

## Specific purpose purification

Everybody wishes for a maximum level of subjectively felt well being and objectively measurable health. The former certainly takes priority over the latter in most people. Ailments and pain of one or more body parts frequently affect this state of subjective well being. Specific purpose purification often helps to overcome pain, symptom and underlying imbalance.

Not everybody wants to take the time for a general purification therapy that only slowly and naturally reverses the process of impurity build-up. Someone might suffer from a gouty hand, a necrotic diabetic foot, a smoker's leg or fungal toe nail infection.

### Purification

#### Impurity break up by:

- Tea / fruit (apple cider) vinegar
- Vegetable juices
- Homeopathic remedies

#### Neutralisation of the dissolved acids by:

- Wholesome-vegetarian foods
- Minerals and trace elements
- Supplements

#### Elimination of acids and salts by:

- Drinking water
- Alkaline body care

#### Cleansing and vitalisation by:

- Oxygen
- Spices

In such instances, of course, an immediate and specific purpose purification is indicated. Let us illustrate this with an experience we had some time ago on the health trade show PRO SANITA in Stuttgart, Germany. The head of the health department of the local college of further education told us about a fasting course she was giving at that time. Amongst her class were two women with osteo-arthritis who intended to thoroughly purify their bodies. During the course these two ladies developed severe swellings in their knees accompanied by terrible pain. As the group leader she felt awful for being unable to tell how this could have happened and how she could help.

Upon our question, what type of fasting she practised with her group, she answered that she did pure tea fasting. At this point, the matter was clear to us. This woman had only taught and practiced the first of the three steps that are necessary for an effective purification without complications!

With the tea fasting she managed to break up the impurities in the knees of the two arthritic ladies, here formed by urates, and thus reactivated the original uric acids. As we know, breaking up impurities means to split the respective salt into its front mineral component and the so-called ACIDIC RESIDUE, i.e. to break up the hitherto stable and chemically neutral bond into its components.

The second and third steps, however, remained undone. The second important step should have been to neutralise the reactivated acids and the third step to eliminate and excrete the neutralised salts or free acids via skin and kidneys.

Tea can be a strong solvent of urates, especially green oat's tea. In the case of the fasting ladies, inactive uric acid impurities have probably been broken up and transformed into active uric acids and energetically exhausted calcium. The freed-up acids caused acidic damage in the cells, tissues and joint cartilage of the two female course participants. As their bodies did not receive sufficient water or minerals and trace elements to neutralise the acids, they had no other option but to retain huge amounts of water in the knees to dilute the occurring acids and to step by step remove them from the site of acid burn.

The course leader understood and wanted to know what she could do next to help the two women. We advised her to give them plenty of minerals and trace elements. They should further drink 1 to 2 litres of water, take 3-4 alkaline footbaths of at least 30 to 60 minutes duration daily and every one or two days an alkaline body bath lasting 1 to 2 hours. Additionally, they should apply alkaline wraps around the knee, and if possible also wear Alkaline Socks over night.

To prepare these Alkaline Socks you take one litre of warm water to which you add one levelled teaspoon of alkaline salt and stir until the salt is dissolved. Then soak a pair of thick lamb's wool or cotton socks in this milky water. Once the socks are thoroughly wet, wring them out and put them on. Over the moist socks you put another pair of thick, dry and large enough socks to fit. Both pairs of socks should be loose enough so that they will not cut off circulation!

Now you can go to bed with the Alkaline Socks and the alkaline knee wraps, with or without a hot water bottle, depending on how warm or cold the feet are.

The example of the two women affected by arthritic knees has shown us how specific purpose purification has suddenly become necessary, even though a general purification by fasting was intended. This was due to an elementary mistake by the group leader, as she had not followed the proper protocol for a general, proper purification. We promised the group leader that she would achieve striking results with her

## Options for alkaline purification

### External

#### Applications:

- Washes
- Rubdowns
- Hand- / Arm baths
- Foot baths
- Body baths
- Rinses
- Wraps and packs
- Salt socks
- Salt gloves

#### Indications:

- Intimate hygiene
- Muscle tension
- Gout
- Athlete's foot / smoker's leg
- Allergies / psoriasis
- Sinus cavities / vagina
- Liver / migraine / sciatica
- Diabetes / 'necrotic feet'
- Gout

### Internal

- Mineral surplus in diet
- Wholesome-vegetarian foods
- Drinking tea!
- Dietary supplementation / minerals
- Alkaline enema
- Colon-hydro therapy

two ladies within 3-4 days if she followed our recommendations of a specific purpose, alkaline and mineral rich purification. The promise was kept and the success achieved.

Such localised, specific purpose purification programmes are indicated with numerous impurity diseases. Examples are the SMOKER'S LEG (intermittent claudication), necrotic diabetic feet, gout, muscle tensions, rheumatoid arthritis, or sinus problems. With the latter, daily rinses with an alkaline solution have proven to be very helpful. The alkaline salt water is sniffed through the nose until it runs down along the back of the upper pharynx.

Alkaline nasal rinses are also very beneficial in cases of rhinitis. You can either sniff the alkaline water or use your little finger by dipping it into the water and then insert it as far as possible into the nostrils.

To prepare the appropriate alkaline solution, take a pinch of alkaline bath salt in a cup of warm water and then sniff it.

Weak alkaline solutions, prepared as explained above, can also be used as gargles in case of sore throats, suppurated tonsils or bad breath.

Many people use such salts for their dental hygiene, sometimes even without using a toothbrush. Give some salt on a moistened index finger and rub and massage teeth and gums. Shake off any grains that are too coarse before starting to 'brush' the teeth.

You can use tooth picks to clean the spaces between the teeth. They are probably even more effective than tooth brushes anyway.

Headaches and migraines can also often be helped with localised, specific purpose purification. With certain dramatic acid attacks one can even perform alkaline first aid

#### **Alkaline bath salt for:**

- Impurity and toxin elimination
- Acid excretion
- Self-lubrication of the skin
- Anti-depressive effects
- Nasal rinses
- Wraps / liver packs
- Alkaline drink (Basentrunk)
- Massage salt
- Salt Socks
- Salt Gloves
- Salt Shirt
- Body bath
- Foot bath
- Sitz bath
- Hand bath
- Arm bath

treatments by creating an alkaline counterbalance to the existing acid concentration. This is particularly true for such dramatic acid attacks like the heart attack, gout attack or stroke. We will look at these in more detail later in this book. Often, just drinking a glass of pure water can bring about remarkable relief!

More and more people experience problems with their ears and hearing function. Tinnitus and sudden deafness cases are on the increase. Regular alkaline nasal rinses can help with the purification of ears and eyes as well as the entire head with its various cerebral functions.

Then there is the huge area of fungal infections. Such problems often take care of themselves once the fungus is deprived of its acid

living environment with pH values between 4 and 6. This is achieved by following a consistent alkaline course of treatments. Alkaline vaginal douches, sitz baths or regular long foot baths are taken to successfully rid oneself of unpleasant and annoying vaginal fungal infections, athlete's foot or fungal toe nail infection.

A particularly effective treatment of athlete's foot is the wearing of Alkaline Socks as described above. During the alkaline treatment one should pay attention to thoroughly disinfect all of one's shoes. To do this, fill a vaporiser with essential tea tree oil and repeatedly spray the inside of your shoes.

Migraines, muscle tensions, cramps and sciatica are often helped by alkaline body baths and an alkaline drink (Basentrunk) as well as moist alkaline body packs.

The question of the most effective temperature for alkaline baths and packs needs addressing. Some women, for example, suffer from migraines close to their periods. They often help themselves by applying ice-cold packs on their necks. They find that warm or even hot packs aggravate the pain. Such an experience makes sense, from a biochemical as well as a bio-energetic point since acid corresponds to warmth and base to cold. Consequently, we combat acid attacks with packs that have a temperature slightly below body temperature.

You can go a step further by massaging the affected area with suitable body oils and a bit of alkaline salt, thus giving your body a so-called SALT MASSAGE. This type of massage leaves an ALKALINE LAYER on the skin, into which the body is very likely to dump further acids – the law of osmosis applied on a small scale. Alkaline salts and solutions produced thereof with pH values between 8.0 and 8.5 are manufactured today in a way that they can safely be used for dental hygiene purposes, bathing salts or massages, and of course for the preparation of alkaline solutions for packs, wraps, rinses etc.

Specific purpose purification is particularly important and urgent, for example, when toes or feet are at risk of amputation, such as necrotic diabetic feet. At present, 20,000 of such amputations are carried out every year in Germany. In elderly diabetic patients, the

### Specific purpose purification with:

- Hand bath
- Arm bath
- Foot bath
- Body wraps and packs
- Rinses
- Salt Socks
- Salt Gloves
- Salt Shirt

### Alkaline Socks

use with:

- Cellulite
- Athlete's foot
- Fungal infection of nails
- Itchiness of skin (acids)
- Foot perspiration
- Smoker's leg (intermittent claudication)
- Necrotic feet
- Circulatory disorders
- Flu
- Headaches
- Migraine
- Impurity build-up
- Intoxication

lower leg often has to be amputated as well.

Affected limbs can turn completely black due to the lack of blood supply. At the terminal stage, i.e. when there is no more blood, oxygen and nutrient supply at all, the tissues start to die, and necrosis sets in. In those cases particularly, drastic and specific purpose purification has proven to be helpful. One has to act very carefully and diligently, though, with such purification.

Such a regime requires drinking of at least 1.5 litres of herbal tea daily together with an equal amount of water. It goes without saying that this has to be accompanied by an overabundant supply of minerals and trace elements from adequate supplements. This is needed in order to transform the re-activated acids, flooding the organism now, into neutral salts able to be excreted. One possible elimination pathway is via the kidneys but due to the kidney barrier at pH values of 4.4 to 4 this might not happen. This is why we have to assist the process by taking up to 6 alkaline footbaths a day, each lasting at least 30 minutes complemented by a daily body bath of possibly one to two hours.

### **Bath duration**

for full body baths

½ hour minimum

1 hour better

2 hours good

3 hours optimal

9 hours successfully tested

At night, Alkaline Socks are put on, which should have a snug fit. They should never be too tight and should be wrung out thoroughly before being put on. The necrotic foot should not be exposed to unnecessary mechanical stress during the time of purification. That also means that you should not massage the affected areas. The body helps itself. One should not move released acids back into the metabolism by massaging the skin. Acids and impurities have to be eliminated via the skin with foot baths, packs and Alkaline Socks!

Often, it takes 3-6 weeks before specific purpose purification shows the intended results and the foot that was once at risk of amputation is white again and with full blood supply. Of course, such purification is the more successful the earlier it is started. We also recommend the concurrent intake of ginkgo supplements and onion oil capsules as well as an alkaline enema once a week.

Unlike the kidneys, the skin is capable of excreting acids directly. The kidneys predominantly excrete neutral salts via the urine and not active acids.

Jewellers only know too well, how acid burnt many pieces of jewellery can get. Extremely aggressive acids like sulphuric or nitric acids are often the causative factors!

In Chinese medicine it has been known for centuries: “What kidneys and urinary bladder cannot excrete has to be eliminated via the intestines. What the intestines cannot excrete has to be eliminated by the lungs. And when all these organs together cannot excrete sufficiently enough acids, the skin has to do the job. Once the skin can no longer excrete harmful substances, death is near.”

Hence, the skin is a highly qualified acid and impurity eliminator. We should make use of this ever so important function by all means!

In the future, thus, let us make more use again of footbaths, packs, Alkaline Socks and hand- and arm baths depending on the respective impurity disease. Why should someone with a gouty hand not take a bowl full of alkaline water and bath his or her swollen hands in it for an hour or longer while watching TV? Hand perspiration teaches us that via the palms of the hands we can excrete toxins and other harmful substances in the same way as via the soles of our feet.

Even though it might sound daunting, you need to do something for your health if you want to get better, e.g. taking three to four alkaline footbaths per day and wearing Alkaline Socks over night if you wish to get rid of your athlete's foot or fungal toe nail infection that have been therapy resistant for years!

Whilst we are in the bathroom, let us have a quick look at our dental hygiene. Dental tartar is nothing but yet another visible impurity, hard as stone. It is formed from dental plaque that continuously, day and night, pours out of the gum pockets representing another way of the body to remove acidic waste. The dental plaque together with acetic acid from sweets, neutralised by calcium from teeth or chyme, layer by layer forms dental tartar that gets harder and harder with each layer.

The composition of dental tartar differs from person to person in the same way as everybody's diet and behaviour is different. Only one characteristic is shared by all tartar. They are all chemically acidic, i.e. formed by acids from various sources and alkalisng minerals and trace elements. Alkaline oral hygiene is the only thing that can help here. The Indians set a perfect example. They chew on betel leaves. They even sprinkle alkaline limestone on the leaves. This ethnic group is well known for their healthy teeth; of course their vegetarian diet certainly helps as well.

We practice something similar when we chew dandelion leaves in the summer or when we clean our teeth with an alkaline salt mixture followed by vigorous gargling with the same mixture. The mixture can even be swallowed to enhance the wellness effect.

Children often swallow toothpaste, unfortunately in most cases only the commercial toothpaste full of artificial aromas, foaming agents and other substances that pose a great threat to the digestive tract that goes all the way from mouth to anus!

The correct dental and oral hygiene, therefore, must be an alkaline salt on a toothbrush or index finger that can at the same time destroy any tartar within a few weeks. Tartar will not be able to withstand the tension potential between its own pH of between 4 and 5 and the alkaline pH value of the cleansing salt of about 8.5. It will flake and slowly disappear. The only question that remains to be asked by the dentist will be: "How did you do this?" It's very simple. He/she followed local specific purpose, alkaline purification!

We have seen that there are many ways to carry out purification for a specific purpose: Hand- and arm baths, foot baths, packs, wraps, rinses and alkaline socks. One can add alkaline gloves that are prepared in the same way as alkaline socks.

Alkaline washes are a wonderful blessing for the intimate body areas, especially in the hot summer months when one sweats a lot and these areas possibly become excoriated. However, these unpleasant 'side-effects' of hot weather do not have to happen at all!

Not long ago, one of our clients reported about a phenomenal effect of an alkaline solution that he prepared for himself regularly. He is 74 years and has been suffering for many years from overweight. His doctor advised him to lose at least 6-10 kg. He had too much water in his body. However, the doctor did not tell him how to get rid of the water. He simply 'ordered' him to REDUCE WEIGHT!

All weight loss efforts had been to no avail. The water in Mr. L's body remained faithful. Of course he could not 'lose' the weight. He was, as he realised later in cooperation with us, simply too acidic and full of impurities and suffered from the syndrome coined by us as 'water retention for the purpose of acid dilution'. He was, as we call it, 'water overweight'.

Instinctively, he did the following which he told us over the phone: "For three weeks I have been mixing half a litre of water with one teaspoon of alkaline salts every morning. I take a wash cloth and apply this alkaline solution to my body from head to toe until the water is gone. I do not towel dry but let my body air-dry. With this method I was able to lose three kilograms within three weeks. The three kilograms were three litres of water that I shed via urination!! The doctor claps me on the back and says 'Keep it up!' even though he has no idea what I am actually doing. And I do not intend to tell him! What do you say to this?"

We say that this is a classic case of how the law of osmosis was applied instinctively and was scientifically correct. The creation of a drastic alkaline layer on the skin enables the body for hours to excrete acids and impurities due to the high pH of about 8.5 of the skin on which the alkaline wash solution has been air-dried. This purification continues until the skin reaches 'normal' pH values again of ca. 6.8 to 7.

Once the acids are excreted, water does not need to be retained for the purpose of acid dilution any more, and the body can eliminate it via kidneys and urine. Many 'water-overweight' people make this observation during long body baths. Many have to leave the baths once or twice to go to the toilet to urinate. Due to the massive excretion of acids and impurities the diluting water in the tissues has been released and has flown to the urinary bladder.

Mr. L further told us that he is also feeling much better overall and that also his skin feels much better.

Whoever thinks that he might also suffer from the above described 'water retention

for the purpose of acid dilution', can do a simple test to find out for sure. In the morning, upon rising clench your fingers into a fist. If it feels very tight, it is a very likely sign that such water retention is present. Then, the same process as practised by Mr. L. is indicated, of course together with repeated hand baths, body baths and foot-baths. One litre of water drunk daily will also help!

Hand baths have already helped numerous old people to get rid of their unsightly pigment spots on their hands. But they have to be taken regularly and long enough. Generally it can be observed that the age spots first turn red, then pink before they disappear. This, of course, will work even better, when the process is supported by consistent internal purification and remineralisation.

When we go through the three steps necessary for any effective purification protocol, we have to look closer at the herbal tea tried and tested for many, many years. During medieval times, witches used to mix the herbs for a tea. Those wise women knew about humans as well as about plants and animals. They guarded the knowledge that had been passed down through generations about human health and about how things worked in the kingdom of nature. This was a thorn in the side of certain powerful people at that time, so that thousands of those women shamefully had to die at the stake. As far as we are concerned, we still apologise today for this disgraceful behaviour of our male ancestors.

Our witches knew exactly when to cut or harvest which herb. For certain herbs, for instance, they went into the forests at full moon at night to cut the healing herbs from the clearance. Nothing can be said to criticise this behaviour! It only proves of an absolute deep understanding of nature and its laws and energies.

A forest clearance is characterised by very particular energetic conditions. This is why no trees grow there but healing herbs. And the latter develop very special properties at full moon.

We have tried to link our efforts to the knowledge of these wise women and have researched the necessary ingredients for a tea that contains all elements of the human body. It has been ascertained that rarely occurring elements such as osmium, hafnium, or cerium are still found in nature sufficiently enough to ensure that the tea becomes a true LIVING FOOD.

The existence of all elements participating in the human metabolism further creates a harmonic balance between active clockwise turning energy (positive energy) and passive counter-clockwise turning energy (negative energy). These two forms of energy correspond to Yang and Yin respectively.

A tea of this kind is very effective in breaking up impurities. We need to keep in mind, though, that the break up of impurities will create acids that have to be neutralised and eliminated again. Before we turn to these steps, however, let us have another look at the preparation of herbal tea. A good tablespoon of herbs is sufficient for the pre-



paration of one litre of tea. Pour boiling water over the herbs, stir, if necessary, let simmer for 3-5 minutes and strain through a sieve.

If you want you can prepare a second, cold infusion with the herbs and use it for the plants in the house and garden. They will thank you for this!

One should drink at least one to three litres of such a tea on a daily basis. One cup will not bring the desired result. Two litres are indicated for a drastic purification. You always drink equal amounts of water. Many of the successful purification reports that reach us, though, tell from drinking herbal tea only. They say that only tea, litres of tea, is drunk throughout the day. The greatest success has been reported by a man, once severely affected by gout, who drank 6 litres of herbal tea every day. He also took plenty of minerals and regular, long alkaline baths. With these three therapeutic steps he was able to cure himself from his gout and all pain within one year.

Herbal teas are also used for enemas. We use a litre of tea and add a pinch of alkaline salt. The temperature should be slightly below body temperature, i.e. at about 36 degrees.

The tea flows into the ampulla recti and immediately one feels a pleasant warmth in the lower abdominal area. Once all the fluid has entered our intestines we hold it by tightening the rectal muscles and doing a head or shoulder stand. If you cannot do this try to bring your body into an inverted position with the help of a cushion.

Immediately, the tea flows towards the navel. Try to stay in the head down position for at least 10 seconds. Then come back to a lying position and roll onto your right side. We do this because the anatomy of the colon requires us to do so first.

Then, we go into the inverted position again and back onto the floor where we turn onto our left side now. Repeat both steps for about 5-10 minutes. Whilst lying relaxed on the floor we also apply gentle abdominal massages following the direction of the colon. You can massage olive oil onto your abdomen before starting the enema. Should you suffer from intestinal gas, you can add a few drops of essential caraway seed oil to the massage oil.

Note that you can do the enema with similar success in a standing position with quicker inflow of the enema fluid. You stand in the bath tub or shower and hold the filled enema bag above your head like the statue of liberty in New York holds her torch.

At some point, when you can no longer hold the fluid, you go onto the toilet and relieve yourself of the warm mash. Continue with the abdominal massages until the bowels have completely emptied.

There is no burning or other unpleasant sensation as the tea is not something the colon repels in shock, like with prune juice or solutions of bitter salt or Glauber salt

(sodium sulphate). It is simply the volume of fluid that has entered the colon that now wants to come out. The tea thereby takes intestinal waste with it supported by the inverted body position, massages, and rolling on the floor from side to side. You will be surprised by the amount of waste that will come out of your colon!

Suddenly, the tummy that has always felt so hard and inflated feels soft as a baby's tummy. So it was not the abdominal muscles that made the abdomen so nice and firm! It was nothing but deep-seated stool that has hardened over a long time!

Naturopaths say: "Death sits in the gut". So, let us just flush and press it out! Let us make one day a month or at least one day every three months a detoxification and purification day! Eat less on such a day. Eat vegetarian food on such a day and drink 1 to 1.5 litres of herbal tea together with the same amount of water. And do an herbal tea enema in the evening on such a day. Then, we have done the first step towards a reform of our national health and most of all towards our own health. Then, the root of our health, the colon, will soon be clean and healthy.

Another, nice possibility to quickly achieve good purification and de-acidification results is to wear a SALT SHIRT. We again prepare a solution of one litre of water at body temperature with one level teaspoon alkaline bath salt. Soak a cotton polo-neck jumper in this solution until it is thoroughly wet. Wring off any excess fluid and put in on as it is.

On top, you put on a second or third dry jumper so that you do not feel cold or catch a cold. People have achieved impressive results with this method in cases of skin allergies, eczema, psoriasis, acne, abscesses and other skin problems. Salt Shirts can also help with lung, liver, kidney, or heart diseases. There is no better and more effective impurity magnet for the entire upper body than just such a Salt Shirt!

### Herbal tea

- breaks up impurities
- by doing this 'old' acids / toxins are reactivated
- acids bring about discomfort or fasting crises
- acids are responsible for the so-called initial symptom aggravation
- initial symptom aggravation can be avoided by neutralising acids and toxins with

### MINERALS