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*your regular dose of health news*  
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**“Living the Natural Lifestyle”**

**HAPPY SUMMER SOLSTICE**

The season turns again to bring our beloved Canadian summer 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 (magnesium) 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. I can tell whether you had enough out by saying, “Wow that was a lot”. It's called the “Wow Factor”. The other options are to 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. Otherwise, you may have to repeat this again. This initial step will take the toxic pressure off the liver, blood, lymph, kidneys, lungs and skin. It will make your immune system happy.



61 John St.  
 Waterloo, ON  
 519-576-0564

**Joanne Brophy**

Registered Nutritional  
 Consulting Practitioner

**THE 30 DAY CLEANSE:**



**I have successfully used Elite products for 25+ years.**



Then take 1 bottle of herbal capsules called **IRIS by Elite** for 30 days. This is predominantly dandelion that will cleanse the liver, blood, lymph, eyes, skin and kidneys. It has even broken down cysts in many of 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 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 Autumn Equinox during the month of October. **Cleanse with these products for 30 days.**

**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.

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### **SUMMERTIME 3 DAY CELLULAR CLEANSE**

It is good to do a deeper CELLULAR CLEANSE. It takes at least 3 days of eating no food to cleanse the body on a cellular level. If you feel that you just can't go without food for 3 days, then try to join us with a "**MINI FAST**". The first day would be to eat only raw foods of fruits and vegetables, but no more than 2-3 servings of fruit. Fruit is high in sugar.

Drink lots of water, herbal tea or vegetable juice. Then only drink lots of these fluids on the second day along with NO FOOD. The third day, eat the raw foods again, along with the fluids.

This will introduce you to the art of FASTING. Of course remember that you have emptied out your bowels first as stated above. Then you can do the 3 DAY CLEANSE anytime while taking the above herbs for 30 days. Please be aware that it is possible that you might experience a cleansing response such as headache, fatigue or gastric upset due to a very toxic chemical load in your body. Sometimes they can aggregate you as they get stirred up while moving out of the body. Otherwise you will notice that you have more energy along with your spirit and mood feeling bright and clear.



### **5 DAY CELLULAR CLEANSE**

This cleanse is for the experienced "fastor". Maybe you would like to try it too. The first day eat only a small amount of fruit and lots of raw vegetables along with the fluids as mentioned above. The second day drink only vegetable juice. The third day drink only herbal tea of your choice. The fourth day drink only vegetables juice. The last and fifth day eat raw vegetables and a little amount of fruit, along with lots of fluid. If you empty the bowels prior to doing this fast, you will maintain lots plenty of energy and feel great. Meanwhile, the herbs from IRIS and VIAFORCE PM are cleansing all of your organs. The cells will dump toxins into the blood and the herbs will send them out the elimination pathways. Often it is good to take another laxative (see above) to flush more toxins out the bowel exit door. This is a great way to renew your energy, revitalize your organs and make your spirit sparkle. If you do regular cleansing, you should not experience any adverse cleansing responses such as headache, especially if you have emptied the bowels first. But be aware that it is still possible if your toxic load is great.

### **GASTRIC UPSET**

Many people are occasionally bothered by indigestion. But others have on-going issues with heartburn, acid reflux and hiatus hernia. Maybe you are helped with herbal formulas. But if you are not recovering, it could be due to back problems. All of the nerves travel along the spine. If these nerves are blocked, they will disrupt the flow of energy to the organs. The stomach is affected by nerves in the mid-back. Get checked by your Chiropractor, Massage Therapist or speak with your Nutritionist.

### **WATER**

There are two ways to drink water. Both ways are important. Drinking water slowly hydrates the cells of the body. Drinking water more quickly will go more directly through the kidneys and bladder to flush those filters. There has been a long-standing debate whether spring, reverse osmosis or distilled water is best. Hopefully you are drinking any of these rather than tap water. Just making a change sometimes has a positive impact on your body. Maybe just switch from distilled to reverse osmosis or vice versa for awhile. The most important thing is to pay attention to your body, to its likes and dislikes. How much water? It is best to drink at least 6 glasses of water and 8 glasses is good too. Aim to drink 2 glasses in the morning as soon as you get up because your body is dehydrated from sleeping. Then drink 2 glasses in the afternoon and 2

glasses in the evening. Generally it could stress the kidneys by drinking excessive water. But if you have been sweating in the sun, you may require a little more water. A friend of mine showed me a water analysis of Nestle brand bottled water. It wasn't much better than tap water. Otherwise anu purified water is good.

## **COFFEE**

Coffee is one of the worst fluids we could possibly drink. It doesn't matter if it has a caffeine content or is decaffeinated. The problem is that it is a strong acid! It is 2.5 on the pH scale of acidity. This kind of acid can burn the delicate tissues of the lining of the stomach. It can irritate the tissues of the urinary tract and cause inflammation. The acidity can build up in the blood and contribute to skin problems. It is a challenge to keep our bodily fluids balanced with alkalinity. Drinking the occasional cup a coffee once a week can be tolerated. The daily drinking of coffee, even one cup, can upset alkalinity. Acidity is at the root cause of nearly all disease. It decreases oxygen in the cells and tissues. It causes free radical damage to the red blood cells. Coffee pulls minerals out of the body, especially magnesium that is meant to keep the body relaxed. Thus it can be detrimental to the nervous system and adrenals. Most coffee drinkers are addicted to coffee. It is time for people to deal with their many addictions in our society, including coffee. If you say, "I love my coffee", you're probably addicted. Drink DoMatcha brand of powdered green tea instead of coffee. It will alkalize and oxygenate your cells, as well as give energy.

## **DIMPILMEIER BREAD**

You can tell if you have a good loaf of bread just by the weight of it. White bread is very light. Whole grain bread will be heavy. Dimpilmeier bread is a whole grain bread that is heavy in weight. There are several types and can be found at most supermarkets such as Zehrs. We consume too much yeast and sugar in our society. This German bread has 4-5 types of yeast-free and sugar-free bread. It is either rye or spelt with wild rice, sunflower seeds, or plain. It is a sour dough bread. Read the labels. It is awesome toasted. It is great for people on a Candida Diet.

## **FROZEN DINNERS**

Occasionally you might decide to eat a frozen dinner. It is best to pop it out of the plastic container and microwave it in a glass container. The heated plastic container can release chemicals into the food. These chemicals can mimic estrogen, retain in the live, and then in the reproductive system to cause cancer. It is best not to store leftover food in plastic containers in the refrigerator because of the same reason. Use glass. Excess estrogen is eliminated from the body by emptying the colon and cleansing the liver with herbs such as IRIS. This is done every season to help prevent cancer.

## **CORN SILK TEA**

Save the corn silk that you find in your corn-on-the-cob. Use the corn silk to make a tea. It's great for the urinary tract. Can be helpful for fluid retention, puffiness under eyes, night urination, incontinence, etc. Fresh tea is best. You can also let it dry out, save it, and use it for a tea anytime. The other option is to make an alcohol tincture with it.

# **JOANNE'S FRIENDS**

## **FULL CIRCLE FOODS**

Check out Full Circle Foods, 3 Charles Street, West, Kitchener. It is owned and operated by Pat the new owner. She carries a good selection of fresh and frozen foods. You'll find some interesting specialty foods. There is also a large selection of bulk foods. It is located on Charles Street near Queen Street. 519-744-5331

## CAROL HUECK of CYCLES of LIFE

Certified Reflexologist & Teacher. Call for an appointment to enjoy the benefits of reflexology. To learn how to do reflexology for your family, or to be trained as a Certified Reflexologist call for workshop information. 62-693 Beechwood Dr., Waterloo, ON 519-885-8385

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Food Box Delivery

**Check out Pfenning's Organics & More near the main intersection of the village of St. Agatha for a large selection of organic foods.**

## PEACEFUL PATH HOLISTIC & MEDITATION WORKSHOPS

Join Jane Booth's weekly evening group for meditation this coming September 2007. Learn to live holistically and integrate meditation into your life to create more peace in your life. Meditation is the key to inner peace. It can distress your life and lower your blood pressure. Or book this summer, a personal instructional session to learn how to meditate. For information email Jane Booth: [goldenlightcentre@bellnet.ca](mailto:goldenlightcentre@bellnet.ca)



## THE CLOTH OF PEACE by Jane Booth

We are spreading the word of our Cloth of Peace project around our globe, but we need each of you to pass on this project to help it to grow quickly. Our goal is to have a mile long or longer cloth completed by August 2008. We want to have it ready for a peace event on September 21, 2008 (details will be announced.) We are so appreciative by your interest and support. Please join



us and share this project. Visit our "[Creating Peace](#)" page for more information to get started. [www.goldenlightcentre.com/peace/peace\\_cloth\\_getting\\_started.php](http://www.goldenlightcentre.com/peace/peace_cloth_getting_started.php)

The Cloth of Peace is a global community peace project to unite people as they express their desire for inner peace and world peace in a peaceful and visible way. We invite you to participate in the Cloth of Peace. In Kitchener-Waterloo, Ontario, Canada, the Cloth of Peace is growing.



Jane Booth, and Nancy O'Neil are inviting individuals, families, students, groups and organizations to create their Cloths of Peace and join them with others. They envision their Cloth of Peace growing and growing as each 36" x 36" square cloth links together with new squares from the Region of Waterloo and then expanding to other communities across Canada and other countries. It will represent the prayers of peace, love and compassion that embrace and unite all people. The Cloth of Peace is used in peace ceremonies and community events.

Jane and Nancy will assist groups and organizations to get started. Please share this idea with your children, classes, groups, religious organizations and community groups. We thank all the children, families and group who have contributed their cloths. Let's keep our cloth growing and make the Cloth of Peace, the longest one in the world! Local schools and peace groups use the cloth to teach about peace. But we have a bigger dream! Our goal is to have an event at the International Peace Bridge in Fort Erie/Buffalo on Sept.21/08 and to have participants from the USA and Canada walk their cloths across the bridge and meet in the centre to declare peace between our countries and for all of the world. If there is anyone who could help us with arranging the contacts with our governments or border officials please contact us. Thank you for any assistance to make this dream a reality! Let's show the world how much we care and desire peace for all people.



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

**Thanks for taking the time to read this newsletter.**

**Email me if you have any questions or feedback.**

**[joanne@biomatrixclinic.com](mailto:joanne@biomatrixclinic.com)**

**Joanne Brophy RNCP**

**Registered Nutritional Consulting Practitioner  
& Holistic Health Educator**

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