

CLEANSTART

Introduction

CleanStart® is a two-week program that helps to cleanse, nourish and rejuvenate the whole body, especially the digestive system. It contains laxative herbs to facilitate the cleansing of the intestinal tract. Soothing herbs in the formula help support cleansing while soothing the digestive system. Herbs that rekindle the ability of the digestive system to properly handle digestion, absorption and waste elimination are also part of this product.

The digestive system is not alone in the waste elimination process. For this reason, herbs for detoxifying the accessory organs (liver, gallbladder, pancreas and the urinary tract) are incorporated into this formula. Blood purification is also an important aspect of body cleansing; hence, reputable blood-purifying herbs are components of the product.

Adequate water intake is recommended during the cleansing program to help in waste elimination and to replenish losses.

The Laxatives

Psyllium (*Plantago ovata*) and fenugreek seeds (*Trigonella foenum graecum*) function as bulkforming laxatives. Psyllium contains the highest level of soluble dietary fiber of any grain source, and is the chief ingredient in many commonly used bulk laxatives. The laxative properties of psyllium are due to the swelling of the husk when it comes into contact with water. The resulting bulk stimulates a reflex contraction of the walls of the bowel, followed by emptying.¹ Fenugreek seeds contain about 50% dietary fiber and may have a beneficial effect on gastrointestinal transit.

Additional laxative herbs in this formula include cascara sagrada (*Rhamnus purshiana*), yellow dock (*Rumex crispus*), buckthorn (*Rhamnus frangula*), Turkey rhubarb (*Rheum officinale*) and aloe vera (*Aloe barbadensis*). They help remove toxic debris that builds up in the colon. Anthraquinones, the active component in these laxative herbs, are absorbed from the large intestine and circulated through the blood. Anthraquinones stimulate the secretion of electrolytes and water from the lumen of the small intestine and inhibit their absorption by the large intestine.^{2,3} They also stimulate a nerve center in the lower intestine, which promotes elimination.^{4,5}

Soothing Herbs

Marshmallow (*Althea officinalis*), licorice (*Glycyrrhiza glabra*) and ginger (*Zingiber officinale*) help to alleviate the harsh effects of the stimulant laxatives without interfering with their beneficial effects. Marshmallow root contains mucilaginous polysaccharides that help protect and soothe tissues. The soothing action of marshmallow in the digestive tract helps reduce irritation.^{6,7} Licorice is thought to have soothing properties.⁶

Purifying Herbs

Sarsaparilla (*Smilax officinalis*), red clover (*Trifolium pratense*), echinacea (*Echinacea purpurea*), burdock (*Arctium lappa*), Oregon grape (*Berberis aquifolium*) and couch grass (*Agropyron repens*) are purifying herbs in this product. They are recommended for periodic “spring cleaning” of the blood. They bind to and neutralize toxins. They individually and collectively purify the blood.⁸ Their mild diuretic effects help increase urine flow and aid in the elimination of urea and toxins. Sarsaparilla, through its sweat-promoting properties, enhances toxin elimination from the lymph and circulatory systems.⁹ Burdock is restorative both to the liver and the gallbladder.¹⁰

Detoxifying Ingredients

Milk thistle (*Silybum marianum*) and dandelion (*Taraxacum officinale*) are both detoxifying herbs. They have great beneficial effects on the gallbladder and liver, the body’s center for detoxification. Milk thistle is believed to protect and rejuvenate the liver cells. ¹¹ Dandelion improves the flow of bile.¹² Dandelion also contains choline, which may account for its liver tonic properties.¹² Dandelion has a potent diuretic effect.¹¹

Bentonite and sodium copper chlorophyllin provide additional detoxification capabilities. Bentonite adsorbs toxins, and because it is not digestible, it holds onto the toxins and is eliminated in the feces. Sodium copper chlorophyllin is a green pigment found in almost all plants. It has been used to aid in the removal of various toxins via the liver and remains a key compound for improving the function of essential detoxification pathways.¹³ Chlorophyllin is a deodorizer, helpful in controlling body odors;¹⁴ thus many herbalists use it to complete a digestive system cleanse.

Other Ingredients

Other herbs and ingredients that help restore the function of the digestive system include pepsin, capsicum (*Capsicum annum*) and potassium citrate. Pepsin augments digestive secretion of this protein-digesting enzyme. Anytime a deficiency of proteolytic enzymes exists, bits of undigested protein may remain in the body. Capsicum is used to improve digestion and soothe the gastrointestinal tract. Potassium citrate plays a role in gastric secretion and enzyme reactions, helping to support digestion.

References

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