

NATURE'S DETOX Summary

About Nature's Detox (short):

Within each of us lies the innate capacity to heal. Accessing that healer is possible if we return to the lost art of fasting. When the digestive system is allowed to rest, the wisdom of the body can turn its attention to cleaning and repairing. Fasting has scientifically shown to benefit numerous conditions including hypertension, diabetes, asthma, allergies, skin conditions, arthritis, headaches, depression and chronic pain and fatigue to name a few. Nature's Detox teaches who can safely undergo fasting and how your unique biochemistry determines if you will have the best results on a modified diet fast, a raw food or juice fast, or water fasting alone.

Live Presentation Summaries:

Nature's Detox Part 1: Fasting: an Ancient and Powerful Medicine

Discover the lost art of fasting and how it can benefit numerous conditions including hypertension, diabetes, asthma, allergies, skin conditions, arthritis, headaches, depression and chronic pain and fatigue. Learn who can safely undergo fasting and how your unique biochemistry determines if you will have the best results on a modified diet fast, a raw food or juice fast, or water fasting alone. Dr. Iverson will teach why he regards fasting as the most powerful healing modality available to the human body.

Nature's Detox Part 2: Complete Herbal Cleansing System

Every day we are exposed to thousands of toxic chemicals which can lead to disease. Most people cannot eliminate these pollutants adequately due to insufficient function of the liver, kidney and lymphatic systems. Discover which plants neutralize these harmful chemicals on contact and which can maximize the function of our detoxification organs. Dr. Iverson will examine serious botanical medicines that are scientifically proven to detoxify harmful chemicals and protect the body from premature aging and disease.

About Nature's Detox (long):

Fasting is the greatest remedy, it is the physician within. Paracelsus

The best of all medicines are rest and fasting. Benjamin Franklin

Fasting will bring spiritual rebirth to those of you who cleanse and purify your bodies. Mahatma Gandhi

Nature's Detox brings new life to a healing art that has all but been forgotten. Before the advent of medications and surgeries, we could only depend on Nature's medicines of food, herbs, and rest to allow the body to heal itself. Wild animals and our ancestors have healed themselves for thousands of years simply by abstaining from food during illness. At one time it was common prescription for grandmothers to treat their ailing loved ones with an enema, hot herbal tea and chicken broth. Those days are now long forgotten and these sensible healing methods have been abandoned.

The practice of fasting for health, healing and spiritual communion is as old as mankind. Browsing through the historic medical literature fasting was proven in numerous accounts to be effective when nothing else was. In those old journals fasting was successfully utilized by medical doctors to treat hypertension, diabetes, asthma, allergies, skin conditions, arthritis, headaches, depression, chronic pain and fatigue to name a few. These miraculous healings have been hidden away on the dusty shelves of medical libraries for decades waiting for the day they will be re-discovered.

In my own practice I have seen thousands of patients and some with the most devastating of conditions. Many have lost hope because there was no drug, surgery, or conventional procedure that could help them. Many of my patients found benefit in dietary changes, nutritional supplements, herbal and homeopathic remedies. However, to this date, I have witnessed nothing that compares to the innate healing power of fasting.

Nature's Detox teaches who can safely undergo fasting and how your unique biochemistry determines if you will have the best results on a modified diet fast, a raw food or juice fast, or water fasting alone. The reader will also learn the science of how fasting works and what signs, symptoms and lab values are normal and which are dangerous. *Nature's Detox* extensively reviews sources of heavy metals and chemical toxins found in our living environment. It will instruct how to clear these toxins with herbal cleanses, enemas, colonics, saunas and massage. *Nature's Detox* includes enjoyable reading subjects discussing acid-alkaline balance, fermented foods, GMOs, healthy hormones versus fake hormones, and the new interest of "intermittent fasting." Many will be intrigued learning about the history of the fasting movement in the West with the European retreats known as sanitariums and the evolution of fasting for spiritual enlightenment as it was underway in the East. There is also a whole section dedicated to juicing, smoothies and basic food recipes to make *Nature's Detox* a successful program. In one manual I have included all the recommendations I offer to my own patient so you too can heal yourself at home, with the power of *Nature's Detox*.

WHO IS THE AUTHOR

Dr. Andrew Iverson enjoys taking the message of *Nature's Diet* and *Nature's Detox* worldwide to share the wisdom that we as a civilization have forgotten. His travels take him to developing nations where he educates local people on the importance of returning to the native diet and plant medicine of their ancestors. He has had the rare privilege to receive botanical knowledge from renowned herbalists and native and tribal healers from around the world. He is the founder and director of Tacoma Health, a successful holistic health clinic in Tacoma, Washington

Access Your Innate Healing Power

Allow me to introduce you to a healing method that has all but been forgotten. It is as old as the Earth and it has been proven time and time again to be effective when nothing else brings benefit.

In my practice I have seen thousands of patients and some with the most devastating of conditions. Many have lost hope because there was no drug, surgery, or conventional procedure that could help them. Many of my patients found benefit in dietary changes, nutritional supplements, herbal and homeopathic remedies. However, to this date, I have witnessed nothing that compares to the innate healing power of fasting.

Nature's Detox will identify who can safely undergo fasting and how your unique biochemistry determines if you will have the best results on a modified diet fast, a raw food or juice fast, or water fasting alone.

To eat when you are sick, is to feed your sickness. -Hippocrates, Father of Medicine

Fasting is the greatest remedy, it is the physician within. -Paracelsus

He that eats till he is sick must fast till he is well. -English Proverb

The best of all medicines are rest and fasting. -Benjamin Franklin

Fasting is a natural method of healing.

When animals are sick, they fast. -Paramahansa Yogananda

Fasting is, without any doubt, the most effective biological method of treatment;

it is the operation without surgery. -Otto Buchinger, M.D.

Fasting will bring spiritual rebirth to those of you who cleanse and purify your bodies.

The light of the world will illuminate within you when you fast and purify yourself.

-Mahatma Gandhi



Dr. Andrew Iverson enjoys bringing the message of Nature's Diet and Nature's Detox worldwide to share the wisdom that we as a civilization have forgotten. He is the founder and director of Tacoma Health, a successful holistic health clinic in Tacoma, Washington.

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