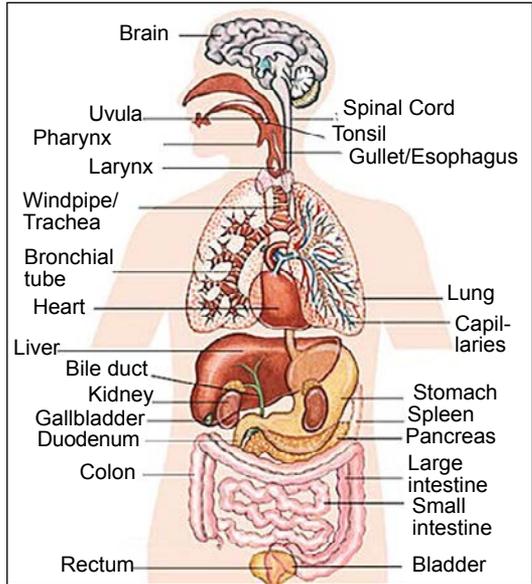


Cleansing Therapy

Today, we live in a world that surrounds us with pollutants day in and day out. There is pollution in the air we breathe and food we eat. We live in cramped houses, rush to do several jobs that hardly leave any time for proper rest, causing tremendous stress on our body. And yet, we expect our body to chug along like a Formula 1 race car. All these factors, over a period of time, lead to accumulation of toxins in the blood, kidneys, liver, intestines, joints and other parts of the body.

Our body naturally tries to cleanse these toxins every day. Detoxification is the body's normal process of eliminating or neutralising toxins through the colon, liver, kidneys, lungs, lymph and skin. In fact, internal detoxification is one of our body's most basic autonomic function.



Vital body organs

Cleansing

In the present day scenario, body systems and organs that were once capable of removing unwanted substances are now completely overloaded. Many of these toxic substances stay in our tissues. Our bodies try to protect us by setting them aside, surrounding them with mucus or fat so that they don't cause an imbalance or trigger an immune reaction. Over a period of time, these toxins start affecting the functioning of our body, making us sick, fatigued and exhausted.

It is our duty to periodically cleanse our body to help our organs function better. The process of removing these toxins from the body is called cleansing.

Who is sick? Who is healthy?

"Just because you are not sick, doesn't mean you are healthy".

If you ask me, "Who is sick, who is healthy?", I will ask you, "Do you experience the same energy levels as you did five years ago?". If your answer is yes, then you can stop reading this book as you do not need to do any cleansing. Your body parts and waste removal system are performing their duties perfectly.

However, if your answer is no, then I would suggest that you try our Cleansing Therapy, especially the Liver Cleanse, at the earliest, to begin the cleansing process and remove harmful toxins from your body.

Ask yourself these questions

We believe that you have a right to enjoy good health to the maximum, for the rest of your life. If your answer is yes to any of the following questions, then you need to do a cleanse right away!

- Do you feel lethargic and bloated?
- Do you need a specific detoxification program for a serious health problem?
- Do you want to streamline your body processes for more energy?
- Do you want to prevent diseases and rejuvenate your whole body?
- Do you want to reduce weight and tone up your skin?
- Do you want to slow down the ageing process and improve your body flexibility and vigour?
- Do you want to improve your fertility?
- Do you feel congested from eating too much food or the wrong kind of food?
- Do you want to eliminate drug residues or speed up the recovery process after an illness?

Problems

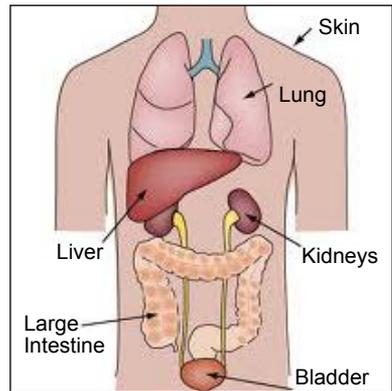
Nature has designed us to live in green forests with high oxygen levels and eat raw food. If you watch National Geographic, History, Discovery, Animal Planet or similar TV channels, you will observe that no animal (except a pet) eats cooked food. Cooking food is the first step in polluting the body, but today we do not have a choice. In addition, our modern day food habits have led to the following consequences of bad health:

Poor assimilation

Proper assimilation provides a constant supply of building materials and energy needed for continual construction of new cells and tissues. Poor assimilation occurs when even one element needed for rebuilding is not sufficiently supplied to the body through diet and digestion, or is unable to convert it into specific nutrients necessary for building cells. Diseases attributed to poor assimilation involve nutritive deficiency resulting in cellular degeneration.

Poor elimination

The excretory system consists of the intestinal tract, kidneys, pores of the skin, liver and lungs. When an imbalance occurs in any of these organs, the excretory processes slow down and the result is a build up of toxins. These toxins can endanger any of the components and systems of the body, down



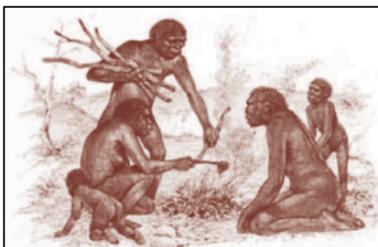
Excretory system

to the cellular level, by impeding the rebuilding process, and result in numerous disease symptoms, such as bad breath, body odour, pale skin and tiredness. For example, you must have noticed that a small baby smells lovely. The smell continues as long as the baby is breast fed. On the other hand, a baby fed on milk formula does not smell so lovely. When the baby starts eating cooked food, the body odour starts changing and the urine and stool start giving off a bad odour. Similarly,

carnivorous animals, e.g., tigers and leopards have a very pungent body odour, as opposed to herbivorous animals, such as cow and buffalo. A visit to the zoo can confirm the stinking smell near all carnivorous animals!

History of cooking

The origins of cooking are obscure. Primitive humans may have savoured roasted meat by chance, when the flesh of a beast killed in a forest fire was more palatable and easier to chew and digest than raw meat. However, they probably did not



Cooking by Aurignacian people

deliberately cook food, until long after they had learned to use fire for light and warmth. When humans began roasting meats over fire, it remained virtually the sole culinary technique until the Palaeolithic period (32,000 BC – 26,000 BC), when the Aurignacian people of southern France began to steam their food over hot embers by wrapping it in wet leaves.

Aside from crude procedures, such as toasting wild grains on flat rocks and using shells, skulls or hollowed stones to heat liquids, probably no further culinary advances were made until the introduction of pottery during the Neolithic period. Later, it was found that cooked food is softer than uncooked food and easier for young children and the elderly to chew. The powerful jaws of our ancestors were no longer needed and the result - evolution of our present day face and cranial structure. The number of teeth in an adult jaw gradually reduced from 44 to 32.

Is cooked food truly easy to digest?

Try eating a raw carrot by chewing it well. Next, try eating any deep fried food. Compare and observe the ease with which the carrot was digested by the body as compared to the long process for digesting fried food. In another example, try eating a raw egg (though it is difficult to do so). The white protein part is easily digested. Now, try eating an egg in a fried form. This will be a lot more difficult to digest, especially if it is not chewed well.

Nowadays, cooking has evolved from simple recipes to the elaborate, heavily processed variety we see today. The menu has progressed from organically grown, alkaline, raw green vegetables in their natural form to acidic, cooked food, such as baked or fried pizzas, chapatis, burgers, chicken, aerated soft drinks, alcohol (beer, rum and whisky) and others.

Laws of nature

Nature intended everything to grow by itself, at its own pace, without the use of any external chemicals, such as fertilisers, pesticides or hormonal injections. The organic manure that nature provides is designed to assist in the growth of vegetation, just as our bodies have hormones designed to aid the process of growth. However, we abuse this system through unbridled use of chemicals and growth hormones. Not only are the resulting crops and vegetables toxic, but their nutritious properties are also changed. Genetically modified crops are specially designed in a way that several vital components are removed. For example, seedless grapes.

Thus, toxic chemicals accumulate in our bodies when we eat such food. We further worsen the situation by eating polluted food without even being aware of it. It is remarkable that our body is able to adapt to this constant influx of chemicals and still keep on working. It is so strong and adaptive that it takes 30-35 years for the first signs of the accumulated toxins to appear.

Our state-of-the-art bodies

Our bodies have been designed by the best engineer ever - Mother Nature. She not only designed us to be 'obsolescence proof', but also provided our body with an incomparable quality to heal itself, something that no engineer has been able to replicate so far. Consider the following facts:

The latest model of Mercedes Maybach S-600 Saloon, arguably the best model in automotive engineering, costs a whopping Rs 2.60 crores and has a 4.6 litres, V8 engine that produces 455 bhp and develops 700 Nm torque from as low as 1800 rpm. The engine is mated to a nine speed 9G-Tronic automatic transmission

Sick population, robust pharma industry!

Hypertension is directly responsible for 57% of all stroke deaths and 24% of all coronary heart disease deaths in India. Overall prevalence of hypertension in India was 29.8%, in which significant differences were noted between rural (27.6%) and urban parts (32%).

(Journal of Hypertension, 30 April, 2014)

In India, out of the estimated population of more than 127 crores, dispersed across various geographical regions, nearly 4.5 crore people suffer from coronary artery disease. According to current estimates, India will soon have the highest number of cases of cardiovascular diseases in the world. It is estimated to account for 36% of all deaths by the year 2030.

(Fortis Memorial Research Institute, Gurgaon, 2014)

There are at least six crore diabetics in India, the highest reported cases in the world ever. The prevalence of diabetes varies between 6-8% in urban and 2-3% in rural adults. Indians tend to be diabetic at a relatively young age of 45 years, nearly 10 years earlier than in the West.

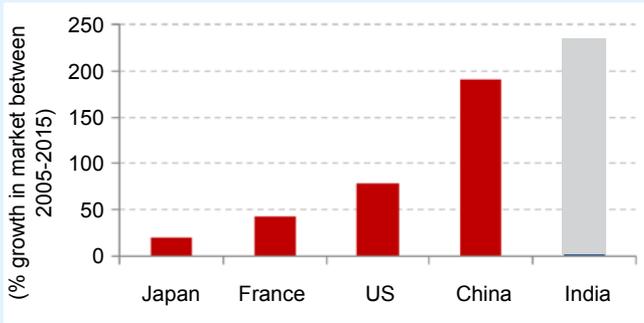
(A report by International Diabetes Federation, 2015)

Diseases such as bronchial asthma, allergic rhinitis and allergic dermatitis are dramatically increasing all over the world, including developing countries, such as India. Today, more than 30% of the population is known to suffer from one or the other allergic ailment. Major causative agents implicated are pollen grains, fungal spores, dust mites, insect debris and animal epithelium.

(Singh AB, Ann Agric. Environ. Med. 2003;10-2:131-6)

Globally, the Indian pharmaceutical industry ranks third in terms of volume and fourteenth in value. The Indian pharmaceutical industry has more than 20,000 units. The domestic pharmaceutical output

and has advanced electronic brake and traction control systems, individual wheel control to monitor vehicle yaw, airmatic suspension, distronic radar cruise control and parktronic systems, infra red night vision system and automatic crash deployment systems. However, as advanced as this latest model might be, it will still become



India to top growth in pharma market

has increased at a compound growth rate of 13.7% per annum.

(Wikipedia, January 04, 2016)

In 2015, the value of Indian pharmaceutical industry was approximately Rs. 14,00,000 crore and is expected to reach approximately Rs. 30,00,000 crore by 2020.

(McKinsey & Company: The next frontier for innovation, competition and productivity)

The various health problems outlined above suffice to keep the pharmaceutical industry robust and generate a huge turnover. If people start practicing Cleansing Therapy and even half of the sufferers are cured through use of inexpensive and easy to follow procedures, the medical establishment stands to lose a substantial amount. The problems with the acceptance of this therapy in mainstream healthcare are greed and money.

An inexpensive process, Cleansing Therapy does not serve their money making purpose. Hence, it will never be promoted by moneybags of mainstream pharma companies. A healthy population means a dead pharmaceutical industry, but the million dollar question is - Do you want to remain sick to keep the pharmaceutical industry healthy?

obsolete in five years, after which it will be superseded by newer technological inventions.

Windows 95 was considered a cutting edge software 20 years ago, but has been superseded by newer versions today. These too will be obsolete in just a few years.

How do we abuse our bodies?

We abuse our bodies constantly without even being aware of the tremendous harm we are doing to ourselves. Let me illustrate with an example:

Most of us have owned a scooter, motorcycle or car at some point in our lives. I am going to ask you to fill kerosene in your prized possession just once. Oh yes! I do know that your vehicle is meant to run on petrol. So are you ready? No? I can imagine cries of horror about how such pollutants will foul up the engine.

Yet, we think nothing of consuming the so called 'food' in different forms (junk or otherwise), which is often a pollutant for our bodies, just as kerosene is for our vehicles. Instead of eating raw green vegetables and fruits, which are like 97 Super Octane that Mother Nature provided so that our bodies run smoothly, we resort to the quick fix. Does this not imply that we love our vehicles more than our bodies?

When our prized possession is in need of attention or repair, due to foul spark plugs for instance, we normally go to the roadside mechanic as our first choice, instead of qualified automotive engineers. Qualified engineers are highly skilled and can design a good scooter and supervise the mechanical assembly process of the vehicle at the plant but they are not the best option for minor repairs.

Similarly, in our bodies, 90% of ailments can be cured at home through the simple process of Cleansing Therapy, for which we need not consult highly skilled specialists.

The requirement of specialist doctors has emanated due to vast progress in transportation facilities. Until 150 years ago, before the advent of railways, buses and cars, every village in the country was a complete self-sustained unit of habitation. It comprised of 200 to 500 families. It had people with different skills, such as cobblers, tailors, iron smiths and *vaidya*, and everyone had a role to perform in the society. If anyone had a health problem, they would visit their local *vaidya*. Nobody travelled to other places to look for a specialist just to get a label to his ailment. People were cured through indigenous therapies by their local *vaidya*.

Just like automotive engineers, specialists are familiar with the

minutiae of medical problems, but often address the specifics while ignoring the overall condition.

Seeking the opinion of specialists will definitely make you familiar with difficult medical terms, but will make you none the wiser about the cure for your ailment. More often than not, you will come back with a number of pills and a battery of tests that will relieve you off your hard earned money, but not your sufferings.

However, when a doctor prescribes three tablets to be taken on an eight hourly basis, it is probably not the most suitable dose for you (as is in most cases). The metabolic cycle of each person is different throughout the day. The rate is faster at noon and slower at night. Similarly, a tablet of uniform net weight or potency is not the right quantity for two patients, one weighing 45 kgs and the other 90 kgs. These fixed dosages are prescribed based on the convenience of the doctor. Your present ailment may be alleviated, but several new ones may take its place. Excessive medication has a number of side-effects, such as:

- Black patches below the eyes
- Bleeding from throat and intestine
- Body swelling
- Brittle bones
- Colitis
- Dermatitis
- Discolouration (staining) of teeth
- Diarrhoea
- Hepatitis and cholestatic jaundice
- Indigestion
- Kidney problems
- Loss of appetite
- Nausea and vomiting
- Skin rash
- Blood pressure
- Liver failure
- Weight loss/gain
- Sleeplessness

Solution

Is there a way to enjoy good health without constantly popping expensive pills? In the following pages, you will first learn about the basics of problems followed by solutions - or you can how cleanse your body through Cleansing Therapy and keep ailments away.

A brief list of the cleanses given in this book are:

- Kidney Cleanse
- Acidity Cleanse
- Parasite Cleanse
- Liver Cleanse
- Joint Cleanse
- Fat Cleanse
- Colon Cleanse
- Mouth Cleanse
- Uterus Cleanse
- Fertility and PCOS Cleanse
- Fallopian Tube Cleanse
- Vagina Cleanse

We have 28 cleanses in Cleansing Therapy. For complete details of the other cleanses, you can visit our websites www.drpiyushsaxena.com or www.thetempleofhealing.org.

Therapy with a difference

Why do most therapies start out well and even provide good results in the short term, but eventually end up in failure? As soon as the practitioner takes a break from the therapy or stops it altogether, he, more often than not, reverts back to the original state of health. The answer is not that difficult to fathom.

Most of the conventional therapies require you to forego things that you like to eat or drink the most. Hence, their results tend to get reversed over time, as it is not humanly possible to give up favourite food/drinks forever.

The success of Cleansing Therapy and its enduring results lie in following its most important factors, which other therapies often ignore:

- Cleansing Therapy does not require a change in lifestyle - you can continue eating and drinking your favourite food/drinks and enjoy a healthy life.
- Our procedure makes use of easy to follow cleanses that can be practiced from the comfort of your home, using easily available ingredients and requiring very little of your time, without the supervision or intervention of a medical practitioner.

Principles

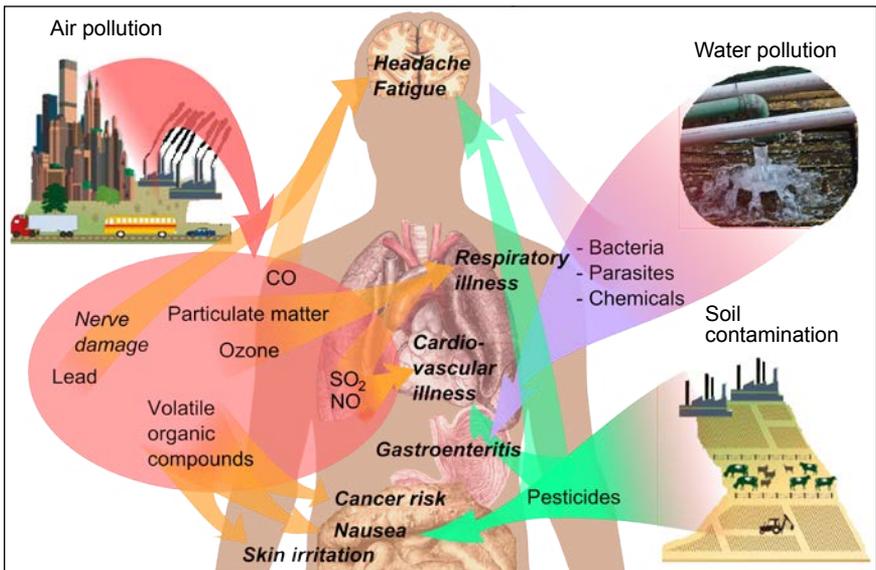
Cleansing Therapy adopts a holistic approach for curing illnesses. Rather than emphasising on alleviation of symptoms, the therapy focuses on treating their root causes. In order to address this issue, Cleansing Therapy makes some fundamental assumptions. The main causes of all medical problems are:

- Pollution in the air, chemicals, fertilisers and food
- Parasites or pathogens, e.g., bacteria and viruses

There is no third cause. Remove pollutants and parasites from your body and it will attain good health on its own.

Pollution

Pollution is the introduction of contaminants into the natural environment that cause adverse changes. Pollution can take the form of chemical substances or energy, such as noise, heat or light. Pollutants, the components of pollution, can be either foreign substances/energies or naturally occurring contaminants. Key causes of land and water pollution include, urbanisation, improper waste disposal, industrial activities, nuclear research, chemicals released by heavy industries, coal fired power plants, metal production industries, agricultural



Health hazards of pollution

runoff and improper agricultural practices, eroding water tables, and religious and social practices of dumping prayer material into rivers and lakes.

Humans possess property. They have a home to live. The home has a door. The door has a lock. This leads to a feeling of possession that everything inside the door is mine. The desire is natural. This feeling of attachment with belongings grows and leads to desire for growth in money, business, career, future of children and so on. More the desire, more the ailments. We have accepted this human desire of possession because a human being without dreams or desires is dead, though nature never intended this. No animal has a house or wealth. They don't have desires of material possessions. This is the reason that animals in forests do not suffer from diseases, such as diabetes, blood pressure, cancer, arthritis and acidity.

Parasite

An organism that lives in our body (the host) and benefits by deriving nutrients from it, thereby harming it, is a parasite, such as a bacterium, protist, fungus, plant



or animal, composed of a single cell or a complex structure of cells in which organelles or organs work together to carry out various processes of life. Some parasites live on the food we eat and exist mainly in our digestive tract. Others attach anywhere on the body, causing great harm.

Not all bacteria and fungi are bad. In fact, most bacteria are harmless and some are even beneficial, such as the gut bacteria that helps in digesting food. Likewise, there are certain fungi, particularly yeasts, that can help promote good health. Few others are used in food and medicine. In recent years, beneficial bacteria and fungi are being used as additives or supplements to promote healthy digestion.

Advantages

Cleansing Therapy offers quite a few advantages over conventional therapies. It makes use of natural and easily available ingredients that do not have any adverse side-effects.

Cleansing Therapy uses relatively inexpensive products and easy to follow procedures. We have used commonly followed recipes popularly used all over the world before the advent of the pill popping culture. We have simplified certain processes and replaced some hard to find ingredients with alternatives to suit the present day Indian lifestyle without affecting the end result. We certainly do not expect a Hanuman-like effort of searching remote corners of the Himalayas to find the rare *Sanjeevani* herb to cure your ailments. We encourage you to find ingredients that are available in your local store or your kitchen.

Cleansing Therapy also recommends that you avoid using products containing artificial and scented chemicals as they do not offer any medical benefit and are added purely for aesthetic reasons, such as pleasant colour or smell. Their addition to commonly used products, such as hair oil, shampoo, soap, toothpaste and other toiletries, may build up toxins in our body when used over a long period of time, as they are often hard for the body to expel. During the cleansing process, you may substitute them with other safe and natural products from any homeopathic/herbal store.

Cost factor

Medical costs, including cost of medicines, doctor's fee, hospitalisation and other incidental costs, are an important factor for people selecting a treatment plan. Cleansing Therapy does not involve any hospitalisation, pathological tests or consultation fee. Here, you are your own doctor. The only expenses incurred are those on ingredients for the cleanses. Furthermore, this therapy uses materials available in the grocery section of most supermarkets in any city.

Cost and availability of ingredients

Cost effectiveness and wide availability of ingredients have always been on our mind in designing this Cleansing Therapy.

No.	Cleanse	Ingredients	Availability	Price* (Rs.)
1.	Kidney	Corn silk (fresh) 500 gms/(dried) 50 gms	Local vendor	100/-
			Unani <i>haqim</i> shop	1000/-
	Kidney	Parsley/Coriander leaves 500 gms	Vegetables shop	250/- 100/-
	Kidney	Watermelon seeds 100 gms	Local vendor Seeds store	100/-
2.	Acidity	Green vegetable	Local vendor	1000/-
3.	Parasite	Clarkia tincture 60 ml bottle	USA, online	2,500/-
	Parasite	Zapper (one unit)	USA, online	25,000/-
	Parasite	India Zapper DX	India	11,000/-
4.	Liver	Epsom salt (MgSO ₄), 4 sachets	Chemist/ Veterinary chemist	40/- 20/-
	Liver	Extra virgin olive oil 250 ml	Food section in shopping malls	250/-
5.	Joint	Apple cider vinegar one litre	Stores selling foreign food items	500/-
	Joint	Black molasses one litre	Grocery stores Sugar mills [#]	1,200/- 50/-
6.	Fat	HCG inj. 500 IU x 6	Chemist shop	1200/-
7.	Mouth	Mustard/Sesame oil	Grocery shop	150/-
8.	PCOS	Marigold flower	Flower shop	100/-
9.	Fertility	Cinnamon	Grocery shop	150/-
10.	Fallopian tube	Castor oil	Grocery shop	150/-
11.	Vagina	Douche	Chemist shop	100/-

* Prices have been given on an estimated basis. They may vary depending upon location and availability of ingredients.

Black molasses bought from sugar mills cannot be preserved for a long period.

Effects of cleansing

- Blood, kidney, liver, joints and other body parts are cleansed; normally impossible under ordinary eating patterns.
- Thinking power is enhanced due to proper circulation of blood, air and nutrients to all parts of the body, especially the brain, without any obstacles. This is difficult under high pollution levels in most modern cities.
- The digestive tract is cleansed of accumulated waste and fermenting bacteria.
- Excess mucus and congestion is cleared from the body.
- After a proper Liver Cleanse, followed by a Fat Cleanse, you can lose upto 10 kgs of weight.
- Cleansing Therapy balances hormone secretions that, when coupled with Essential Fatty Acids (EFAs) from fresh plant sources, stimulate and strengthen the immune system.
- Cravings and dependence on alcohol, caffeine, drugs, nicotine or sugar are minimised without any special effort.

Frequently asked questions

1. In one of your lectures, you said that I should consult the best doctor on Earth for my precious health, but where do I find him/her?

Your health is your most prized asset. The best doctor is the one who understands all your problems at the physical, mental and spiritual levels. Your level of relief, details of symptoms, sensitivity to different food and environmental conditions are best known only to you. So YOU and nobody else is the best person to treat you. Cure Yourself!

2. Do you oppose the allopathic system?

No, on the contrary, I fully appreciate its indispensable role in the treatment of acute problems, instant relief, pathology and surgery.

3. Are you against pathological tests?

Most pathological tests harm the body. However, they are necessary to diagnose diseases. They should be used as a tool to diagnose a problem, not to earn extra money in unwarranted cases, as in one of my case. You can read details about my reports of the same test, done in an interval of just 48 hours, on my website www.drpiyushsaxena.com

4. Which are the medical problems where Cleansing Therapy is beneficial?

It is beneficial in the following and many other problems.

Acidity	Frozen shoulder	Obesity
Acne	Gallstones	Old accident pain
Allergies	Gout	Old age disorders
Anaemia	Headache	Osteoarthritis
Anal itching	Heart problem	Osteoporosis
Anxiety	Hernia	Pharyngitis
Arthritis	Hiatal hernia	Piles
Asthma	Hot flashes	Pimples
Backache	Impotence	Psoriasis
Bed wetting	Infertility	Psychological fears/illness
Bloating	Inflammation	Scalds
Body odour	Insomnia	Spondylitis
Breast discomfort	Irritable bowel syndrome	Skin problems
Breathlessness	Joint pain	Sleep irregularity
Bronchitis	Kidney stones	Snoring
Burns	LDL cholesterol	Stress
Chronic sore throat	Leucorrhoea	Thyroid disorders
Chronic cough/cold	Low calcium level	Tiredness
Constipation	Menopausal problems	Tonsillitis
Dental problems	Menstrual cramps	Urinary tract infection
Depression	Migraine	Uterine fibroids
Diabetes	Muscle pain	Vaginal disorders
Fatigue	Negative thinking	Varicose veins
Fever	Neurological disorders	Vitiligo

5. Why do I not find the following problems included in your list - cancer, HIV/AIDS, multiple sclerosis, paralysis and Parkinson’s disease?

I feel that significant improvement may not happen for these problems and I have deliberately omitted them. However, Cleansing Therapy will give some relief in such ailments as well.

6. I have viral/bacterial infection. Can you help?

Cleansing Therapy does not fight infections directly. It makes your body strong and enhances its natural resistance to diseases, so that it can fight any infection on its own. If satisfactory results are not forthcoming in 2-3 days, you may take other regular medication, such as antibiotics, to treat the infection.

7. Will Cleansing Therapy improve my skin?

Yes. As you remove toxins from the body, the skin becomes smooth and the complexion fairer. The Cleansing Therapy also brings a glow on the face, makes your nails pink, and lends a healthy, lustrous and silken shine to your hair. It also removes pimples, black heads and excess oil from the skin.

8. I do not find any improvement even after completing the treatment. What is the reason?

This is impossible. You have probably taken less than the recommended dosage of the ingredients due to fear of an adverse reaction or side-effects. Take the full dose and see the results. The difference is immediately noticeable in the form of freshness, increased energy levels, enhanced quality of sleep, improved skin tone, glow on face, loss of weight, and reduction in the intensity and frequency of problems (listed on page 16, A.4). Compare these symptoms carefully before and after a Liver Cleanse.

9. What if I cannot do the cleanses regularly?

Most of us cannot do it regularly. To start with, you may do it irregularly. You will still get a lot of benefit. It does not work on an 'all or nothing' principle. Every little effort to follow the Cleansing Therapy yields some positive result.

10. Can I continue to take my regular medication along with this treatment?

Yes, you can continue with your regular medication. The Cleansing Therapy does not interfere with other treatments.

11. Where can I get the ingredients prescribed by you?

Epsom salt is available with any regular chemist or veterinary medical shop. For extra virgin olive oil, apple cider vinegar and black molasses, look for shops which sell imported food items. Currently, nearly all major towns across India have at least one grocery chain,

e.g., Big Bazaar, Food Bazaar, Star Market and Reliance Fresh that stock extra virgin olive oil. You may check their food sections for the listed items. If necessary, you could also show the photographs on page 77, 78 and 115 of this book to the seller and ask for the products.

12. Aren't the ingredients of the Cleansing Therapy toxic when taken in such large quantities? What are the side-effects of this treatment?

The medicinal ingredients do not have any toxic effects, even if you take them in large quantities. They are only absorbed by the body in the correct dosage. Sometimes, they may cause temporary mild discomfort, which is bearable. There are only positive effects. When you treat one ailment, you get cured of many other problems that you had previously not even considered.

13. Do you propose any change in lifestyle?

I believe in enjoying a life free from restrictions. You need to observe certain restrictions only on the days that you do cleansing. Once you have completed the cleanse, you may continue your life as you wish. You can eat your normal food without restrictions, but do the cleanse at least at the minimum recommended level to live a healthy life (see Dosage chapter, page 183).

14. My spouse has many problems. I want him/her to try your therapy, but he/she does not listen to my advice.

First try our Cleansing Therapy on yourself. Tell him/her about your experience. Only then will he/she be encouraged to try out this therapy. The benefits will be self-evident, and no further convincing will be needed.

15. We have a campus of 50 families. Five of us have done Liver Cleanse. Can you come and conduct a workshop for us?

Yes, I will be glad to see you all.

16. How can I meet you personally?

A personal meeting is not required since the treatment is the same for all problems - cleanse your body and let your body heal for you. You may write a brief summary about your problems with contact numbers and I will reply to your queries. I prefer to respond through e-mail or sms. I have published

the complete contact details of a few people on my websites www.drpiyushsaxena.com or www.thetempleofhealing.org, who have benefited immensely from this therapy and are involved in its promotion. You may contact them, if they are residing in your neighbourhood or city.

17. I had tried to contact you on your mobile but in vain. How can I contact you?

My apologies. I am employed in a company at a senior position and I am often busy with work. Often, I cannot be directly contacted on the phone. However, I have ensured that at least one of my colleagues responds to your call to solve your queries.

18. You want me to watch your videos on internet and send sms for questions, but I don't know how to send an sms. I don't use a mobile. I also do not use the internet.

I have tried to reach maximum number of people. This is possible only using modern tools, such as internet and mobile. It is not possible for me to meet hundreds of people from all over the country personally, so look for someone in your neighbourhood or relatives. They will help you in doing a Liver Cleanse. We have provided a list of volunteers on our website for reference.

19. I have benefited immensely from your treatment. My family and I are indebted to your therapy. What can I do for you? How can I repay you?

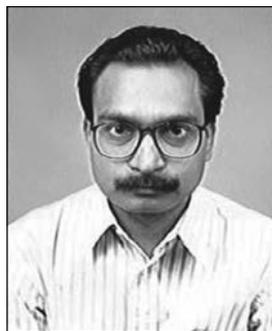
You have cured yourself. My role in it is negligible. However, your feeling of gratitude is good enough for me to propagate Cleansing Therapy as a purpose of my life. You can write to me and share your experience. The vast majority of people come to know about such therapies only through word of mouth and you can help spread the message along. You may advise your relatives and friends to try this therapy. You may form self-help groups and share experiences of cleansing with one another and try to find solutions to your problems through the methods adopted by others with similar issues. You can also write articles in your local newspaper or magazines to create awareness about the Cleansing Therapy.

20. You have talked about the efficacy of Cleansing Therapy. What about its authenticity?

Cleansing Therapy has not been widely approved. There is always an apprehension that it may or may not work. I have provided a list of more than a thousand people on my websites who are leading a better life after the cleanse. Doctors suggest that they have not read of such a treatment. Let this suggestion not be a deterrent to you because I, and many others, are talking about it based on our personal experiences. Those who are not accepting it, have not tried it. Let them try it and then form an opinion (see page 188).

21. Dr Saxena, you have a regular job and do not earn anything from this therapy. So, what prompted you to delve into this subject?

Saurabh, my brother, was ten years younger to me. He had been suffering from CRF (Chronic Renal Failure) since 1991 and his kidneys failed in 1998. My father donated one of his kidneys to him.



My brother Saurabh

The transplanted kidney gave him some relief initially, but gradually, this kidney also developed problems due to the immunosuppressant drugs. These drugs had the unpleasant side-effect of causing cataract in 2000. He developed osteoporosis in 2001, as these drugs also reduce calcium absorption. The brain and the heart need calcium. If the blood cannot absorb the required amount from food, then it depletes calcium from the bones to keep the brain and heart functional. This process causes unbearable pain to the sufferer in advanced stages. Saurabh had to bear that pain because he did not have a choice. His haemoglobin level gradually came down to 6 gm/dl. The side-effects of these immunosuppressant drugs were clearly noticeable after four years of long dependence. In September 2002, he developed pneumonia, which led to multiple organ failure and he passed away on 10.10.2002. These were really tough times for me.

In the beginning of 2003, my own health was in a very bad shape. I had very low energy levels, very poor absorption of food and suffered from constant fatigue, besides allergy from 40+ items.

One day, I went to meet a close friend of mine and told him that I did not want to live. He listened to me and then suggested that I try the Liver Cleanse, which was gaining popularity in the USA. I found the details on www.curezone.com.

Fed up with the situation, I did my first Liver Cleanse as the last alternative, as I had nothing to lose. I had lost all hope and was fed up with life. I was not sure of the results, but I still gave it a try. The results were miraculous. Subsequently, I did the Liver Cleanse every alternate week for four months. Slowly, my health started to get better and better. Then, encouraged by the improvement, I began practicing it on my family members, then neighbours and finally, close friends. The success, as seen by way of improvement in our health, was astonishing.

I never thought for a moment that these simple health tips would bring so much relief to so many. It is highly satisfying when a person reports how pleased he is with the progress after undergoing this therapy. Day after day, I receive phone calls and mails from people all over India and abroad, telling me how much they have benefited from this therapy and thanking me for sharing my experiences. I feel so humble and grateful when I learn that somebody, somewhere, feels better because of something I have done.

Since I was not aware of this wonderful therapy at the time, I could not ease my brother's pain. Though it might be debatable whether Cleansing Therapy would have helped him, my efforts to promote this therapy is my tribute to Saurabh.