

Why Cleansing?

“Perfect health depends upon perfect circulation.” Healthful Living, by E.G. White, page 178

The Responsibility of the Blood

The blood is often called “the river of life”, because this bright red liquid flows and circulates throughout the entire body all 60,000 miles of arteries, veins, and capillaries. The blood makes a trip from the heart and back in less than a minute. On this extraordinary journey it delivers nutrients, oxygen, and water to every organ, tissue, and cell, and it also carries away cellular waste, the byproduct of cell and tissue building. Everyday old cells are broken down and destroyed and are replaced by new cells. This broken down cellular tissue is toxic to human health and as long as nerve energy is normal, the blood will pick up this toxic material as fast as it develops and will deliver it to the

organs of elimination the skin, lungs, kidneys, liver, and intestines, where it is removed from the body. The end waste product of metabolism, which comes from the foods we eat, is eliminated via the intestinal tract.

The process of cell nourishment and cell cleansing is an ongoing process and continues throughout life, as long as nerve energy, which is necessary for all organ systems to function remains normal and is not recklessly squandered or depleted.

What is Enervation?

“Enervation is a state of lowered nerve force or vitality; and is produced by any mode of living that uses up an excess of nerve energy. Without nerve force there is no functional power. Enervation lowers functional power throughout the body so that secretion and excretion are checked and toxins consequently accumulate.”

— Dr. Herbert M. Shelton

How Toxemia Accumulates in the Body

Unfortunately, bad lifestyle habits, unhealthy diet, mental and physical exhaustion, lack of sleep, physical inactivity, worry and stress, inadequate water consumption, smoking, coffee drinking, pollution,

chemicals, and other environmental hazards, etc. effectively deplete and lower nerve energy. If nerve energy is not allowed to recover by rest and compliance to nature's fixed laws, the body becomes enervated and drained and elimination of the toxic waste slows down, causing it to be retained in the blood and bowel. When the body is enervated, foods ingested are not properly metabolized and eliminated in twenty-four hours and become hardened and putrid in the large intestine. This toxic matter is reabsorbed into the blood stream and is circulated throughout the circulatory system and is fed to every living organ, tissue, and cell. The blood becomes thick and sluggish, toxins and acids begin to accumulate setting off a state of inflammation throughout the body and weakening the internal organs of elimination. The body's PH levels become imbalanced, oxygen levels drop and pathogenic organisms thrive. Digestion slows down and chronic constipation and other digestive issues follow. Nutrients from foods eaten are not adequately absorbed, and the body's immune response is weakened.

Consequences of Toxic Overload

As toxic matter continues to back up into the blood and bowel the body becomes overloaded and is unable to rid itself of so great a burden. A person suffering toxic overload may feel physically drained and tired, they may experience frequent colds, headaches, skin eruptions, brain fog, achy joints and muscles, bad breath and body odor, and many other symptoms.

Sadly, if the diet and lifestyle are not corrected and if nerve energy is not allowed to restore itself, the body cannot perform the necessary process of cell nourishment and cell cleansing and health begins to deteriorate leaving an open door for more seriously chronic and debilitating diseases.

Why Cleansing is Beneficial

Cleansing the body helps to remove a large quantity of toxins from the bowel, blood, tissues, and cells in a short period of time, thus relieving a great burden from the system and allowing the body to begin the process of recovery and its ability to cell nourish and cell cleanse. It's like pushing a health "reset button" on

your life. However, a lifetime of toxic build-up cannot be removed in a few short days or even a few weeks. It takes twelve months to completely cleanse the body of accumulated toxins. Therefore, one must be ready to adopt a healthy diet and lifestyle in order for the process of cleansing and healing to continue.

It must be plainly emphasized that cleansing is not a quick fix for those who want to avoid change and who only seek temporary relief from the symptoms of poor health. It is counterproductive to habitually cleanse and purge, while refusing to give up a lifestyle of overindulgence and reckless living. Cleansing is not a “Band-aid.” Eventually bad lifestyle habits will take its toll on the body and cleansing will no longer have the same revitalizing affect it once had. The body can reach a “*point of no return*” as it succumbs to the abuse it has suffered. Eventually the vital organs and systems begin to shut down and death becomes imminent. Law governs all of life, and “*No one is above the law.*” For this reason one must purpose to change the diet and lifestyle and be willing to do whatever it takes to

acquire health and wellbeing while there is still enough life force in the body to effect recovery.

Most Frequently Asked Questions

How long has The Voice in the Wilderness Mission been doing this program?

We have been doing the 10-Day Cleansing Program for thirty plus years now. Thousands of people have come through our doors and have been blessed by the 10-day experience.

What makes the 10-Day Cleansing Program different from other cleansing programs?

Our cleansing program is a deep total body cleanse. We don't just do a liver cleanse, or a colon cleanse, or a blood cleanse. No, all of these systems are cleansed, but they need to be cleansed in a specific order. For the first seven days we focus on the intestinal tract and the organs of elimination, and then on the last three days

the blood and liver is cleansed. In this way no system becomes over burdened by toxic overload, and once the main organs of elimination are cleansed then the blood and liver can dump their waste into these organs to be eliminated without causing them undue stress.

Our program doesn't just focus on physical cleansing and healing, but also on mental and spiritual cleansing and healing, so that the whole person is united on a course aimed at balanced restoration.

How long is the program?

The actual program is ten days in length. However, you need to include the arrival and departing days, which make it twelve days in total.

Why is the program ten days in length?

Ten days is the minimum amount of time needed for one to experience the benefits from the program and to realize the advantages of natural therapies. The philosophy of 10 days is taken from the Bible story of Daniel and his three companions who were taken captive by the kingdom of Babylon. He and three young

companions were chosen to serve in the court of the king of Babylon. When they were offered food and drink from the king's table, they refused. Daniel had, *"Purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine he drank."*

Daniel 1:8. *"In taking this step, Daniel did not act rashly. He knew that by the time he was called to appear before the king, the advantage of healthful living would be apparent. Cause would be followed by effect. Daniel said to Melzar, who had been given charge of him and his companions: 'Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat and water to drink.' Daniel knew that ten days would be time enough to prove the benefit of abstemiousness. 'Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.'"*
{*Youth's Instructor, by Ellen G. White, September 6, 1900 par. 2*}

Are you medical doctors?

No, we are not medical doctors. We are Hygienic Health Practitioners, and noted Health Pioneers in the field of Natural Hygiene trained us. What is Natural Hygiene? *“Natural Hygiene may be defined as the science and art of preserving and restoring health by means of those substances, agencies and influences that have a normal relation to life, namely: food, air, water, sunlight, rest, sleep, relaxation, exercise, play, warmth, cleanliness, hope, faith, peace and all other healthful mental influences. Natural Hygiene is not a system of medicine; it is not one of the healing arts; nor is it a system of therapeutics. It offers the patient no cures, denies all cures, does not pretend to cure; but it permits nature to cure...Remove the cause of disease and apply the natural causes of health and so-called cures are not needed.”*—Dr. Herbert M. Shelton

We do not symptom treat this or that health problem; we simply remove the causes of disease, implement those things that support life, and then allow nature to recover health and wellness.

Can I cleanse myself at home?

It is not generally recommended that people cleanse themselves at home, especially not deep cleansing. The

cleansing that we do is a deep bowel, tissue, and cellular cleansing and should never be done at home. Cleansing is a serious matter that can have serious consequences if it is not done in a correct manner. Even if you know all about cleansing, it is not wise to cleanse yourself. For optimal benefit a person needs complete rest and care while cleansing, and this is not easily done when playing the role of practitioner and patient. Plus leaving the home environment and its stresses behind is most beneficial to the cleansing process.

When the body is cleansing, toxins are being stirred and released into the blood and bowel at an accelerated rate and need to be eliminated quickly; otherwise you will experience what is called “*a healing crisis*”, which happens when the body is not able to eliminate toxins fast enough. You may become very sick. One may experience skin rashes, headaches, nausea, dizziness, fatigue, vomiting, cold like symptoms, back pain, edema in legs, hands, or face, fainting or even passing out, etc. If a person is not knowledgeable on how to deal with a healing crisis properly organ damage may occur or

even death. There are however dietary and lifestyle changes that may be done at home that will start the cleansing process at a slower rate without causing undesirable symptoms and risks, but this would not be classified as a deep bowel and tissue cleanse.

Do you have to be diagnosed with a serious medical condition to do the cleansing program?

No! In fact we encourage you to cleanse before you experience disease symptoms. Cleansing is a positive aid in disease prevention. It builds up your body's natural defenses and puts your system in a condition to function properly.

Will you be treating my specific health condition?

Yes and no. Our program is not a "one size fits all" type of program; we do tailor the program to fit each individual's specific needs. But again, we do not symptom treat disease; we ascertain causes and seek to remove them. When a person comes to us we have them fill out a general health intake form, which helps us in the "causes discovery" process. Plus a personal

interview and nutritional health screening is done to learn more about you and what you will need to do specifically to aid in your recovery.

How will I feel while cleansing?

While it is impossible to accurately predict how you will feel during the cleansing process, many have noted almost immediate benefits, like clearer brighter, smoother skin, relief from aches and pains, increased energy, mental alertness, weight loss, hair growth, improved sleep, relief from constipation and digestive issues, etc. On the other hand, some may feel worse before they feel better; it all depends on the degree of toxins in the system. However you may feel while cleansing you can be certain that your condition will be carefully monitored throughout the process, so that any ill affects can be quickly minimized.

Where will I stay during the program?

You will be staying here at The Voice in the Wilderness Mission. We prefer to have all guest stay on grounds so that they can be closely monitored

throughout the program. We have rooming accommodations on three floor levels along with a shared full bathroom on each floor. Accommodations are included in the program price.

Will I have to exercise during the cleansing program?

We do not want you to engage in heavy exercise while cleansing, because energy will be most needed by your body to expel toxins; actually we encourage more resting. However, we do want you to have some physical movement in the form of a short light walk.

Can children do the program?

Yes! The program is modified to fit children individually according to their size, age, and health condition. Many children of all ages have gone through this program with great results. In fact many parents feel it a benefit to have their children cleansed just before sending them back to school. An adult **MUST** accompany children for the entire duration of the program.

Do you take medical health insurance for payment?

Unfortunately we do not accept medical health insurance for payment.

Do you have a payment plan?

Sorry, we do not have a payment plan. We try very hard to keep the program price reasonable, and the full amount is needed to provide for your care while you are here.

What forms of payment do you accept?

We accept cash, checks, and all major credit cards. Some programs may be paid for by a sponsor, like for instance your church, job, a friend, or family member. However it will be your responsibility to find a sponsor.