

As incredible as it is, not only are we influenced by the weather, but the weather is also influenced by us ... It is precisely because of this law that our lives exist. The law of balancing counteraction constantly makes us to realize, to act, to develop, but also to maintain our vital balance. When we manipulate circumstances and people, instead of living in Love, Understanding and Caring, we cause on our own the waste and pain in our life. (p. 20,29-31,40,49,93,191) If the Life Energy did not counteract inversely to our "destructive" aspirations, then we would not be able to exist for another day. Nature is with us and helps us, despite our destructive persistence, to ruin our lives. (p.18,30,36,46,70,85-87,153,157,192) / see table 36, Chapter 11, part II

Table 13: TWELVE STEPS TO SUPPORT THE NATURAL DETOXIFICATION OF THE BODY AND TO OVERCOME TOXEMIA CONDITIONS

No	Organ / tissue with impaired natural detoxification	Active season / Duration of the purification regime (p.191)	Harmful foods and habits to be turned off completely (p.190)	Healthy foods and activities (p.168,186)	Purifying tees / modes	Detoxifying mental manifestations (p.170)
1	Gallbladder	Spring / Autumn 7-21 days (p.108-113)	Yellow cheeses, fatty meat / fish, trifles, nuts, yolk, hot spices, fried, pasta, baking soda	Vegetable oils, turnips, lemon, rice, green leafy, potatoes, carrots, unsalted olives	Dandelion leaf + plantain leaf: 1 tbsp. 500 ml of water, 3 x 100 ml per day. Dandelion salad. Turnip juice, 1 tbsp., morning..	Work with Ego and Cordiality. (p.38,106,111,133,147,159,171,173,179)
2	Liver	Spring 21-90 days (p.104-107)	Yellow cheeses, fatty meat / fish, trifles, sausages, spicy, salty, fried foods, soda, beets, sauerkraut, mushrooms	Vegetable oils, lemon, rice, soups, green leafy, potatoes, apples	Cichorium intybus (p.23)- "Blue bile": 1 tablespoon, boil in 500 ml of water, 3 x 100 ml before food, in weakness - after food	Work with Will and emotions. (p.17,32,37,42,69,80,102,131,163,171)
3	Thyroid gland	Spring / Autumn 7-21 days (p.39-42,116)	Fatty fish, seafood, sedentary lifestyle, ego supremacy, ambition	Olive oil, lemon, rice, olives, leafy greens, cheese	3 tbsp. Marigold, 1 tbsp. Nettle, 1 tbsp. Yarrow, boil in 1 liter of water, 5 x 200 ml / day	Working with Justice (p.29,42,43,60,70,125,160,167,179,182)
4	Lungs	Autumn - Winter 21-90 days (p.135-138)	Smoking, meat and delicacies, vigilance, worries	Olive oil, lemon, rice, carrots, green leafy vegetables	Inhalations with Thyme, Chamomile tea, 3 x 200 ml Yarrow tea, 200 ml	Work with Mind. (p.36,42,69,102,137,144,153,177,185,192)
5	Colon	Winter 7-21 days (p.139-145)	White bread and pasta, meat, late dinners, spicy foods, negative thoughts	Cabbage, cauliflower, apples, rice, dill, parsley, greens	Mint tea, 3 x 200 ml For constipation: Chicory tea, 100 ml before meals.	Working with Consciousness. (p.15,17,36,88,99,144,157,160,173,182)
6	Lymphatic system	Summer-Autumn 7-21 days (p. 84,121)	Dietary mistakes (p.47,54,143,165) Emotional stagnation, dissatisfaction	pH balance (p.70) Stretching gymnastics (p.186)	Marigold tea, 3 x 200 ml or 3tbsp. Marigold, 1 tbsp. Mint, 1s..l. Yarrow, in 1 liter of water, 5 x 200 ml	Work with Truth and ambitions. (p.13,16,37,86,91,111,123,131,163,175)
7	Kidneys	Winter 21-90 days (p.95-100)	Animal proteins, chickpeas, soy, pickles, peanuts, confectionery, spicy foods	Olive oil, zucchini, tomatoes, potatoes, peas, rice, celery, parsley, pumpkin	1 tbsp. Plantain seeds, 500 ml water, 3 x 150ml with 1 tsp. honey and lemon, Blueberry 200ml	Work with Love and Wisdom. (p.19,42,73,92,99,111,133, 173,179,182)
8	Blood vessels	Summer 21-90 days (p.115-117)	Animal fats, egg yolks, peanuts, spicy foods, fried, sweet and pasta	Olive oil, salads, cottage cheese, vegetables, dill, parsley, fruits, fish	Hawthorn tea 1-2x 200 ml Chamomile + Marigold + Mint, 3 x 200 ml Linden tea	Working with the Senses. (p.13,21,36,39,88,116,133,137,184,195)
9	Stomach-pancreas	Summer-Autumn 7-21 days (p.121-134)	Animal fats, appetizers, egg yolks, nuts, chickpeas, soy, cinnamon, spicy salty, fried foods	Salads, potatoes, cottage cheese, peeled fruits, veggi cream soups	Leaf Plantain - 3-4 pcs. 500 ml water, 3 x 100 ml St. John's wort + Yarrow x 1 tsp, 500 ml, 1-2 hours.	Work with Intuition (p.27,32,38,42,116,121,133,171,173,179)
10	Fat, muscles	Autumn - Winter 21-90 days (p.121-124)	Fatty meats, appetizers, spicy and salty foods, confectionery	Greens, apples, lemons, green beans, rice, fresh cabbage	Corn silk 1 tbsp boil in 500ml water, 3 cups x 150 ml per day. Stretching gymnastics (p.186)	Working with Possessions. (p.16,29,43,111,123,148,173,175,179,192)
11	Skin	Summer - Winter 21-90 days (p.28,81,97)	Yellow cheeses, fatty meat / fish, appetizers, peanuts, spicy and fried foods, sugar	Peas, green leafy vegetables, apples, lemons, rice, fresh cabbage, olive oil	Steam bath with Thyme. Chamomile tea compresses Kaolin mask with 1 tsp. yogurt every day.	Working with Purity. (p.27,32,49,52,60,79,89,99,144,173,182)
12	Cellulite, tendons, joints	Summer-Autumn 21-90 days (p.106,108,121)	Foods and habits that block bile flow and spleen function (p.35,46,112)	Foods that strengthen the liver, purify the bile and lymph (№.1,2,6)	Chamomile tea + Mint, 3-5 x 200ml Stretching gymnastics (p.186)	Working with Thought and Energies. (p.13,33,39,69,86,102,149,159,182,184)