

HEARTSPIRE SCHOOL OF HAWAIIAN SCHOOL
hosts
A Four Day Colon Cleanse & Fast, Hawaiian Style

Monday, December 3 through Thursday, December 6, 2007

Whom do we invite to fast with us? People who are basically healthy, are medication free, and wish to cleanse as a preventative health measure.

Activities: We meet daily at Heartspire in Olympia, 10:30 am to 2:30 pm to:

- pray, chant, meditate and explore breathing and stretching
- discuss our “poops”, which provide information about our elimination progress and can be quite entertaining
- discuss our food, health and general life-style choices
- study ho’oponopono or right relationship
- hale pulo’ulo’u – Hawaiian Sweat lodge
- on Thursday we break our fast with a celebrative potluck meal
- optional after 2:30 – share walking, massage or other activities

Cost:

- \$100. This contribution is split between Kim & Jim Hartley and Barbara Helynn Heard in appreciation for use of the Hartley’s home as well as for organizing this event and coordinating our program.
- \$53.00 cleansing products (herbs-clay mix and parasite tinctures)
- Each participant individually provides his/her own sea salt, lemons and grape juice, and a potluck item for our shared meal on day four.

To Register: Send or email your contact information and \$100.00 to Heartspire School of Hawaiian Massage. Non-refundable.

For more information and/or to purchase cleansing products: contact Barbara Helynn Heard, Program Coordinator, at 206 323-5871, or Barbaraheard@msn.com.

Continuing Education Credits: none

Heartspire School of Hawaiian Massage
9212 Waddell Creek Road SW Olympia, WA 98512
(360) 956-1169, email Heartspire@earthlink.net

How are internal cleanses done at Heartspire?

We fast together for three days and on the fourth day we break our fast with a shared meal. Each day we flush our systems with salt water & lemon, and several times a day we drink an herbal detoxification mixture. We also take a parasite tincture. Our colon cleanse together is continued and followed after we part by a simple liver cleanse. While fasting, most participants take time away from our diverse responsibilities.

During our fast we gather daily at Heartspire for four hours to share community. Together we pray, chant, meditate and explore our bodies through breath-work and stretching. We discuss ho'oponopono (being in right relationship), our poops, food, health, and our lifestyle and spiritual choices. Mornings and evenings we tend to have quiet times to rest and rejuvenate. In the afternoons, following our group sharing time, we sometimes spontaneously take walks or steam showers, soak in the hot tub, or share massage or other activities.

Our hale pulo'ulo'u, Hawaiian sweat lodge ceremony, is a special part of our cleanse designed to support both our physical and spiritual cleansing. When outdoor fires are banned, we go to a near-by sauna and/or individually use the Heartspire steam shower.

Heartspire can provide lodging for two participants. The rest of us stay elsewhere in the Olympia area.

Why cleanse our colons?

Preventative internal cleansing helps open our bodies' elimination channels allowing us to effectively rid our bodies of toxins. For thousands of years people worldwide have used internal cleansing practices to maintain their health. In today's urban settings, we are constantly exposed to chemicals, pesticides, herbicides, food additives and heavy metals, while at the same time the nutritional value of our food has decreased.

Our bodies use primarily our colons, skin, lungs, kidneys and liver to eliminate toxins. If our systems are clogged, sluggish or overburdened, these toxins back-up into our bodies and can cause many symptoms and ailments. Years of improper elimination can lead to severe health problems. A solid internal cleansing or detoxification program can prevent, alleviate, and reverse many acute and chronic conditions.

Who Needs Internal Cleansing?

Most people, especially urbanites, clearly benefit from periodic internal cleansing. Some symptoms and ailments which can be avoided, eliminated or reduced through internal cleansing include:

- Constipation, diarrhea, sluggish elimination, irregular bowel movements
- Frequent headaches with no apparent cause
- Skin problems, rashes, boils, pimples, acne
- Weak immune system and lowered resistance to infections
- Frequent congestion, colds, virus
- General aches and pains that migrate from one place to another
- Low back pain
- Fatigue and low energy, loss of vitality for no apparent reason
- Increased need for sleep
- Flatulence and frequent stomach disorders
- Bad breath and foul smelling stool
- Allergies, intolerance to certain foods, especially fatty ones
- Hormonal dysfunction
- Premenstrual syndrome, breast soreness, vaginal infections
- Infertility
- Depression and other psychological difficulties
- Cancer

For severe symptoms or any serious disorder, please consult a health care professional.

Fasting

Fasting is an ancient tradition in a multitude of cultures, to cleanse internal organs. When fasting, our digestive system gets to rest, and our eliminating systems can begin to extract toxins and waste from our cells and tissues.

Fasting is not for everyone: intensive cleansing through fasting can release toxins quickly and cause severe cleansing reactions such as headaches, rashes and more. Bodies must have enough energy to handle this aggressive process. Fasting while on medication is counter-productive.

We highly recommend fasting in a supportive group setting and with people who have fasting experience, especially the first time.

Cleansing without Fasting

A one month cleanse including daily food intake is gentler than a fast and may be better suited to people who continue to work while cleansing. It may also be an option for people taking medication, people who are underweight, and people who are likely to have severe cleansing reactions. In these cases, medical advice is recommended.

Herbs

Herbs have profound healing abilities without the harmful side effects of modern synthesized drugs. In an effective herbal cleansing product, the amount and variety of herbs used work together to promote cleansing, rebuild function, and avoid unnecessary detoxifying reactions.

Steam Baths

Like Saunas, Steam Baths help eliminate toxins.

Food

When indicated, specific dietary and life-style changes can be adopted after cleansing. People with food allergies may mindfully bring potentially allergenic food back into their diets one by one, every 2-3 days, to identify food harmful to their particular systems.

Disclaimer

Participants should consult with their personal physician(s) in light of their particular circumstances before fasting. Neither the Heartspire School of Hawaiian Massage, nor its staff Kim & Jim Hartley and Barbara Helynn Heard, advise, imply or suggest any interference with an established medical procedure. We shall have neither liability nor responsibility to any person or entity with respect to any loss, damage or injury caused, or alleged to be caused, directly or indirectly, by the information contained herein, or from participation in the workshop.