

MAGNIFICENT SEVEN

*Rebooting your main systems of filtration
with timeless herbs, clays, and soups*

Ellen J. Kamhi, PhD, RN

12 PM Room D



By Brigitte Surette

Our bodies are incredibly capable and resilient vehicles that allow us to work, play, and live life to the fullest. But over time, as we age, we have a tendency to develop toxic habits that interfere with the body's ability to function at its peak potential. Initially, indications that something is amiss may be intermittent and easily disregarded: a pesky series of colds in the winter, a few new allergies in the spring, and a growing feeling of lethargy in the summer months. Before long, more serious symptoms start to set in, like bloating, indigestion, and sinus issues, that we rush to subdue with over-the-counter medications. Suddenly seasonal problems have cascaded into full-blown precursors for disease, leaving people confused, anxious, and clouded by an overwhelming feeling of, well, *un-wellness*.

We all suffer from toxin overload to some extent. The types of food we eat and the pollutants and chemicals we unknowingly ingest expose us to free radicals on a daily basis. While it would be unrealistic to imagine that we can completely stop the assault of toxins we encounter, we are certainly capable of giving the vital systems within our bodies some much-needed respite.

Dr. Ellen J. Kamhi, PhD, RN, The Natural Nurse, has been involved in the scientific study and implementation of detoxification for over 40 years. "Cleansing is a well-established therapy that has been used to support wellness since ancient times," she points out. "In fact, physicians regularly used detoxification as a healing modality until drugs and surgery came to the forefront of medicine in the 1950s." Along with a team of formulators and scientists at Nature's Answer, she helped develop a 10-day program and cleansing therapy product, Tru-Cleanse, that holistically and scientifically addresses the problems associated with the body's mechanisms for elimination of toxins.

"A major underlying cause of every degenerative disease, including arthritis, cancer, and diabetes, is inflammation," explains Dr. Kamhi. "Tru-Cleanse is specifically designed to decrease inflammation, together with a nutritious soup that helps the liver break down toxins, powerful supplements, and a healthy eating plan." Targeting the body's "Magnificent Seven" organs of detoxification (intestines, liver, kidneys, skin, connective tissue, lymphatic system, and respiratory system), it has resulted in thousands ridding themselves of chronic health problems and ailments through deep tissue cleansing.

The 10-day program recommends eating specific foods that encourage toxin elimination, including: The Natural Nurse detoxification soup, steamed organic vegetables, salads, fruits with antioxidant properties healthy snacks, like rice cakes with organic almond butter. Some diet regimens allow meat for those patients who require additional proteins.

Tru-Cleanse ingredients include:

- **White Bentonite Clay** - acts as a sponge to absorb toxins in the liver; well-known throughout history as a cleansing agent
- **Restorative Amino Acid Complex** - the building blocks of protein; vital for the growth, repair, and maintenance of the body's tissues
- **Fiber-Stimulating Components** - chia and flax; derived from seeds rich in omega-3 fatty acids that promote heart health

- **Milk Thistle** - used for centuries to protect and "up-regulate" the liver
- **Dandelion** - a rich source of vitamins and minerals; highly regarded as an effective treatment for liver/digestive problems
- **Burdock** - believed to be a blood purifier; clears toxins from the bloodstream, acts as a skin purifier, and treats indigestion and common ailments like colds and sore throats

Dr. Kamhi's approach to detoxifying the body is to be pro-active by using pre-emptive techniques to achieve wellness. It is a method rooted in personal experience. As a young girl, she suffered a debilitating back injury from horseback riding. Her prognosis was grim, and surgery was highly recommended, but even then, she had her doubts. "I believed that there had to be a better method," she recalls. "I prayed about the situation and asked my father to take me to the local library." Once there, she feverishly thumbed through the card catalogue, amazed at the extent of information she was finding about natural therapies and their potential to heal an injured back. "They focused on a diet high in whole foods and organic vegetables," says Dr. Kamhi, "along with yoga exercises, the topical use of a castor oil pack, herbs such as horsetail (high in silica) and nettle leaf, and supplements like calcium and magnesium." Needless to say, the research paid off, surgery was averted, and her back was healed.

Lecturing at this fall's NAVEL Expo, Dr. Kamhi will talk about the benefits of cleansing the body at regular intervals throughout the year. Attendees will have the opportunity to purchase Tru-Cleanse products, along with signed copies of her books. She will also discuss her own cleansing regimen and how it has led her to a lifelong philosophy of what life should be: *A joyful, healthy, and spiritual journey of purpose enriched through a self-care program.*

Commit to your health. Demand more energy. Strive for mental and emotional clarity. Contrary to what many in a disease-dependent health care system would have you think, true wellness (and so much more) is possible through natural, non-toxic, non-invasive methods that the ancients have been practicing for years. Your only task now is to take the first step and discover the life you were meant to enjoy.

Ellen Kamhi, PhD, RN, is the bestselling author of five books that encapsulate wellness, from understanding aging, the underlying causes of chronic diseases, and natural remedies to better health and better sex. Her most recent publication is Weight Loss: 10 Healthy Ways to Permanently Shed Unwanted Pounds. She is a respected medical school professor and is on the peer review editorial board of several journals and organizations, including Alternative Therapies in Health and Medicine, Natural Medicine Journal, and Natural Standard Database. Dr. Kamhi also leads EcoTours for Cures, travel excursions that bring participants to indigenous areas where they can experience the ancient healing arts of traditional cultures, and is the professional herbalist/nutritionist for Nature's Answer in Hauppauge, NY. For more information about Dr. Kamhi and her work, please visit www.naturalnurse.com.