



## Chinese Tiao He Cleanse

Stock #3050-5 (30 packets)

Tiao He Cleanse is a gentle, yet effective herbal cleanse designed to improve health through detoxifying the body. Tiao He Cleanse combines Chinese and Western herbs known to enhance the detoxification activities of the colon, kidneys and liver. This unique herbal combination works synergistically to also improve digestive and intestinal function, expel parasites, relieve inflammation and irritation of the gastrointestinal tract, relax abdominal cramping and spasms, fight infection, and, in some instances, to help lower elevated cholesterol. Tiao hé means "harmonious" or "harmony." Tiao He Cleanse is ideal for anyone beginning an herbal supplement program, before starting a fast or weight-management regime, or just as a health maintenance "spring cleaning." Each convenient Tiao

He Cleanse packet contains:

**Chinese Liver Balance TCM Concentrate** provides a blend of herbs that not only protect the liver and support healthy liver function, but also promote the health of the gallbladder, spleen and stomach. The herbs in Chinese Liver Balance work synergistically to help prevent liver damage from drugs and environmental toxins, as well as improve circulation and digestion, lower blood pressure and cholesterol levels, relieve inflammation and pain, reduce fever, fight infection, relax muscle spasms, and calm anxiety and irritability often associated with liver problems.<sup>1-7</sup>

**All Cell Detox** is a unique herbal combination designed to detoxify the body and strengthen the eliminative functions of the colon, kidneys and liver. All Cell Detox also improves digestion and absorption of nutrients to combat nutritional deficiency and nourish the body. All Cell Detox contains herbs that reduce inflammation, shrink swollen tissues, improve immunity to fight infection, purify the blood, and neutralize acidity.

**LBS II** is a lower bowel-cleansing formula containing a blend of herbs that stimulate the production of digestive fluids and bile to promote peristaltic action in the colon, relax abdominal cramping and spasms, enhance liver function, purify the blood, neutralize acidic conditions, destroy intestinal parasites and worms, and fight infection. LBS II also contains herbs that relieve pain and inflammation in the body and stimulate urine flow to expel toxins and cleanse the urinary tract.

**Psyllium hulls** (*Plantago ovata*) are a source of dietary fiber that has been shown to shorten gastrointestinal transit time and increase stool weight and moisture content. Thus, psyllium hulls are effective for restoring and/or maintaining regular and easy bowel movements. Psyllium hulls have also been shown to lower serum total cholesterol and LDL cholesterol levels. In addition, psyllium hulls bind with carcinogens and other potential toxins, and have been shown to inhibit the growth of parasitic amoebas of the genus *Entamoeba*, which cause dysentery and ulceration of the colon and liver.<sup>7-13</sup>

**Burdock root** (*Arctium lappa*) is used primarily as a tonic herb and alterative—a substance that increases vitality by improving the breakdown and excretion of toxins and waste, also known as a blood purifier—to improve overall health and enhance digestion. Burdock provides mild diaphoretic (stimulates perspiration), diuretic and laxative actions to encourage the release of toxins from the body. Burdock also stimulates bile secretions and has exhibited hepatoprotective (liver-protecting) effects in animal studies. In addition, burdock contains high concentrations of naturally occurring fructooligosaccharides (FOS), which help promote the growth of healthy intestinal flora. Burdock has also demonstrated some degree of antibacterial activity, as well as anticandidal (destroys or inhibits the growth of *Candida* yeast) effects.<sup>14-20</sup>

**Black Walnut ATC Concentrate** (*Juglans nigra*) - Black walnut hulls have been traditionally used to expel intestinal worms. A compound isolated from black walnut hulls, known as juglone, appears to be responsible for the herb's antiparasitic effects. For example, research has shown that juglone is potentially toxic to the parasite *Toxoplasma gondii*. In addition, juglone demonstrates antimicrobial activity, acts as a mild laxative, and enhances the liver's detoxifying functions, particularly phase II detoxification—a process by which the liver alters a toxic substance to make it less toxic and easier for the body to excrete.<sup>21-26</sup>

This product is not recommended for children. Women who are pregnant or nursing should consult their healthcare provider before using this product.

## References:

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