



MY ROAD TO WELLNESS

YOUR LIFE YOUR JOURNEY

Blanca Nieto N.D.

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Our Story, Part 6

In 2014, my husband reached almost remission. In cancer patients, this means dealing with many imbalances in the body, from an accumulation of toxins like herbicides, pesticides, antibiotics, heavy metals, and water contaminants, which place a severe burden on the liver—all these results in Sleep problems, weight gain, depression, and many others. Due to the remission, my husband was having trouble sleeping through the night resulting from a pesticide that he used in 2000 when taking care of the herbal garden and using the hazardous substances that affected him even with protection.

Pesticides and Herbicides are known to cause blood cancers, so in this case, I knew what I was dealing with, and I had to research methods of detoxification. Therefore, the most important thing was to regain health and get those cells the nutrients back, removing the toxic load, which I did through coffee enemas.



What are coffee enemas, and how can they help the body detox? Coffee enemas date back to the late 1800s as a remedy to relieve discomfort and pain in the body as they removed toxins from

the liver and blood. It is important to remember that just like a water enema, coffee enemas are the same, only that the solution is made of specialized enema coffee.

The coffee enema solution is delivered the same way as a water enema. The caffeine is absorbed through the

portal vein reaching the liver and stimulates its ability to release the stored toxins over the years.

The caffeine and the palmitic acids in the enema coffee produce immediate effects on the liver because caffeine is irritating to the liver. This irritant stimulates the liver bile ducts to open. Once open, the toxins can be released. The most straightforward reason to have a coffee enema is that it triggers the elimination of food residues and toxins that are significant causes of constipation. Using a coffee enema to treat cancer is part of Gerson therapy—a popular alternative treatment for cancer that improves liver function.

When the body is detoxified, you can experience calmness, vitality all over, regular bowel movements, mental clarity, joint relief, and headache relief.

Coffee enemas are a must, as they help the liver release harmful toxins and clean itself. Coffee enemas have been used for many years, and as strange as it sounds, I learned about their benefits, did them, and can say they are worth everything.



Green Juices are part of the detoxification protocol; as Charlotte Gerson always said, “Cancer is a combination of deficiencies and toxicity,” So I always had that in mind. His wellness Journey was our most fulfilling spiritual adventure which resulted to an unforgettable body.

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