



Principle 18 - Clean out the Filters

Maybe this has happened to you...like it did to Winona a number of years ago. On a hot summer day, she came home from work to find the house was miserably hot. She checked the thermostat, and discovered the air conditioner wasn't working at all. The house was less than a year old, so she called the contractor, who came over and quickly discovered that the air conditioner filters had not been changed as recommended. As soon as clean filters were installed, the air conditioner worked perfectly again.

Our body also needs clean filters. What are our filters? Our body has seven cleansing or filtering systems. They are the lungs, the skin, the bowel, the liver, the kidneys, blood, and lymph system. Keeping them cleaned out is critical to staying well. All of them can be cleaned and rebuilt if needed. They should be checked and cleaned if needed at least annually. Some need cleaning much more often.

Lungs and skin need cleansing daily or more often. Cleansing the lungs is a simple matter of deep breathing fresh, clean air, and should be done every day. Put an air filter in your home if you live in a location with polluted air. Skin is the largest cleansing organ in our body. Exercise and sweating out toxins is a very important way to stay clean internally. Skin needs washing with a natural soap and pure water, and dry-brushing to keep it cleansed and able to eliminate any toxins. This also should be done daily for best skin health.

The bowel is our main trash elimination channel, and there may be years worth of impacted fecal matter blocking absorption of nutrients through the bowel wall. Think of the digestive tract like a tube or hose--if we put something in one end, something needs to come out the other end. This means we should be eliminating pretty much as often as we eat, or at very minimum, on a daily basis. Cleansing the bowel if it has not been properly done before, and keeping it clean, is one of the most important things we can do to avoid disease.

The liver is a wonderful blood filter and purifying chemical detox plant. It has over 500 different functions to keep our body clean. Some symptoms of a low-functioning or clogged liver are low energy, allergies, poor digestion, poor sleep, GERD, dark circles under the eyes, poor skin color, gallstones, dementia, and many more. Checking the liver, and cleansing if needed, can improve our health very dramatically in a short time.

Our kidneys filter the blood, taking toxins out with the water. Drinking sufficient water for our kidneys to continue their work is critical. One effect of kidney problems includes kidney stones, which can show up unexpectedly. Winona had switched to a whole-food diet, and nearly 10 years later, developed kidney stones as old toxins finally consolidated to be cleared. Kidney stones (and gallbladder stones, too) can be cleared with a few simple herbs, and without the high pain levels usually associated with them, so check for ways to cleanse and care for the kidneys regularly!

The blood is the "river of life", delivering fresh materials to the cells in the body constantly. The blood carries oxygen to the cells, and provides materials for new cells to be made. Cleansing the blood avoids or clears many illnesses, and allows us to have full energy. There are multiple herbs that are excellent blood cleansers.

The lymph system is the other fluid system of the body. It carries the waste from cells and filters them in the lymph nodes. This separate fluid system has no pump other than your muscles, so the exercise you do is the pump for this fluid system (see Principle #16, Haul Out the Trash Daily). In addition, if the lymph is clogged or has been dirty for a long time, herbal support might be needed to clear the system and kill any infection.

Remember to check if your cleansing systems need to be maintained by a cleanse at least quarterly.