

# Douching

In today's world, most humans have a very congested lymphatic system. On top of this, about 90% of humans have weak adrenal glands and reproductive (gonad) weaknesses. Put this all together in females, and we have toxemia in the vaginal wall, cervix, and uterus. Fungal (yeast) overgrowths and estrogen dominance are also an issue. This causes most of the female related conditions, such as Atypical cells, yeast infections, odorous discharges, ovarian cysts, fibroids, endometriosis, bleeding problems, conception problems; and of course, the female cancers (ovarian, uterine, cervical, etc.).

Douching with botanical (herbal) teas can turn all of this around. I have seen hundreds of female cancers and other problems eliminated with herbal douching. As a matter of fact, that is why I created our Heal-All Tea. I needed a tea that one could douche with that would prevent Atypical cells, and one that would help the body rid itself of cancer cells.

One may use any combination of herbs that fit the condition they are working on. Simply make a tea out of the desired herbs, purchase a douche bag or enema bottle, and use it as a "holding" douche.

## MATERIALS:

- ⌘ Heal-All Tea
- ⌘ Douche or Enema Bag
- ⌘ Water (preferably distilled)

## SUGGESTED USAGE:

- ⌘ One, cupful, administered one to two times a day (once in the morning and once at night).

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## HOW TO PREPARE AN HERBAL DOUCHE:

- ⌘ Add one heaping teaspoon of herbal mixture per 1 ½ to 2 cups of distilled water. You may wish to add extra water for more dilution if you find the tea too strong.
- ⌘ Let the tea cool to room or skin temperature before pouring the mixture into your douche or enema bag.

## HOW TO ADMINISTER AN HERBAL DOUCHE:

- ⌘ Lying in a bathtub with your hips elevated, start your douche off where you can hold your herbal mixture in for 15-30 seconds. If you do not have a bathtub, any method will have to do, such as sitting on the toilet or standing in the shower where the liquid can drain out of you.
- ⌘ Try to hold the herbal tea inside of you for 15-30 seconds (this is referred to as a "holding" douche). If you have trouble holding the douche, try practicing Kegel exercises.

## MYTHS ABOUT DOUCHING:

There are quite a few myths when it comes to douching. Some women are afraid of it, and others use yogurt or some other medium. Forget about the myths, yogurts, and other ridiculous therapies that exist. Douching is a natural way to restore health to the cervix, uterus, and vaginal walls.

