

SUPER DETOX RANGE

The Super Detox Constellation, like many things in my life, came about by accident! How? Well, when I created the Bite Relief Elixir, after having had a horrendous reaction for the third time over the summer of 2015 to insect bites, I discovered latterly (after taking the Elixir for two weeks) that many other “ailments” had subsided; I had great energy and felt fantastic!

I had also felt for some time that to create a Constellation of Wild Herbs and Flowers which were believed to have cancer-healing properties would be a good thing to do. I am a great believer in “prevention” ahead of “cure” and so, after having such a great effect personally from taking this elixir and indeed using the cream and the spray, I decided to create my Super Detox. Thus this may help in the prevention as well as the reduction of the “naughty” cells (as I call them), which can decide to “have a party” and develop into cancerous tumours in our body.



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How and why? Well, the combination of the known healing qualities of the herbs used, particularly their ability to eliminate toxic substances through the lymphatic system, can help to heal the body in conjunction with diet and other holistic practices you may wish to employ. It is also great as a Super Detoxer to be used in conjunction with a cleansing diet over a 10 day period, which is how I used it when first creating it. I use it periodically to ensure my system remains clear. The combination of the **Elixir** for internal use, together with the intuitively created blend of Lavender; Lemon & Sage Essential Oils (all anti-inflammatory; antibiotic; antiviral; antiseptic; analgesic; uplifting etc) in the **Energy Spray** and **Healing Cream** work in synergy to uplift and attune all parts of your being.

The *Gem & Flower Essences* used are:-

Dandelion Leaf & Root – made from leaves and roots collected from my garden. The leaves were collected in the spring and are a known diuretic and as such, they encourage the removal of poisons from the body. I collected the roots in the autumn and made my Dandelion Root Elixir, which has been known for centuries for being a fabulous diuretic and genitourinary cleanser as well as a liver detox, which is why it is in the Super Detox. It is also believed to have cancer-healing benefits.

Green & Red Ocean Jaspers – arguably the most phenomenal healing gemstone I have ever had the pleasure to encounter! Amongst the many reasons why my Green and Red Ocean Jasper Essences are in the Super Detox Constellation because they are believed to cleanse and eliminate toxins & poisons through the Lymphatic

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(Green & Red Ocean Jaspers continued..)

System; may be Liver Tonics; anti-inflammatory; detoxify the body; are beneficial to the digestion, digestive organs, lessen body odour; effective for relieving diabetes as well as the fact it is believed to be the most powerful cancer-healing gemstone “*The Healing Crystal First Aid Manual*” by Michael Gienger (author of *Crystal Power, Crystal Healing*).

Cleavers Dark & Light – I made two different Mother Tincture & High Vibration Essences because each has their own unique healing properties and, when used in conjunction with each other they maximise the healing process. Cleavers elixir is believed to be phenomenal at removing toxins from the detox constellation. It is also alternative (blood purifier), anti-inflammatory, astringent, diuretic, tonic and vulnerary. A valuable diuretic, it is often taken to treat skin problems such as eczema and psoriasis. It is has also believed to be an excellent general detoxifying agent in serious illnesses such as cancer.

Horsetail - has great beneficial uses as a genitourinary cleanser as well as being an astringent herb. It is one of the most diuretic species of all plants, possessing a great capacity to eliminate water from the body. Thus it may enable the body to eliminate toxins and poisons from the body. It is believed to treat prostate problems, urinary tract infection, kidney stones, incontinence, cystitis and urethritis, as well as arthritis and haemorrhage. As it is very high in silica, it is believed to be helpful for repairing connective tissue and cartilage, as well as healing wounds. It is also believed to have cancer-healing properties.

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Yarrow - the elixirs I have are made from a combination of specially selected Yarrow from England and Sweden. They are in the Super Detox Constellation due to the fact they are believed to have the ability to cleanse and purify the blood; reduce inflammation; being antiseptic, antispasmodic, astringent, carminative, digestive, emmenagogue, stimulant, and a tonic; colds, cramps, fevers, kidney disorders, toothaches, skin irritations, and haemorrhages, regulates menses, stimulates the flow of bile, heal stomach ulcers, amenorrhoea, abdominal cramps, abscesses, trauma and bleeding!

Bindweed – I have always had an abundance of bindweed in my garden! I discovered it is a very effective detoxifier & that it also is believed to have special properties within it which stop the flow of blood to tumours, whether benign or cancerous. I was guided to make two types of bindweed; one for the upper body & the other for the lower. The upper body tincture is made of the vines, leaves and flowers only, whereas for the lower body, there is a separate root tincture as well as a vine, leaves and flowers one. Both bindweeds are used in the Super Detox constellation because of its detoxification properties and powerful cancer-healing properties.



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Elderflower – Elder as a plant is one of the most phenomenal healing plants, valued by the 17th Century Herbalist John Evelyn, who wrote in 1664 “If the medicinal properties of its leaves, bark and berries were fully known, I cannot tell what our country men would ail for which he might not fetch a remedy from every hedge either for sickness or wounds.” This reason alone was enough for it to be in the Super Detox Constellation! Another reason is because its flowers whether dried or as an Essence are also known to be an “eliminator” of toxins from the body, encouraging the body to eliminate poisons from your system (Nicholas Culpepper).

Red & White Clover – they are in the Super Detox Constellation because both are known to help the body remove toxins from the body through the lymphatic system. The Red Clover was gathered in Sweden & the White Clover from the upper lawn in my back garden. The Red Clover is thought to be beneficial for the body, by the elimination of toxins from the body in the treatment of cancer.

Self-Heal – gathered from my lawn, self-heal only grows in lawns that are free from all chemicals. It is in the Super Detox Constellation because it treats wounds; heart disease; mouth ulcers; liver complaints; is anti-inflammatory & has cancer-healing properties.

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Additional information :-

- All Elixirs are preserved in a water/
Raspberry Vodka combination
- Additional ingredients in the Energy Spray –
Polysorbate 20 (from Coconut) as an emulsifier
and St Helen's Spring Water
- Additional Ingredients in Healing Cream –
Hand made Hypoallergenic Base Cream plus Carrier
Oils of Apricot Kernel, Jojoba and Wheatgerm.