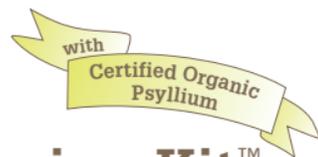




Find *Your* way, naturally!



the **Colon Cleansing Kit**™

AN HERBAL DIETARY SUPPLEMENT

users guide

Welcome to the Colon Cleansing Kit™

THIS IS YOUR KIT

Congratulations on purchasing one of the finest colon cleanses available today.

Every effort has been put into this Colon Cleansing Kit to make using it as simple as possible. Your Users Guide gives detailed instructions and tips for every part of the program. It also has a large section of

common questions and answers to help you along the way.

The Dosage Calendar is your daily companion. It has separate sections for each of the three options, indicated by their own tab. There is a page for each day of your cleansing with complete dosage instructions.

Enjoy your cleanse!



Digestive Stimulator™



The Shaker



1 Box of Toxin Absorber™



Users Guide



Dosage Calendar



CHOOSE YOUR OPTION

There are three ways to do this **Colon Cleansing Kit** referred to as: **BEST, BETTER, OR GOOD OPTION**

The **BEST OPTION** requires a five day, liquids–only fast. It is the recommended method of cleansing and 91% of the people choose the **BEST OPTION**. This option is highlighted by light brown throughout this guide. By liquids–only fasting you allow the main formula, **Toxin Absorber**, to bind to and remove anything that may be stuck to your intestinal walls. This is our most highly recommended method to eliminate

intestinal buildup like that shown on page 4.*

The **BETTER OPTION** is for those who feel they cannot handle going five days without solid food. If you use this option you can improve your cleanse by following the dietary chart on page 6. Again, for the most effective cleanse stay as close to a liquids–only diet as possible. That said, even if you eat three meals a day you will still experience a beneficial colon cleansing, just don't expect results like the photos shown on page 4.*

The **GOOD OPTION** is for those looking to increase the

regularity of their bowel movements and to receive a general toning of the digestive system. This option will remove minimal intestinal buildup. It is a good cleanse for those with constipated or irregular bowel movements as it will provide a month of regularity and gentle cleansing. You can also improve your cleanse by following the dietary chart on page 6.*

NOTE: For those who need to take oral prescription drugs more than once a day, the good option is the only way you can do colon cleansing without interfering with the absorption of your drug. See page 40.

CONSTIPATED?

If you are usually very constipated; that is, a bowel movement only every 3–10 days that is hard and compact, along with bloating, gas, and/or other intestinal discomforts then we recommend you take Digestive Stimulator for two weeks before beginning the Colon Cleansing Kit™. By establishing regular, daily movements every day for 14 days, you will find the Colon Cleansing Kit™ easier and more comfortable to do. After taking Digestive Stimulator™ for 2 weeks, you may immediately begin your Colon Cleansing Kit™ with the gentlest level of cleansing by choosing the good option. If you feel you have established comfortable regularity after the end of 30 days, you may choose to follow that with another Colon Cleansing Kit™, this time choosing the best option, a 9 day program that includes the 5 day, liquids–only fasting or you may choose to wait for another time to do this deep level of cleansing. You may also choose to follow the first Colon Cleansing Kit™ with the Internal Cleansing Kit™ and try the fasting option (best option) sometime in the future. (For more information see pp. 47–48)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Cautions and **Safety Information**

A QUICK LOOK

The **Colon Cleansing Kit** is a safe process used by tens of thousands of satisfied customers. There are some conditions, however, that you should **never** use with the Kit.

Do Not Use If...

- you are pregnant, trying to get pregnant, or nursing
- you become pregnant—stop the cleanse immediately
- you have an active, acute infection anywhere in the body
- you are undergoing/recovering from a medical procedure, surgery or therapy
- you have extreme weakness or extreme deficiencies
- you have abdominal pain, abnormal narrowing of esophagus or intestines, an acute inflammation of the GI tract, bowel obstruction, diarrhea, or vomiting
- you have difficulty swallowing

CONDITIONS AND DRUGS THAT MAY INTERACT WITH THE COLON CLEANSING KIT

There are also some conditions and drugs that make it inadvisable to use and others that require the guidance of a healthcare practitioner to monitor your condition and/or adjust your drug dosage as needed. This information is not limited to only these conditions and drugs, as not all conditions and drugs have been tested or observed with herbs. Always discontinue if any adverse effects occur.

NOTE: Even oral drugs and/or supplements that are safe to take with the Kit should always be taken two hours apart from any formula of the Kit to prevent any possible absorption and/or interactions.

Specific Drugs

(for complete information see pp. 39–43)

- Anticoagulant Drugs
- Antiplatelet Drugs
- Antihypertensives
- Aspirin
- Corticosteroids
- Diuretic Drugs
- Heart Drugs
- Insulin

NOTE: If you take an oral prescription drug more than once a day, you may **only** do the **GOOD OPTION** to prevent absorption of the drug by **Toxin Absorber** or interaction with **Digestive Stimulator**. See page 40.

Specific Conditions

(for complete information see pp. 44–48)

- Blocked Gallbladder/
Gallstones
- Diabetes
- Heart Disease
- Hiatal Hernia
- High Blood Pressure
- Hypoglycemia
- Hypokalemia
- Kidney Disease
- Liver Disease
- Very Constipated

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QuickStart

Look for the “**QuickStart**” pointers. These indicate the least you need to know to get started.

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PRE-CLEANSE (USUALLY TAKES 3 DAYS)

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FOR YOUR INFORMATION

By choosing to follow the recommendations of this program, you are exercising your right to take control of your own health. However, the information in this guide should not be used as the basis for treating a particular symptom or disease, or to replace any treatment that you are currently undergoing. All guidelines for the use of the Colon Cleansing Kit or any of the individual formulations presented in this guide are for educational purposes only.

If you have a serious health problem or have questions, you should always consult with your healthcare practitioner.

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All of the questions and their exact page numbers are listed here so you can easily find the answers that you need.

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Daily Bowel Movements, a **Daily Requirement**

NEVER, EVER, GO A DAY WITHOUT A BOWEL MOVEMENT...

Elimination is the primary way that the body gets rid of wastes and toxins. The success of any good cleansing program depends on elimination; specifically, daily bowel movements. You also get rid of wastes through exhaling, sweating (both perceptible and non-perceptible) and urinating.

That said, having daily bowel movements is often challenging for many people, yet **it is vital that you have at least one, and preferably three, bowel**

movements every day of your cleanse.

During this cleanse you will be taking **Digestive Stimulator** every night to promote daily bowel movements.* Even so, you may occasionally become constipated and find you need additional support to have a bowel movement. On these days you can help yourself by taking an enema, colema or colonic.

You should never, ever go a whole day without at least one bowel movement.

If you get to the end of a day and have not had a bowel movement, **don't wait until the next day.** Take an enema or colema before bed that very same day and **also** increase "your number" of **Digestive Stimulator** capsules that evening (see pp. 11–12 for more details) or split up your dosage of **Digestive Stimulator** and take three times a day (see p. 20). If you do an enema or colema you should only

use distilled, filtered or purified, water, fresh brewed coffee, or peppermint tea, but nothing else. (see p. 29 for directions).

If you are using a one quart enema bag, you may repeat as many quarts as needed until you feel you have had a good bowel movement.

A colema uses five gallons of liquid for a very thorough and complete emptying of the colon.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Three actions to support **daily bowel movements**

To facilitate the success of your cleansing, and for your own comfort, daily bowel movements are vital. Here are three important actions to support yourself.

ONE

Drink 6–8 glasses of pure water daily. Without enough water you can easily get “backed up” in your intestines.

For more on water see page 7.

NOTE: This is in addition to the full Shaker Jar (16 fl.oz.) of water that you take every time after your Toxin Absorber.

TWO

If you do not have a bowel movement all day, you may simply increase “your number” of **Digestive Stimulator** that evening (see pp. 11–12 for details) or you may change the way you take **Digestive Stimulator** by splitting up your dosage and take it three times a day (see p. 20 for details).

THREE

Take an enema or colema, before bed, on any day that you do not have a bowel movement. (see p. 28 for directions)

before
you
start

Information about **Your Colon**

REMOVING MUCOID PLAQUE

It is common after years of eating to build up **mucoïd plaque**† on the walls of our intestines. This plaque greatly lowers our ability to absorb nutrition and makes our bodies much more toxic.

The **BEST OPTION** is a five day intensive colon cleanse, intended to remove as much of this plaque as possible.

It is necessary to do a liquids-only fast during the **BEST OPTION**

because, if you eat solid food it will greatly reduce the power of **Toxin Absorber**, as the powder and liquid mixture will be forced to bind to the solid food you eat as well as the plaque.

However, if you follow the **BETTER OPTION** or the **GOOD OPTION** you will only have moderate to minimal removal. The **Colon Cleansing Kit** removes plaque by utilizing two very

important formulas.

The first formula is **Digestive Stimulator**, which will assure that your digestive system is active and moving well. The second is **Toxin Absorber**, which is a powder that, when mixed with liquid, swells and becomes extremely absorptive, drawing the plaque to itself and carrying it out of your intestinal system.

†mucoïd plaque – a layer or layers of adhesive, hardened mucus lining the inner walls of the digestive tract. It can be from less than one-sixteenth of an inch to several inches thick. It is usually compacted with old fecal matter, bound up toxic waste, 'bad' bacteria, and/or unwanted guests. See below for actual pictures.



A look at **Mucoid Plaque**

WHAT IT LOOKS LIKE



YEP, IT'S GROSS!

These pictures are actual pieces of mucoid plaque that have come out following the best option.

Generally they can vary in length anywhere from a few inches to, amazingly, over three or four feet.

They are rubbery in texture and hard to break apart. Sure it's gross but better out of us than in us.

before
you
start

Three Ways to do the Colon Cleanse

Very Constipated? – before you make a choice, see pp. 47–48

The following chart will help you choose between the recommended five day, liquids–only fast and the alternative of eating while doing this cleanse.

	Depth of Cleanse	Who should do this?	Overview of each type
BEST <ul style="list-style-type: none">▪ 9 day program▪ requires a 5 day liquids–only fast	Maximum level of colon cleansing and mucoid plaque removal.*	This is the most HIGHLY recommended and often used way to take the Colon Cleansing Kit, as food in the intestines greatly limits the Kit's ability to remove mucoid plaque.	This method involves a three day pre-cleanse with decreasing food portions and/or diet changes followed by five days of liquids–only fasting, while taking Toxin Absorber five times per day and one day to break the fast.
BETTER <ul style="list-style-type: none">▪ 8 day program▪ modified diet changes▪ no liquids–only fasting	Moderate level of colon cleansing and mucoid plaque removal.*	For those who feel they cannot handle going five days without food. Remember, the more you eat the less effective this cleanse will be. (Note: even with three meals per day you will still benefit). No liquids–only fasting.	During this method you will use the chart below titled “Controlling the Strength of Your Cleanse”. This chart will show the effects of eating more or less during your cleanse. You will follow the same schedule as for best, but without liquids–only fasting.
GOOD <ul style="list-style-type: none">▪ 30 day program▪ diet changes optional▪ no liquids–only fasting	Mild level of colon cleansing and mucoid plaque removal.*	For those looking to increase regularity with a mild cleanse. Also those taking oral prescription drugs more than once a day (see p. 40). No liquids–only fasting.	During this method you will first find “your number” of Digestive Stimulator, (see pp. 11–12) and take that number before dinner. You will also take one packet of Toxin Absorber, before bed, for thirty consecutive days.

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CONTROLLING THE STRENGTH OF YOUR CLEANSE

**Strongest
cleanse**
(the most
mucoid
plaque
removed)



**mildest
cleanse**
(the least
mucoid
plaque
removed)

type of diet	organic or not	meals per day	raw or cooked
raw juices*	100% organically grown food	freshly made juice* only	100% raw*
raw food*		1 meal plus juice*	80% raw* 20% cooked
vegan* (no eggs or dairy)	80% organic 20% non-organic	2 meals plus juice*	
macrobiotic*	50% organic 50% non-organic	2 1/2 meals plus juice*	50% raw* 50% cooked
vegetarian* (with eggs and dairy)		3 meals plus juice*	
meat eater* no processed foods	20% organic 80% non-organic	3 meals only	20% raw* 80% cooked
meat eater* plus packaged processed foods	all non-organically grown food	3 meals plus snacks	100% cooked

NOTE: all juices should be raw and organic only

*see pp. 27–28 of Q&A for a list of recommended books on each diet type

All **options** will use this chart during Step 1. Then the **best option** will follow with a liquids-only fast, while the **better** and **good options** will continue to use the chart throughout Step 2.

This chart gives a more in-depth look at the effects of eating different diets while taking the **Colon Cleansing Kit**.

To use this chart, locate your current diet type in each column.

You can make your cleanse stronger and more effective by moving up in any column or in any combination of columns.

Likewise, if your cleanse becomes too strong, you can move down in any column to soften the effects.

SPECIFIC FOODS TO ELIMINATE

Dairy Products including cheese, ice cream, milk, and yogurt: clog and congest, thus slowing down the elimination of toxins and mucoid plaque.

Fried Foods especially pan fried with oil or deep fried: clog and congest

Sugar in candy, soft drinks, or added to food: depresses the immune system

Common Iodized Table Salt: constricts and holds in toxins (may lightly use unheated earth or sea salt)

Meat: takes the most energy to digest and slows cleansing

before
you
start

Some words on **Water**

6–8 Be sure to drink 6–8 glasses of pure water every day of your cleansing.

NOTE: This is in addition to the full Shaker Jar (16 fl.oz.) of water that you take every time after your Toxin Absorber.

WATER IS VERY IMPORTANT

During this colon cleanse it is vitally important that you are sure to drink plenty of water.

The main formula of this cleanse is Toxin Absorber. As the name implies, it absorbs toxins

while cleansing your colon. However, if you do not drink plenty of water, Toxin Absorber will clog and constipate your intestinal system, totally defeating the purpose of this cleanse.

BE ASSURED OF CLEAN WATER

It is also important to be assured of clean water. To do so you can install a carbon based water filter or buy a known pure source of bottled water. You can also buy distilled or filtered water. However, do not buy generic,

non-descript brands, which may have no guarantee of the water's purity.

Remember, when you go to work or are on the road, take your bottled or filtered water with you.



All about **Apple Juice**



WHY USE APPLE JUICE?

Apple juice makes the main formula of this cleanse, **Toxin Absorber**, much easier to drink. You can try to take it with water, but we have found it tastes much better and goes down smoother with apple juice at room temperature.

Apple juice also has its own

cleansing powers and helps with the rejuvenation process.*

You can also drink apple juice at any time during this cleanse if you feel you need a little more energy or a change from just water.

For more information on “Why apple juice and not citrus?” see pp.25–27

HOW MUCH DO I NEED?

It will take 8 quarts (2 gallons) of apple juice to take all of your packets of **Toxin Absorber**. If you wish to drink apple juice between times of taking **Toxin Absorber** you will want to have more quarts on hand. When you buy your juice, be sure it is from **organically** grown apples so as to not introduce new toxins

while cleansing.

You should be able to get your juice at the local health food store or supermarket.

Best of all, make your own fresh juice using four organically grown apples, which is enough to half fill a Shaker Jar each time you take **Toxin Absorber**.

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step 1

About your **Pre-Cleanse**

QUICK LOOK AT YOUR PRE-CLEANSE

There are three reasons this kit begins with a pre-cleanse.

First, you need to find your personal dosage of **Digestive Stimulator**, which will be different for everyone. (see pages 11–12)

Second, by taking **Digestive Stimulator** before dinner, and **Toxin Absorber** before bed for three nights, you will begin to loosen your colon and assure that it is moving well for the cleanse.*

Third, if you have selected **the BEST OPTION**, you will

slowly be getting your body prepared for five days without solid food. If this is the case, on each of the three days of the pre-cleanse you will decrease your portion size of all food you consume by twenty-five percent each day. (see the **BEST OPTION** tab of your **Dosage Calendar**, pp. 3–5)

Although you will eat no solid food during the five day liquids—only fast, you may have strained vegetable soup broth or apple juice as

often as you want. (see p. 24)

Regardless if you choose the **GOOD**, **BETTER**, or **BEST OPTION**, you may also change what and how much you eat during the pre-cleanse. (see “Controlling the Strength of Your Cleanse”, page 6) Try eating more vegetables, brown rice, beans, peas, lentils or tofu. Avoid sugar, coffee, caffeine, alcohol, meat, dairy, fried foods or packaged and processed

foods.

Once you start the main colon cleansing you may continue to vary your diet according to the chart on page 6.

It is also extremely important to keep your body hydrated by drinking at least eight glasses of water every day of this pre-cleanse and colon cleanse. If your body does not get enough water your colon can become dry and constipated, greatly diminishing the effectiveness of this **Colon Cleansing Kit**.

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Things you'll need to start Step One



Digestive Stimulator



Toxin Absorber



The Shaker



Organic Apple Juice



Pure Water



Dosage Calendar

THE LEAST YOU NEED TO KNOW

Before beginning Step One, the pre-cleanse, you will need to buy Organic Apple Juice and Pure Water.

Every night of the pre-cleanse you'll take **Digestive Stimulator** Capsule(s) before dinner and **Toxin Absorber** with Apple Juice and water before bed.

If you have selected the **BEST OPTION** and elected to do a liquids- only fast, you will be preparing your body for five days without solid food by decreasing

your food amounts gradually over three days and eating lighter.

Regardless if you choose the **BEST, BETTER,** or **GOOD** option you may also change what and how much you eat according to the chart "Controlling the Strength of Your Cleanse" on page 6.

Your **Dosage Calendar** will give you day by day directions of what to take, when, and how much. (see **BEST, BETTER,** or **GOOD** tab)

Finding your number of **Digestive Stimulator**

step
1



Your personal dosage of **Digestive Stimulator** capsules will vary according to the current condition of your intestines. The purpose of Step One is to find “your number”.

Note: You may need to order more capsules to complete the program, if you find that you are taking over 10 a day (**BEST & BETTER OPTION**) or over 3 a day (**GOOD OPTION**).

SELF RATE YOUR COLON'S CURRENT HEALTH

How often are your bowel movements?	Colon Health	Suggested Starting Dosage
2–3 times every day	healthy regularity	1 capsule
once every day	slightly constipated	2 capsules
once every 2 days	constipated	3 capsules
once every 3–4 days	very constipated	4 capsules
once every 5–7 days	extremely constipated	5 capsules

Use this chart to find a dosage of **Digestive Stimulator** to take the first night of your pre-cleanse.

Your goal will be to have 3–4 soft bowel movements the next day. You will judge the results of your first dosage on the following day to determine whether you need to take more or less capsules. It

may take a couple days to find the exact number that is right for you. (see below for an example of this)

After you find your personal dosage you will continue to take it for the duration of this program.

Throughout this guide we will refer to this dosage as “your number”.

FINDING “YOUR NUMBER”



Day One (pre-cleanse)

Begin in the evening by taking your “Suggested Starting Dosage” of **Digestive Stimulator** before dinner.

(see chart above)

The following day observe the number of **soft bowel movements*** that you have.

*A soft bowel movement is just that, a movement that is soft, but still formed. It should come out easily and without effort. You should have at least three soft bowel movements every day of your colon cleansing program.

Your movements should not be loose, watery and without shape, like diarrhea. One movement of diarrhea followed by soft movements, however, is OK. If, at some point, you find you have taken too many capsules and have developed diarrhea, then decrease your dosage by one capsule that evening and the next day should be perfect for you.



Day Two (pre-cleanse)

Did your “Suggested Starting Dosage” give you three or more soft bowel movements today?

If yes, you have found “your number” and should continue to take this dosage, before dinner, during the pre-cleanse and as directed by the **Dosage Calendar** thereafter.

If not, then take the next higher “Suggested Starting Dosage” from the chart above, tonight before dinner. If you started with 5 capsules then increase by two capsules.

The following day observe the number of soft bowel movements.

Note: Some have taken upwards of 10 or more capsules; this is OK. The number is not important, it is the result that matters. Listen to you body and trust your intuition. The maximum dosage is 21 capsules a day.



Day Three (pre-cleanse)

If you had three or more soft bowel movements today, you have found “your number” and should continue to take this dosage, for the duration of this program.

If not... Increase your dosage tonight before dinner by one capsule, if you started with one; increase by two capsules, if you started with two or more.

The following day observe the number of soft bowel movements. If you have not found out exactly what “your number” is after finishing the 3-day pre-cleanse, continue to increase your dosage each evening before dinner. When you find a number that gives you 3+ bowel movements, you are ready to start Step Two.

step 1

Taking your **Toxin Absorber** packets

Take one packet every night with apple juice and water during your pre-cleanse.

NOTE: Take 2 hours apart from any oral medication/supplement so as to not interfere with its absorption. Do not take this product if you have difficulty swallowing.



FILL

Start by filling the Shaker about half full with organic apple juice. At any time you may add more water to thin the drink and make it easier to swallow. If fasting, use room temperature water or juice. You may use other fruit juices (see pp.25-27) if you prefer, but avoid citrus.



RIP & POUR

Next tear open one packet of your Toxin Absorber and add it to your apple juice.

NOTE: Some people are sensitive to the dust of the powder and may experience an uncomfortable sensation in their nose or lungs. To allow the dust to dissipate, you can have another person open the packet, pour it into your apple juice, shake it, and uncap it before bringing it back to you.



SHAKE & DRINK

Shake vigorously for 15–20 seconds. Drink immediately and follow with at least half a jar or even a whole jar of pure, distilled, or filtered water.

NOTE: If you experience chest pain, vomiting, allergic skin rash, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.



Using your **Dosage Calendar**

STEP 3		DAY 5 of 7			
Before Breakfast	Toxin Neutralizer 1 capsule	Liver & Gallbladder Rejuvenator 2 capsules	Lung Rejuvenator 1 dose (smf)	Kidney & Bladder Rejuvenator 1 dose (smf)	
Before Lunch	Toxin Neutralizer 1 capsule	Liver & Gallbladder Rejuvenator 2 capsules	Lung Rejuvenator 1 dose (smf)	Kidney & Bladder Rejuvenator 1 dose (smf)	
Before Dinner	Toxin Neutralizer 1 capsule	Liver & Gallbladder Rejuvenator 2 capsules	Lung Rejuvenator 1 dose (smf)	Kidney & Bladder Rejuvenator 1 dose (smf)	
Before Bed	Digestive Stimulator your number		Friendly Bacteria Replenisher 2 capsules		
toxic fax	our bodies naturally cleanse every day, but the more toxic we are the more energy it takes			DON'T FORGET! 6-8 glasses of water today	

A QUICK OVERVIEW

At the bottom of your **Dosage Calendar** you will find three tabs, one for each of the three ways you may do the **Colon Cleansing Kit**. Each tab will bring you to a complete section for that **OPTION** with day-by-day dosages for the entire program.

In your calendar you will find exact dosage times and amounts. To keep track, you may check off each formula on the page and/or enter the time you take it. After finishing a day, you may tear off that page or simply turn it over to the next one.

Starting **Step Two**

step **2**

The Main Cleanse | *cleansing the colon*

A QUICK LOOK AT STEP TWO

BEST OPTION

If you chose the best option, you will not be eating any solid food during the next five days. However, you do not have to feel physically hungry. Mentally, of course, you may be very desirous of food. Be disciplined; this will pass. By taking your Toxin Absorber on time every three hours, you will keep a full feeling in

your stomach and reduce the effects of toxins being released. You can have as much strained vegetable soup broth (p.24) or apple juice (no citrus, see pp. 25–27) as you want. Wait an hour before taking any liquid other than water if you have just taken your Toxin Absorber. The first day is the hardest and you may think, “how can I do five days of this?” The good news is each day gets easier and

better than the day before. Around day two or three, when you see what your body is getting rid of, you will feel great satisfaction and determination to continue with your liquids-only fast.*

BETTER OPTION

If you chose the better option, you will also be taking Toxin Absorber every three hours but without the liquids-only

fasting. However, it helps if you modify your diet as seen on the chart on page 6.

GOOD OPTION

If you chose the good option, you will be taking one packet of Toxin Absorber every night before bed for approximately twenty-seven days. All dietary changes are optional as seen on the chart on page 6. There is no liquids-only fasting.

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Things you'll need for **Step Two**

CONTINUE FROM STEP ONE



Digestive
Stimulator



Toxin
Absorber

THE LEAST YOU NEED TO KNOW

BEST & BETTER OPTIONS

Upon arising you will take the **Toxin Absorber** every three hours for a total of five times a day.

Each evening you will take **Digestive Stimulator** before bed rather than before dinner.

Your **Dosage Calendar** will give you hour by hour, day by day directions of what to take, when and how much. (see **BEST OPTION** OR **BETTER OPTION** tab)

GOOD OPTION

Each evening you will take **Digestive Stimulator** right before dinner.

Each evening 30–60 minutes before bed you will take one packet of **Toxin Absorber** for approximately twenty-seven days.

There is a page in your **Dosage Calendar** that will allow you to keep track of how many days you have been cleansing. (see **GOOD OPTION** tab, p. 6)

step 3

Important notes on **Breaking Your Fast**

Note: This step only applies if you selected the **BEST OPTION** for your cleanse and completed a five day, liquids-only fast during Step Two.

WHAT YOU SHOULD EAT FIRST

After you have finished the **BEST OPTION** of the five days of liquids-only fast you will begin to eat again. It is important that you go slowly when reintroducing food to your body.

Start by eating an organically grown apple in the morning after you have finished cleansing. Be sure to chew it thoroughly.

For lunch, you may eat a fresh salad (a little olive oil and lemon juice for dressing), steamed vegetables, brown rice or baked potato. Keep your portions small.

For dinner, you may eat the same as lunch with the addition of tofu or a small portion of lean chicken or fish.

If your body is still responding well to food you can slowly start to introduce whatever you would like to eat.

The important thing is allowing your body to get used to food and not to totally stuff yourself immediately after coming off the fast.

You will probably have some **Digestive Stimulator**

and **Toxin Absorber** left.

Continue, daily, to take your number of **Digestive Stimulator** before dinner and **Toxin Absorber** 1 hour before bed until you have none left.

Q&A

Common questions & their answers

A QUICK LOOK

This section has a large number of the most frequently asked questions and their answers.

Even if you do not have any questions at this time, you may still find this section to be very informative and worth your time to read through.

If you are looking for a specific answer and cannot find it here, we suggest you contact your healthcare practitioner who will be most familiar with your individual situation.

If your healthcare practitioner is unavailable or unable to answer your questions, you may call us directly at: **800.489.4372** or you may email us at: ***info@blessedherbs.com***

Which cleanse do I do first?

We recommend doing the **Colon Cleansing Kit**, first, followed by the **Internal Cleansing Kit**. It is important to remove old, accumulated waste before you move onto cleansing other parts of your body. If this intestinal waste is not cleansed first, it will continue to release toxins into your body, while you are trying to cleanse other areas.

For optimum results after completing the **Colon Cleansing Kit**, you should resume eating solid foods for four days and continue taking “your number” of **Digestive Stimulator** capsules each evening, before dinner. You may find that since you are no

longer fasting, “your number” may change slightly; this is OK, simply adjust accordingly.

After four days you should start Step One of the Internal Cleansing Kit. Even though you already know how many Digestive Stimulator capsules you need to have regular bowel movements, you should still take three days to complete Step One of the Internal Cleansing Kit. During this time you will be taking “your number” of Digestive Stimulator capsules before dinner and one packet of Toxin Absorber before bed for each of the three nights. After completion of Step One, you may move on to Step Two.

If you are not immediately

starting the Internal Cleansing Kit after finishing the Colon Cleansing Kit, as recommended above, then simply follow the directions in the Internal Cleansing Kit whenever you decide to start it.

How interchangeable are the Guides and Dosage Calendars for the Internal Cleansing Kit and the Colon Cleansing Kit?

The **Internal Cleansing Kit** and the **Colon Cleansing Kit** are two distinct and separate programs; please do not confuse the two. Do not use directions from the Internal Cleansing Kit for the Colon Cleansing Kit and vice versa.

Can I substitute the Colon Cleansing Kit for

Step One of the Internal Cleansing Kit?

No, this would not be a good idea, since Step One is to determine how many **Digestive Stimulator** capsules you need to take on each day of the **Internal Cleansing Kit**, while eating a regular, healthy diet. You may find that you do not need the same number of capsules when you are eating as compared to when you were fasting on the **Colon Cleansing Kit**. Also, it is best to give your body a day or two to reach its new balance with solid food after finishing the five day liquids-only fast.

(Continued on next page)

What if my bowels just won't move?

Often this could be associated with a difficulty of letting go at an emotional level. Stress, pressure, and sudden challenges can also easily affect bowel movements.

If one is paying "too much" attention to their bowel movements this can cause "emotional" constipation. Often times, simply letting go at the emotional level will release the bowels. Once one with this challenge has released for the first time, one should not experience any more difficulties throughout the program.

What if that doesn't work?

If increasing "your number" of **Digestive Stimulator**

capsules in the evening does not help, you may split-up "your number" of capsules and take them three times a day instead of only in the evening. If that doesn't quite work, then you may increase your split-up dosage. Follow the directions below according to what **OPTION** you have chosen to do.

For ALL OPTIONS, how to split-up "your number" of Digestive Stimulator capsules:

If "your number" was 1, 2, or 3 capsules each evening, you may now take 1 capsule, 3 times a day.

If "your number" was 4, 5, or 6 capsules each evening, you may now take 2 capsules, 3 times a day.

If "your number" was 7, 8, or 9 capsules each evening, you may now take 3 capsules, 3 times a day.

If "your number" was 10, 11, or 12 capsules each evening, you may now take 4 capsules, 3 times a day.

If "your number" was 13, 14, or 15 capsules, you may now take 5 capsules, 3 times a day.

For those who are doing the best option: If you experience a loss of regularity when you start taking five packets of Toxin Absorber a day, you may split-up "your number" according to the directions for all options (found above) and take two hours after Toxin Absorber. For example, if your

schedule for Toxin Absorber is 7 am, 10 am, 1 pm, 4 pm and 7 pm, you may take your three, split-up doses of Digestive Stimulator at 9 am, 3 pm and 6 pm. If splitting up your dosage does not return your regularity, then the following day, add one more capsule of Digestive Stimulator to each of your three split-up doses.

For those who are doing the better option: follow the instructions for the best option.

For those who are doing the good option: If you are having difficulty in maintaining a consistent regularity, you may also split-up "your number" according to the directions for all options

(found on page 20) and take your **Digestive Stimulator** capsules 3 times a day just before meals. If splitting up your dose does not return your regularity, then the following day, add 1 more capsule to one of your three doses. You may continue to increase by 1 more capsule each day until you find what works for you.

What if I still can't go?

Whether you are waiting for the increased or split-up doses of "your number" to take effect or you have already tried everything, but nothing is working yet, it is a must to move your bowels! If you have gone a whole day without a bowel movement, take an enema or colema. During a cleanse it is essential to have

consistent bowel movements. An enema or colema is a simple and healthy way to assure a bowel movement. Use only distilled, filtered, or purified water, fresh brewed coffee, or peppermint tea for your enema/colema. See p. 28 for complete instructions on how to prepare the liquid for your enema or colema.

Consult your healthcare practitioner if bowel problems arise during your cleanse.

Do I have to be in the bathroom all the time?

While you will be going to the bathroom more often, you will not experience it as an overwhelming, uncontrollable or urgent need.

The **Digestive Stimulator** has been formulated to act very

gently, but surely, with your body. You will find it quick, easy, and comfortable to have three plus bowel movements a day.*

I need more than 4 Digestive Stimulator capsules to have daily bowel movements. Is that OK?

That is perfectly OK, because you have discovered what your body needs. The average dose is 1–3 capsules for people who naturally have frequent bowel movements on their own.*

Those with severe constipation, that is, they usually only go once a week, will find they may need upwards of 10 or more capsules a night. The number that works for you, no matter how many or how few,

is the correct number.*

If I use up my Digestive Stimulator, can I get more?

Yes, if you use up either of the products in the **Colon Cleansing Kit**, you can purchase them individually from your healthcare practitioner or directly from Blessed Herbs.

When will I start to see mucoid plaque?

The majority of users generally report seeing mucoid plaque on the second to third day. This is because the intestines take time to empty of solid food

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and begin the cleansing process. In fact one can choose to do an additional five days of liquids—only fasting, for a total of 10 days. Many people who have done this have found the most mucoid plaque actually comes out on days six to nine.*

Why don't I see plaque while doing the Colon Cleansing Kit?

Plaque comes in different forms from old, dark, rubber-tire looking material to a fine, thin, light brownish film and everything in between. To understand this better, imagine a frying pan. After its first use, there may be just a film over its surface and you might elect not to clean it. If left there after

many uses, a thick coating that is more visible will be built up. It is much easier to get off the thin film as compared to the encrusted layers that happen after much use and little cleaning. When you do your colon cleansing, it is not possible to know if you have a thin or thick amount on your intestinal walls, and therefore when it finally comes off, you may or may not notice it, according to how much was there. In the rare case of someone who has done a lot of cleansing and has always eaten a healthy, fibrous diet, they may experience no plaque at all, and yet they too gain a benefit of moving out any toxins before they build up. It is a little like, if

we washed our face yesterday, why wash today? I can't see anything—yet. If we don't wash at all, it doesn't take too long before we begin to notice the build-up on our skin. Cleansing is important not only for our external skin, but also our internal lining. This is what a good colon cleanse can do for you.*

How will I feel during the cleanse?

Each person feels differently as they cleanse. Some feel very energetic and more alive while cleansing; others not until after they have completed their cleanse. It is also possible to alternate between feeling great and not

so great.*

There may be occasional discomforts called cleansing reactions. The more closely you stay on a liquids—only diet or eat an all raw diet of fruits and vegetables the more likely you will experience strong cleansing reactions.*

If the body is ready, some will even experience a deep cleansing reaction. This can happen during the cleanse, but more likely will occur sometime later when you have built up your strength. All these experiences are the body's wisdom at work focusing on the areas that need to reach optimal health.

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Any discomforts of cleansing are only temporary, and always lead to more energy, vitality, and renewed health.*

What is a superficial cleansing reaction?

Whenever the body releases toxins or balances the unwanted guests population faster than it can eliminate them, and/or the liver is functioning weakly, you may experience some discomfort until you regain your balance.

This usually lasts anywhere from an hour to one or two days. The common signs that signal a superficial cleansing reaction might be any of the following: headache, itching, rashes, aching muscles and/or joints,

fever, sweating, body odor, bad breath, mouth sores, appetite loss, nausea, vomiting, diarrhea, sleeplessness, tiredness or exhaustion. Don't worry. The superficial cleansing reaction usually passes quickly and does not harm your body. It is only a sign that soon you will be feeling better than ever.*

What is a deep cleansing reaction?

A deep cleansing reaction is more than just a superficial cleansing reaction.

Most all of us have absorbed toxins from our polluted environments, but not all of us have suffered with trauma or health problems.

A superficial cleansing

reaction shows itself in generalized body signs while releasing toxins. A deep cleansing reaction shows itself in the reappearance of old signs associated within specific areas that have undergone injury or health problems. You may also experience the superficial cleansing reaction signs while undergoing this work. The body's wisdom is such that as you clean out and regain energy, the body directs that energy to heal these old injuries or health problems. The body only does this when it knows it can handle it. Once again, the signs may be mild to severe, but only as much as your body can sustain at that

time. It can last for a few hours, to a few days, and more rarely, for a few weeks.*

The deep cleansing reaction mimics the signs of your particular past experiences, but in a much shortened version. It is always preceded the day before by feeling "on top of the world" rather than by feeling "out of sorts".*

The deep cleansing reaction passes quickly. You will come out of the deep cleansing reaction feeling better than ever, having successfully rejuvenated the weakened areas of your body.*

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How should I handle headaches, physical discomforts, pain, or emotional swings while doing the Colon Cleansing Kit?

At anytime and as often as necessary, you may take an enema, colema, or colonic. Prepare a tea for your enema or colema liquid. Use **Peppermint tea**, if you feel congested, depressed, or backed up.

Use **Chamomile tea**, if you feel over excited, over emotional, or overly nervous. Boil a quart of purified water. Pour over eight tea bags of your choice. Let steep for 20 minutes. Remove tea bags. **Be sure to cool** to body temperature before using. You may add more pure cold water if

needed. Now add your liquid tea to enema bag or colema bucket.

How do diet changes affect my cleansing?

If you elect to make healthy changes to your diet, it will release more energy for cleansing and intensify the strength of your cleanse.*

If you choose not to make any changes, and that is OK, you will still experience benefits. It will just take a little longer to get completely cleaned out, but you will be proceeding at a pace comfortable for you.*

You may notice that a diet of only raw, organic fruit juices has the strongest cleansing effect on the body. For those of you who will be eating during your

cleanse, you will find that adding freshly made, organic fruit and vegetable juices will also be beneficial for you, no matter what your diet type.

The important point to keep in mind is that while diet changes do affect your cleansing, there is no need to move up more than one step at a time on the chart. It is best to proceed gradually and observe how your body reacts. That way you can stay in control and comfortable. If you ever find that the rate of cleansing is too much for you, have a bowl of homemade vegetable soup/broth and/or drop back a step in your diet and notice how it calms the process.

Vegetable Soup/ Broth

Use organically grown vegetables:

- 1** potato, scrubbed not peeled
- 3** carrots, scrubbed not peeled
- 3** stalks of celery
- 1** onion, peeled

Chop all ingredients into small chunks, add to 2 quarts of boiling distilled, filtered or purified water and simmer covered for 40 minutes. Optional: add 3 tablespoons of Miso and stir in. Strain the broth before drinking, if you are on the liquids-only fast.

What is a liquids-only diet? A liquids-only diet is not taking any solid foods or solid

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foods that have been liquefied, pureed, or blended. The liquids should be clear of any solid particles. This will allow the Toxin Absorber that is mixed with apple juice to bind easily to the surface of your intestines without the interference of any solid food covering the intestinal surface.

Liquids allowable are: pure water, strained herbal tea, strained organic apple juice and strained, organic vegetable broth (recipe p.24). It is best to make your own fresh apple juice from organic, raw apples using a juicer. Juice in bottles or packages have undergone high heat and this destroys helpful enzymes, life force and reduces the level of vitamins. Still bottled,

organic, 100% fruit juice is alright to use, if that is all that is available to you. Since it is not possible to juice your apples ahead of time to take with you to work or on-the-go because the juice oxidizes and turns brown within minutes; a possible solution is to take fresh juice whenever you are home and bottled/package juice whenever you leave home and are out and about.

If bottled/package juice is all that is available to you, it is better to cleanse with that than to not cleanse at all. Just be sure to avoid concentrated powders or bottled juice that only has a partial fruit juice content, contains sugar and/or other additives and is not organically grown.

Why apple juice and not citrus?

In a liquids-only fast, fruit juice is used rather than any other liquid because of its overall cleansing effect, ease of digestion, bioavailable nutrients and its caloric contribution of energy. Just because all fruits and their juices are known for their ability to cleanse the body, this does not mean every kind of fruit is good for every type of cleansing. Every fruit has a particular affinity and support for different parts of the body. Apple juice is recommended during the **Colon Cleansing Kit** because of its primary ability to stimulate the bowel movement, break down toxins in the intestines and support the liver during cleansing. Its secondary

effects support the other major organs of detoxification; blood, lymph and kidney.

Apple juice is the only juice to completely harmonize detoxification and support colon cleansing in this way. The next best juice choice would be pear juice; it works well on the digestive system, but does not have the added benefits of apple juice. After pear, grape juice would be next as it supports not only the bowels, but also the lymph and blood, but does not have as much digestive support as pear and apple. Citrus should

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be completely avoided as it tends to stir up more toxins than the soon-to-be-cleansed, eliminative channels can process all at once and thus may cause you more discomfort than is necessary. Some of the juices listed below are to be avoided because of their ability to slow down the movement of the bowels and the remaining juices listed, if used at all, might be added in only as an additional flavor, rather than the main body of the juice drink.

NOTE: Some of the juices tend to have a thicker consistency than others; especially, those that are bottled and labeled as "nectar". You should dilute them 50/50 with pure water and then strain before drinking. If you use a juicer and juice raw fruits, be sure to strain or filter before drinking.

Common fruit juices and their particular body affinities:

Apple

- Stimulates peristaltic action of gut
- Bowel normalizer*
- Liver support while cleansing
- Blood purifier*
- Lymphatic support*
- Kidney tonic*

Blackberry

- Binding to the bowels, it slows down bowel movements*
- Blood builder*

Blueberry

- Pancreas support*

Cherry

- Blood builder*
- Slightly laxative
- Liver & gallbladder support*

Cranberry

- Heavily acidic, it acidifies

urine and is used for kidney and bladder conditions. Its extreme tartness usually needs a lot of sweeteners, which is not conducive to cleansing.*

Currant

- Blood builder*
- Slightly laxative*

Grape

- Lymphatic cleanser*
- Blood purifier*
- Bowel normalizer*

Grapefruit

- Same as for Lemon
- Inhibits the breakdown of certain chemicals by liver, which may block the elimination of some toxins.*

Lemon

- All the citrus fruits contain citric acid which stimulates the release of acid, catarrh, and hardened mucus deposits in

the body. Lemons and lime contain the most citric acid and lemons have the strongest detoxifying effect. It does so very quickly and unless all the eliminative channels are cleansed and functioning well first, the body will not be able to handle the release all at once and that will create a back-up of uncomfortable and irritating conditions.*

Lime

- Same as for Lemon
- Brain and Nervous system support*

Mango

- Binding to the bowels, it slows down bowel movements.
- Blood cleanser*

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Orange

- Same as for Lemon*

Papaya

- Digestive enzyme aid
- Stomach tonic*

Pear

- Digestive aid
- Bowel normalizer*

Peach

- Stimulate digestive juices
- Blood builder*
- Bowel regulator*

Pineapple

- Protein digestive enzyme aid
- Cardiovascular support*

Pomegranate

- Kidney and bladder tonic
- Cardiovascular support*
- Astringent and binding effect on bowel slows down bowel movement.*

Red Raspberry

- Mucus and catarrh cleanser*
- Appetite stimulant*

Will I be hungry all the time?

Taking Toxin Absorber five times a day will greatly reduce hunger pains. Also, you can have the alkaline, vegetable soup/broth (see page 24) or more apple juice if you need a little extra energy.

What if I don't change my diet, will I still benefit?

If this is your first experience with a natural health program, you will find the **Colon Cleansing Kit** fun to take and notice an immediate increase in energy.*

Once you have experienced the positive changes of a cleanse, you may be ready to go deeper. If so, try cleansing the next time with healthier diet modifications for an even more powerful cleanse.*

If I eat during the Colon Cleansing Kit will I still get out the plaque?

No, you may get out small bits, but it takes fasting on liquids to allow the **Toxin Absorber** to bind to the "plaque" rather than solid food in order to move the plaque out. That is why it says in the **Users Guide** for the **Colon Cleansing Kit**, there are three ways to use the Kit. If you elect to eat, you will not get out any large

amount of plaque, but you will still be cleansing and eliminating toxins throughout your intestinal system.*

What books can I read to learn more about different types of diets?

You are encouraged to start with whatever is your usual type of diet and begin to modify it for healthier changes. That alone is enough to encourage and support your body for cleansing. The books given below will help you do that. Some of you will be ready to move to a totally new type of diet. The most cleansing and nutritious diet is a whole foods, plant-based diet with whatever *(Continued on next page)*

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amount of raw/living foods and juices you are comfortable with.

If you are on a standard American diet, you can begin with the same group of foods you are used to eating; that is, meat, dairy, eggs, vegetables, etc., just learn how to prepare them in new and more healthy ways. If you are ready for even more of a change, choose your next level and enjoy!

Standard American Diet with Healthy Changes

Cooking the RealAge Way

– Michael F Roizen, MD & John La Puma, MD

The Golden Door Cooks

Light & Easy

– Chef Michel Stroot

The Professional Chef's

Techniques of Healthy Cooking,

2nd ed.

– The Culinary Institute of America

Vegetarian

Moosewood Restaurant Low-Fat Favorites

– The Moosewood Collective

The New Moosewood Cookbook

– Mollie Katzen

Macrobiotic

The Self-Healing Cookbook

– Kristina Turner

Vegan

The Balanced Plate

– Renée Loux

The American Vegetarian

Cookbook from the Fit for Life

Kitchen

– Marilyn Diamond

Raw Foods

Hooked on Raw

– Rhio

Living on Live Food

– Alissa Cohen

Raw Food Real World

– Matthew Kenney & Sarma Melngailis

Raw Juices

Juicing for Health

– Julie Stafford

The Juiceman's Power of Juicing

– Jay Kordich

What if I miss a dose?

We're all human and that happens sometimes. Just pick up again with the next scheduled dose.

What if I skip a day?

This would not be recommended during the liquids-only fasting phase of the **BEST OPTION**. If you do, you will have to go back to the beginning of the fasting phase and start over. For the

Pre-cleanse phase of the **BEST OPTION** or any part of the **BETTER** and **GOOD OPTIONS**, you may just pick up where you left off and go forward again.

I feel bloated after drinking my Toxin Absorber. Why and is this OK?

The Toxin Absorber is a bulk fiber formula that draws liquids and toxins to itself.* You have seen how it begins to swell up after mixing with juice in your Shaker Jar. It continues this expansion in your stomach and intestines, drawing up toxins to itself. This produces a "full" sensation after drinking it.

Because we have added a large, therapeutic dose of ginger

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root or peppermint leaf to the formula, this feeling dissipates quickly. Most do not experience any discomfort at all.

You will find that the ginger or peppermint also greatly enhances the flavor of the drink, making it pleasant to taste and swallow.

I get really bloated/constipated during the liquids-only fasting. Is this normal and is there anything I can do about it?

Some people do experience quite a bit of bloating and/or constipation for the first couple of days until they move out some of the stuff that wants to come out. This is normal. However, to keep from getting uncomfortable

while this is happening, it is very important to keep your bowels moving. Please take an enema or colemia.

You may choose from one of three types of liquid: water (distilled, filtered or purified), brewed coffee or peppermint tea made with distilled, filtered or purified water. Choose only from these liquids and make no substitutions. When you add your liquid to the enema bag, it should be body temperature; not cooler or hotter. Check the temperature by placing some on the inside surface of your wrist, if you feel a comfortable warmth then it is the right temperature.

Filtered, purified or distilled water: you may choose one of these three kinds of water

depending on what is available to you. Boil one quart and then let cool to body temperature before pouring into the enema bag.

OR Fresh brewed coffee: use three tablespoons of ground, organically grown coffee beans for every one quart of purified water (an enema bag usually holds one quart). Bring to a boil, turn down the heat and simmer for 15 minutes, then strain and cool to body temperature and pour into your enema bag. You may add more purified water to your enema bag to bring it up to full.

OR Peppermint tea: use 8 teabags of organically grown peppermint leaves for every one quart of purified water (an

enema bag usually holds one quart). Place the teabags in a pot (that holds slightly more than one quart) and pour boiling water over them, cover the pot and let steep for 15 minutes, then strain and cool to body temperature and pour into your enema bag. You may add more purified water to your enema bag to bring it up to full.

Take as many enemas in a row that you need to completely empty your bowel or until the discomfort is released. If you are familiar with using a colemia board and its accompanying five gallon container, this is an even more successful way to go. There is no need to
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suffer with bloat and/or constipation. If that happens, it is completely correctable using enemas, colemas, or colonics. You will have relief within 20–30 minutes. Please do not suffer with this when you can take an enema and feel good again—it is that simple.

Of the three ways to deal with bloat and/or constipation, drinking enough water is of prime importance. Be sure you are drinking at least 6–8 glasses of pure water every day besides the water you drink when taking **Toxin Absorber**. Enemas or colemas are the fastest way to relieve the discomfort. Taking your **Digestive Stimulator** capsules throughout the day

instead of once in the evening assures no slowing down of your daily bowel movements (See the question, “What if that doesn’t work?” on p. 20 for more detailed info). All three of these actions taken together is the very best way to deal with bloat and constipation while doing liquids—only fasting.

Will I lose weight doing this?

Many people have reported weight loss from this program. While it is not designed specifically for weight loss, one of the benefits of a cleansed body and a healthy colon is that you release excess toxins and cellular wastes.*
With improved digestion

and elimination you will find better assimilation of your food and less toxic storage.

Most importantly, you will find the Colon Cleansing Kit brings you into a new awareness of your own body. The changes just naturally inspire a cooperation with your body to realize better health and ideal weight.*

Can I exercise while doing the Colon Cleansing Kit?

If you are feeling good and strong, then exercise, but keep to an easy routine. Don’t do strenuous exercise while on the liquid diet. For example, walk, don’t run. stretch, don’t do heavy lifting.

Can I use alcoholic beverages while cleansing?

It would be better if you didn’t. It won’t harm your cleansing, unless you drink too much, but then again it won’t help it either. It takes energy to cleanse and drinking alcohol will divert some of that energy away from cleansing. For optimum results do not use alcoholic beverages while cleansing.

How much caffeine can I have while cleansing?

The average daily consumption of caffeine for Americans is 280 milligrams (mg) a day. The average cup of coffee has 40–120 mg of caffeine, black tea 40–70 mg and soft drinks 30–50 mg.

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One tea bag of our **Refreshing Green Tea Blend** has around 5mg of caffeine; the same amount in a cup of decaffeinated coffee or tea. It takes 100 mg of caffeine or more a day to produce dependence on it.

Excessive amounts of caffeine, more than 500 mg a day, causes serious side effects.

While it is best to avoid the average daily level of “caffeine” drinks or foods during cleansing because of over stimulation of the liver, kidneys, adrenal glands and heart, we realize for some people this will mean experiencing withdrawal symptoms. Remember we are trying to free up the body’s energy to make more available for cleansing, not expend that energy for the sake

of stimulation alone. The best alternative is to have as many cups (10 cups maximum a day) of the Refreshing Green Tea Blend (buy at blessedherbs.com) as you need to minimize the effects of withdrawal, and keep you fully functional. It averages less than 5 mg of caffeine per tea bag, and comes with the support of ten other cleansing, mineral rich and high antioxidant herbs that help balance this small amount of caffeine.*

If your withdrawal symptoms are keeping you from performing your daily functions and the Refreshing Green Tea Blend is not making enough of a difference for you, we suggest restricting your intake to not more than 1 cup of coffee or black

tea a day. You may use honey for a sweetener, but never use sugar. Avoid caffeinated soft drinks completely.

I am having health problems, will the Colon Cleansing Kit take care of them for me?

This is a question that only your healthcare practitioner can answer. We are happy, however, to answer any questions that relate directly to how to use these Kits.

I have diabetes, can I do the Colon Cleansing Kit?

If you have Type I or Type II diabetes and are insulin dependent, you need the approval and direct supervision of your healthcare practitioner to

do the **BEST OPTION** of the **Colon Cleansing Kit™**, which requires liquids-only fasting or the **BETTER OPTION**, with maximum fiber. The **GOOD OPTION** would be fine for you to do provided you remain aware of your unique needs.

If you have Type II diabetes and are not insulin dependent, you need the approval and direct supervision of your healthcare practitioner to do the **BEST OPTION**, which requires liquids-only fasting.

The **BETTER OPTION** and the **GOOD OPTION** would be all right for you to do provided you remain aware of your unique needs.

(Continued on next page)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

I have hypoglycemia, can I do the Colon Cleansing Kit?

Hypoglycemia requires a high-complex carbohydrate, high fiber, low-sugar diet. Frequent small meals with adequate protein are most helpful to maintain blood sugar levels. The

BEST OPTION of the **Colon Cleansing Kit**, which requires fasting on liquids may throw off this balance and you are advised to do the **BEST OPTION** only under the approval and direct supervision of your healthcare practitioner.

Both the **BETTER OPTION** and **GOOD OPTION** would be all right for you to do, provided you continue to be aware of your unique dietary needs and maintain a balanced, whole

foods diet while cleansing.

I am on medication, can I fast and do the Colon Cleansing Kit?

We recommend if you intend to fast on liquids while doing the **Colon Cleansing Kit™**, you get an OK from your healthcare practitioner first; especially if you are on life saving medicines. For more information, see **Cautions and Safety** pp. 39–48.

I am taking various supplements or medications now, should I stop them?

As a general rule of thumb, we recommend that you not take any other herbs, supplements, vitamins, minerals, OTC or recreational drugs while you are cleansing.

Cleansing is an opportunity for the body to clean house; the least added to your diet, the more effective the cleansing. If, however, you feel intuitively you need to keep taking them, please follow your intuition; your own personal guide for what's best for you.

If you are taking prescription drugs, it is better to wait until you have finished the course of your prescription before beginning your cleanse.

If your prescription is needed for an ongoing, daily basis, please continue as prescribed and check the following list to see which drugs this cleansing program may affect.

What drugs may interact with the Colon Cleansing Kit?

- Anticoagulant drugs
- Antihypertensive drugs
- Antiplatelet drugs
- Aspirin
- Corticosteroids
- Diuretic drugs
- Heart drugs
- Insulin

NOTE: It is possible to use the Kit with some of these medications, but your healthcare practitioner may need to monitor and adjust the dosage of your medication(s).

Any medications that you decide to continue to take while cleansing always need to be taken two hours apart from any formula of the Kit,
(Continued on next page)

so as to avoid absorption or interaction with the drug.

Because of the schedule followed during the **BEST** and **BETTER OPTIONS** of cleansing, there is only one window of opportunity to take your medications two hours apart from the Toxin Absorber and Digestive Stimulator: either early morning or late evening. If you need to take your medications at other times, you will need to choose the **GOOD OPTION** of the Colon **Cleansing Kit**, where **Toxin Absorber / Digestive Stimulator** are only taken once a day.

Those who take anticoagulants, antiplatelets or aspirin, may still cleanse by choosing the **Peppermint Colon Cleansing Kit**, which only contains Ginger root

in a very low spice dose, which has not been found to increase blood thinning.

See pages 41–43 for more complete information on “Specific Drugs”. Always discontinue if any adverse effects occur.

I have a health problem. Can I take this Kit with it?

If you have any of the following conditions, but not limited to, please consult your healthcare practitioner before using:

- blocked gallbladder/
gallstone conditions
- diabetes
- heart disease
- hiatal hernia
- high blood pressure
- hypoglycemia

- hypokalemia
- kidney disease
- liver disease

NOTE: It is possible to use the Kit with some of these conditions, but your healthcare practitioner may need to monitor you closely.

See pages 44–48 for more complete information on “Specific Conditions”. Always discontinue if any adverse effects occur.

Should I eliminate salt from my diet completely?

Salt plays an important role within the body. We all need salt. Salt helps balance the amount of water within every cell of our bodies. Too much or too little salt can lead to imbalance. It is best to limit the amount of refined, common, iodized, table salt in our diets, as

well as processed foods that contain high amounts of this type of salt. We all know the dangers of this. It is important to note that too little salt can be equally as dangerous. You’ll need to find the amount of salt that is best for you in your daily diet. Athletes and those who exercise regularly will need to ingest more salt than those who are not active, as they lose more salt while sweating. It is best to use unheated earth or sea sources of salt, such as Celtic Sea Salt, that are processed without additives or chemicals, and are an excellent source of trace minerals. You can find this

(Continued on next page)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

at your local natural food store. Another wonderful natural source of sodium is seaweed. Some varieties require cooking, while others can be eaten raw or powdered and added to food or drink.

How often should I do the Colon Cleansing Kit?

This is best answered by listening to your body. Ultimately you are the best judge of your needs and if you intuitively feel now is the time for you to cleanse, then do so. That said, there are general minimum and maximum guidelines. What determines

how often you cleanse is the state of your health and whether you have ever done any cleansing before. Those who are not in the best of health and/or have never cleansed before will find they need to cleanse more frequently for the first 2–3 years and then return to a yearly or twice yearly maintenance program of cleansing. **Minimum**, once a year or once every Spring and Fall. **Maximum**, once every 2–3 months, followed by alternating periods of a rebuilding diet/program. Please consult your healthcare practitioner if you elect to choose this more intensive path of cleansing.*

Is there anything I should do after I am done with the cleanse?

After completing the Colon Cleansing Kit we recommend taking the Internal Cleansing Kit for a complete cleansing of all your organs of detoxification. After completing the **Internal Cleansing Kit**, if you are in relatively good health, continue cleansing once a year, and talk with your health practitioner on how to get started on a good maintenance program.*

If you have severe health problems, cleansing two to three times a year for several years is recommended, along

with any protocols your healthcare practitioner determines as necessary. For everyday cleansing support and a high nutrition formula, try our 100% **Organic Superfood**. In this formula, our herbalists has brought together 22 of the highest quality 100% certified organic ingredients, chosen after many months of study and research. She thinks this is the best superfood available and probably the only one on the market that is 100% certified organically grown.

You can find it at:
www.blessedherbs.com

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about the **Formulas**

ABOUT OUR HERBALISTS

Blessed Herbs was founded almost 30 years ago by a team of herbalists who shared a passion for discovering natural herbal solutions to help both restore and maintain a healthy lifestyle.

Today, our expert herbalists rely on more than 30 years of botanical knowledge and experience in naturopathic medicine to perfect these traditional herbal recipes, as well as

pioneer new, innovative and beneficial herbal remedies for patients seeking gentle, natural solutions for their bodies.

The combination of their vast knowledge and great intuition has allowed us to provide what is perhaps the most comprehensive and powerful colon cleansing program available today.

WORKING IN HARMONY

The two formulas in this program are the culmination of years of research and experience.

The formulas in the Colon Cleansing Kit have been synergistically formulated to deliver the most powerful effect and support possible.

Taken together, the combination of these formulas does more than either one could do on its own.

In this section you will find information about the formulas, and what every herb in the Kit does.

Complete cautions and safety information on pages 39–48.

Toxin Absorber™

With Organic Ginger Root

A gentle, bulk-forming stimulant that helps to draw mucoid plaque off the intestinal walls.* It also absorbs more than forty times its own weight in toxins, heavy metals, and excess fatty acids in your intestinal tract.*



30 packets 10 mg each

Psyllium seed husks†

an absorbing fiber that scrubs intestinal walls, moves toxins and materials through the colon*

Apple pectin

binds fatty acids, tri-glycerides and blocks their absorption from the gut*

Ginger root†

helps alleviate digestive discomfort and bloating from Psyllium*

Bentonite clay

adsorbent that draws toxins to itself, adsorbs more than 40 times its weight in toxins*

† Certified Organically Grown. Contains 70% Organic Ingredients.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Toxin Absorber™

With Organic Peppermint Leaf

A gentle, bulk-forming stimulant that helps to draw mucoid plaque off the intestinal walls.* It also absorbs more than forty times its own weight in toxins, heavy metals, and excess fatty acids in your intestinal tract.*



30 packets 10 mg each

Psyllium seed husks†

an absorbing fiber that scrubs intestinal walls, moves toxins and materials through the colon*

Apple pectin

binds fatty acids, tri-glycerides and blocks their absorption from the gut*

Peppermint leaf†

helps alleviate digestive discomfort and bloating from Psyllium*

Bentonite clay

adsorbent that draws toxins to itself, adsorbs more than 40 times its weight in toxins*

† Certified Organically Grown. Contains 70% Organic Ingredients.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Digestive Stimulator™

A natural herbal stimulant that tones, cleanses, and purifies the entire digestive system.* It helps to eliminate the stored toxins released during this program as well as those that have been trapped in your body's intestinal walls.*



90 caps 450 mg/cap

Cape Aloe leaf & Aloe Vera leaf

supports normal bowel function, stomach & liver tonic, blood cleanser*

Cascara Sagrada bark

supports normal bowel function, bitter tonic, stimulates digestive secretions of liver, gallbladder, stomach and pancreas*

Triphala[†] (Amla fruit[†], Chebulic Myrobalan fruit[†], Belleric Myrobalan fruit[†])

supports normal bowel function, nerves and brain, liver detox*

Chinese Rhubarb root[†]

stimulating tonic for liver and gallbladder ducts and mucus membranes, promotes removal of toxins from bowels and blood*

Barberry root

supports liver, gallbladder, spleen, and bowel*

Dandelion root[†]

supports liver function, stimulates bile flow, help release and absorb toxins*

Fringe Tree root bark

tonic action on spleen and pancreas, liver stimulant*

Meadowsweet aerial parts

calms overactive digestive system*

Plantain aerial parts[†]

a soothing herb for the intestines, breaks up mucoid plaque*

Ginger root[†]

alleviates occasional gas, bloating and nausea*

Fennel seed[†]

alleviates occasional gas and cramping*

Peppermint leaf[†]

stimulates liver and gallbladder, cleanses colon, improves digestion*

Fenugreek seed[†]

a soothing herb that promotes healthy bowel function*

Licorice root[†]

harmonizes formula

*Certified Organically Grown. Contains 40% Organic Ingredients.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



GENERAL SAFETY CONSIDERATIONS

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Daily prescription drugs	40
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Toxin Absorber	40

Do Not Use If...

- you are pregnant, trying to get pregnant, or nursing
- you become pregnant—stop the cleanse immediately
- you have an active, acute infection anywhere in the body
- you are undergoing/ recovering from a medical procedure, surgery or therapy
- you have extreme weakness or extreme deficiencies
- you have abdominal pain, abnormal narrowing of esophagus or intestines, an acute inflammation of the GI tract, bowel obstruction, diarrhea, or vomiting
- you have difficulty swallowing

Cautions and Safety

If taking other herbs, supplements, vitamins, minerals, OTC or recreational drugs consider...

As a general rule of thumb, we recommend that you not take any other herbs, supplements, vitamins, minerals, OTC or recreational drugs, while you are cleansing. Cleansing is an opportunity for the body to clean house; the least added to your diet, the more effective the cleansing. If, however, you feel intuitively you need to keep taking them, please follow your intuition; your own personal guide for what's best for you.

If you have daily caffeine (see p. 30) and/or tobacco habits, you

may find complete withdrawal during cleansing to be too uncomfortable. Instead, limit yourself to the least amount you can ingest without getting withdrawal symptoms. You can always choose a future cleanse to completely withdraw from these substances, when you feel ready to give them up.

If you decide to continue taking oral drugs/supplements, you should take them at least two hours apart from Toxin Absorber, because of its highly absorptive power so as to not diminish their effectiveness and also two hours apart from Digestive Stimulator so as to lessen the possibility of any interactions.

GENERAL SAFETY CONSIDERATIONS (continued)

If taking daily prescription drugs consider...

If your prescription is needed on a continuing, daily basis, please continue as prescribed and check the list of drugs (p. 41) that may interact with the herbs. Any medications that you decide to continue to take while cleansing always need to be taken two hours apart from any formula of the Kit, so as to avoid absorption or interaction with the drug. Because of the schedule followed during the **BEST** and **BETTER OPTIONS** of cleansing, there is only one window of opportunity to take your medications two hours apart from the **Toxin Absorber**

and Digestive Stimulator:

either early morning or late evening. If you need to take your medications at other times or more than once a day, you will need to choose the **GOOD OPTION** of the **Colon Cleansing Kit**, where **Toxin Absorber/Digestive Stimulator** are only taken once a day.

Finish any short term prescription drugs before cleansing...

If you are taking prescription drugs, it is better to wait until you have finished the course of your prescription before beginning your cleanse.

When taking Toxin Absorber consider...

Taking Toxin Absorber without enough liquid may cause choking or constipation. Do not take if you have difficulty swallowing. If you experience chest pain, vomiting, allergic skin rash or difficulty in swallowing or breathing after taking Toxin Absorber, seek immediate medical attention.



Cautions and Safety

SPECIFIC DRUGS

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Anticoagulants, Antiplatelets and Aspirin

Ginger root, at high doses, may increase the risk of bleeding when combined with any of these drugs due to its blood thinning effect. Until conclusive evidence is available, exercise caution and have your healthcare practitioner monitor your INR values to prove there is no increased chance of bleeding for you.

Research studies in humans show that fresh but not dried **Ginger root** (dried root only is used in the **Colon Cleansing Kit**) may increase the blood

thinning effect of anticoagulant drugs. This effect may also be dose dependent, as one study with humans showed that it took 10 grams of dried **Ginger root** to have a blood thinning effect; whereas 4 grams of dried **Ginger root** taken for 3 months had no such effect. A dose of **Ginger** as used for spicing food is not a problem. One cap of **Digestive Stimulator** has less than 14 mg of Ginger root, which would be considered a “spice dose” even at the maximum dose of upwards to 10 caps of **Digestive Stimulator**/day that would be less than 140 mg or less than 1/8 teaspoon

which would still be considered a “spice dose”.

NOTE: for those of you taking any of the above drugs, you may alternately choose the Peppermint Colon Cleansing Kit to reduce your intake of dried Ginger root to “spice consumption” levels.

Ginger root is present in **Digestive Stimulator** and **Ginger Toxin Absorber**

SPECIFIC DRUGS (continued)

Antihypertensives

Licorice root, at high doses, may decrease the effect of the drug and cause hypertension, or sodium/fluid retention.

A high dose is considered to be over 100 milligrams (mg)/day of **glycyrrhizin** content, especially if taken long term. The **glycyrrhizin** content of the **Licorice root in Digestive Stimulator** is less than 0.6 mg per capsule a day. Even at a maximum dose of 10 capsules/day, the glycyrrhizin content does not exceed 6 mg/day. Ask your healthcare practitioner if this low level of **glycyrrhizin** in the **Licorice root** is safe for you to take.

Licorice root is present in **Digestive Stimulator**

Corticosteroids

Licorice root, at high doses, may increase the effect of the drug.

A high dose is considered to be over 100 milligrams (mg)/day of glycyrrhizin content, especially if taken long term. The **glycyrrhizin** content of the **Licorice root in Digestive Stimulator** is less than 0.6 mg per capsule a day. Even at a maximum dose of 10 capsules/day, the **glycyrrhizin** content does not exceed 6 mg/day. Ask your healthcare practitioner if this low level of **glycyrrhizin** in the **Licorice root** is safe for you to take.

Licorice root is present in **Digestive Stimulator**

Diuretic Drugs

Licorice root, at high doses, may increase the effect of the drug and cause excessive potassium loss.

A high dose is considered to be over 100 milligrams (mg)/day of **glycyrrhizin** content, especially if taken long term. The **glycyrrhizin** content of the **Licorice root in Digestive Stimulator** is less than 0.6 mg per capsule a day. Even at a maximum dose of 10 capsules/day, the **glycyrrhizin** content does not exceed 6 mg/day. Ask your healthcare practitioner if this low level of **glycyrrhizin** in the **Licorice root** is safe for you to take.

Licorice root is present in **Digestive Stimulator**



Cautions and Safety

SPECIFIC DRUGS (continued)

Heart Drugs

Licorice root, at high doses, may increase the effect of the drug and thereby its toxicity.

A high dose is considered to be over 100 milligrams (mg)/day of **glycyrrhizin** content, especially if taken long term. The **glycyrrhizin** content of the **Licorice root** in **Digestive Stimulator** is less than 0.6 mg per capsule a day. Even at a maximum dose of 10 capsules/-day, the **glycyrrhizin** content does not exceed 6 mg/day. Ask your healthcare practitioner if this low level of **glycyrrhizin** in

the **Licorice root** is safe for you to take.

Licorice root is present in **Digestive Stimulator**

Insulin

Psyllium seed husks may necessitate reducing your current dosage level of insulin. Consult your healthcare practitioner for monitoring.

NOTE: If you have Type I or Type II diabetes and are insulin dependent, you need the approval and direct supervision of your healthcare practitioner to do the best option of the Colon Cleansing Kit™, which requires liquids-only fasting or the better option, with maximum fiber. The good option would be all

right for you to do provided you remain aware of your unique needs.

If you have Type II diabetes and are not insulin dependent, you need the approval and direct supervision of your healthcare practitioner to do the best option, which requires liquids-only fasting. The better option and the good option would be all right for you to do provided you remain aware of your unique needs.

Psyllium seed husks are present in **Ginger Toxin Absorber** and **Peppermint Toxin Absorber**

SPECIFIC CONDITIONS

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Blocked Gallbladder/ Gallstone Conditions

Barberry root, Dandelion root, Fringe Tree root bark, Ginger root, Peppermint leaf; any of these herbs should only be used under the close supervision of a healthcare practitioner due to their contracting effect on the gallbladder and stimulation of bile.

Barberry root, Dandelion root and Fringe Tree root bark are present in **Digestive Stimulator**

Ginger Root is present in **Digestive Stimulator** and **Ginger Toxin Absorber**

Peppermint leaf is present in **Digestive Stimulator** and **Peppermint Toxin Absorber**

Diabetes

Licorice root, at high doses, may cause low potassium in the blood or sodium/fluid retention.

A high dose is considered to be over 100 mg/day of **glycyrrhizin** content, especially if taken long term. The **glycyrrhizin** content of the **Licorice root in Digestive Stimulator** is less than 0.6 milligrams (mg) per capsule a day. Even at a maximum dose of 10 capsules/day, the **glycyrrhizin** content does not exceed 6 mg/day. Ask your healthcare practitioner if this low level of **glycyrrhizin** in the **Licorice root** is safe for you to take.

Psyllium seed husks may necessitate reducing your current dosage level of insulin. Consult your healthcare

practitioner for monitoring.

NOTE: If you have Type I or Type II diabetes and are insulin dependent, you need the approval and direct supervision of your healthcare practitioner to do the best option of the Colon Cleansing Kit™, which requires liquids-only fasting or the better option, with maximum fiber. The good option would be all right for you to do provided you remain aware of your unique needs.

If you have Type II diabetes and are not insulin dependent, you need the approval and direct supervision of your healthcare practitioner to do the best option, which requires liquids-only fasting. The better option and the good option would be alright for you to do provided you remain aware of your unique needs.

Licorice root is present in **Digestive Stimulator**

Psyllium seed husks are present in **Ginger Toxin Absorber** and **Peppermint Toxin Absorber**



SPECIFIC CONDITIONS (continued)

Heart Disease

Licorice root, at high doses, may cause low potassium, sodium/fluid retention, hypertension, or a mineralcorticoid effect.

A high dose is considered to be over 100 milligrams (mg)/day of **glycyrrhizin** content, especially if taken long term. The **glycyrrhizin** content of the

Licorice root in Digestive Stimulator is less than 0.6 mg per capsule a day. Even at a maximum dose of 10 capsules/day, the glycyrrhizin content does not exceed 6 mg/day. Ask your healthcare practitioner if this low level of **glycyrrhizin** in the **Licorice root** is safe for you to take.

Licorice root is present in **Digestive Stimulator**

Hiatal Hernia

Peppermint leaf may cause more acid refluxing due to a relaxing effect on the lower esophageal sphincter.

The amount of Peppermint leaf in Peppermint Toxin Absorber is a large dose and may cause this relaxing effect; however, the amount of Peppermint leaf in Digestive Stimulator is very low, less than 14 mg per capsule and is not likely to cause problems at this low “spice” dose level.

As a safe alternative, you may choose the Ginger Colon Cleansing Kit.

Peppermint leaf is present in **Digestive Stimulator** and **Peppermint Toxin Absorber**

High Blood Pressure

Licorice root, at high doses, may cause hypertension, or sodium/fluid retention.

A high dose is considered to be over 100 milligrams (mg)/day of glycyrrhizin content, especially if taken long term. The glycyrrhizin content of the **Licorice root** in Digestive Stimulator is less than 0.6 mg per capsule a day. Even at a maximum dose of 10 capsules/day, the glycyrrhizin content does not exceed 6 mg/day. Ask your healthcare practitioner if this low level of glycyrrhizin in the **Licorice root** is safe for you to take.

Licorice root is present in **Digestive Stimulator**

SPECIFIC CONDITIONS (continued)

Hypoglycemia

The **BEST OPTION** of the Colon Cleansing Kit, which requires fasting on liquids, may throw off your blood sugar balance and you are advised to do the **BEST OPTION** only under the approval and direct supervision of your healthcare practitioner.

Both the **BETTER OPTION** and the **GOOD OPTION** would be alright for you to do, provided you continue to be aware of your unique dietary needs and maintain a balanced, whole foods diet while cleansing.

Hypokalemia

Licorice root, at high doses, may cause low potassium levels.

A high dose is considered to be over 100 milligrams (mg)/day of **glycyrrhizin** content, especially if taken long term. The **glycyrrhizin** content of the **Licorice root in Digestive Stimulator** is less than 0.6 mg per capsule a day. Even at a maximum dose of 10 capsules/day, the glycyrrhizin content does not exceed 6 mg/day. Ask your healthcare practitioner if this low level of **glycyrrhizin** in the **Licorice root** is safe for you to take.

Licorice root is present in **Digestive Stimulator**

Kidney Disease

Licorice root, at high doses, may affect the potassium, sodium or fluid retention levels in the body.

A high dose is considered to be over 100 milligrams (mg)/day of **glycyrrhizin** content, especially if taken long term. The **glycyrrhizin** content of the **Licorice root in Digestive Stimulator** is less than 0.6 mg per capsule a day. Even at a maximum dose of 10 capsules/day, the glycyrrhizin content does not exceed 6 mg/day. Ask your healthcare practitioner if this low level of **glycyrrhizin** in the **Licorice root** is safe for you to take.

Licorice root is present in **Digestive Stimulator**

SPECIFIC CONDITIONS (continued)

Liver Disease

Licorice root, at high doses, may cause low potassium, sodium/fluid retention, hypertension or a mineralcorticoid effect.

A high dose is considered to be over 100 milligrams (mg)/day of **glycyrrhizin** content, especially if taken long term. The **glycyrrhizin** content of the **Licorice root** in **Digestive Stimulator** is less than 0.6 mg per capsule a day. Even at a maximum dose of 10 capsules/day, the glycyrrhizin content does not exceed 6 mg/day. Ask your healthcare practitioner if this low level of **glycyrrhizin** in the **Licorice root** is safe for you to take.

Licorice root is present in **Digestive Stimulator**

Very Constipated

Some people are very constipated and experience a lot of intestinal discomfort. If this is true for you, you may not be quite ready for any **OPTION** of the **Colon Cleansing Kit**.

If you are usually very constipated; that is, a bowel movement only once every 3–10 days that is hard and compact, along with bloating, gas, and/or other intestinal

(continued on next page...)

SPECIFIC CONDITIONS (continued)

Very Constipated

(...continued from previous page)

discomforts then we recommend you take only **Digestive Stimulator** for two weeks before beginning the **Colon Cleansing Kit**. By establishing regular bowel movements every day for 14 days, you will find the **Colon Cleansing Kit** easier and more comfortable to do.*

By taking **Digestive Stimulator** only, without the fiber-rich Toxin Absorber, you can have daily bowel movements without any of the discomfort that can come when simultaneously introducing too much fiber all at once. When you

finish the 14 days of **Digestive Stimulator** only, you may immediately begin your **Colon Cleansing Kit**, choosing the good option only, which will slowly and comfortably introduce more fiber and begin a gentle cleanse. If you feel you have established comfortable regularity after the end of that 30 days, you may choose to follow it with another **Colon Cleansing Kit (Colon Cleansing Essentials)**, this time choosing the **BEST OPTION**, a 9 day program with maximum fiber intake that includes the 5 day, liquids-only fasting or you may choose to wait for another time to do this deepest level of cleansing.

If you choose to wait, remember to always establish daily bowel movements before proceeding with the **BEST OPTION**.*

You may also choose to follow the first **Colon Cleansing Kit** with the **Internal Cleansing Kit** and try the fasting option (**BEST OPTION**) sometime in the future.

Humans have been taking herbs safely for thousands of years and drugs for the last hundred or so years and only recently have we begun to take both of them together. There is no complete and exhaustive scientific research that describes how these two interact. This is a work in progress. Some of the most popular herbs and commonly taken drugs do now have some record of how they interact and we share that information with you.

Herbal Safety knowledge comes from four main sources; empirical use, databases, scientific journals, and books. As in anything in life, both false and true statements can be found in any of these sources. There are two main views that predominate in the literature. One that leans to the living and actual, wholistic experience of herbs and the other to a reductionistic understanding of isolated chemicals. Each view has something to contribute. Holding them up together, in order to learn from both, allows one

to have the best of both views. In presenting the safety information for the Cleansing Kits, we have tried to do just that for you.

For further information about our references consult www.blessedherbs.com.

Most Highly Recommended References:

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- *The ABC Clinical Guide to Herbs*
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about **Blessed Herbs**

Blessed Herbs is a family owned and operated business. For more than 20 years, we have been providing premium quality bulk herbs and herbal products to herbalists, health professionals, herbal manufacturers, health food stores, and individuals in the United States and abroad. Our herbs come from our own network of wildcrafters and

organic growers whom we personally know. Our wildcrafters gather the herbs from the wilds of nature in areas free from pollution, at the height of their potency and with an

awareness as to correct species and ecological balance. Our certified organic growers cultivate without the use of synthetic fertilizers, herbicides, or pesticides and take care

to enrich the soil naturally. All our herbs and herbal products are free of any fumigation, irradiation, or synthetic chemicals.

Recognizing that herbs are a gift from our Creator intended to nourish, heal, and soothe us, we strive to bring that blessing to you.



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