

Cleanse Your Inner Self

by Veronika Clay



You maintain your car with tune-ups and oil changes and shower everyday to clean the outside of your body. When was the last time you took steps to cleanse the inside of your body? Although your body naturally self-heals, it still requires maintenance to stay healthy and disease-free.

Why Does Your Body Need Inner Cleansing?

Since 1915, more than thirty-four thousand pesticides and around four million new chemicals have been released into our environment. Approximately three thousand chemicals are allowed in foods during processing and twelve thousand chemicals are used in food packing materials (Cleansing the Body, Mind and Spirit, by Carolyn Reuben). According to the FDA, heating food produces numerous toxins that are then ingested. Our ability to live with all these contaminants depends on the condition of our bodies' natural detoxification system.

"Auto-intoxication is defined as 'the poisoning of the body, by toxic matter penetrated therein.' Twenty-two poisons were identified as originating in a toxic colon. Some of these poisons are highly active and may produce the most detrimental effects—even in very small quantities. In many cases, these toxins can seep out of the colon and poison the rest of the body.

Poisons from the colon can do the following: weaken and stress the heart, cause blemishes, psoriasis, cause foul breath, cause senility, cause pain and stiffness, cause weakness, and severe fatigue" Donald J. Mantell, M.D.

How Do You Know Your Body is Self-Cleansing?

Your body is built for survival; nature gave us multiple means of self-defense and detoxification reactions. When your body is healthy, it is sensitive to chemicals and other toxins, and produces a detoxification reaction to cleanse the body. Vomiting and diarrhea, for instance, are ways utilized by the body to quickly eliminate poisons. With every exhale, we release volatile organic compounds and other toxins in gas form. The lungs propel mucus up the esophagus, and into the throat, where it can be spit out. When your nose runs, your body is doing its best to protect you from toxins by entrapping and floating them out.

How Can You Help Your Body Self-Cleanse?

When you have a body ailment such as when your nose runs, recognize that your body is self-cleansing. If you take medication to stop the mucus flow, your body shifts from cleansing the toxins to cleansing the drug.


Eat 5-to-9 (or more) servings of raw fruit and vegetables each day to help boost your immune system. A healthy immune system gives your body the strength it needs to successfully cleanse your inner self.



"When you adopt a diet of fruits and vegetables, the body will begin to eliminate its accumulated toxins. Since their poisonous nature is more noticeable on their way out than when they are 'in storage', you will probably feel worse before you feel better."

By Frederic Patenaude author of "The Raw Secrets" and publisher of Just Eat An Apple Magazine

Colon Hydrotherapy (Colonics) is recommended by health authorities to help cleanse the colon and prevent health problems. "Body Work by Robbie" is available in Sacramento. She offers colonics and other services for a reasonable price. Contact her at 916-203-2441.

"Colonic irrigations are one of the most important treatment modalities available for a multitude of health problems. Disease begins in the colon. To be in optimum health, the colon must be functioning normally." Donald J. Mantell, M.D. 

To find out more about an amazing 100% raw, organic cleanser that will naturally cleanse the outside of your body and is ultra-safe for your immune system, contact Veronika Clay at (916) 366-3898, email: rawfood@comcast.net or website: www.magicsuds.net.

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Gina Bliton, San Diego, CA

"I had a bad sunburn on my neck. I usually put aloe vera to cool my sunburn down and until I used Magic Suds, I thought that was the best thing to do—not anymore! That evening I didn't have anything other than the Magic Suds and, not wanting to buy more aloe vera as I had plenty at home. I looked again at the ingredients and thought it couldn't hurt to put it on, with all the plant ingredients and all!! Well, I slathered on a bunch and within a very short time, the burn not only went away but the red significantly lessened. After a day or two there was no sign I had been burned!! I knew your product was good but little did I know how good. Also, the stinging that always accompanies a sunburn for me also completely went away soon after I used your product."
Susan Albrecht, Seattle, WA