Carrel's earlier research at the **Rockefeller Institute** where he was able to control the rates of infectious disease mortality among mice by altering their diet. Researcher Rene Dubos reaffirmed these findings and suggested that virulence is an ecological problem; that is a problem of the state of internal cleanliness."

Isn't it amazing scientists are just now accepting internal uncleanness is creating disease and that internal cleansing is the solution? God tried to show us this connection almost 4000 years ago in the Bible.

Natural health is the body, or nature, maintaining health as God intended. When the body has the proper nutrients and a good thorough cleansing mechanism, then the body naturally can restore itself as God intended. This is what Naturopathy is all about. Dr. Pressman wrote the following about natural health and Naturopathy in a paper entitled, **Natural Healing**.

"The Basis of Naturopathy for the last hundred years has been that all diseases are the results of toxins in the body, and if there are no toxins, there will be no disease. So the emphasis has always been on

cleansing the body. In addition Naturopathy has always recognized the need for proper nutrition so that the body can rebuild in correct form. So the two pillars are cleansing and nutrition.

Taking nutrition first, it is recognized by all health authorities that the body has certain minimum needs for nutrients, such as vitamins, minerals, protein, carbohydrates and fats as well as clean water and a supply of oxygen. It is the oxygen, which is the most critical requirement, because the body cannot survive longer than 7 minutes without it.

Now take cleansing, it has long been recognized that a steam sauna is one of the very best ways of cleansing the body. More toxins are excreted through the skin than through the urine. The body undergoes a beneficial heat stress, simulating fever, raising of the core temperature and providing a gentle cardiovascular workout. Naturopaths have always used steam saunas as one of their most powerful healing tools." *-Natural Healing*

Dr. Pressman refers us to a study from **the Indiana University Medical Center on Clinical experience with hyperthermia**. Hyperthermia is the technical term for being in a hot sauna. He quotes the abstract from this study as saying the following, "The authors have reviewed the medical records of 421 sessions of hyperthermia treatment in 73 patients treated between 1987 and 1992 at the University Heights Cancer Center and the Indiana University Medical Center in Indianapolis, Indiana. All patients had previously failed conventional radiation therapy, chemotherapy and surgery. Temperatures attained during the course of therapy on each patient were averaged and the results were evaluated for complete, partial or no response. Responses were defined as complete response: lesions completely disappeared during treatment and response was maintained for a minimum of six months. Partial response: lesions were reduced in size by more than 50%. No response: less than a 50 % reduction in tumor size during treatment. Response varied somewhat according to histology and anatomical site of treatment; however, **complete response was achieved in 45%, partial response in 48% and no response in 7%**" *-Abstract*

**"The addition of oxygen O1, O2, O3 to the steam sauna combines two proven elements together providing the most powerful detoxifying modality available. Oxygen O1, O2, O3 enters through the open pores in the skin, oxidizing toxins in the blood, the lymph, and the fat, destroying bacteria, viruses, yeasts and fungi. The body's immune system is galvanized into action, rapidly increasing the healing rate, leading to remarkable turnarounds in disease progression."** *-Dr. Saul Pressman*

We see that O1, O2, O3 are all created by God. These are naturally occurring, non-medical, cleansing agents God put in the Earth. They clean the earth and us of bacteria, viruses, fungi, and a host of other toxins in the air we breathe, the food we eat, the soaps we use, the chemicals that surround us. There are so many toxins in our lives I am glad God knew it in advance and created O1, O2, O3 and other things to combat these toxins.

***Day Spring Wellness offers detoxification and cleansing protocols***