

# Cleanse & Absorption

The body wants to be in an alkaline environment. It heals best and performs optimally in a slightly alkaline environment.

Cleansing the body and increasing absorption are truly the only actions the body cares about. **We can really only support the body in supplementing these 2 processes**  
To stabilize alkalinity support the processes of Cleanse and Increase Absorption.  
**Two ways to increase efficiency - support through supplementation - to make cleansing smoother and increase absorption.**

*I have studied finance for 20+years.  
The United States Federal Reserve is the most influential force in the world economy.  
The Federal Reserve only has 2 tools that it uses to boost the economy.  
The Fed can either issue debt - print more money, or manipulate interest rates.  
These 2 actions have tremendously complex cascading effects on the economy.  
Similar to the Federal Reserve's tools, the human body basically has 2 multi-level complex tools that it uses.*

It can cleanse or increase absorption.

These are the 2 ways we can support our bodies. Taking supplements that influence or manipulate change.

When helping our cells to become One Day Better we can only do one of two things. We can either help our cells to absorb more nutrients growing stronger and more dense, similar to a hard muscle, or we can cleanse toxins and gas out of our cells to increase blood flow increasing efficiency of a cell's normal processes and increasing oxygen to aid in cellular respiration. In order for the body to become One Day Better a change must occur on a cellular level. Cells are brilliant and when given the right food and environment have a remarkable ability to heal.

There are millions of supplements and supplement combinations, but in the end they are either helping your body to cleanse or absorb. Your body either needs to absorb nutrients to

grow. Your body must ingest binders to cleanse. To cleanse you are either binding free radicals or aiding the liver and kidney to help them rid the body of toxins. The liver burns them up. The kidney ushers them out.

## **PDF List**

**Ph - Better Balance**

**Chapter 7 - Cellular Demographics**

**Chapter 8 - Ph**

**Chapter 9 - Cleanse**

**Chapter 10 - Absorption**

## **Cleanse and Absorption support supplements**

If you are feeling full, have loose stools, hemorrhoids, gassy, and bloating then these are symptoms that your intestines are sick

### **Cool inflammation immediately by fasting:**

I write a lot about fasting in my book in chapter 12 healing, but Dr. Dan Poma is a great reference if you're looking for guidelines.

Fasting is the quickest way to make dramatic healing change.

Basically your body takes all the energy it usually would be using to digest food and goes into full healing mode.

**Google - the term:** Autophagy. - how cells repair themselves - Fasting speeds autophagy

Pdf - Healing -Chapter 12

### **Absorption Supplements**

If your goal is to increase absorption then start by fixing your intestines.

The supplements that I have found work best combined are three supplements manufactured by **Nutritional Frontiers in Pittsburgh.**

Nutritional Frontiers does a great job creating supplements that aid absorption and calm the intestines.

### **Calm your intestines:**

**Halt inflammation:** Inflamm II

**Heal Intestines:** GI complete, HA Plus