

# **3 Ways To Create A Proven Healing System**

**by  
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## **Debbie's Story...**

Debbie was about 42 years old, and worked as an esthetician.

I met Debbie at a meeting and after I introduced myself, she said –" I need to work with you!"

I had no idea at the time what health challenges Debbie had, but I knew just by looking at her pale skin, dark circles under her eyes, and weight issues that SOMETHING was going on!

As Debbie unraveled her story, I realized that Debbie's liver was highly toxic due to the chemicals she used from her beauty industry. She was feeling constantly tired, extremely irritable, moody, had horrible constipation problems and when she had her period all her symptoms escalated.

Although, her biggest concern was how bad her complexion looked, she readily admitted that her fatigue and other symptoms were a concern as well.

So we started on her plan – it was super important to put on the top of her 'To Do' list was to clean out her liver and make sure her colon was cleansed too for the toxins to have a clear path of release.

We got Debbie started on her healing program and saw that by having her drink Liver Detox Tea continuously along with doing a ton of colonics, would help her avoid the side effects.

She was now really keen about doing colonics as you can imagine. Having a tube in your rectum with warm water flowing up is a weird sensation. However, Debbie found that the more colonics she did, the more her liver was able to dump the toxins the better she felt!

You see, the power of detoxing is that the body releases those toxins and as it does the healthy cells, your immune building cells, the white blood cells, get to be stronger.

And that's exactly what you want if you have cancer or any chronic health challenge! You want your immune system super strong. A strong immune cells can fight chemicals. The toxins bounce off the cells like rubber balls on a wall. Many people who want to detox think that not eating, they can get rid of toxins. In fact, many weight loss programs are centered around this concept. Let me just tell

you this couldn't be further from the truth - in fact it can be extremely harmful if you don't do it right.



## **THE BENEFITS of DETOXING**

It's a time when you allow your blood cells and organs to breathe...to restore Just like we go on vacations to refresh ourselves so when you 'Detox' you're giving your body a mini-vacation!

The biggest benefit is increased energy! At first, you may feel tired as your body is letting go of the toxins, but after a day or two, depending on how much toxins you have, your body starts to kick in and you feel this burst of energy.

### **Here's The Formula for ALL Detox Programs:**



- REBUILD
- RELEASE
- REBALANCE

Here's why I recommend it this way. After working with thousands of frustrated people who had spent a TON of money and still were sick, I learned that almost all of them thought they were eating a good healthy diet.

But after doing a 3 Day Dietary Intake, where they recorded all their food and liquid in a journal, it was easy to see that they did NOT have adequate nutrients coming in.

Add stress, lack of exercise, and now we know why they were sick and gotten into a diseased state. I always start here:

Plan on doing a 3 day Detox Program to start – I’ve tried one day, two day ...all the way to 30 days with my patients, but I’ve found the most benefits were from doing a 3 day Program.

### **Step 1 – REBUILD**

Here’s the secret not too many health professionals are teaching.

When you REBUILD your body FIRST, you have a lot less side-effects from your detox.

Why?

Because your body has the nutrients it needs to rebuild and repair itself very quickly. Without having the vital nutrients in place, your body is struggling to detox AND rebuild itself all at the same time. This creates more stress that you don’t need!

Plan on at least 1 week of rebuilding your body by:



~ ADD more nutrients to each meal – more fresh fruit at breakfast, especially your antioxidant rich fruits like berries (strawberries, blueberries, blackberries, raspberries).

~ ADD more veggies at lunch and dinner, like steamed veggies especially your cruciferous foods like broccoli, cabbage, brussel sprouts and cauliflower.

~ ADD more veggie soup.

~ ADD more Green Powder that has spirulina, chlorella, alfalfa grass as its first three ingredients since these have the most nutrient rich foods your blood cells need.

I would suggest adding at least 1 scoop per 8 oz. of almond milk, at least 2x/daily.

~ ADD more high pH water since this begins the process of balancing your body to eliminahigh acidic waste. Water that has a pH of 7+ or higher, is excellent. Just look at the label to check pH levels. If it doesn't have the pH listed, don't buy it.

~ADD miso soup which is a very high alkaline food. If you're brave, you can also add seaweed salad or any kind of seaweed since its very high in minerals.

~ ADD food-based supplements. I already mentioned the Green Powder, you can add Alfalfa Tablets, Liquid Chlorella (alfalfa extract), and of course all your typical anti-oxidant supplements like Vitamin C, E, A in their natural forms.

~ ADD fresh veggie juice. Just one or two cups daily gets the necessary nutrients into your bloodstream quickly and efficiently.

## **Step 2 – RELEASE THE TOXINS**

1. Keep it simple....plan your detox time. Set the date. Order your supplies and foods. (more on this in upcoming emails or the [shortcut is here...](#))
2. Plan on a lots of rest time – detoxing takes a tremendous of work! Get a few good books, magazines, and movies! Or plan on spending time by the lake, in the mountains, on the beach, etc.
3. Make sure you have your Colon Hydrotherapist lined up and make sure you have set up your appointment with a Massage Therapist.
4. Make sure to have plenty of high pH water on hand. During the detox its good to drink water that is 8+ pH.

5. If you're also choosing to eat for your first 3 Day Detox Program – make sure to have plenty of veggies for your soups, salads, and veggies for juicing.

You can have fish like cod, halibut, flounder and raw nuts like almonds, Brazil nuts, hazelnuts, sunflower seeds, pumpkin seeds for your protein.

A Green Powder like Spirulina can also be super beneficial.

6. Here's another invaluable secret revealed – make sure to do something every hour on the hour, this is ESPECIALLY true when you have cancer or any serious health challenge!
7. The only break you get is in the afternoon for a couple of hours. So each and every hour from the time you wake up until the time you go to sleep you will be drinking juices, herbal teas, water, or doing a detox therapy like hydrotherapy, colonic, dry skin brush, supplements, etc – there's a lot to do!

But this gives your body the HIGHEST chance of detoxing effectively with a minimal amount of withdrawal symptoms. So that gives you an overview of the Detox Program.

### **Ann's Case Study...**

Ann came to me with serious health challenges on top of being worried about cancer from both sides of her family. Her mother had died of lung cancer and her dad had colon cancer.

Every time she tried to detox, she got very sick and weak.

So she started her program by ADDING food to each meal. ADDING food based supplements to each meal, then taking the Green Powder twice a day with almond milk.

She felt pretty good.

Then she went shopping to get her detox tools – dry skin brush, clay, juicer – she decided that a weekend detox program would be the easiest to start with, and she would still eat foods although most of it would be steamed veggies, some fish, and veggie soup.

Then she planned her weekend and made sure her husband was around to help her.

She also found a local Massage Therapist who was also a Colon Hydrotherapist which saved her some travel time. After she created her Detox Schedule, all she had to do was do the actual detox.

She shared with me that while she did have a small headache, it went away once she ate a little something, but otherwise she sailed through it beautifully.

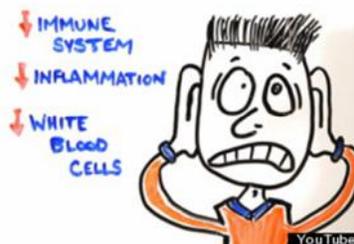
### Step 3 – REBALANCING



Emotional – Mental – Spiritual rebalancing is where you get the most bang for your buck. Where you see the fastest results!

Listen, we all know there is good stress and bad stress. But your body looks at stress the same. It has to keep everything balanced so your organs can continue functioning at top notch levels.

Use techniques to keep balanced. Don't let your body pay the price because that means your immune system can weaken which can inevitably lead to disease!



In fact, bad stress **ROBS** your body of vitamins, minerals, and anti oxidants...lowers your immune system...and turns the pH in your stomach so you can't break down foods as easily!



Check out this pH Balance Guide, and notice what negative emotions can do to you...



By keeping your emotional, mental, and spiritual state balanced...

- this will keep you calm, peaceful
- this will keep you strong and healthy
- this will keep your immune system up!

**How get your peace on...**

Get excited – get involved with the things that make you happy!

Put on cool music – dance/sing away!

Meditate

Look at the clouds...yes it can be that simple!

Appreciate what you have right here, right now, there is always SOMETHING that we can be thankful for. Always.



**To REBALANCE, make a list**

- \_\_\_ go to the gym
- \_\_\_ get a foot massage/full body massage
- \_\_\_ get a spa treatment
- \_\_\_ go on a retreat – camping, health retreat
- \_\_\_ go for a drive in the country
- \_\_\_ go for a walk to a new park, lake, beach
- \_\_\_ what else can you add?

**The KEY is...**That the activity makes you feel:

- Refreshed
- Revitalized
- Relaxed

Don't know how to start? I get it! I've been there myself many times. Then it's time to get a coach! Health Coach, Cancer Coach, Life Coach there are all kinds now.

<http://cancerwipeout.org>

<http://thumbtack.com>

...or go look in the Natural Awakenings Magazine in the directory.

When you feel happy, you have:

- ❖ More energy
- ❖ Stronger Immune System
- ❖ Balanced pH
- ❖ Less symptoms
- ❖ Better Attitude



Which leads to a healthier YOU!

## WHAT'S NEXT?

You're invited!

We have a special Detox Dashboard which you can have as a member for only \$1 for the next 14 days!

[Click here and check it out.](#)

What makes this extra special?

I'm there to walk you through every step of the way. Successfully teaching those just like you who got frustrated with not seeing results in their healing!

I'm in it with you my friend!

For then next 14 days you can browse and learn and ask all the questions you want. We have an awesome community of positive health seekers! [Join us](#)

See you soon!

*Judy*

