

## **Detoxification of the Body - Blood Cleansing**

To help with karmic clearing which can affect us physically, to help our bodies cope better with environmental toxicity and to prepare us for fifth dimensional energy we need to detoxify our body as much as possible.

The cleaner our blood is of dross and waste products the better job it can do to transport oxygen to the cells of the body.

### **Blood Cleansing Herbs**

There is a range of herbal blood cleansing preparations available on the market today, often found at health food stores or natural food supermarkets.

Herbs such as red clover, burdock, yellow dock root, goldenseal root, Oregon grape root and mistletoe are all blood cleaners that have been used for generations. You might like to read articles at [www.jonbarron.org](http://www.jonbarron.org)

### **Proteolytic Enzymes**

Proteolytic Enzymes have the ability to digest and destroy the protein based defence shield of bacteria, viruses, yeast and fungi. When you take a proteolytic enzyme which is designed to be taken between meals the enzymes help to clean your blood and also travel to tissues throughout your body to assist with adaptive healing. You might like to read an article about proteolytic enzymes at [www.jonbarron.org](http://www.jonbarron.org)