DETOX FORMULA

A Powerful Blood & Lymph Cleansing Formula

Detox Formula is a strong, traditional blood and lymph cleansing blend, built on the same herbal tradition behind the famous Hoxsey Formula and Dr. Christopher's Red Clover Tonic. It's the formula HEAL members reach for during a full cleanse — every member doing the 5 Day Cleansing & Detoxification Program takes this formula as part of it. It's also the core support formula within the Incurables Program, where its job is to support the liver in clearing disease and accumulated toxins from the blood.

These twelve herbs are traditionally known for scrubbing accumulated toxins out of the body's blood, fat, and cells. They work best paired with a real cleanse — plenty of water, fresh juice, and herbal teas throughout the day help carry what they loosen out of the body. The herbs in this formula are strong — and strong-tasting — cleansing agents, not a gentle daily tonic.

A note from the formula's history: after one of Dr. John Christopher's arrests, he was instructed never to use the word “cancer” again. In a private conversation about Red Clover Blossoms, Dr. Schulze told him, “I just can’t help myself. Red Clover is the antidote for cancer.” Chaparral, too, has long been credited in traditional herbal circles as one of nature's most powerful antioxidants, said to break up, destroy, and dissolve tumors of all types. These are presented here as they've long been told within this tradition — historical claims and quotations, not medical guidance.

Ingredients



Red Clover Blossoms

One of the traditional core blood-cleansing herbs in this formula, prized in old-time cleansing tonics.

Mojave Chaparral Herb

A desert shrub long used in Southwestern folk medicine as a strong internal cleanser.

Poke Root

A traditional lymphatic-support herb used in small, measured amounts as part of this blend.

Oregon Grape Root

A bitter, berberine-containing root traditionally used to support the liver's cleansing work.



Burdock Root

A classic blood-purifying root, used for centuries alongside Red Clover and Yellow Dock in cleansing formulas.



Burdock Seed

Used alongside the root for its own traditional cleansing contribution.



Yellow Dock Root

A traditional liver and blood-support root, common in old-time detoxification blends.



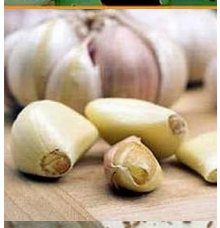
Goldenseal Root

A bitter root long used to support the body's natural cleansing processes.



Bloodroot

One of the historic herbs in the Hoxsey-style formula tradition this blend draws from.



Garlic Juice

Added for its own traditional cleansing and immune-supporting properties.



Lobelia Seeds

Included in small measure as a traditional relaxant and system-mover within the blend.



Cayenne

Added for circulation, helping move the other herbs through the body.

Suggested Use

As part of the Incurables Program: 1/2 tsp every 3 hours.

For daily upkeep/general cleansing support: 1/2 tsp, 3 times a day.

Most effective when paired with plenty of water, fresh juice, and herbal teas throughout the day, and alongside a full cleansing program such as the 5 Day Cleansing & Detoxification Program.

Also Used For

Detox Formula's blood and lymph cleansing action also makes it a traditional internal support for lymphatic congestion and blockage, such as lymphedema. For a localized area, it's traditionally paired with M&L Salve (Mullein & Lobelia) applied topically as a pack directly over the affected area — combining internal support for the whole system with targeted local action.

Caution

Cayenne in this formula is a diaphoretic, meaning it helps move detoxification through the skin as well as internally. If you're actively managing a skin condition such as eczema or psoriasis — where the skin is already carrying extra detox load — introduce this formula gradually and watch how your skin responds.

As with any strong cleansing formula, stay within the suggested dosage and support the process with plenty of water. If you experience nausea or digestive upset, this can be a normal part of the body's cleansing response — back off the dose and give the body time to catch up.

This information is provided for educational purposes and reflects traditional herbal use. It is not intended to diagnose, treat, cure, or prevent any disease, and is not a substitute for professional medical advice.

For more on this formula, see my blog post “A Strong Formula for Cleansing the Blood and Lymph” at www.daradietz.me.