

the **Colon Cleansing Kit™**
AN HERBAL DIETARY SUPPLEMENT

D O S A G E
C A L E N D A R

Complete day by day instructions for
your comprehensive colon cleansing



1301 Sawgrass Corp. Pkwy.
Sunrise, FL 33323

Three Ways to Do this Cleanse

There are three ways to do the **Colon Cleansing Kit**. They are referred to throughout the **Users Guide** and this **Dosage Calendar** as the **BEST, BETTER** or **GOOD OPTION**. For a complete overview of these options see page 5 of your **Users Guide**. We recommend the **BEST OPTION** to remove the most intestinal buildup. After selecting your option, use the chart below to adapt this **Dosage Calendar** to your choice.

	BEST <ul style="list-style-type: none"> ▪ 9 day program ▪ requires a 5 day liquids-only fast 	BETTER <ul style="list-style-type: none"> ▪ 8 day program ▪ modified diet changes ▪ no liquids-only fasting 	GOOD <ul style="list-style-type: none"> ▪ 30 day program ▪ diet changes optional ▪ no liquids-only fasting
STEP ONE	Pages 1-5	Pages 1-5	Pages 1-5
STEP TWO	Pages 6-11	Pages 6-12	Pages 6-8
STEP THREE	Pages 12-14	Does not apply	Does not apply

STEP ONE
BEST OPTION

1

Pre-Cleanse
Getting the bowels moving



1301 Sawgrass Corp. Pkwy.
Sunrise, FL 33323

DAILY BOWEL MOVEMENTS A DAILY REQUIREMENT

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, colemas 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 colemas before bed that very same day and also increase "your number" of **Digestive Stimulator** capsules that evening (see pp 11-12 of **Users Guide**) or split up your dosage of

Digestive Stimulator and take three times a day (see p. 20 of **Users Guide**).

If you do an enema or colemas, you should only use distilled, filtered, or purified water, fresh brewed coffee, or peppermint tea, but nothing else (see pp. 29-30 of **Users Guide**). It is perfectly alright to do this every evening, if you need to, while cleansing. 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 colemas uses five gallons of liquid for a very thorough and complete emptying of the colon.

THREE ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6-8 glasses of pure water daily. Without enough water you can easily get "backed up" in your intestines.
2. Increase "your number" of **Digestive Stimulator** caps, each evening, or split up "your number" to take three times a day.
3. Take an enema or colemas, before bed, on any day that you do not have a bowel movement. See pp. 29-30 of **Users Guide** for more details.

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STEP 1

DAY 1 of 3 BEST OPTION

Breakfast

Eat 1 of your regular or newly selected breakfast. (see Users Guide p. 6)

Lunch

Eat 1 of your regular or newly selected lunch.

Right
Before Dinner

Digestive
Stimulator
your number

To find "your number", see Users Guide pp. 11–12.

Dinner

Eat 1 of your regular or newly selected dinner.

1 hour
Before Bed

and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
1 packet

For instruction on how to take Toxin Absorber, see Users Guide p. 13.

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

I easily release that which I no longer need. The past is over and I am free.

— Louise Hay

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 2 of 3

BEST OPTION

Breakfast

Eat 1/2 of your regular or newly selected breakfast.

Lunch

Eat 1/2 of your regular or newly selected lunch.

Right
Before Dinner

Digestive
Stimulator
your number

Dinner

Eat 1/2 of your regular or newly selected dinner.

1 hour
Before Bed

and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
1 packet

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

Sometimes as mucoid plaque is removed, forgotten incidents with emotional trauma will be remembered and also released.

REMEMBER!

6-8 glasses of water today

STEP 1

DAY 3 of 3 BEST OPTION

Breakfast

Eat 1/4 of your regular or newly selected breakfast.

Lunch

Eat 1/4 of your regular or newly selected lunch.

Right
Before Dinner

Digestive
Stimulator
your number

Dinner

Eat 1/4 of your regular or newly selected dinner.

1 hour
Before Bed

and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
1 packet

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

The colon is a little more than five feet long.

REMEMBER!

6–8 glasses of water today

STEP TWO
BEST OPTION

2

Main-Cleanse

Revitalizing the digestive system



Blessed Herbs®

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Sunrise, FL 33323

Upon Rising

Enter
time below.



example 7:00am
add 3 hrs



example 10:00am
add 3 hrs



example 1:00pm
add 3 hrs



example 4:00pm
add 3 hrs



example 7:00pm
add 3 hrs

Before Bed

at least 2 hours after
the last Toxin Absorber

STEP 2

Toxin Absorber

1st packet

Toxin Absorber

2nd packet

Toxin Absorber

3rd packet

Toxin Absorber

4th packet

Toxin Absorber

5th packet

Digestive Stimulator

your number

DAY 1 of 5

BEST OPTION

During Step Two of this cleanse, you will be taking **Toxin Absorber** every three hours for a total of five times per day. An example of this would be 7:00am, 10:00am, 1:00pm, 4:00pm, & 7:00pm.

The starting time is not important; however, it is important that you take the packets at regularly spaced intervals of three hours each. **Take 1 packet in 8 fl. oz. (1/2 Shaker Jar) of organic apple juice and follow immediately with 16 fl. oz. (one full Shaker Jar) of distilled, filtered or pure water.** This assures an optimum level of **Toxin Absorber** in your intestines at all times. While fasting it also helps to alleviate feelings of hunger. If you forget a dose, it's OK; take it as soon as you remember and move on. Take your next dose at the originally scheduled time.

colon fact

There are ten times the amount of bacteria in the intestines than there are cells in the human body.

REMEMBER!

6–8 glasses of water today

Upon Rising

Enter
time below.



example 7:00am
add 3 hrs



example 10:00am
add 3 hrs



example 1:00pm
add 3 hrs



example 4:00pm
add 3 hrs



example 7:00pm
add 3 hrs

Before Bed

at least 2 hours after
the last Toxin Absorber

STEP 2

Toxin Absorber

1st packet

Toxin Absorber

2nd packet

Toxin Absorber

3rd packet

Toxin Absorber

4th packet

Toxin Absorber

5th packet

Digestive Stimulator

your number

DAY 2 of 5
BEST OPTION

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

The colon is the sewage system of the body.

— Norman Walker

REMEMBER!

6–8 glasses of water today

Upon Rising

Enter
time below.



example 7:00am
add 3 hrs



example 10:00am
add 3 hrs



example 1:00pm
add 3 hrs



example 4:00pm
add 3 hrs



example 7:00pm
add 3 hrs

Before Bed

at least 2 hours after
the last Toxin Absorber

STEP 2

Toxin Absorber

1st packet

Toxin Absorber

2nd packet

Toxin Absorber

3rd packet

Toxin Absorber

4th packet

Toxin Absorber

5th packet

Digestive Stimulator

your number

DAY 3 of 5
BEST OPTION

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

As I release the past, the new, fresh and vital enter.

— Louise Hay

REMEMBER!

6–8 glasses of water today

Upon Rising

Enter
time below.



example 7:00am
add 3 hrs



example 10:00am
add 3 hrs



example 1:00pm
add 3 hrs



example 4:00pm
add 3 hrs



example 7:00pm
add 3 hrs

Before Bed

at least 2 hours after
the last Toxin Absorber

STEP 2

Toxin Absorber

1st packet

Toxin Absorber

2nd packet

Toxin Absorber

3rd packet

Toxin Absorber

4th packet

Toxin Absorber

5th packet

Digestive Stimulator

your number

DAY 4 of 5
BEST OPTION

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

Over 100,000 Americans have a colostomy every year.

— Linda Page

REMEMBER!

6–8 glasses of water today

Upon Rising

Enter
time below.



example 7:00am
add 3 hrs



example 10:00am
add 3 hrs



example 1:00pm
add 3 hrs



example 4:00pm
add 3 hrs



example 7:00pm
add 3 hrs

Before Bed

at least 2 hours after
the last Toxin Absorber

STEP 2

Toxin Absorber

1st packet

Toxin Absorber

2nd packet

Toxin Absorber

3rd packet

Toxin Absorber

4th packet

Toxin Absorber

5th packet

Digestive Stimulator

your number

DAY 5 of 5

BEST OPTION

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

Problems with the colon can be a problem of holding on to the past, a fear of letting go.

— Louise Hay

REMEMBER!

6–8 glasses of water today

STEP THREE
BEST OPTION

3

Post-Cleanse: Breaking Your Fast

Slowly eating food again



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STEP 3

DAY 1 of 1

BEST OPTION

Breakfast One organic apple, chewed very well.

Lunch Fresh salad, steamed vegetables, brown rice, or baked potato.
Keep portions small.

Right Before Dinner Digestive Stimulator
your number

Dinner Same as lunch, however you may add a small portion of tofu, or other protein.

1 hour Before Bed Toxin Absorber
and at least 2 hours after Digestive Stimulator
1 packet

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

The colon has three functions:
absorb sodium and water, incubate
beneficial bacteria, and eliminate wastes.

REMEMBER!

6–8 glasses of water today

Congratulations!! You have finished the BEST OPTION.

You may still have some **Digestive Stimulator** and **Toxin Absorber** left. Continue to take these until they are all gone.

**Right
Before
Dinner**

Digestive
Stimulator
your number

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
2 capsules

Important Note
Mix in 8 fl. oz. (1/2 Shaker Jar) of organic apple juice and follow immediately with 16 fl. oz. (one full Shaker Jar) of distilled, filtered or pure water

ENJOY LIFE

colon fact

Taking Friendly Bacteria Replenisher every day is your first line of defense against harmful bacteria and unwanted guests in the colon.*

REMEMBER!

6–8 glasses of water today

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STEP ONE
BETTER OPTION

1

Pre-Cleanse
Getting the bowels moving



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DAILY BOWEL MOVEMENTS A DAILY REQUIREMENT

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, colemas 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 colemas before bed that very same day and also increase "your number" of **Digestive Stimulator** capsules that evening (see pp 11-12 of **Users Guide**) or split up your dosage of

Digestive Stimulator and take three times a day (see p. 20 of **Users Guide**).

If you do an enema or colemas, you should only use distilled, filtered, or purified water, fresh brewed coffee, or peppermint tea, but nothing else (see pp. 29-30 of **Users Guide**). It is perfectly alright to do this every evening, if you need to, while cleansing. 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 colemas uses five gallons of liquid for a very thorough and complete emptying of the colon.

THREE ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6-8 glasses of pure water daily. Without enough water you can easily get "backed up" in your intestines.
2. Increase "your number" of **Digestive Stimulator** caps, each evening, or split up "your number" to take three times a day.
3. Take an enema or colemas, before bed, on any day that you do not have a bowel movement. See pp. 29-30 of **Users Guide** for more details.

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STEP 1

DAY 1 of 3

BETTER OPTION

Breakfast

Modified diet changes are recommended.
(see Users Guide p. 6)

Lunch

Modified diet changes are recommended.

Right
Before Dinner

Digestive
Stimulator
your number

To find "your number", see Users Guide pp. 11–12.

Dinner

Modified diet changes are recommended.

1 hour
Before Bed

and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
1 packet

For instruction on how to take Toxin Absorber, see Users Guide p. 13.

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

I easily release that which I no longer need. The past is over and I am free.

— Louise Hay

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 2 of 3 BETTER OPTION

Breakfast

Modified diet changes
are recommended.

Lunch

Modified diet changes
are recommended.

Right
Before Dinner

Digestive
Stimulator
your number

Dinner

Modified diet changes
are recommended.

1 hour
Before Bed

and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
1 packet

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

Sometimes as mucoid plaque is removed, forgotten incidents with emotional trauma will be remembered and also released.

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 3 of 3 BETTER OPTION

Breakfast

Modified diet changes
are recommended.

Lunch

Modified diet changes
are recommended.

Right
Before Dinner

Digestive
Stimulator
your number

Dinner

Modified diet changes
are recommended.

1 hour
Before Bed

and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
1 packet

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

The colon is a little more
than five feet long.

REMEMBER!

6–8 glasses of water today

STEP TWO
BETTER OPTION

2

Main-Cleanse

Revitalizing the digestive system



Blessed Herbs

1301 Sawgrass Corp. Pkwy.
Sunrise, FL 33323

Upon Rising

Enter
time below.



example 7:00am
add 3 hrs



example 10:00am
add 3 hrs



example 1:00pm
add 3 hrs



example 4:00pm
add 3 hrs



example 7:00pm
add 3 hrs

Before Bed

at least 2 hours after
the last Toxin Absorber

STEP 2

Toxin Absorber

1st packet

Toxin Absorber

2nd packet

Toxin Absorber

3rd packet

Toxin Absorber

4th packet

Toxin Absorber

5th packet

Digestive Stimulator

your number

DAY 1 of 5 BETTER OPTION

During Step Two of this cleanse, you will be taking **Toxin Absorber** every three hours for a total of five times per day. An example of this would be 7:00am, 10:00am, 1:00pm, 4:00pm, & 7:00pm.

The starting time is not important; however, it is important that you take the packets at regularly spaced intervals of three hours each. **Take 1 packet in 8 fl. oz. (1/2 Shaker Jar) of organic apple juice and follow immediately with 16 fl. oz. (one full Shaker Jar) of distilled, filtered or pure water.** This assures an optimum level of **Toxin Absorber** in your intestines at all times. While fasting it also helps to alleviate feelings of hunger. If you forget a dose, it's OK; take it as soon as you remember and move on. Take your next dose at the originally scheduled time.

colon fact

There are ten times the amount of bacteria in the intestines than there are cells in the human body.

REMEMBER!

6–8 glasses of water today

Upon Rising

Enter
time below.



example 7:00am
add 3 hrs



example 10:00am
add 3 hrs



example 1:00pm
add 3 hrs



example 4:00pm
add 3 hrs



example 7:00pm
add 3 hrs

Before Bed

at least 2 hours after
the last Toxin Absorber

STEP 2

Toxin Absorber

1st packet

Toxin Absorber

2nd packet

Toxin Absorber

3rd packet

Toxin Absorber

4th packet

Toxin Absorber

5th packet

Digestive Stimulator

your number

DAY 2 of 5
BETTER OPTION

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

The colon is the sewage system of the body.

— Norman Walker

REMEMBER!

6–8 glasses of water today

Upon Rising

Enter
time below.



example 7:00am
add 3 hrs



example 10:00am
add 3 hrs



example 1:00pm
add 3 hrs



example 4:00pm
add 3 hrs



example 7:00pm
add 3 hrs

Before Bed

at least 2 hours after
the last Toxin Absorber

STEP 2

Toxin Absorber

1st packet

Toxin Absorber

2nd packet

Toxin Absorber

3rd packet

Toxin Absorber

4th packet

Toxin Absorber

5th packet

Digestive Stimulator

your number

DAY 3 of 5
BETTER OPTION

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

As I release the past, the new, fresh and vital enter.

— Louise Hay

REMEMBER!

6–8 glasses of water today

Upon Rising

Enter
time below.



example 7:00am
add 3 hrs



example 10:00am
add 3 hrs



example 1:00pm
add 3 hrs



example 4:00pm
add 3 hrs



example 7:00pm
add 3 hrs

Before Bed

at least 2 hours after
the last Toxin Absorber

STEP 2

Toxin Absorber

1st packet

Toxin Absorber

2nd packet

Toxin Absorber

3rd packet

Toxin Absorber

4th packet

Toxin Absorber

5th packet

Digestive Stimulator

your number

DAY 4 of 5
BETTER OPTION

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

Over 100,000 Americans have a colostomy every year.

— Linda Page

REMEMBER!

6–8 glasses of water today

Upon Rising

Enter
time below.



example 7:00am
add 3 hrs



example 10:00am
add 3 hrs



example 1:00pm
add 3 hrs



example 4:00pm
add 3 hrs



example 7:00pm
add 3 hrs

Before Bed

at least 2 hours after
the last Toxin Absorber

STEP 2

Toxin Absorber

1st packet

Toxin Absorber

2nd packet

Toxin Absorber

3rd packet

Toxin Absorber

4th packet

Toxin Absorber

5th packet

Digestive Stimulator

your number

DAY 5 of 5

BETTER OPTION

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

Problems with the colon can be a problem of holding on to the past, a fear of letting go.

— Louise Hay

REMEMBER!

6–8 glasses of water today

Congratulations!! You have finished the BETTER OPTION.

You may still have some **Digestive Stimulator** and **Toxin Absorber** left. Continue to take these until they are all gone.

Right Before Dinner

Digestive Stimulator
your number

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator

Toxin Absorber
2 capsules

Important Note
Mix in 8 fl. oz. (1/2 Shaker Jar) of organic apple juice and follow immediately with 16 fl. oz. (one full Shaker Jar) of distilled, filtered or pure water

ENJOY LIFE

colon fact

Taking Friendly Bacteria Replenisher every day is your first line of defense against harmful bacteria and unwanted guests in the colon.*

REMEMBER!

6–8 glasses of water today

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STEP ONE
GOOD OPTION

1

Pre-Cleanse
Getting the bowels moving



Blessed Herbs

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DAILY BOWEL MOVEMENTS A DAILY REQUIREMENT

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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, colemas 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 colemas before bed that very same day and also increase "your number" of **Digestive Stimulator** capsules that evening (see pp 11-12 of **Users Guide**) or split up your dosage of

Digestive Stimulator and take three times a day (see p. 20 of **Users Guide**).

If you do an enema or colemas, you should only use distilled, filtered, or purified water, fresh brewed coffee, or peppermint tea, but nothing else (see pp. 29-30 of **Users Guide**). It is perfectly alright to do this every evening, if you need to, while cleansing. 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 colemas uses five gallons of liquid for a very thorough and complete emptying of the colon.

THREE ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6-8 glasses of pure water daily. Without enough water you can easily get "backed up" in your intestines.
2. Increase "your number" of **Digestive Stimulator** caps, each evening, or split up "your number" to take three times a day.
3. Take an enema or colemas, before bed, on any day that you do not have a bowel movement. See pp. 29-30 of **Users Guide** for more details.

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STEP 1

DAY 1 of 3 GOOD OPTION

Breakfast All dietary changes optional.

Lunch All dietary changes optional.

Right Before Dinner Digestive Stimulator
your number To find "your number", see Users Guide pp. 11–12.

Dinner All dietary changes optional.

1 hour Before Bed Toxin Absorber
and at least 2 hours after Digestive Stimulator 1 packet For instruction on how to take Toxin Absorber, see Users Guide p. 13.

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

I easily release that which I no longer need. The past is over and I am free.

— Louise Hay

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 2 of 3

GOOD OPTION

Breakfast

All dietary changes optional.

Lunch

All dietary changes optional.

Right
Before Dinner

Digestive
Stimulator
your number

Dinner

All dietary changes optional.

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
1 packet

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

Sometimes as mucoid plaque is removed, forgotten incidents with emotional trauma will be remembered and also released.

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 3 of 3

GOOD OPTION

Breakfast

All dietary changes optional.

Lunch

All dietary changes optional.

Right
Before Dinner

Digestive
Stimulator
your number

Dinner

All dietary changes optional.

1 hour
Before Bed

and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
1 packet

VERY IMPORTANT

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon fact

The colon is a little more than five feet long.

REMEMBER!

6–8 glasses of water today

STEP TWO
GOOD OPTION

2

Main-Cleanse

Revitalizing the digestive system



Blessed Herbs

1301 Sawgrass Corp. Pkwy.
Sunrise, FL 33323

STEP 2

DAY 1 of 27

GOOD OPTION

Right
Before Dinner

Digestive
Stimulator
your number

To keep track, check off each day

- | | | | |
|--------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Day 1 | <input type="checkbox"/> Day 8 | <input type="checkbox"/> Day 15 | <input type="checkbox"/> Day 22 |
| <input type="checkbox"/> Day 2 | <input type="checkbox"/> Day 9 | <input type="checkbox"/> Day 16 | <input type="checkbox"/> Day 23 |
| <input type="checkbox"/> Day 3 | <input type="checkbox"/> Day 10 | <input type="checkbox"/> Day 17 | <input type="checkbox"/> Day 24 |
| <input type="checkbox"/> Day 4 | <input type="checkbox"/> Day 11 | <input type="checkbox"/> Day 18 | <input type="checkbox"/> Day 25 |
| <input type="checkbox"/> Day 5 | <input type="checkbox"/> Day 12 | <input type="checkbox"/> Day 19 | <input type="checkbox"/> Day 26 |
| <input type="checkbox"/> Day 6 | <input type="checkbox"/> Day 13 | <input type="checkbox"/> Day 20 | <input type="checkbox"/> Day 27 |
| <input type="checkbox"/> Day 7 | <input type="checkbox"/> Day 14 | <input type="checkbox"/> Day 21 | |

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
1 packet

Important Note
Mix in 8 fl. oz. (1/2 Shaker Jar) of organic apple juice and follow immediately with 16 fl. oz. (one full Shaker Jar) of distilled, filtered or pure water

- | | | | |
|--------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Day 1 | <input type="checkbox"/> Day 8 | <input type="checkbox"/> Day 15 | <input type="checkbox"/> Day 22 |
| <input type="checkbox"/> Day 2 | <input type="checkbox"/> Day 9 | <input type="checkbox"/> Day 16 | <input type="checkbox"/> Day 23 |
| <input type="checkbox"/> Day 3 | <input type="checkbox"/> Day 10 | <input type="checkbox"/> Day 17 | <input type="checkbox"/> Day 24 |
| <input type="checkbox"/> Day 4 | <input type="checkbox"/> Day 11 | <input type="checkbox"/> Day 18 | <input type="checkbox"/> Day 25 |
| <input type="checkbox"/> Day 5 | <input type="checkbox"/> Day 12 | <input type="checkbox"/> Day 19 | <input type="checkbox"/> Day 26 |
| <input type="checkbox"/> Day 6 | <input type="checkbox"/> Day 13 | <input type="checkbox"/> Day 20 | <input type="checkbox"/> Day 27 |
| <input type="checkbox"/> Day 7 | <input type="checkbox"/> Day 14 | <input type="checkbox"/> Day 21 | |

colon fact

As I release the past, the new, fresh and vital enter.

— Louise Hay

REMEMBER!

6–8 glasses of water today

Congratulations!! You have finished the GOOD OPTION.

You may still have some **Digestive Stimulator** and **Toxin Absorber** left. Continue to take these until they are all gone.

**Right
Before
Dinner**

Digestive
Stimulator
your number

1 hour
Before Bed
and at least 2 hours after
Digestive Stimulator

Toxin
Absorber
2 capsules

Important Note
Mix in 8 fl. oz. (1/2 Shaker Jar) of organic apple juice and follow immediately with 16 fl. oz. (one full Shaker Jar) of distilled, filtered or pure water

ENJOY LIFE

colon fact

Taking Friendly Bacteria Replenisher every day is your first line of defense against harmful bacteria and unwanted guests in the colon.*

REMEMBER!

6–8 glasses of water today

*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.