

## **CONTENTS OF PROCLEANSE:**

**BARLEY GRASS:** Barley grass is rich in all the essential amino acids, anti-oxidant vitamins, live enzymes, minerals and chlorophyll which helps to purify the and detoxify major body systems including the lungs, liver and colon.

**ALFALFA LEAF:** Meaning "father of all foods" from Arabic the Arabs considered alfalfa so nutritious it was regarded as a staple food. The rich chlorophyll content of the fine powdered green leaves of this legume contain eight essential enzymes, all known vitamins and a variety of minerals in a balanced form including calcium, magnesium and phosphorus.

**NATURALLY OCCURRING GUT BACTERIA:** naturally occurring gut bacteria is essential to reduce the levels of toxic bacteria and other pathogens which cause ill health. The lactobacillus bacteria regulate levels of friendly bacteria which aid the correct PH of the large intestine and inhibit putrefactive bacteria and moulds, mould spores and yeasts particularly the Candida form. Proper gut flora improves digestion and reduces the wind and gas produced in an unhealthy bowel.

**PSYLLIUM HULLS: (PLANTAGO PSYLLIUM):** Psyllium hulls are well known amongst herbalists as the best, safest, and most gentle laxative. It swells to around 10 times its size when mixed with sufficient water to become gelatinous. The herb's mucilage accounts for its use in treating both diarrhoea and constipation. This bulk forming action increases stool volume and triggers natural peristalsis, the wave like contractions we recognise as "the urge". Psyllium's water-absorbing action decreases stool density and helps lubricate its passage. Clinical studies have demonstrated that psyllium reduces cholesterol by 5% and reduces the risk of heart attack. It helps protect intestinal damage from toxic food additives and absorbs bacteria and other toxins, soothes inflamed mucus membranes and moistens dryness. It has been used historically to treat diarrhoea, haemorrhoids, urinary problems and more recently, high blood pressure.

**SLIPPERY ELM (ULMUS FULVA):** Slippery elm has the ability to neutralise stomach acidity and to absorb foul gases. It aids in the digestion of milk and acts as a buffer against irritations and inflammations of the mucus membranes. It has the ability to remove catarrh (toxic mucus) with a stronger action than other herbs.

**MAY ASSIST IN:** General feeling of cleanliness, immunity, energy, lowering serum cholesterol, inhibiting to developing intestinal tumours. Non specific interactions with the immune system, may assist in metabolising lactose and reducing lactose intolerance, improving the absorption of calcium, improving the synthesis of vitamins and the predigestion of proteins. The natural lactobacillus acidophilus bacteria inhibit E coli strains. Including the growth of yeast and other pathogens in the lower bowel.

**DOSE:** One heaped teaspoon in 250 mls water one to three times daily. Mix well



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# PROCLEANSE

*The finest cleansing formula for those  
concerned with intestinal hygiene.*



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# BOWEL CLEANSING

## CLEANSING IS ESSENTIAL

Cleansing and detoxification are essential aspects of Nature's entire domain. Creatures, trees, plants, rivers and seas all have natural purifying cycles without which this would be a dead world or a very sick one. Nobel Prize winner Dr Alexis Carroll in 1911 demonstrated in the laboratory that if living tissue was fed every day with a nutrient solution and the wastes washed away, the tissue thrived. If the wastes were not washed away the cells gradually deteriorated. Dr Carroll managed to keep this tissue alive in the laboratory for 30 years until one time the assistant neglected to clean it and it was dead within 4 days.

## TOXINS

The intestinal system is a long system of winding tubes around 6 meters in length from mouth to anus. It has many folds and crevices where blockages and wastes remain. If you can imagine the average New Zealand diet and put all that daily bread, potatoes, chips, cheese, milk and flour into a blender you would have the finest wallpaper glue. This material eventually lines the wall of the large bowel and forms layers of hard mucus, pus and sludge, forming a fertile breeding ground for harmful bacteria. The large intestine (the colon) is a permeable membrane and its permeability is damaged by the actions of bacteria and parasites irritating the mucosa and secreting their waste. This waste infiltrates through the intestinal mucosa and permeates cells, tissues, organs and glands - often in genetically weakened areas or areas of psychological and physical stress.

## PATHWAY TO DISEASE

If the blood is not functioning correctly; the body will then attempt to get rid of this material vicariously (abnormally) through other channels of elimination. In acute situations it will eliminate it through the mucus channels of the lymphatic system, the sinuses, or lungs. If this is not successful it will move to the sub-acute stage where some toxins will build up and be stored. Eventually it will become chronic, and active disease will manifest. For any disease to show it has been there many years and there have been signs and symptoms, however subtle. The mismanagement of these stages has been the greatest error of our time and very expensive in term of money spent and lives lost.

## DISEASE BEGINS IN THE COLON

According to Dr Bernard Jenson a renowned Naturopath and regarded as the "Father of modern Naturopathy", disease begins in the colon. In treating over 300,000 patients he has found that it is the bowel that has to be taken care of first before any effective healing takes place.



# PROCLEANSE

*The finest cleansing formula for those concerned with intestinal hygiene. Procleanse is best used alongside a complete cleansing program.*

A bulking and detoxifying combination designed to promote proper bowel flora, regularity and general immunity. We clean the plaque from our teeth every day - why not clean our insides? A proper intestinal flora and cleanliness is essential for the restoration of optimum health. Any imbalance of intestinal Ph and flora ensures the build up of disease producing micro-organisms including yeasts and fungi. A fully functioning bowel PH and flora prevents diseases such as wind, gas, irritable bowel syndromes, diverticuli and bowel cancer. A well balanced intestinal flora has been shown to have an interactive function on the body's immune system and stimulate powerful defence cells such as lymphocytes, phagocytes and anti-viral chemicals like interferon. Bowel flora restoration and intestinal cleansing and harmony are the single most important factor in a health restorative programme.

## Total cleansing program

- 1. Regular Bowel** - ( 2 capsules each evening )To clear the bowel of obstructions
- 2. Blood Purifying Tonic** - ( 10 mls twice daily ) - to cleanse the liver and assist immunity
- 3. Procleanse** - One heaped teaspoon with 200 mls water each morning and up to three times daily to promote bowel regularity and provide vitamins and minerals in saturation.