

Preparing for the Cleanse

Read these instructions through several times before beginning the program.

3 days before you begin:

Take 1 capsule of Colon Cleanse with a glass of water with your evening meal and increase dosage by one additional capsule each evening until you are having at least 2 to 3 loose bowel movements per day. If your bowels are not moving daily, take a **Water or Coffee Enema** (see below).

Eat lots of fresh fruits, salads and vegetables, and drink 8-10 glasses of water during this time as you prepare for the cleanse.

Remember to obey God's laws of health :

Trust in God, fresh air, exercise, sunshine, adequate rest, pure water, temperance, hygiene and proper nutrition - during and after this program.

Now you may go to START.

You will need:



5-Day Colon Detoxification Schedule

Time	Day 1 - Day 5
6:45	Morning Flush
7:00	Poultice Drink
10:00	Poultice Drink
1:00	Poultice Drink
4:00	Poultice Drink
7:00	Poultice Drink.
9:00	Take Colon Cleanse at this time.

Morning Flush

Cleanse your kidneys and bladder and stimulate your bowels by drinking 32 oz. of warm water with the juice of 1 or 2 fresh lemons. Drink all of it while warm. May add a pinch of cayenne.

Poultice Drink

Take 1 teaspoon of Colon Detox for a total of 5 servings a day for 5 days. Shake it vigorously in a small jar (or stir it rapidly) with 8 oz. of organic apple or grape juice and water (50/50) and drink all of it immediately, for it thickens fast.

Drink an additional 1/2 to 1 gallon of water a day, but not with the juices.

If your bowels are not moving daily, take a **Water or Coffee Enema**.

You may modify times to fit your schedule but drink Poultice Drink at regularly spaced intervals of 3 hours each. 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.

For Best Results

Juice fast for the entire 5 days. Some eat for the 5 days instead of juicing, or use a combination of eating and juicing. If you decide to eat, eat only raw, fresh organic whole fruit for the first two days. Then, on day three, have fruit for breakfast and a fresh organic salad (no head lettuce—use romaine, butter leaf, spinach, green or red leaf) with your favorite vegetables in it for lunch. Use Green Nutriment on it too. For dressing, use 1 to 2 tablespoons flaxseed oil, garlic powder, lemon juice, water, and herbs or a raw dressing. If you need a third meal, eat raw fruit only or a raw fruit smoothie. Do not snack! Remember this is a cleansing program and food is your medicine! Eating can slow the cleansing process.

After Day 5

Congratulations, you made it!

It is very important that you do not break the fast improperly! If you juice fasted for the 5 days, start eating fresh whole fruit or perhaps small servings of melons only for the first day or two. Then add a large salad and raw foods for lunch and dinner the next few days. Then you can add to your diet cooked organic whole foods: brown rice, oatmeal, legumes, nuts, seeds, whole-grain breads, potatoes, etc. Avoid all dairy and animal foods! If you ate for the 5 days, continue to eat raw fruit and vegetables and add cooked whole foods. We suggest taking the Green Nutriment or Barley Grass and flaxseed oil (or substitute two table spoons of ground organic golden flaxseeds) on a daily basis. You may still have some Colon Cleanse and Colon Detox left. Continue to take these until they are all gone: Colon Cleanse with your evening meal and Colon Detox 1 hour before bed and at least 2 hours after Colon Cleanse.



Coffee Enemas Directions:

The purpose of the enemas is to remove toxins accumulated in the liver and to remove free radicals from the bloodstream.

Patients coping with a chronic degenerative disease or an acute illness can achieve the following benefits from the lowering of blood serum toxin levels achieved by regular administration of coffee enemas: increased cell energy production, enhanced tissue health, improved blood circulation, better immunity and tissue repair and, cellular regeneration . Additionally, coffee enemas can help to relieve pain, nausea, general nervous tension and depression.

It is interesting to note that drinking a cup of coffee has an entirely different effect from that of using it as a cleansing enema. Drinking coffee causes the following problems: increases reflex response; lowers blood pressure; increases heart rate; causes insomnia and heart palpitation; over stimulates the adrenals; irritates the stomach; and leaves a toxic residue in the body. A coffee enema, when done properly, will not produce these effects.

How to prepare the coffee:

1 quart distilled water in a pot

6 heaping teaspoons (or 3 tablespoons) of ground organic coffee

The Chemicals found in commercially grown coffee could damage the liver when used as a coffee enema.

Use ONLY organically grown coffee!

Let the mixture boil for 3 minutes and simmer for an additional 15 minutes. Cool to body temperature and strain through a course cloth or fine strainer. Do not prepare the enema coffee as though you were brewing coffee. The coffee bean is very high in potassium, which is absorbed into the colon and is an “anti-cramping” agent. Normal brewing does not release the potassium, so the resulting coffee is deficient in this all-important mineral.

How to administer the enema:

There are two types of enemas: the retention enema and the cleansing enema. The cleansing enema should be done first. Then, add distilled water to the coffee solution and place in the enema bag. Insert the lubricated (Vaseline, vita. E or olive oil) tip into the rectum, while lying on your left side. After the fluid is in, clip the enema tube and remove it. **RETAIN THE FLUID FOR 15 MINUTES!!!** Roll to the center, lift pelvis up to get the coffee to the transverse colon and roll to the right. The primary action of the retention enema, which is held in the body for about 15 minutes, is to help rid the liver on impurities. The caffeine goes through the hemorrhoid veins directly into the portal veins and into the liver.

The body should be lying down on the right side, with both legs drawn close to the abdomen. **BREATHE DEEPLY.** Massage your colon. After 15 minutes, sit on the toilet, stand up, move around and try to expel again.