

TO DETOXIFICATE:

Raw Vegetable Juices by N.W. Walker, pages 118-121, 1970 edition

My introduction. This subject was left out of subsequent publications and editions. In its place, people were told to consult their physicians. My copy is the original from the 1970 book with all yellowed pages. My brother, Mike, called and asked if I had the formula for the Glauber Salts used in the To Detoxificate formula from the original edition. And, I did find it. I will type it in here for all those who choose to detox and especially the lymph system. Another note: an enema bag or colonic may be used in place of the colon tube recommended at the end. The original text begins below.

TO DETOXIFICATE:

Supreme cleanliness is the first step toward a healthy body. Any accumulation or retention of morbid matter, or waste of any kind, within us, will retard our progress towards recovery.

The natural eliminative channels are the lungs, the pores of the skin, the kidneys, and the bowels.

Perspiration is the action of the sweat glands in throwing off toxins which would be injurious to us if retained in the body. The kidneys excrete the end products of food and body metabolism from the liver. The bowels eliminate not only the food waste but also waste matter known as body waste, in the form of used-up cells and tissues, the result of our physical and mental activities, which if not eliminated cause protein putrefaction resulting in toxemia or acidosis.

The retention of such body waste has a much more insidious effect on our health than is generally suspected and its elimination is one of the first steps toward perceptible progress.

One efficient method to effect such elimination quickly, particularly in the case of adults, has been found useful through the following procedure, namely:

(NOTE: Do not use this detoxication in the case of appendicitis or if there is a tendency toward it.)

First thing in the morning, upon arising, we drink one 8-ounce tumbler full of saline solution, such for example as Pluto Water, or mix one tablespoonful of Glauber Salts (Sodium Sulphate) in an 8-ounce tumbler of water (warm or cold). The purpose of this saline solution is not primarily to empty the bowels, which however, it will do anyway, but rather to draw into the intestines from every part of the body such toxic matter or body waste as may be present, and to eliminate it through the bowels.

If such a saline solution cannot be taken or obtained, then we use Seidlitz powders, taking one powder dissolved in water immediately upon arising, and one every 15 minutes thereafter until altogether six powders have been taken.

This saline solution acts on the toxic lymph and body waste just like a magnet acts to attract unto itself nails and metal filing. This body waste is thus drawn into the intestines and out of the body in a series of copious eliminations from the bowel, which may amount altogether to about one gallon or more.

If nothing were done to replace in the body something in volume equal to the quantity of matter so eliminated, then the body would naturally be dehydrated to that extent. Therefore we replace the toxic or acid material so removed by drinking two quarts of citrus fruit juices, freshly extracted, diluting them with two quarts of water for quicker absorption into the body. This should have an alkaline reaction on our system. These citrus juices are prepared fresh and in the following proportions, namely:

4 large or 6 medium size grapefruit,
2 large or 3 medium size lemons, and
enough oranges to complete a total mixture of two quarts.
Add to this 2 quarts of water.

We drink one 8-ounce tumblerful, beginning half an hour after having taken the saline solution or the sixth Seidlitz powder, as the case may be. We follow this with a tumblerful of these diluted juices every twenty or thirty minutes thereafter until the whole two quarts of juices diluted with two quarts of water are finished.

We do not eat anything all day, although if very hungry toward the evening, we may take some oranges or grapefruit or their juices, or some celery juice.

Before going to bed at night, we take a high enema in the knee chest position, using two quarts of water slightly cooler than tepid, into which the juice of one or two lemons has been added.*

We use preferably a 30-inch colon tube, and lubricate it with HR of KY jelly (water soluble vegetable lubricants) instead of mineral jelly such as Vaseline.

If you have difficulty obtaining such a colon tube, your Pharmacist can no doubt get one for you from The FAULTLESS RUBBER COMPANY, address: Ashland, Ohio, 44805.

The purpose of this enema is to remove from the folds of the colon and bowels any waste matter which may have remained lodged there and which might otherwise be absorbed into the system during sleep.

We repeat this detoxication for three consecutive days. Thus, approximately three gallons of toxic lymph will have been replaced by three gallons of alkaline juices. This has resulted in speeding up the re-alkalinizing of the system.

On the fourth and subsequent days, we begin taking vegetable juices and vegetables and fruit, all raw.

We need not be unduly alarmed if we feel somewhat weak during or after this detoxication. Nature uses our energies for a housecleaning within us, and we soon regain greater energy and vitality as a result of a cleaner and healthier body.

(NOTE: If there is the slightest tendency toward appendicitis, we would not use this method but take only high enemas or colon irrigations if possible, two to three or more daily for one week, or longer if necessary.)

* Read illustrated chapter on enemas in Dr Walker's book "BECOME YOUNGER," published by the Norwalk Press.