BLOOD PURIFYING

Dr. Christopher's Herbal Support for Cleansing the Blood!

When the blood carries too heavy a load of toxins, waste, and buildup, it shows up throughout the body — in the skin, the joints, and the overall sense of being run-down and unwell.

Blood Purifying brings together eleven traditional alterative herbs, long used to support the body's own cleansing work: clearing toxic buildup from the blood, supporting healthy elimination, and feeding the organs that do that clearing.

This is a broad-spectrum cleansing blend rather than a single-herb remedy — each herb contributes its own traditional strength, from astringency to circulatory support to gentle elimination.

This Herbal Combination:

- SUPPORTS the body's natural blood-cleansing and detoxifying process
- PROVIDES traditional astringent and alterative herbs to help clear toxic buildup
- SUPPORTS healthy elimination alongside the cleansing herbs
- FEEDS the organs involved in filtering and clearing the blood
- 100% organic, herbal, sugar-free and chemical-free

BOTANICAL INGREDIENTS: Red Clover Blossoms, Chaparral, Licorice Root, Poke Root, Oregon Grape Root, Stillingia Root, Cascara Sagrada, Sarsaparilla, Prickly Ash Bark, Burdock Root, Buckthorn Bark



Red Clover Blossoms

The lead herb in this formula — a classic alterative and blood purifier, traditionally used as the base herb in blood-cleansing blends.



Chaparral

A traditional Southwestern desert herb long regarded as one of the most effective blood purifiers in herbal use. See the note below.



Licorice Root

A soothing, traditionally supportive herb included here for its gentle, demulcent action alongside the stronger cleansing herbs. See the note below.



Poke Root

A traditional lymphatic and blood-purifying herb, used here in a small, traditional amount. See the note below.



Oregon Grape Root

A traditional liver and blood-purifying herb, similar in action to Golden Seal but from a more sustainable, cultivated source.



Stillingia Root

A traditional Southern alterative herb, long used to support the skin and the blood-cleansing process.



Cascara Sagrada

A traditional bowel-tonic bark, included to support healthy elimination alongside the blood-cleansing herbs. See the note below.



Sarsaparilla

A traditional blood purifier and tonic, valued for the minerals it's traditionally credited with contributing to healthy blood.



Prickly Ash Bark

A traditional circulatory stimulant, historically used to help carry the other herbs' benefits through the bloodstream.



Burdock Root

One of the best-known traditional blood purifiers and skin-clearing herbs.



Buckthorn Bark

A traditional bowel-tonic bark, similar in action to Cascara Sagrada, rounding out the formula's support for elimination. See the note below.

HOW IT WORKS

Red Clover Blossoms and Chaparral lead the blend's blood-purifying action, while Burdock Root, Sarsaparilla, Oregon Grape Root, and Stillingia Root add their own traditional cleansing and alterative strengths. Cascara Sagrada and Buckthorn Bark support healthy elimination so the toxins being cleared can move out of the body, Prickly Ash Bark helps carry the blend's benefits through the bloodstream, and Poke Root and Licorice Root round out the formula in small, traditional amounts.

Dosage

Two dropperfuls (70 drops) 4 to 6 times a day for a week — traditionally used during a 5-Day Cleanse. Mix with a few ounces of grape juice to make it easier to take, and drink 64 to 128 oz. of liquid a day while using this formula.

Note: Chaparral and Poke Root are traditional botanicals; some modern regulatory guidance advises caution with chaparral (rare reports of liver effects with internal use) and with exceeding the traditional dose of poke root — this formula uses both in traditional proportions. Cascara Sagrada and Buckthorn Bark, like other stimulant-laxative herbs, are traditionally not used continuously over the long term. Licorice Root is traditionally used with caution by those with high blood pressure or during pregnancy. This is a cleansing support formula, not a substitute for medical care.

For more on this formula, see my blog post “Eleven Herbs for a Deep Blood Cleanse” at www.daradietz.me.