

Dosage – frequency, quantity etc.

'Cleansing Therapy – Cure Yourself', as the name suggests, is a self-healing technique! It does not advise you to 'do this and don't do that'. We all know that it is easy to preach, but very difficult to implement on oneself! For example, we all know that eating something every two to three hours is best for our health. But it is almost impossible to implement it. Therefore, our therapy does not advocate any kind of abstinence and an attempt has been made to make it as simple and easy as possible.

After reading the initial chapters of this book, you must have realized that you do not need any doctor's



Cure Yourself - be healthy

advice or supervision to do the given cleanses. Needless to say, this is easier said than done. Many questions are bound to arise in your mind. For example, what should be the appropriate dosage of the ingredients used for a cleanse? What if the ingredients are fake or adulterated? What should be the frequency of the cleanses? And if more than one cleanse has to be done, what should be the order?

In allopathy, all patients are treated equally. There is a tradition of determining a maximum effective dose of medicines based on the results of clinical trials. But these doses are not determined based on the patient and his/her disease, but on the basis of the disease and side-effects of the medicine. This is why allopathy medicines are usually advised to be taken after food so that the side-effects are reduced.

In Cleansing Therapy, we recommend taking medicinal ingredients on an empty stomach or before eating, so that they are absorbed well. Similarly, the dose should also be higher for a patient weighing 70 kg as compared to a patient weighing 50 kg. In the Liver Cleanse chapter, we have suggested the maximum dosage considering the average weight of the patient as 70 kg. But

if the patient's weight is less, then the dose needs to be reduced in the same proportion. This has been done keeping in mind the size of the patient's liver. The doses for people whose weight is above average has not been increased because although their weight is more than average, the weight of the liver has its limitations, and it cannot weigh much more than that of a person of average weight. The weight of the liver increases due to the accumulation of toxins.

Body composition and metabolism differs from person to person. Hence, the effects of cleansing are different as well. For instance, during a Kidney Cleanse, while some people have found benefits by consuming one glass of corn silk decoction, many have to consume up to six glasses. The same applies to the decoction made from parsley, coriander, or watermelon seeds.

As Cleansing therapists, we believe that no one knows your body better than you. Hence, there is no better doctor than you for you. Therefore, consider the dosage mentioned in the book as mere guidelines and adjust its quantity and the frequency of cleanses as per your need.

The truth is that instead of discussing dosages, it is more important to focus on staying healthy. The presence of social media, internet, and many search engines has made research so easy that we all can do PhDs on a disease. But does your health improve just by acquiring immense information about the disease and its symptoms? Wouldn't it be better to get rid of the disease by getting a little information about its treatment instead of googling irrelevant topics? It is up to you to decide what you want to do: a PhD on the disease or gain a real solution.

There are two types of people who read this book. Those who read it, collect more information through the internet, consider the advantages and disadvantages, meet educated people to discuss about it, and finally decide to do a Liver Cleanse. But the decision keeps getting postponed indefinitely. Others are those who do a liver cleanse soon after learning that the ingredients used would not cause any harm. And rest assured, they have experienced miraculous benefits. Now, you need to determine the category you wish to join.

Instead of going into the details of the cleanse, take a quick decision, and do a Liver Cleanse. Believe me, other than a Liver Cleanse, there is no other treatment in the world that can transform your health in just 18 hours. Everyone experiences a significant improvement in their overall health, body functions, and energy levels. I guarantee visible and noticeable results which will increase your confidence in Cleansing Therapy.

Many people want to do a cleanse, but they waste a lot of time searching for original, organic, edible or 'pure products'. Here, I would like to reiterate that the ingredients used in this therapy are quite cheap. Their sales are limited and the possibility of adulteration or fake products is comparatively less.

Zapper, Pulsar, Colloidal Silver Maker, and Clarkia Tincture used for a Parasite Cleanse are not easily available. Until these are available, forget the Parasite Cleanse for the time being and try those cleanses whose ingredients are easily available. It would be better if you do a Liver Cleanse in the meantime. In case of any doubt, you can contact our volunteers located in your city or directly contact me for advice.

With a second Liver Cleanse, your goal is to remove as many toxins as possible from the body. But this will be possible only when most of your organs are functioning well. Therefore, if possible, do Kidney, Acidity and Parasite Cleanse before the second Liver Cleanse.

If you suspect any contradiction in the dosage or frequency of consumption of the ingredients/medicinal substances, you can choose one as per your convenience and need. You will get good results in either situation.

Do not give too much importance to the order in which you do the cleanse. Start with a cleanse with easily available ingredients. I have the following suggestions regarding the frequency of cleanses:

S No.	Cleanse	Frequency
1.	Kidney Cleanse	twice a month
2.	Acidity Cleanse*	twice a month
3.	Parasite Cleanse#	once every six months
4.	Liver Cleanse**	every two weeks/six months
5.	Joint Cleanse	once in five years
6.	Fat Cleanse#	once in six months (maximum)
7.	Colon Cleanse	once a month
8.	Mouth Cleanse	once a week
9.	Ovary and PCOS Cleanse	once a month
10.	Uterus and Fertility Cleanse	once a month
11.	Fallopian tube Cleanse	once a month
12.	Vagina Cleanse	twice a month
13.	Anger Cleanse#	twice a month
14.	Body Order Cleanse#	once a month
15.	Breast Cleanse#	once a month
16.	Depression Cleanse#	twice a month
17.	Ear Cleanse#	once a month
18.	Eye Cleanse#	twice a month
19.	Hair Cleanse	twice a month
20.	Lung Cleanse	twice a month
21.	Nose Cleanse#	twice a month
22.	Pancreas Cleanse#	twice a month
23.	Prostate Cleanse#	twice a month
24.	Skin Cleanse#	twice a month
25.	Throat Cleanse#	twice a month
26.	Thyroid Cleanse	twice a month
27.	Tooth Cleanse#	twice a month
28.	Virility Cleanse#	twice a month

These cleanses are not included in this book. To know more about these cleanses, visit our websites www.thetempleofhealing.org and www.drpiyushsaxena.com.

* Do the Acidity Cleanse for seven days the first time, then do it twice a month for one day each.

** Do this at an interval of two weeks until the stones are completely removed. Then do it once in six months.