



BioMatrix Clinic eDose
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"Living the Natural Lifestyle"

HAPPY SPRING EQUINOX

The season turns again to bring a long awaited spring. It is time to cleanse again! Cleansing is the foundation of Holistic Health. Reduce your toxic burden. Take a herbal laxative, prune juice, lots of magnesium, or 1-2 teaspoons of Epsom salt in a little glass of water to get diarrhea. (regular Epsom salts that are used for a bath are fine). If you didn't get enough out, then take another dose the following day to get more diarrhea. Or have an enema or 1-2 Colonic Therapies. This will flush out the garbage tank called the colon or large bowel intestine. Keep your bowels moving freely throughout the next 30 days. So may have to repeat this again. This initial step will take the toxic pressure off the liver and blood.



Joanne Brophy

Registered Nutritional
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Then take 1 bottle of herbal capsules called **IRIS by Elite** for 30 days. This is predominantly dandelion that will cleanse the liver, lymph, eyes, blood, skin and kidneys. It has even broken down cysts in my clients. The whole goal of cleansing is to have clean blood. When blood gets too toxic, it can pool up into a cyst or tumour. It can cause irritation and even inflammation. The herbs will drain the toxins down through the colon and other elimination organs. If you haven't cleansed your kidneys more specifically in awhile, you can also take 1 bottle of herbal capsules called **Viaforce PM by Elite**. It will assist in losing fluid that has been retained over the winter months that contributed to the gaining of weight. You can read about these herbal formulas on the website. The next cleansing time will be after Summer Solstice during the month of July. At that time we will be doing some fasting.

I have successfully used Elite products for 25+ years.

RAW FOOD DIETARY CLEANSE

If you have never done any kind of fast or dietary cleanse, maybe you would like to try a Spring Raw Food Cleanse. A 3 Day Cleanse would be good for starters. The idea is to only eat raw foods of fruits and vegetables. If you are sugar sensitive or Candida sensitive, it may be best to eat only the vegetables. Otherwise don't overdo the fruit as it can be excessive sugar causing fermentation in the bowel. Try 2-3 fruits maximum. Eat as much vegetables as you wish. Even

though you are not eating any grains, don't worry as there are enough carbs in vegetables. Drink 6-8 glasses of water. Try herbal teas warm or cold. If you decide to do this cleanse longer, try up to 7 days. This cleanse contains a lot of fiber so should increase your bowel movements. But for best results always cleanse the colon first by creating lots of diarrhea as stated above. Remember to stay away from coffee and alcohol during your cleanse. If you need a pick-me-up, try Zenmatcha Green Tea. The idea of this cleanse is to assist the above SPRING CLEANSE while taking the Elite products.



To lose those extra pounds that you gained over the winter, you will want to increase your metabolism with exercise and more fruits and vegetables in your diet. It is worth drinking **Zenmatcha Green Tea** as it will increase your metabolism 30-40%. It gives good energy and mental alertness.

SEASONAL COLDS

The first sign of a cold is nearly always a scratchy throat. Pay attention to your body. Notice when this happens and take immediate action. Most people use Vitamin C or Echinacea, but they usually just take the dose stated on the bottle. Wrong. When there is a crisis like this, an attack on your immune system, "frequent dosing" every hour or two is required. It takes awhile for the Vitamin C or Echinacea to activate the immune system, meanwhile, your throat is still hurting. Check out **THROAT THERAPY** by the brand name of **Resting in the River**. Spray 6 squirts into the back of your mouth. Immediately you will notice the soothing effect on your irritated throat. The spilanthes herb in the formula has been known historically as an anti-microbial. It will kill off that bacteria or virus right where it is invading you, the mucus membranes of the nasal passages and throat. Spray every hour or two for a couple of days until symptoms are gone. **THROAT THERAPY** has a very nice mint flavour. Even my grandchildren like it. Great for kids. Just train them to come and tell you when their throat starts to hurt. There are 2 other similar formulas with different tastes in case the store is sold out. It is inexpensive at approximately \$11 at Fiddleheads.



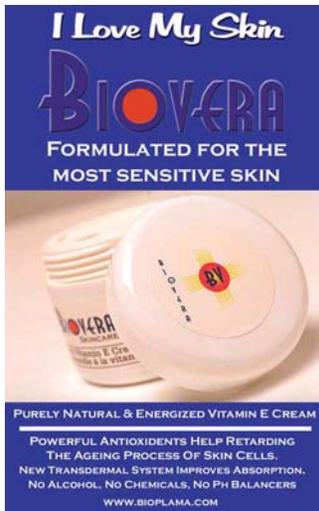
But if you also want to boost the immune system in addition to the throat spray, my clients swear by **WEL by Elite**. It is very effective. You can take this for a few months as a maintenance dose to rebuild your immune system. You can also do "frequent dosing" along with the Throat Therapy if you feel like your immune system is really run down. **WEL** is also excellent when you have a flu. It will put diarrhea in check with the blueberry content. Actually, any time you have diarrhea, blueberries are an old-time remedy. Check out **WEL** at Fiddleheads.

LIFESTYLE TIP

When you take a shower, let the water run on the back of your head for a bit. This relaxes your nervous system. You may notice that you even give out a sigh as you start to relax. If your colon is ever upset or distressed, sit on a heating pad as it relaxes all the nerves and muscles down at the rectum, and the whole colon. Actually, sitting on a heating pad whenever you feel stressed will calm the nerves because of the warmth applied down at the tailbone of the spine.

DRY SKIN & BIOVERA

A lot of my clients ask me what I use personally for skin care. I use products that are completely natural with absolutely no chemical content. They are made from a base of cold-pressed oils that is rarely found in skin care today. They are naturally preserved with essential oils, vitamin E and colloidal silver. Just check out the ingredient lists. There is **Liquid Organic Cleanser** that is from the soapwort plant for the very most sensitive of skins. Also a **Cleanser & Toner** and an **Ayurvedic Scrub** that can be used daily. I switch back and forth with these cleansers. There are 3 basic moisturizers. I use the **Vitamin E Cream** in the winter as it is richer. Then I use



Aloe Vera Cream in the summer for sun exposure, or the **Ginseng Cream** for a refreshing lift. If you have red, irritated skin on your face, it is best to use the **Calendula Cream** to reduce inflammation.

Lotion Naturelle is a beautiful, liquid, full body moisturizer.

BioVera Skin Care has been manufactured in England by a Homeopathic Doctor for almost 3 decades.

Biovera is very affordable, about \$20 each.

LIFESTYLE TIP

If your nervous system feels stressed, sit on a heating pad for an hour. The warmth applied at the tailbone will relax the nerves. This also can be effective if your colon if it feels spastic or distressed.

PRAYER CANDLES

If you have a friend or relative who you like to pray for... then you may be interested in a 7 Day Prayer Candle. It is a glass candle that can burn safely for 7 days straight, until it burns out. Hold your prayer in your heart, say it as you light your candle. Let it burn until it eventually goes out. This is a very rewarding experience as you watch the candle flicker while it holds your intention. These tall glass candles are either plain/coloured glass, or with a religious picture on the front. I like to light 24 of them at Christmas time as they hold 24 prayers of gratitude. You can buy them at a store called Peixaria Micaelense 640 Queen St West Kitchener. The cost is under \$2 each. The store is beside Nougat Bakery & Café.

ALLERGY-FREE FOODS

If you have food allergies, then you may want to check out El Peto Foods. El Peto is a Swiss bakery producing high quality allergy-free foods. They manufacture corn-yeast-sugar-soya-wheat



and milk-free goods. They have bread, buns, muffins, pasta, cereals, waffles, cookies, baking mixes, tarts, flours, pie dough, and soups. Ask for El Peto Products at your local health food store. They also have an outlet store at 65 Saltsman Drive, Cambridge, ON.

Phone: 519-650-4614 www.elpeto.com



Most products that are mentioned in this newsletter can be purchased at Fiddleheads Health Store at 3 locations: 438 Highland Road, Kitchener 519-749-8473

450 Columbia Street West, Sobey's Plaza, Waterloo 519-342-1682

480 Hespeler Road, Winners Plaza, Cambridge 519-624-6879

Peace Walk

May 4th - Waterloo Park 7pm. West off Westmount.

Join the Peace Walk on May 4th Waterloo park -west (enter off Westmount) at 7 pm followed by the viewing of the film, Gandhi (at the Princess Cinema). May 4th. Dianne of the Humanist Movement is the co-ordinator of this event. The film will begin at 8 pm for those interested. Regular admission prices apply at theatre. Info: Contact Jane Booth below.

RAW FOODS LECTURE

By Victoria Boutenko. Sponsored by Full Circle Healing Arts. Learn how to prepare tasty raw food recipes. It is a healthy eating style that you will find very interesting. Just adding more raw foods to your diet can greatly improve your energy and well-being. You get to taste them at the lecture too. \$10 fee. April 17, 6-9 pm. Holiday Inn, Cambridge, ON. Must reserve your seat by emailing: radfords@sympatico.ca Identify your email by "Raw Foods Lecture".

Day In The Park

June 16th - Morning Meditation with Jane Booth Info goldenlightcentre@bellnet.ca
www.goldenlightcentre.com A message from Jane: Keep tuned to our Events board for the Day in the Park, Waterloo Park, Waterloo, ON June 16th presented by the Humanist Movement. Jane Booth be there to lead the Morning Meditation and we'll have the Cloth of Peace too. We invite all of you to come to Waterloo Park band shell and join us for Morning Meditation and Peace Prayers. Time to be confirmed. Please join us for a full day of entertainment.



MERIDIAN TEST

Time to have a TOXIC RUNDOWN performed by THE MERIDIAN TEST. Consider getting tested for toxic stress on all of your organs. It can also test for toxic stress due to parasites, fungus, viruses, bacteria, chemicals, and heavy metals. Mention this newsletter when you book for an appointment and save \$10. You can read about THE MERIDIAN TEST on the website.

www.biomatrixclinic.com

Thanks for taking the time to read this newsletter.

Email me if you have any questions or feedback.

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Joanne Brophy RNCP

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Holistic Health Educator

BioMatrix Clinic eDose brought to you by Joanne Brophy.

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