

# OJAI HERBAL HEALTH CLUB

## A Private Membership Health Club

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### “Easy Detox Quick Start Guide” and “How to Build an Herbal Protocol”

## EASY DETOX QUICK START GUIDE

- ✓ **STOP EATING ALL DAIRY, GRAINS, FATS/OILS, and MEAT**  
These are all mucus/acid forming foods and really slow down a detox. Get rid of them.
- ✓ **BE 100% RAW - EAT 80% FRUIT AND 20% SALADS**  
Cooking makes food mucus forming. If this is too aggressive try 20% fruit/80% salads and work up.
- ✓ **HERBAL FORMULAS ARE ESSENTIAL DURING DETOXIFICATION**  
You must take herbs to do a deep detox. They are more powerful than you think. See below: “How to Build an Herbal Protocol”
- ✓ **TAKE YOUR HERBS 3 TIMES A DAY**  
Sunrise, noon, and at sunset aligns you with Mother Nature.
- ✓ **GET THOSE KIDNEY'S FILTERING AND CHECK EVERY MORNING**  
Acids and toxins trapped in the lymph are filtered through the kidneys – this is why filtration is so important. Cloudy urine means you are moving lymph. Here is some great info on getting the kidney's to filter. <https://youtu.be/JO4V9so3bxI> <https://www.grapegate.com/urine-sediment/>
- ✓ **WALK, BIKE, or REBOUND AT LEAST 20 MINUTES A DAY**  
Necessary to move lymph since this system has no pump.
- ✓ **DO 100 DEEP BREATHS**  
Vital for cleaning and alkalizing lymph and blood. [Lymphatic Breath Work](#)
- ✓ **MASSAGE LYMPH NODES AND WEAKER AREAS**  
This is necessary to “un-stick” congested areas. [Basics](#)
- ✓ **PAY ATTENTION TO THE SKIN – IT'S A MAJOR DOOR OF ELIMINATION**  
Sweating helps the skin (3<sup>rd</sup> kidney) remove lymph waste. Wet or dry saunas are great for this. Brushing the skin for as little as five minutes a day is a big help. [Dry Skin Brushing](#)
- ✓ **ENEMAS ARE YOUR FRIEND – THE BOWELS ALSO HELP REMOVE LYMPHATIC WASTE**  
You will be stirring up a lot of acids and toxins during detox and enemas help the body remove these extra wastes. I feel they are essential during a detox. Here's some good info on [Enemas](#)
- ✓ **STOP ALL EATING & DRINKING BY SUNSET**  
Give the digestive tract a rest on a daily basis.
- ✓ **START EATING & DRINKING AFTER SUNRISE**  
Doing a 12hr (or more) daily "dry fast" supports kidney filtration. [Dry Fasting](#)
- ✓ **REST and RELAX AS MUCH AS YOU CAN**  
Be good to yourself...your body is working hard to heal. Get to bed early and avoid stress.
- ✓ **KEEP LEARNING**  
These basic videos will help you greatly. [www.markjamesgordon.com/healing](http://www.markjamesgordon.com/healing)
- ✓ **GET SOME HELP IF YOU NEED IT**  
Mark Gordon is a Detox Specialist trained by Dr. Robert Morse and is available to assist you with any part of your detox. [www.markjamesgordon.com/consultations](http://www.markjamesgordon.com/consultations)

## HOW TO BUILD YOUR OWN HERBAL PROTOCOL

Herbs for detox can be taken for 12 weeks, rest 4 weeks, then go again. You can repeat until you reach your goals. Take for 6 days in a row, stopping for a day each week.

### THE 4 BASIC HERBAL FORMULAS

All detox protocols include an herbal formula for the **kidneys, lymph, GI tract**, and the **endocrine glands**. These are the “**4 Pillars**” of detox. You will be using these every week of your detox.

A **kidney formula** will clean the kidneys and get them filtering lymph acids/toxins...this is the key to detox...without it you won't make much progress. See [Jivana's Kidney Filtration Boost](#)

You need the assistance of herbs to get “sticky” **lymph** moving again. Cleaning your “sewer system” from head to toe is the goal. Acids, toxins, and pathogens do not belong in the body. See [Jivana's Lymph Mover Boost](#)

It's a rare person who does not have a terrible **GI tract** in this modern age. Herbs help not only move the bowels but they also help move lymph acids out of the bowel walls so they can heal. See [Jivana's GI Boost](#) and [Dr. Morse's GI Broom](#). They are best when used together. I would adjust the amount taken so you have 3 bowel movements a day.

**Endocrine glands** tell cells what to do. Toxic lymph here can lead to a myriad of physical and mental problems as well as low energy, weight gain, and premature aging. See [Jivana's Balanced Glands Boost](#)

You can get a kit that has all four of these formulas. See [Jivana's “4 Pillars” Kit](#)

If money is tight an overall detox tea can help boost your detox. See [Jivana's Detox-All Tea](#)

### THREE MORE “MUST HAVE” HERBAL FORMULAS

The **liver** makes chemicals that bind with toxins which greatly assists in the detoxification of lymph and blood. A month or two on these herbs is a must. See [Jivana's Liver/Gallbladder Boost](#)

Most of us are full of worms and micro-**parasites** like candida yeast. I would do a minimum of 8 weeks on an herbal formula to kill them. See [Jivana's Anti-Parasite Boost](#) or [Dr. Morse's Parasite M](#)

The **adrenal glands** produce antacid steroids that help alkalize and reduce inflammation in the body—that's why they are so important to detox. They also control the kidneys so you will have a hard time getting the kidneys to filter lymph if they are weak. The adrenals produce neurotransmitters for a healthy nervous system and they control bowel movements, breathing, heart functions and more. Low neurotransmitters leads to anxiety, irritability, fatigue, etc. Systolic (upper number) blood pressure below 115 shows weakness...many people are around 100. Do not take if you have high blood pressure. See [Jivana's Adrenal Glands Boost](#)

You can get a kit that has formulas for all of the seven areas mentioned above. See [Jivana's "Sacred Seven" Kit](#)

### ADDITIONAL HERBS FOR SPECIFIC AREAS

You can add any or all of these herbs to your detox protocol as needed for 8 weeks.

[Circulation Boost](#) Many of us need the help of herbs to get blood and lymph circulating more – especially in the extremities like the head, arms, and legs.

[Joint/Bone/Parathyroid Boost](#) These herbs help strengthen the parathyroid gland which controls calcium

utilization. Low calcium levels are tied to weak joints & bones, depression, prolapsed organs, hemorrhoids, varicose/spider veins, vascular weakness (aneurysms), weak hair & fingernails, and sagging skin.

[Pancreas Boost](#) A healthy pancreas is vital for the production of insulin which of course is a factor in Diabetes (Type 1 and Type 2). The pancreas makes digestive enzymes and low production causes undigested food in the stool, malabsorption, excessive thinness, etc. It also produces sodium bicarbonate which protects us from acid reflux, gird, ulcers, etc.

[Pituitary Boost](#) A healthy Pituitary gland is vital to all the other endocrine glands (Thyroid, Parathyroid, Pancreas, Adrenals, etc.) because it's the "master" gland that communicates with them all. These herbs can help move stagnant lymphatic waste (acids, toxins, heavy metals, etc.) so the Pituitary can strengthen.

[Psyllium Broom](#) Works well with a juice/herb detox/fast. Helps pull and absorb acids and toxins from the bowel walls so you can get better absorption of nutrients. Works well with the GI Boost, Dr. Morse's GI Broom, and his Stomach & Bowels Formulas. Contains Psyllium Husks, Bentonite Clay, Activated Charcoal.

[Nervous System Boost](#) (nerves and brain) Traditional Uses – weakened nervous system, marked by nerve rings in the iris, poor memory, palsies, strokes, headaches, migraines, spinal cord injuries, depression, pituitary and pineal gland weakness, shingles, spasms, epilepsy, twitching, electrical weaknesses of the heart (arrhythmia's, etc.), dizziness, equilibrium issues and mental disorders.

[Skin Boost](#) (also balances hormones) Getting the kidneys to filter will help the skin clear since the skin is the "3rd kidney" and dumps the acids and toxin overloads out to the skin. These herbs help move stagnant lymph in the skin layers so it can clear faster.

[Thyroid Boost](#) A healthy Thyroid is very important for your overall metabolism. If this gland is weak you could have a hard time losing or gaining weight. Your body temperature could also have to struggle remaining stable (cold hands and feet).

**FIRST AID** [Emergency First Aid Kit](#) [Itchy, Inflamed Skin Relief](#) [Managing Burns](#) [Eye Wash](#) [Kidney Pain, UTI, Etc. Infection](#) [Acid Reflux](#) [Lung/Cough Relief](#) [How to Make Herbal Inhalants](#)

**THE HEALING CRISIS** Detoxification can be unpleasant at times and you could experience headaches, body aches, fever, anxiety, depression, sweating, insomnia, dizziness, lethargy, and other symptoms. Most detoxes are not too uncomfortable but can be more severe depending on how "toxic" you are. Please know that this is just toxins and acids leaving the body that may have been there for many years and that it's ultimately for your great benefit. It's usually best not to stop taking the herbs during a healing episode, instead just lessen the dosage. You can eat some steamed veggies or soup to slow it down if you need to. It's best to just slow down a detox instead of stopping it. "Wear the robe" and hang in there! **Read the [Healing Crisis](#)** for more info.

I wish you many blessings of health!

Be **Well!**

This is not medical advice and is only what I would do based upon my studies and experiences. If you choose to follow this information you do so on your own and at your own risk. I cannot assume any responsibility for your actions. This is for reference purposes and is not intended to substitute for advice given by a physician, pharmacist, or other licensed health-care professional. You should not use this information as self-diagnosis or for treating a health problem or disease. Contact your health-care provider immediately if you suspect that you have a medical problem especially if you are pregnant, lactating, have high blood pressure, or taking pharmaceutical medications. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition.