

## BLOOD PURIFICATION

Blood purification is a poorly understood term and often confused in medical areas where specific tests are made to determine known chemical, hormonal and blood lipid factors etc. While this does describe an impure blood or unbalanced blood stream and does indicate other areas of concern, the Herbal and Naturopathic concept of Blood purification covers a much broader field. An impure blood stream is always an effect showing symptoms of imbalance elsewhere in the body. Current medical tests on the whole cannot determine subclinical levels of blood conditions. Indeed there are many conditions such as eczema, headaches, arthritis, vascular diseases, and fatigue which are considered by herbalists to have their origins in the blood stream.

The organs of elimination, the liver, kidney, bowel, lymph, skin and lungs all share functions of blood purification which involve filtering out metabolic wastes and other poisons from our internal environment such as pesticides, sprays, preservatives, colouring agents, and bacterial wastes.. Even a good diet eaten under stress, or poorly combined, creates toxic by-products. Your 100 trillion cells are dependent on a healthy blood stream to provide the source for all they are. As these cells divide creating a whole new body in around 3 months, the quality of their reproduction depends on good daily routine, organic food, and plants rich in blood purifying mineral salts and other properties.

A blood purifying program is one which supports the function of the eliminative organs. It is also much more than that. A healthy blood stream is also a more efficient one. Cells are able to receive the nourishment they need to function at their best. At its basic expression disease begins in the cell. By providing the cells with high quality nutrient levels and facilitating efficient drainage of waste, the cell is able to work to the efficiency for which it was

intended. It can then produce healthy tissues.

Blood purifying tonics are herbs that contain nutrient rich mineral salts and active principals which have a cleansing effect on the blood stream. These herbs are often bitter and contain high levels of organic minerals and trace elements essential to the cell and its environment, e.g. Sodium to neutralize lactic and uric acid, toxic to muscles and joints, control the flow of fluids including water and bile, Potassium for the brain, nerves, muscles and blood, the connective tissues and stomach secretions and Iron for oxygenation, Calcium salts for nerves, bones, teeth, new cell formation and connective tissue, Magnesium salts for the brain, Silica for hair skin and nails, assimilation of nutrients and to remove toxic waste. All these minerals and more are found in blood purifying herbs known broadly in herbal medicine as "alteratives".

Alteratives have therapeutic action on the healthy functions of all the cleansing and filtering organs of physiology. The term implies that the properties of the blood are gradually being changed from unhealthy to healthy. In reality toxins and wastes are being filtered out, microbial poisons are being killed, vital salts are being adjusted and balanced, nutrients are being furnished and important plasma substances are being strengthened and enhanced. In the human physiology, chlorophyll is transmuted into healthy hemoglobin – the red blood cell. As usual a herbal program goes best alongside a healthy daily diet and routine. Herbal remedies concentrate these elements and to some degree compensate when the diet and daily routine are not up to scratch or living conditions make it impossible. They have been foods and medicines for over a million years of human existence.

## BLOOD PURIFYING TONIC 2000

**This combination contains those herbs which enhance the body's ability to cleanse itself of toxic metabolic waste. Their effect is cleansing to all body tissues. When taking Blood Purifying Tonic you should begin to experience greater levels of energy, greater resistance to colds and flu with clearer eyes and skin. At some stage you may experience a cleansing reaction while your body decides to get rid of toxins that have been under the surface for awhile - this is always good and complete health should follow.**

### COMPONENT HERBS:

**BURDOCK ROOT:** (*Artium lappa*) Burdock has a strong action in cleansing the blood and the lymphatics. It clears congestion, reduces swelling and dispels toxins via the skin, kidneys and bowel. It is a nutritive tonic and rejuvenative. Historically it has been used to support the action of the kidneys in urinary tract infections and skin and joint conditions. Burdock is indicated in all immunities where an accumulation of toxins is present in the body especially in particular skin diseases such as boils, eczema and ulcers.

**DANDELION ROOT:** (*Taraxacum officinalis*) Dandelion cleanses the liver, kidneys, lymph and bowel and is ideal for toxic blood conditions. It increases the secretion of digestive enzymes and bile and is widely regarded as the supreme liver tonic. An excellent source of Iron, Sodium and vitamin A, it has been used to treat liver conditions, constipation, digestive upsets, inflammatory skin conditions such as psoriasis, urinary problems, hepatitis, gout and rheumatism.

**ECHINACEA:** (*Echinacea augustifolia* and *purpurea*) Echinacea is an immuno stimulant. Enhancing the body's resistance against both bacterial and virus infection it is probably the best detoxifying agent in Western Herbalism. A natural antibiotic, it counters the effects of most poisons in the body. It cleanses the blood and lymph systems, helps arrest pus formation and tissue putrefaction. It catalyses the action of white blood cells and thus supports the body's own defence system.

**LICORICE ROOT:** (*Glycyrrhiza glabra*) Licorice root is a natural anti-inflammatory agent and is healing to all mucous surfaces. It is an effective expectorant, helping to liquefy and expel toxic mucus from the body. Cleansing for the lungs and stomach it is a mild laxative which soothes and tones the mucus membranes, relieving muscle spasms and reducing inflammation. It is used in the formula for the above reasons and to mask the bitter taste of the other herbs as well as acting as a natural emollient to distribute and potentise the formula.

**SARSAPARILLA:** (*Smilax ornata*) Sarsaparilla purifies the urino-genital tract, dispelling all infection and inflammation. While purifying the blood, it also improves digestion and helps to dispel accumulated toxins in the gastro intestinal tract by its gentle laxative action. Its purifying action extends to the nervous system and is therefore useful in many nervous disorders. Sarsaparilla's diaphoretic and blood cleansing action is useful for rheumatic inflammation.

**RED COVER** (*Trifolium pratense*) Firmly entrenched in American folklore red clover has gained a reputation as a fine blood cleansing herb. Rich in micro nutrients it possesses activity against several bacteria, the most significant of which is the pathogen that causes tuberculosis. A good dietary supplement of vitamin A and Iron it also contains B- complex, vitamins C,F, and P, some selenium, cobalt, nickel, manganese, sodium and is particularly rich in magnesium, calcium and copper.

**OREGON GRAPE** (*Berberis aquifolium*) Well known for the treatment of skin diseases due to toxins in the blood. The herb stimulates the action on the liver and is one of the best blood cleansers. Mild stimulant to the thyroid functions and aids in the assimilation of nutrients. A tonic for all the glands it contains minerals such as manganese, silicon, sodium, copper and zinc.

"..... I began his Blood Purifying Tonic 2000" taking 3 teaspoons a day. THREE DAYS LATER after swimming for an hour (something I had not been capable of for a very long time) and working solidly the whole day I realised I had my life back and my energy had actually returned overnight from my first taking of the Blood Purifying formula, and the aches and pains I was experiencing had diminished by 90%. What really surprised me, after a week of being on the formula my period arrived and I had experienced none of the previous debilitating symptoms." ref #994

"He also prescribed his BP liver tonic and that helped to increase my energy levels. I had raised bumps on my forehead which had been there for five years which I had read indicated a buildup of toxins in the liver and pancreas. I decided this would be a good test of this tonic and sure enough after four weeks of using the tonic they gradually disappeared. I had previously used a stream of creams and lotions to try to get rid of those bumps and nothing had worked" ref #1000

"..when I got a flu virus and ended up with phlegm on my chest, which would wake me up at nighttime coughing. I would also cough myself nearly sick every morning with lumps of green phlegm coming up, and I was continually blowing my nose and kept getting a sore throat. I had been on asthma inhalants for the first time in my life and often on the nebuliser when I got bad. But after going on the "programme" ....and taking BP, anti-worm formula, and Freedom for 4 months, I am pleased to report that the phlegm has gone, I can actually feel the air going into my nose (for the first time in years) my sinuses are nearly clear, I have much less wax in my ears, my teeth .. Always feel much cleaner, my hair is not coming out so much, my skin is a lot softer to touch, and I generally feel much better in myself...Ref #1001



**Burdock**

" I have a 14 year old dog who from time to time during his later years has problems with biting on top of his nails and hair loss behind his ears. His feet become septic and swollen. After a course of BP tonic he put weight back on, is no longer continuously biting his feet and is walking normally again" ref #8  
"...after taking the herbs for some six months, I bounced back from major surgery well ahead of expectations" ref #16

"I am now taking an interest in my appearance, having nutritious meals and managing my energy levels...I feel much more positive and my family are very happy for me" Ref # 20



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# BLOOD PURIFYING TONIC

*Only a pure bloodstream can  
deliver your nutrients*



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