



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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Detoxifying the Liver

HERBS	FOOD & FRESH JUICES	OTHER MEASURES
Artichoke Leaf	Artichoke	Castor Oil Pack (<i>applied topically to skin</i>)
Burdock Root	Avocado	Chlorella Supplements (<i>pills, powder, or liquid</i>)
Dandelion Root and Leaves	Beets	Clay or Mud Baths
Fennel	Cauliflower	Cleansing Clay Supplement (<i>1 tsp in water, daily</i>)
Ginger	Dandelion Greens	Drink Pure Water
Oregon Grape Root	Garlic	Guided Homeopathic or Herbal Cleanse
Schizandra	Leafy Greens	Ionic Detox Footbaths
Silymarin Milk Thistle	Lemon	Sauna Bathing
Yellow Dock	Milk Thistle Seeds	Therapeutic Baths (<i>Epson salt, ACV, herbal, etc</i>)

Your AGING Body Can Talk, pages 130, ... and *Trash the Rest: Detoxing for Longevity*