

Inner Temple Cleanse

# Inner Temple Cleanse<sup>©</sup>

The internal re-awakening

7-Day program

by Nature's Compounds

## Inner Temple Cleanse



Greetings, peace and progression

We at Nature's Compounds welcome you on your journey of cleansing and purification. A Seven (7) Day program designed to activate the inherent cleansing and detoxifying response that will gradually remove the impurities and toxins that have been absorbed within the tissues of all the vital organ systems, and vessels of the body, that would otherwise manifest as illness and disease. This process enhances vital organ efficiency and mental clarity; the spirit is uplifted, and most importantly, the further development of illness and disease is prevented.

The Intestinal tract (small intestines & colon), Liver, Kidney, Lungs & Lymphatic system determine the performance and vitality of all the other systems in the body. The neuro-endocrine functioning is the dual master control system that regulates the whole inner workings of the entire anatomy, and is directly influenced by the vitality of the very same organ systems (Intestinal, Liver & Kidney) it controls. Purification activates the cleansing and detoxification response of these (5) five vital areas, elevating their efficiency and clarity. All dietary influenced illness and disease is a result of residue and toxins from food waste by-products

We've acquired insight into medicinal plant growth, production, harvesting period, formula design, pathology, and the proper functioning of human anatomy, and have thus concluded that blockage in the small intestinal tract not only contributes to congestion in other areas of the body by creating osmotic pressure, but limits the absorption of nutrients into the blood stream. Blockage in the large intestines (Colon) creates osmotic pressure in the lymphatic vessels, preventing them from moving waste from within the lymph nodes.

## **PRINCIPLES OF CLEANSING AND REJUVENATION**

There are Three (3) functions which this program will perform in order to partially cleanse the entire digestive tract:

- (1) loosen recently accumulated undigested food residue & remove the loosened portions thereof
  
- (2) establish a basis of regularity in bowel function and increase the assimilation and absorption of vital nutrients, of which 90% occur in the small intestines and only 10% in the Large intestines (colon)
  
- 3) Provide strength, vitality and nourishment to the digestive cleansing activity, thereby enhancing the elimination of waste.

## PREVENTING CONGESTIVE BUILD-UP

The extent to which mucus can be prevented depends on the proper combining of the different vegetable and grain starch food groups, as well as the proper combining of the high protein food groups. The main factor in the prevention of mucus build-up is the gradual elimination of the high and low starch and high protein food consumption; these are the foods that are not capable of being completely digested and leave traces of undigested food residue in the intestinal tract after every meal.

A gradual transition to a mucusless diet is the only preventive method of maintaining a clean and optimally operating system. A mucusless diet is a diet that consists of non-starch vegetables and all four (4) fruit groups that can be completely digested without leaving a trace of food residue behind. To receive the full benefits of such a diet, old fecal waste matter should be eliminated from the small and large intestinal tract, so that the nutrient and vitamin assimilation can be maximized.

## LOOSENING WASTE BUILD-UP

**Intestinal Relief** gradually adds moisture and softens old and recent food residue within the small and large intestines(colon). The Bentonite magnetically attracts the inorganic impurities that are lodged within the small intestinal tract negating re-absorption into the bloodstream. The purification then activates the elimination of the loose portions, which become more dehydrated the longer they stay in the intestinal tract. When the moisture from the psyllium/irish moss penetrates into the residue materials, they become soft, ready for evacuation.

## REMOVING WASTE BUILD-UP / PURIFICATION

**Purification** provides detoxification and cleansing of the vital organs (liver, lungs, kidneys, bladder and digestive) and vessels (circulatory and lymphatic). Purification gradually releases the toxic by-products of the food residues that have traveled via the Blood & lymph, and have been absorbed (stored) within the tissues of the liver, lungs, kidneys, prostate, uterus, bladder and joints; and if not removed will manifest into inflammation, abnormal growths, tissue deterioration and disease

**Liver Flush** provides purification and cleaning of the liver, spleen, lymphatic and vascular vessels. This will gradually enhance the diverse functioning of this most vital organ, increasing its metabolic & digestive activity, and immune cell production (interferon). It also enhances its ability to eliminate the excess glucose, fat, protein by-products and estrogen that would otherwise cause future complications.

## ASSIMILATION AND VITALITY ENHANCEMENT

There are four functions which act upon food throughout its movement in the body; they are:

- (1) Digestion, which is the breaking down of foods that begins in the salivary glands and in the stomach if other foods are eaten
- (2) Absorption, which is the process whereby digested food particles are carried into the bloodstream and organ tissue, from the intestinal walls;
- (3) Assimilation is the process whereby the organs Utilize the mineral, trace mineral and vitamin sources thereof; and

- (4) Elimination, which is the function by which the waste by-products from digestion, dead tissue substance and other foreign matter excreted from the body through the colon, kidneys, skin, scalp, ears and eyes

Obesity, Mal-absorption, excessive eating and vitamin and mineral imbalances are caused mainly by two factors.

- (1) A congested bowel which prevents complete assimilation, it causes an obstruction between the nutrient collectors in the blood stream and the nutrients from food;
- (2) Foods that lack sufficient nutrients, due to high temp heat exposure which devitalizes

The less digestion the body takes on, the less enervation (weaken nerve energy) one has; and the least amount of toxins that are reabsorbed back into the bloodstream. The least amount of obstructions in the intestinal tract, the more of a nutrient source the blood can absorb, which results in more vitality in all the systems of the body; because digestion requires more vitality (energy) than any other bodily function (80% of the body's energy capacity).

## **FIBER CONTENT AND BOWEL REGULARITY**

The presence of fiber from a vegetable and fruit source is one of the most vital prerequisites for proper bowel functioning. Vegetarians are even pronged to have less fiber in their dietary regimen, due to excessive juicing and heavy starch & high protein food ingestion.

Nature produced the fiber (pulp) and the juice as a whole; so when vegetables and fruits are juiced (for the sake of a concentrated food source) the fiber (pulp) should be consumed as well.

The consumption of non-starch vegetables high in water content, and fruit is the best source of fiber one can obtain. Bowel regularity is further established by eating in rhythm a small amount of fruit in the early part of the day and a small amount of a fruit or vegetable source in the mid-day; at the same time daily (of course there is a transitional stage that must be adhered to prior to reaching this level). Be sure to always wait at least an hour to drink liquids after eating; also be consistent to drink more spring water than juice.

## **2-DAY PRE-CLEANSE FOOD REGIMEN**

Anytime a Cleansing-Detox program is taken, there is a form of preparation that is mandatory. The purpose of cleansing and Detoxification is to begin the gradual cleansing and elimination of undigested food residues within the digestive tract; also the elimination and detoxification of the toxic by-products which reside within the tissues of the liver, spleen, kidneys, lungs, blood and lymph streams.

The mandatory pre-cleanse food regimen is designed to prevent the body from reacting or responding to indigestion, nausea, or in an allergic like manner; which only occurs because of the large degree of toxins and recent accumulated food residues that remain in the digestive tract and enters the blood stream causing a strong reaction or response.

## Days 1 & 2

**DAY 1 )** Eat 2 pieces of fruit or drink a 12oz fruit smoothie in the morning or at noon; eat 1 serving of cooked vegetable soup and a small salad in the evening.

**DAY 2)** Eat 2 pieces of fruit or drink a 12oz fruit smoothie in the morning or at noon; eat 1 large salad in the evening.

During this 2 -Day regimen, **No flesh, dairy, sugar, starches or breads of any kind shall be eaten**

## DAYS 3 THRU 9

### Morning

#### (step 1)

Take 12oz of juice and 1 Tablespoon of **Intestinal relief** and pour into a 16oz jar and shake thoroughly. drink quickly! Drink 2 X daily for seven (7) straight days

#### (step 2)

Take 4 capsules of **Purification** 1 hour after taking intestinal relief, 2 X daily, for seven (7) straight days

#### (step 3)

Take 4 capsules of **LIVER FLUSH** 1 hour after taking purification



## **Evening**

### **(step 1)**

Take 12oz of juice and 1 Tablespoon of **Intestinal relief** and pour into a 16oz jar and shake thoroughly. drink quickly! Drink 2 X daily for seven (7) straight days

### **(step 2)**

Take 4 capsules of **Purification** 1 hour after taking intestinal relief, 2 X daily, for seven (7) straight days

### **(step 3)**

Take 4 capsules of **Liver Flush** 1 hour after taking purification

## **INGREDIENTS**

**1 - 8oz bottle of Intestinal relief**

**1 – 60 capsule bottle of Purification**

**1 – 60 capsule bottle of Liver Flush**

## **WEIGHT LOSS**

The Minimum weight loss is 7lbs. The Maximum weight loss is 12lbs.

## DIETARY GUIDELINES

### **LOW-STARCH VEGETABLES (low protein)**

winter squash (baked)  
asparagus  
mushrooms  
bamboo shoots  
beets  
carrots  
water chestnuts  
corn

### **LOW-CARB VEGETABLES (low protein)**

celery  
cabbage  
pepper  
summer squash  
nori  
dulse  
cauliflower  
broccoli  
spinach  
chard  
okra  
lettuce  
bok choy  
spinach  
greens  
cucumber  
cabbage  
onions  
leeks  
kohlrabi  
green beans  
zucchini  
sprouts:  
eggplant  
Brussels sprouts

## **SWEET FRUITS**

bananas  
dates and figs  
persimmons  
sapotes  
papaya, avacado  
guavas, star fruit  
mango, sour sop  
star fruit, apple custard, coconut  
currants, carambola, lychee, persimmon

## **CITRIS FRUITS**

oranges  
grapefruit  
lemon (hybrid)  
lime  
kiwi (hybrid)  
kumquat  
tangerine

## **SUB-ACID FRUITS**

cherry, apple, peach  
plums, apricot, berries  
pear, nectarine  
pomegranate  
grapes/muscat grapes  
strawberry, pineapple

## **MELONS**

watermelons  
honeydew  
muskmelon  
cantaloupe

## **DO'S**

non starch vegetables  
sweet fruit  
acid fruits  
sub - acid fruits  
melon fruit  
maple syrup  
Low starch vegetables

## **DON'TS**

high starch grains  
low starch grains  
high proteins (meats)  
sugar  
butter  
mayonnaise  
high starch vegetables

## **DON'T's**

**Fry-** to cook foods completely in or partially in an extremely hot grease solution, which destroys all vital components in food.

**Barbecue-** to grill foods over toxic containing charcoal with a spicy sauce.

**Boil-** to cook food in boiling water; which devitalizes most nutrients and transfers the others into the water solution.

**Sautee'**- to cook in a pan over direct heat with small amounts of oil

## **DO's**

**Bake-** to cook in an oven at low or medium temperatures.

**Simmer-**to heat foods below the boiling point at the lowest possible fire setting.

**Steamed-** to prepare food in a pot with holes at the bottom, thats placed within another pot filled with water, forcing steam upward partially cooking food.

**Marinate-** is to immerse a vegetable food into a liquid solution for a certain period of time.

**For best results follow the Illustrated Guidelines**

## **SUMMARY**

All living cells in the human organism, no exceptions, assimilate food to exist. Each one has its own process; and in the course of this process it has waste to expel. This waste is the end product of the metabolism process.

Metabolism is the exchange concerned with the building-up of the tissues and cells, as well as their deterioration. Metabolism involves chemical changes in the tissues and their living cells, by which energy is produced for their vital functions. New material is assimilated to repair the worn-out cells.

Physiologically, two processes are involved in metabolism; the constructive step is the building-up of nutritive substances into the more complex, living protoplasm. The destructive step causes the decomposition and oxidation of the constituents of protoplasm into simpler bodies, with the liberation of energy.

While these processes occur simultaneously, one may predominate and impede the other causing an imbalance. To deprive the tissues of living organic food results in the predominance of the destructive phase. When this occurs beyond the limit of tolerance we have the seeds of toxemia springing up.