

## Organ Cleansing A Foundation for the Organ Repositioning Technique

by Darrell Derksen, CRT, PKP

**Abstract.** This is an introductory article for the application and understanding of how physiological, mental and emotional corrections are often undermined by an individual's lack of organ integrity. A suggested internal body cleansing program and an organ repositioning technique for the stomach, large intestine, uterus and bladder follows.

**The Need:** In the search for more profound and lasting balances, we inevitably come to the assimilative and eliminative organs from which all energy must be converted to fuel and waste. Most of us have had the unpleasant experience of constipation or diarrhea from our eating and drinking habits and general stress on our digestive system. We are finding that more nutritional studies are supporting the idea that at least 50% or more of all human disease may be stemming from eating enzyme, vitamin, mineral deficient, irradiated, genetically altered, preserved and processed foods. I'm sure most of us have seen this evidence by observing the health patterns in our own families, friends, and neighbors. The food giants use powerful advertising to lure consumers to quick, convenient, nutrient enriched, so-called "high quality" processed foods. Their tactics are anchoring the insidious trend of health decline in the general public. There are ways to lighten the stress factors on our minds and bodies.

**The Cleanse:** I have come to the realization after years of practice as a colonic therapist, that if a cleanse does not include a fast for a minimum of at least 4 days, preferably 7 or longer, you will at best only remove the superficial catarrh or mucous from the intestinal tissues. By including a fast, the digestive tract will rest from the continual processing of food. This in turn frees up more energy to assist in cleansing at the deepest level possible.

Most cleanses are set up for two or three phases, including a week to 2 week precleanse designed to break up the excess catarrh and mucus in the lymph and digestive systems. Some of this material may be decades, yes, decades old and form a

hardened black mucoid crust that averages 5-10 lbs. per individual. Records of 50-100 pounds are not uncommon. In the past eight years, I have personally witness from 75 inches to 10-20 feet passed during one single colon irrigation from hundreds of clients, as well as from myself.

Consider for a moment, Dr. Deepak Chopra's conclusion that every cell in our body has memory, an on-line communication between the cells and the rest of the body. Can you imagine what things must be held in the memory of this black crust found in our intestines and its impact on the communications network between our mind and body.

I recommend a 1 or 2 week herbal precleanse with no dairy, white flour, sugar, fried, processed or junk foods; no pop, coffee, black tea; little or no meats, chicken or fish preferred. A 4 to 7 day fast should contain liquid bentonite, psyllium husks, colloidal minerals, acidophilus and any combination of cleansing herbs such as chaparral, cascara, black walnut, golden seal, black cohosh, and foenugreek. See the book, *Cleanse and Purify Thyself*, explaining the "Clean Me Out Program", by Dr. Richard Anderson.

It is a good idea to support yourself both physically and mentally before starting any cleanse. It may be wise to consult your doctor before beginning a cleansing program. Plan on keeping fresh food immediately available for preparation and easy access to reduce the chances of sabotaging your cleanse. Make sure you find the space in your schedule and PLAN for the 2-3 weeks. You may have to sacrifice a birthday or celebrated day to succeed with your cleanse. It is time well spent.

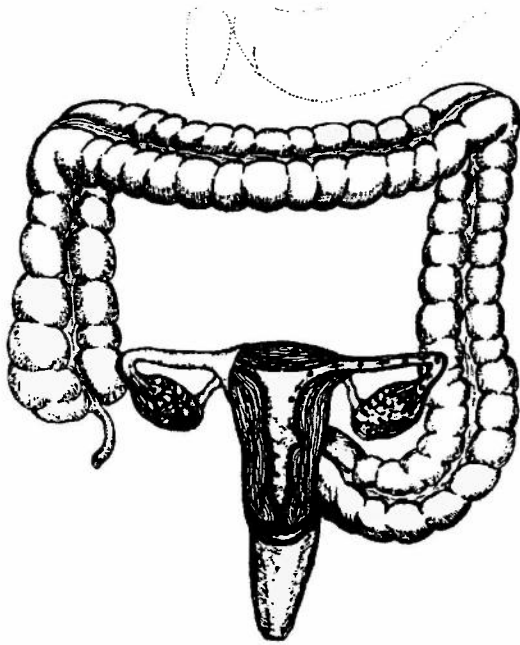


Figure A

**The Theory:** If you are eating only natural, purely organic foods, drinking pure water, exercising regularly and resting adequately, taking time to calm the mind and spirit, your digestive and eliminative systems will work in harmony to nourish and regulate the organs, glands, and muscles.

The following illustrations show (A) the anatomically correct internal organ positions and (B) the "average" person's organ positions. How do such changes in positions happen to most of us? It actually takes years to develop. I've seen young people as young as 12-13 years old with illustration B position already established.

Here's what can happen: as the weight of accumulated waste across the transverse large intestine from faulty digestion and elimination begins to increase, the supportive tissue that maintains the internal organ positions falls or prolapses. Years of accumulated fecal material layer along the intestinal canal. This heavy laden plaque, along with gravity begins its descent onto the lower organs. Since the stomach depends on the large intestine's transverse position for support, it begins to fall into a fishhook position. A domino effect places ever increasing pressure on the uterus or prostate, the bladder, kidneys, spleen, pancreas, liver, gall bladder, heart, lungs, brain, skin, nervous and skeletal systems.

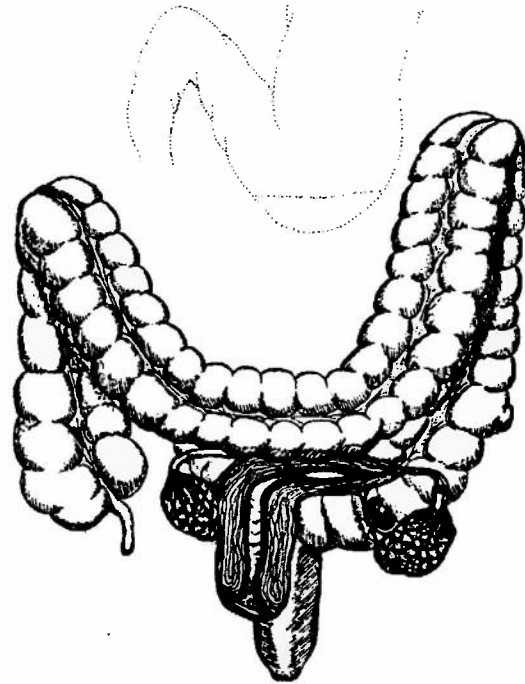


Figure B

Further, there is also heavy reduction of the blood flow rate from the legs and lower organs to the heart. The nutrients from our blood must nourish and carry waste from our digestive and eliminative organs. The large intestine prolapse distends the venous pathways from our liver to the entire digestive supporting organs. It's obvious that by restricting our blood, lymph and nerve supplies, we are setting the body up for stagnation, inflammation, parasitic and free radical growth. Any of these factors can be major contributors to reoccurring levels of spiritual, mental, emotional and physical disease.

**The Technique:** The following technique comes from the last eight years of my practice and research in colon hydrotherapy, applied kinesiology and body management. I'm indebted to the work of Bernard Jenson, Norman Walker, John Matson, John W. Ray, and Masters Al Berry, Mantak Chia, Thai Buddhist monks and others.

This technique by passes much of the hand-organ massage previously required to realign the internal body structure. It involves regenerating power three different ways and

focussing the energy into the two weakest organ-meridian systems.

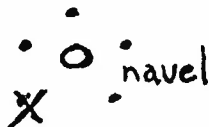
**Step 1:** Find the two weakest systems by scanning the torso with your left hand 2" above the body, looking for the priority area of imbalance with an indicator muscle change. Once located, the client's right hand contacts this area, while you say, "Show me the first priority organ involved in this imbalance." Simultaneously tap the area three finger widths below K-27's on the center of the sternum. The body will identify this first priority organ-meridian system involved by showing a weak indicator muscle change while placing their hand in a five element finger position around the navel. Isolate which system you found weak, continuing to narrow the category by naming and testing for the organ-meridian system within the element, (eg. Wood-Liver.).

**Step 2:** Repeat the same procedure for the second organ meridian system and note findings. (eg. First priority found: Liver; 2nd kidney)

**Step 3:** Open the client's right hand to scan and test for finger positions to find which of the five fingers must touch together. Repeat for the left hand. Two or three fingers may be involved such as thumb and middle of right hand and thumb and ring of the left hand.

**Step 4:** Place their right hand on their head with the paired finger positions from step 3, touching the center of the crown across the closest cranial fault. Over a 100 meridians converge in this area.

**Step 5:** Place their left hand with paired fingers touching the associative 5 element navel position. (eg. 2nd Kidney-Water element)



Make sure the paired fingers of each hand are placed exactly on crown center and the 5 element position using the gluteus medius muscle test to verify.

**Step 6:** Have them exhale their breath completely from the diaphragm and hold for 8 seconds while simultaneously contracting the sex organs (uterus or testicles) and pulling in the abdomen. They should feel a deep pull on the inside, repeating the contractions for 3 minutes. When the gluteus medius tests strong the technique is complete.

**Step 7:** Test for a 14 muscle balance and feel the difference in the abdomen flatness. Also check ease and capacity of breath. The internal organs should now be in alignment.

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