

# CURE YOURSELF



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## Cleansing Therapy

**Cure Yourself**  
अपना इलाज अपने हाथ

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

"खाओ पियो मस्त रहो  
क्लीज करो स्वस्थ रहो"



## Cleansing Therapy

Dr.Piyush Saxena, propagator of Cleansing Therapy, is of the view that pollution, parasites and our modern life style are the root cause of all diseases. Due to these, toxins accumulate in our body, resulting in malfunctioning of our internal organs and we get sick. By removing these toxins from our body, we can get rid of more than 90 percent of our health issues. The process of removing these toxins from the body is called Cleansing Therapy. The Cleansing Therapy makes use of easy to follow cleanses that can be practiced from comfort of your home, using easily available ingredients and requiring very little of your time, without the supervision and intervention of a medical practitioner. Cleansing Therapy does not require a change in lifestyle – you can continue eating and drinking your favourite food/drinks and enjoy a healthy life.

Dr. Saxena has experimented almost all the cleanses of therapy first on himself. Impressed by its magical results, he encouraged his family members, friends, neighbours and well-wishers to do it. And today, the therapy has moved forward by leaps and bounds through word of mouth.

Pollution, parasites and living a life against the wishes of nature, plays havoc to our body and two of its most vital organs – Kidney and Liver are affected the most. A double whammy, we are very often not aware of their problems as they keep on performing their duties normally till they are damaged 3/4th or more. In this booklet, we will discuss the two main cleanses of the Cleansing Therapy covering these vital organs as well as Acidity Cleanse, cure to acidity a common ailment affecting most of the human population.

"खाओ पियो मस्त रहो, क्लीज करो स्वस्थ रहो।"

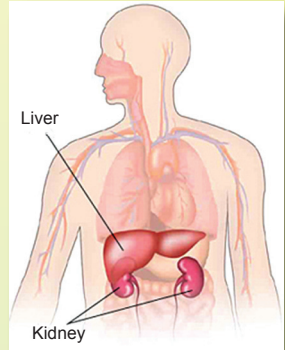
# Kidney Cleanse

## Kidney and its functions

We have two kidneys. They are bean-shaped, reddish brown in colour and it is about the size of an adult fist. They are located in the lumbar region, a little below the waist, oriented toward the back. Each kidney weighs nearly 150 gms.

## Functions

- 1) Elimination of metabolic wastes and removal of toxins and other waste products accumulated in the body through urine.
- 2) Activation of vitamin D absorption and regulating blood pressure.
- 3) Maintaining acid-base balance (excretes alkaline salts).
- 4) Maintaining electrolyte balance.
- 5) Stimulating Red Blood Cell (RBC) production.



## Symptoms of weak kidney

- Backache
- Blood in urine, pain and burning sensation while passing urine; and change in frequency and quantity of urine passed.
- In menstruating women symptom related to PMS, such as headache, backache, stiffness in breast, constipation or diarrhea, anger, irritation, anxiety, mood swings, depression, hot flashes and lack of interest in sex.
- High/low blood pressure.
- Pain in the kidney area (kidney/ureter stone)
- Puffy, dark grey mess below the eyes, around the face, ankles and elsewhere on the skin.

## Why Kidney Cleanse is necessary?

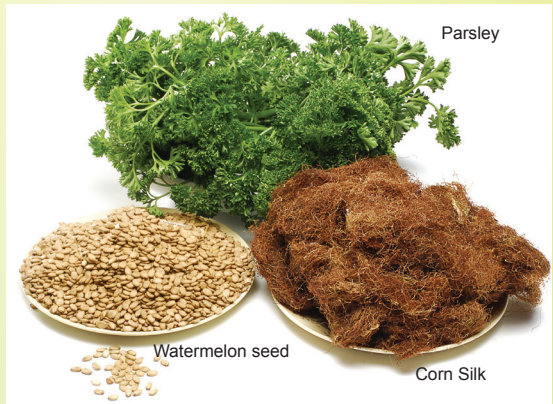
- To dissolve kidney stones and improves hemoglobin levels in the blood.
- To remove accumulated toxins from the kidney, body and blood.
- To regulate blood pressure and improve the absorption of vitamin D for increased calcium levels.

- For a glowing face, better skin tone with shining and fairer complexion, reduced dark circles below the eyes and relief from backache and body pain etc.

### **Kidney Cleanse- process**

Drink concoction, i.e., tea or brewing of any one of the following for the Kidney Cleanse:

- 1) Tea made from corn silk– fresh (500 gms) or dried (50 gms). The corn silk, if dried properly in sunlight, can be preserved for longer periods. Washing of the dried corn silk is strictly prohibited as it loses a lot of its medicinal value.
- 2) Tea made from fresh Parsley or coriander ( 500 gms) should be used.
- 3) Tea made from crushed watermelon seeds (200 gms) should be used. These can be dried and preserved. Some provision stores that sell agricultural produce stock watermelon seeds. They are marked as 'poison', since they have been treated with pesticides. Therefore, they must be washed and dried before use.



### **How to make tea for Kidney Cleanse?**

To make concentrated tea, fill the vessel/pot with just enough water to cover the ingredients. If you are using Parsley or Coriander to make the tea, use less water. Boil the ingredient for 10-20 minutes and strain the water and keep it aside. Boil the residue again with fresh water, strain it and add it to the water as in the previous step. Follow this procedure one more time or until the mixture begins to lose colour. This indicates that the ingredient has no more medicine left in it. Let the strained mixture stand for a few minutes and after that, without any sudden movement, pour the mixture into another vessel leaving the sediment at the bottom. Discard this sediment. The medicine is now ready for use.

### **How to drink the tea?**

Drink four glasses of tea during the day. The mixture has to be stored in a refrigerator otherwise it will get spoiled. You can drink the cold liquid or you may warm it to your taste.

# Liver and Gall bladder Cleanse

## Liver and its functions

The liver is the second largest organ (after skin) in the body, weighing nearly two kgs in an adult. It is nearly 21-22 cm across at its widest point, 15-17 cm at its greatest vertical height and 10-12 cm across front and back. The liver is situated in the upper abdomen on the right side, beneath (and loosely attached to) the diaphragm. It is composed of soft, red brown tissues, divided into lobes and enclosed by a tough fibrous capsule.

The liver is the chemical factory of the body. It performs almost all the intricate processes related to digestion. The main function of the liver is to produce bile and it produces up to 400 ml of bile each day. It has other important function, i.e., the metabolism of carbohydrates and nitrogenous waste products. The liver is the main organ that processes the harmful or foreign substances and makes them body friendly. When the body needs energy, the liver converts this glycogen back to glucose. It converts amino acids into proteins, such as albumin, prothrombin components, fibrinogen, transferrin and glycoprotein.

**Liver Cleanse - the Master Cleanse**  
**Get rid of LDL or bad cholesterol, harmful to the heart**

The diagram illustrates the effect of a liver cleanse on a coronary artery. On the left, a heart is shown with a callout to a coronary artery. The artery is shown in two states: 'Before Liver Cleanse' and 'After Liver Cleanse'. In the 'Before' state, the artery is partially blocked by a yellow deposit labeled 'LDL Cholesterol'. In the 'After' state, the artery is clear and labeled 'Artery free of LDL Cholesterol'.

**A Liver Cleanse Protects you from heart attack for atleast six months, by reducing cholesterol levels in arteries.**

## Symptoms of Liver/Gall bladder problems

- Cramping and gas in the stomach or intestine is the most common symptom.
- Breathing problems such as asthma; allergy and pain in lower part of chest etc. are the symptoms of a clogged liver.
- Liver produces bile continuously. However, if the bile ducts are blocked, the bile is unable to reach the gall bladder. It impairs the digestion as well as general health of the liver.
- To get rid of the stones, modern medical science often suggests going for removal of gall bladder. Once the Gall Bladder is removed, indigestion becomes common.

## Why Liver Cleanse is necessary?

- Due to environmental pollutants and consumption of cooked food, toxins accumulate in the capillaries of the liver. Cleansing removes these accumulated toxins.
- With gallstones, the way to Gall Bladder gets blocked. Liver cleanse helps you get rid of these stones without a Gall Bladder removal surgery.
- A single Liver Cleanse will make you feel younger at least by five years of age.
- The blood has a tendency to keep the cholesterol levels uniform throughout the body. A Liver Cleanse removes LDL or bad cholesterol from the liver. To make the cholesterol levels uniform, blood depletes cholesterol deposits from the coronary arteries making them cholesterol free and thus minimizing the risk of heart attacks.
- A Liver Cleanse can help you by curing the problems such as, acne and black patches, allergy, irritation, blood sugar, hormonal imbalance, loss of bone density, depression, stiffness in breast, dry skin, dry hairs, anxiety, cysts, hair loss, headache, hot/cold flashes, obesity, PMS, pain in varicose veins, thyroid problem, sciatica, , swelling in ankles, fibroids, and many more.

**Note :** Do the Liver Cleanse at a gap of two weeks until all the stones are removed. Afterwards, it is sufficient to do it once in six months to get rid of the freshly accumulated toxins.

## Ingredients

1. Epsom salt or magnesium sulphate, four sachets of 20 gms each (approximate cost Rs.40/-), of any make.
2. Extra virgin olive oil (250 ml) costing nearly Rs.325/-, of any make.
3. Fruit juice - orange, sweet lime or whichever suits your taste buds, (250 ml) costing nearly Rs.40/-.  
Tetra pack juices can also be used.
4. Water (800 ml); to dissolve Epsom salt.



Epsom Salt



Extra Vargin Olive Oil

## SCHEDULE\*

<b>2:00 pm</b>	Do not eat anything. Keep your Epsom salt mixture ready. Mix 80 gms (20 gms X 4sachets = 80 gms) of Epsom salt in 800 ml of water. This makes four servings of 200 ml each. Keep the jar in a refrigerator to cool the liquid (for convenience and taste).
<b>6:00 pm</b>	Drink one glass of the mixture. You can drink a few mouthfuls of water after ward. Visit the bathroom, if needed.
<b>Dose 1</b>	
<b>8:00 pm</b>	Repeat the procedure by drinking another glass of Epsom salt mixture. Visit the bathroom, if needed.
<b>Dose 2</b>	
<b>9:45 pm</b>	Pour 175 ml of extra virgin olive oil into a glass. Prepare juice of orange or sweet lime, or get a tetra pack. You should have 175 ml of juice. Add this to the extra virgin olive oil. Mix the contents in a mixer/whipper for 10 seconds. The medicine is now ready.
<b>Prepare medicine</b>	
<b>10:00 pm</b>	Drink the medicine (mixture of oil + juice). Stir it before drinking. Lie down quickly on your right side for 30 minutes, with your head up high on the pillow. The liver is on the right side. This way, more pressure is created on the bile ducts to push out stones. After 30 minutes, you may sleep on any side that suits you.
<b>Dose 3</b>	
<b>6:00 am</b>	Have the third dose of Epsom salt. If you experience diarrhea or nausea, take the dose after going to the bathroom once.
<b>Dose 4</b>	
<b>8:00 am</b>	Take a second reduced dose of the extra virgin olive oil and fruit juice mixture (75 ml + 75 ml) and go back to bed, the same way as the previous night.
<b>Dose 5</b>	
<b>10.00 am</b>	Have the fourth and final dose of Epsom salt. This will escalate the passing of stones from your body. You can see the green stones in your stool. These stones are made of cholesterol, hence green in colour.
<b>Dose 6</b>	
<b>11.00 am</b>	You may start eating but start with light food. Start with fruit juices because the digestive system is weak due to diarrhea and use of Epsom salt. You can eat normal food after half an hour, but keep it light.
<b>The course ends</b>	

\* See Liver Cleanse in Cleanses in [www.drpiyushsaxena.com](http://www.drpiyushsaxena.com)

**Note:** During the process of Liver Cleanse, diarrhea is common. A few people may also get nauseated or vomit. Don't worry. It is proof of a successful Liver Cleanse. After the Liver Cleanse, you are safe from a heart attack at least for the next six months as LDL cholesterol has been removed from body. You get cured of asthma and other allergic problems. You get rid of gall stones without removing the Gall Bladder. With enhanced immunity, you feel healthy, energetic and young.

## Acidity Cleanse

The stomach normally secretes acids essential for the digestive process. When there is excess production of acids by the gastric glands of the stomach, it results in acidity. Acidity is measured in terms of pH. A pH of 7 is considered to be neutral, i.e., of water. A pH below 7 is sign of acidity. pH of 6.5 means acidity of slight nature while a pH of 4.5 is sign of severe acidity and a worrisome health issue.

### Symptoms

- Burning sensation, pain or discomfort in the throat and (heartburn)
- Blood in stool • Headache • Lack of appetite • Nausea and vomiting
- Pain in the abdomen, either immediately after meals (gastric ulcer) or two hours after meals (duodenal ulcer) • Persistent cough • Sour oral secretion/belching, with an acidic taste in the mouth, due to regurgitation of acidic fluid in the throat or mouth

### Green vegetable juices

Fresh green vegetable juices work as detoxification drinks and have a powerful effect on the recuperative powers of the body, because of rich and easily absorbable nutrients. Fresh vegetable juices contain proteins, carbohydrates, chlorophyll, mineral electrolytes and healing aromatic oils. Most importantly, a fresh juice makes large amounts of plant enzymes available to every cell in our body, an integral part of the healing and restoration process. Green vegetable juices also contain large amounts of vitamins B1 (Thiamine), B2 (Riboflavin), B6, B12, C, carotene, choline, folic acid and pantothenic acid. They are high in minerals, such as calcium, copper, iron, magnesium, manganese, potassium and phosphorus. They are full of enzymes useful for digestion and assimilation; some contain over a hundred known enzymes necessary for human cell response and growth. Green drinks also have anti-infective properties. They remove acid wastes, increase body pH levels, and are an excellent source for mucus cleansing. They can also help in clearing the skin, cleansing the kidneys, purifying and building blood supply. Green drinks are critical to the success of not only the Acidity Cleanse but also for every cleansing program. The chlorophyll present in various green juices is highly alkaline and forms the basis of our treatment.

**Ramesh Pandya, International Co-ordinator– 07982935144**

**Serving the people:** Several Bollywood celebrities, such as Kunickaa Sadanand, Sambhavna Seth and Rajendra Gupta claim to owe their good health to Liver Cleanse and Cleansing Therapy. After experiencing its healing powers, they created a 7-episode talk show called Apna Ilaaj Apne Haath (available on [YouTube](#)) for the public at large. Along with Kidney and Liver Cleanse, the show also consists of Acidity, Parasite, Joints and Fat Cleanse. You can watch these episodes on [YouTube](#) by typing “APNA ILAAJ APNE HAATH”.



**Dr Saxena (second from left) at the launch of the talk show Apna Ilaaj Apne Haath on TV, along with actors Kunickaa Sadanand, Ashutosh Rana, Rakesh Bedi, Sambhavna Seth, Rahul Roy, Raju Srivastav and Rajendra Gupta.**

Apart from above, Dr Piyush Saxena's websites contains complete information on nearly two dozen different cleanses. You can contact Dr Saxena for any clarification regarding above cleanses. Dr Saxena neither charges any fee, nor promotes any product, nor accepts any donation.



## **Temple of Healing**

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**Lets dream of a Heart Attack free India.**

**Come, walk along with Dr Piyush Saxena to realise this dream.**