



BLESSED HERBS® the Colon Cleansing Kit™

AN HERBAL DIETARY SUPPLEMENT

USERS GUIDE



BLESSED HERBS

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

A brief **Introduction**

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 yellow 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)

Cautions and Safety Information



before
you
start

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



Table of Contents

QUICK START

QuickStart

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

BEFORE YOU START

PAGE

	Welcome	i
QuickStart	A brief introduction	ii
QuickStart	Quick Look Cautions	iii–iv
QuickStart	Daily Bowel Movements	01–02
QuickStart	Colon Information / Mucoïd Plaque (pictures)	03–04
QuickStart	Three ways to do the Colon Cleanse	05
QuickStart	Controlling the strength of your cleanse	06
QuickStart	Pure water and organic apple juice	07–08

STEP ONE **PRE-CLEANSE** (usually takes 3 days) **BEST, BETTER, & GOOD OPTIONS**

	Quick Look	09
QuickStart	Things you’ll need	10
QuickStart	Finding your number of Digestive Stimulator	11–12

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.

QuickStart ▶ Taking Toxin Absorber **13**

QuickStart ▶ Using your Dosage Calendar **14**

STEP TWO **MAIN CLEANSE** (BEST & BETTER 5 DAYS, GOOD 27 DAYS) **BEST, BETTER & GOOD OPTIONS**

Quick Look **15**

QuickStart ▶ Things you'll need **16**

STEP THREE **BREAKING YOUR FAST** (1 day) **BEST OPTION ONLY**

QuickStart ▶ Important notes **17**

QUESTIONS & ANSWERS

Quick Look **18**

Which cleanse do I do first? **19**

How interchangeable are the Guides and Dosage Calendars for the Internal Cleansing Kit and the Colon Cleansing Kit? **19**

Can I substitute the Colon Cleansing Kit for Step One of the Internal Cleansing Kit? **19**

Table of Contents



table of
contents

Q & A

In this section you will find a large number of common questions related to taking this **Kit**, and our answers.

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

QUESTIONS & ANSWERS

What if my bowels just won't move?	20
What if that doesn't work?	20–21
What if I still can't go?	21
Do I have to be in the bathroom all the time?	21
I need more than 4 Digestive Stimulator caps to have daily bowel movements; is that OK?	21
If I use up my Digestive Stimulator, can I get more?	21
When will I start to see mucoïd plaque?	21–22
Why don't I see plaque while doing the Colon Cleansing Kit?	22
How will I feel during the cleanse?	22–23
What is a superficial cleansing reaction?	23
What is a deep cleansing reaction?	23
How should I handle headaches, physical discomforts, pain or emotional swings while doing the Colon Cleansing Kit?	24

QUESTIONS & ANSWERS

How do diet changes affect my cleansing?	24
A recipe for vegetable soup/broth	24
What is a liquids only diet?	24–25
Why apple juice and not citrus?	25–27
Will I be hungry all the time?	27
What if I don't change my diet, will I still benefit?	27
If I eat during the Colon Cleansing Kit will I still get out the plaque?	27
What books can I read to learn more about different types of diets?	27–28
What if I miss a dose?	28
What if I skip a day?	28
I feel bloated after drinking my Toxin Absorber. Why and is this OK?	28–29
I get really bloated/constipated during the liquids-only fasting. Is this normal and is there anything I can do about it?	29–30
Will I lose weight doing this?	30
Can I exercise while doing the Colon Cleansing Kit?	30
Can I use alcoholic beverages while cleansing?	30



Table of Contents

QUESTIONS & ANSWERS

How much caffeine can I have while cleansing?	30–31
I am having health problems, will the Colon Cleansing Kit take care of them for me?	31
I have diabetes, can I do the Colon Cleansing Kit?	31
I have hypoglycemia, can I do the Colon Cleansing Kit?	32
I am on medication, can I fast and do the Colon Cleansing Kit?	32
I am taking various supplements or medications now, should I stop them?	32
What drugs may interact with the Colon Cleansing Kit?	32–33
I have a health problem. Can I take this Kit with it?	33
Should I eliminate salt from my diet completely?	33–34
How often should I do the Colon Cleansing Kit?	34
Is there anything I should do after I am done with the cleanse?	34

THE FORMULAS

About our Herbalist	35
Toxin Absorber with organic ginger root	36
Toxin Absorber with organic peppermint leaf	37
Digestive Stimulator	38

CAUTIONS & SAFETY

General Safety Considerations	39–40
Specific Drugs	41–43
Specific Conditions	44–48
Safety References	49

THE INDEX

Index	50–62
-------	-------

ABOUT BLESSED HERBS

Information	63
-------------	----

before
you
start

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, 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 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

colemas 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 colemas 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 **Muroid Plaque**

WHAT IT LOOKS LIKE



YEP, IT'S GROSS!

These pictures are actual pieces of muroid 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
<p>BEST</p> <ul style="list-style-type: none"> • 9 day program • requires a 5 day liquids-only fast 	<p>Maximum level of colon cleansing and mucoid plaque removal.*</p>	<p>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.</p>	<p>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.</p>
<p>BETTER</p> <ul style="list-style-type: none"> • 8 day program • modified diet changes • no liquids-only fasting 	<p>Moderate level of colon cleansing and mucoid plaque removal.*</p>	<p>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.</p>	<p>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.</p>
<p>GOOD</p> <ul style="list-style-type: none"> • 30 day program • diet changes optional • no liquids-only fasting 	<p>Mild level of colon cleansing and mucoid plaque removal.*</p>	<p>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.</p>	<p>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.</p>

***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.**

CONTROLLING THE STRENGTH OF YOUR CLEANSE

	type of diet	organic or not	meals per day	raw or cooked
 <p>Strongest cleanse (the most mucoid plaque removed)</p> <p>mildest cleanse (the least mucoid plaque removed)</p>	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†		2 1/2 meals plus juice†	50% raw† 50% cooked
	vegetarian† (with eggs and dairy)	50% organic 50% non-organic	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

Some words on **Water**

before
you
start

6=8

Be sure to drink at least 6–8 glasses of **pure water** every day of your cleanse.

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. 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.

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

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, supermarket, or by mail order from Diamond Organics, at:

1.888.674.2642

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**.

About your **Pre-Cleanse**

step 1

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**.

*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.

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)

step 1

Finding your number of **Digestive Stimulator**



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.

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 your 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; 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.

Taking your **Toxin Absorber** packets

step 1

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 one full **Shaker Jar** (16 fl.oz.) 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**

Upon Rising Enter time below.		STEP 2	DAY 1 of 5 BEST OPTION
	↓ example 7:00AM add 3 hrs	Toxin Absorber 1st packet	<p>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.</p> <p>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 a half Shaker Jar (8 fl.oz.) of organic apple juice and follow immediately with one full Shaker Jar (16 fl.oz.) 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.</p>
	↓ example 10:00AM add 3 hrs	Toxin Absorber 2nd packet	
	↓ example 1:00PM add 3 hrs	Toxin Absorber 3rd packet	
	↓ example 4:00PM add 3 hrs	Toxin Absorber 4th packet	
	↓ example 7:00PM	Toxin Absorber 5th packet	
	↓ example 7:00PM		
	Before Bed	Digestive Stimulator your number	
colon facts	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
BEST OPTION		BETTER OPTION	GOOD OPTION

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**

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.

***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.**

Things you'll need to start **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.

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.

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** (continued on next page)

(continued from previous page)
 (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 colemā. During a cleanse it is essential to have consistent bowel movements. An enema or colemā 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/colemā. See p. 28 for complete instructions on how to prepare the liquid for your enema or colemā.

Consult your healthcare practitioner or call Blessed Herbs 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
 (continued on next page)

(continued from previous page)
food 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.

(continued on next page)

(continued from previous page)

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.*

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 foods that have been liquefied, pureed, or blended. The liquids
(continued on next page)

(continued from previous page)

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 move-

ment, 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 *(continued on next page)*

(continued from previous page)

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*

(continued on next page)

(continued from previous page)

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)

(continued from previous page)
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
(continued on next page)

(continued from previous page)

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 colema.

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 colema board and its accompanying five gallon container, this is an even more successful way to go. There is no need to
(continued on next page)

(continued from previous page)
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. One tea
(continued on next page)

(continued from previous page)

bag of our **Refreshing Green Tea Blend** has around 5 mg 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. If you do not have a natural healthcare practitioner, call us and we can refer you to one.

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.

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)*

(continued from previous 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)*

(continued from previous page)
at your local natural food store or at The Grain and Salt Society 800.687.7258. 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, Martha 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

about the **Formulas**



ABOUT OUR HERBALIST

Martha Volchok, AHG, is the co-founder and Master Herbalist of Blessed Herbs. Martha's unique formulating style relies on her intuition as much as her 30 years of herbal knowledge and experience.

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

WORKING IN HARMONY

The two formulas in this program have been put together by Martha Volchok, AHG, and 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. The dietary fiber blend absorbs toxins, heavy metals, and excess fatty acids in your intestinal tract.*



30 packets 10 gm each

Psyllium seed husks[†]
are absorbing fibers that scrub intestinal walls, move toxins and materials through the colon*

Apple pectin
binds fatty acids and triglycerides and blocks their absorption from the gut*

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

Ginger root[†]
helps alleviate digestive discomfort and bloating from Psyllium*

NOTICE & CAUTION

NOTICE: Taking this product without enough liquid may cause choking or constipation. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, allergic skin rash or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Some people are sensitive to breathing the dust of the **Toxin Absorber** powder, if so, keep at an arm's length when mixing or have another person mix the powder and organic apple juice for you. Take all other drugs or supplements two hours apart from taking **Toxin Absorber** to assure their proper absorption and non-interaction.

CAUTION: If pregnant or nursing do not take **Toxin Absorber** in conjunction with a **Cleansing Kit**, but it may be taken alone as a supplement to provide dietary fiber or relief from occasional constipation, only once a day, one hour before bed and at least three hours after a meal to assure no interference with nutritional absorption. Do not take in the presence of bowel obstruction or abnormal narrowing of the esophagus or intestines. Always take **Toxin Absorber** with a minimum of a full glass of liquid to prevent constipation. See pages 39–48 for complete safety information on taking this formula with other conditions and medications.

[†]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. The dietary fiber blend absorbs toxins, heavy metals, and excess fatty acids in your intestinal tract.*



30 packets 10 gm each

Psyllium seed husks[†]
are absorbing fibers that scrub intestinal walls, move toxins and materials through the colon*

Apple pectin
binds fatty acids and triglycerides and blocks their absorption from the gut*

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

Peppermint leaf[†]
helps alleviate digestive discomfort and bloating from Psyllium*

NOTICE & CAUTION

NOTICE: Taking this product without enough liquid may cause choking or constipation. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, allergic skin rash or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. Some people are sensitive to breathing the dust of the **Toxin Absorber** powder, if so, keep at an arm's length when mixing or have another person mix the powder and organic apple juice for you. Take all other drugs or supplements two hours apart from taking **Toxin Absorber** to assure their proper absorption and non-interaction.

CAUTION: If pregnant or nursing do not take **Toxin Absorber** in conjunction with a **Cleansing Kit**, but it may be taken alone as a supplement to provide dietary fiber or relief from occasional constipation, only once a day, one hour before bed and at least three hours after a meal to assure no interference with nutritional absorption. Do not take in the presence of bowel obstruction or abnormal narrowing of the esophagus or intestines. Always take **Toxin Absorber** with a minimum of a full glass of liquid to prevent constipation. See pages 39–48 for complete safety information on taking this formula with other conditions and medications.

[†] 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

support normal bowel function, are stomach & liver tonics, cleanse blood*

Cascara Sagrada bark

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

Triphalat (Amla fruit, Chebulic Myrobalan fruit, Belleric Myrobalan fruit)†

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

Chinese Rhubarb root†

is a 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, helps release and absorb toxins*

Fringe Tree root bark

provides tonic action on spleen and pancreas and is a liver stimulant*

Meadowsweet aerial parts†

calm an overactive digestive system*

English Plantain aerial parts†

soothe the intestines, break 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†

is a soothing herb that promotes healthy bowel function*

Licorice root†

harmonizes formula

NOTICE & CAUTION

NOTICE: Take all other drugs or supplements two hours apart from taking **Digestive Stimulator** to assure their proper absorption and non-interaction.

CAUTION: Do not use if you are pregnant or nursing. Do not use if you have abdominal pain, an acute inflammation of the GI tract, bowel obstruction, diarrhea, or vomiting.

See pages 39–48 for more safety information on taking this formula with other conditions or medications.

† 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.

Cautions and Safety

GENERAL SAFETY CONSIDERATIONS

Do Not Use If...

39

Other Herbs, supplements, minerals, OTC and recreational drugs

39

Daily prescription drugs

40

Short term prescription drugs

40

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

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 (continued)

SPECIFIC DRUGS

Anticoagulants, Antiplatelets and Aspirin

41

Antihypertensives

42

Corticosteroids

42

Diuretics

42

Heart Drugs

43

Insulin

43

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 (continued)

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

Blocked Gallbladder/ Gallstone Conditions	44
Diabetes	44
Heart Disease	45
Hiatal Hernia	45
High Blood Pressure	45
Hypoglycemia	46
Hypokalemia	46
Kidney Disease	46
Liver Disease	47
Very Constipated	47

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**

Cautions and Safety (continued)

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**

Cautions and Safety (continued)

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**. Instead you need to begin with **Regularity Support Pak A** (the **Colon Cleansing Kit** and 3 bottles of **Digestive Stimulator**) or **Regularity Support Pak B** (the **Colon Cleansing Kit**, the **Internal Cleansing Kit**, and 3 bottles of **Digestive Stimulator**).

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 (Regularity Support Pak B)** and try the fasting **OPTION (BEST OPTION)** sometime in the future.

Safety References

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:

- *The Essential Guide to Herbal Safety*
– Simon Mills & Kerry Bone, 2005
- *AHPA Botanical Safety Handbook*
– Michael McGuffin, 1997
- *The ABC Clinical Guide to Herbs*
– Mark Blumental, 2003
- *CRC Handbook of Medicinal Herbs, 2nd ed.*
– James A. Duke, 2002
- *Herb Contraindications & Drug Interactions, 3rd ed.*
– Francis Brinker & Nancy Stodart, 2001

INDEX

A

- Abdominal pain, caution, iii, 38, 39
- Aches, muscles and joints, superficial cleansing reaction and, 23
- Alcohol, 9, 30
- Allergic skin rash, caution, 13, 36, 37, 40
- Aloe Vera leaf (*Aloe vera*), 38
- Anticoagulant drugs, caution, iv, 32, 41
- Antihypertensive drugs, caution, iv, 32, 42
- Antiplatelet drugs, caution, iv, 32, 41
- Appetite loss, superficial cleansing reaction and, 23

Apple juice, organic

- body affinity for, 8, 25-26
 - how much needed, 8
 - how to use with Toxin Absorber, 8, 13
 - making, 8
 - properties of, 25-26
 - when to drink, 8, 27
 - where to buy, 8
 - why, 8, 25-26
- Apple pectin (*Malus pumila*), 36, 37
 - Aspirin, caution, iv, 32, 41

B

- Barberry root (*Berberis vulgaris*), 38, 44
- Bentonite clay, 36, 37

BEST OPTION

- bloated, 29-30
- cleanse and
 - depth of, ii, 5, 48
 - length of, ii, 5
 - strength of, ii, 6
- constipated, very and, ii, 48
- constipation and, 20, 29-30
- diabetes and, 31, 43, 44
- dietary recommendations and, 5, 6
- Digestive Stimulator**, split-up doses, 2, 20
- Dosage Calendar** tab of, i, 10, 14, 16
- elimination of intestinal buildup, ii
- fast, breaking your, 17
- highlighted in yellow, ii, 3, 4, 5, 6, 9, 10, 15, 16, 17, 20, 28, 31, 32, 33, 40, 43, 44, 46, 48
- how to do, ii, 5, 6, 9, 10, 15, 16, 17, 20
- hypoglycemia and, 32, 46
- medications and, when to take, 33, 40
- mucoïd plaque and
 - pictures of, 4
 - removal of, 3
- overview, ii, 5
- regularity, loss of, and, 20
- skipping a day, 28
- start, things you'll need to

BEST OPTION *(continued)*

Step One, 10

Step Two, 16

what it is, ii, 3, 5

who should do this, ii, 5

BETTER OPTION

cleanse and

depth of, ii, 5

length of, ii, 5

strength of, ii, 6

constipation and, 20

diabetes and, 31, 43, 44

dietary recommendations and, 5, 6

Digestive Stimulator, split-up doses, 20**Dosage Calendar** tab of, i, 10, 14, 16

how to do, ii, 5, 6, 9, 10, 15, 16, 20

hypoglycemia and, 32, 46

medications and, when to take, 33, 40

overview, ii, 5

regularity, loss of, and, 20

skipping a day, 28

start, things you'll need to

Step One, 10

Step Two, 16

what it is, ii, 3, 5

who should do this, ii, 5

Blackberry juice, 26

Blessed Herbs

about, 63

contact information, 18, 63

Bloating

after **Toxin Absorber**, 28-29**Digestive Stimulator** and, split-up doses, 20-21

drinking water to relieve, 30

during **Colon Cleansing Kit**, 28-30

enemas, colemas and colonics relieve, 29-30

ginger root alleviates/ dissipates, 28-29

how soon to expect relief, 30

liquids-only fasting and, 29-30

peppermint alleviates/dissipates, 28-29

Blueberry juice, 26

Body

listening to your, 6, 9, 12, 22-24, 30-34, 39

odor, superficial cleansing reaction and, 23

Bowel movements

constipated, very, ii, iv, 47-48

constipation

caution, 7, 36, 37, 40

diminishing effectiveness of the Kit, 9

enemas or colemas, and, 1, 2, 21

emotional, 20

lack of water intake and, 2, 7, 9, 36, 37

daily

importance of, 1, 2

supporting, 1-2

diarrhea

caution, iii, 38, 39

cleansing and, 12

superficial cleansing reactions and, 23

fiber, rate to add, 48

Bowel movements (*continued*)

frequency

every 3-10 days, once, ii, 47

how often, 11

recommended, 1-2, 11

“your number” and, 11-12

hard and compact

bloating, along with, ii, 47

gas, along with, ii, 47

intestinal discomforts, along with, ii, 47

none, 2, 20-21

Regularity Support Pak A and, 47

Regularity Support Pak B and, 47, 48

soft but formed, 11, 12

Bowel obstruction, caution, iii, 36, 37, 38, 39

Breath, bad, superficial cleansing reactions and, 23

Breathing, difficulty, caution, 13, 36, 37, 40

C

Caffeine, 9, 30-31, 39

Cape Aloe leaf (*Aloe ferox*), 38

Cascara sagrada bark (*Frangula purshiana*), 38

Cautions. *See also* Safety, general considerations

abdominal pain, iii, 38, 39

allergic skin rash, 13, 36, 37, 40

bowel obstruction, iii, 36, 37, 38, 39

breathing, difficulty, 13, 36, 37, 40

caffeine, 30-31, 39

chest pain, 13, 36, 37, 40

choking, 36, 37, 40

coffee, 30-31

constipated, very, ii, iv, 47-48

constipation, 7, 36, 37, 40

deficiencies, extreme, iii, 39

diabetes, iv, 31, 43, 44

diarrhea, iii, 38, 39

drugs

anticoagulant, iv, 32, 41

antihypertensive, iv, 32, 42

antiplatelet, iv, 32, 41

aspirin, iv, 32, 41

corticosteroids, iv, 32, 42

diuretic, iv, 32, 42

heart, iv, 32, 43

insulin, iv, 31, 32, 43

over-the-counter drugs (**OTC**), 32, 39

prescription. *See* Prescription Drugs

recreational, 32, 39

esophagus, abnormal narrowing of, iii, 36, 37, 39

gallbladder/gallstone conditions, blocked, iv, 33, 44

GI tract, acute inflammation of, iii, 38, 39

heart disease, iv, 33, 45

herbs, other, iv, 32, 39, 49

hiatal hernia, iv, 33, 45

high blood pressure, iv, 33, 45

hypoglycemia, iv, 32, 33, 46

hypokalemia, iv, 33, 46

infection, active, acute, iii, 39

intestines, abnormal narrowing of, iii, 36, 37, 39

kidney disease, iv, 33, 46

Cautions (continued)

- liver disease, iv, 33, 47
 - medications
 - fasting and, 32
 - when to stop taking, 32
 - minerals, 32, 39
 - nursing mothers, iii, 36, 37, 38, 39
 - pregnancy, iii, 36, 37, 38, 39
 - pregnant, trying to get, iii, 39
 - procedure, medical
 - recovering from, iii, 39
 - undergoing, iii, 39
 - supplements, iv, 32, 39
 - surgery
 - recovering from, iii, 39
 - undergoing, iii, 39
 - swallowing, difficulty, iii, 13, 36, 37, 39, 40
 - therapy, medical
 - recovering from, iii, 39
 - undergoing, iii, 39
 - tobacco, 39
 - Toxin Absorber** powder, dust of, 13, 36, 37
 - use, who should not, the kit, iii-iv, 31-33, 39
 - vitamins, 32, 39
 - vomiting, iii, 13, 36, 37, 39, 40
 - weakness, extreme, iii, 39
- Chamomile tea, enema or colema and, 24
- Cherry juice, 26
- Chest pain, caution, 13, 36, 37, 40
- Chinese Rhubarb root (*Rheum palmatum*), 38
- Choking, caution, 36, 37, 40

- Citric acid, 26
- Citrus juice, 13, 15, 25-26
- Cleansing
 - controlling the strength of, ii, 6, 9, 24
 - deep reaction
 - how long it lasts, 23
 - how to handle, 24
 - if body is ready, 22
 - what it is, 22, 23
 - energy level and, 22-23
 - exercise and, 30
 - first day of, 15
 - first time, 27
 - how does it feel, 15, 22-23
 - how often, 34
 - hunger and, 15, 27
 - importance of, ii, 1, 3, 19
 - order of cleansing Kits, 19
 - slow rate of, 6, 9, 24
 - speed rate of, 6, 9, 24
 - superficial reaction
 - how long it lasts, 23
 - how to handle, 24
 - what it is, 23
 - ways, three to do, ii, 5
 - when to repeat, ii, 34, 47-48
- Coffee
 - avoiding, 9, 30-31, 39
 - caffeine, 9, 30-31, 39
 - enemas or colemas and, 1, 21, 29

Colema

- bloating, relief for, 29-30
- chamomile tea, 24
- coffee, 1, 29
- how often to use, 1, 2, 24
- liquid to use, 1, 24, 29
- peppermint tea, 1, 21, 24, 29
- water, purified 1, 21, 24, 29
- when to take, 1, 2, 21, 24, 29

Colon Cleansing Kit

- after, 34
- bloating and, 29-30
- breaking fast, 17
- cleansing reaction, 24
- controlling the strength of cleanse, ii, 6, 9, 24
- diets and, 6, 24, 27, 28
- eating and, ii, 5, 6, 24, 27, 28
- energy level and, 22-23, 27
- exercise and, 30
- first day, 15
- first time, 27
- Ginger Colon Cleansing Kit**, 45
- health problem and, 33
- how does it feel, 15, 22-23
- how formulas work together, 35
- how often to cleanse, 34
- hunger and, 15, 27
- ingredients
 - of formulas, 36, 37, 38
 - organic, 36, 37, 38
- interactions with, specific, iv, 32-33, 41-48

medication and. *See also* Cautions; Safety, general considerations
fasting, 32.

when to stop taking, 32

options and, ii, 5

Peppermint Colon Cleansing Kit, 41

removal of mucoid plaque and, 3, 4, 5, 21, 22

slow rate of, 6, 9, 24

speed rate of, 6, 9, 24

supplements and, iv, 32

water, importance of with, 2, 7, 9

ways, three to do, ii, 5

Colon health, 1, 2, 3, 11

Colonics, 1, 24

Conditions

cautions for, general, iii, 33, 39

diabetes, iv, 31, 33, 43, 44

gallbladder/gallstones, blocked, iv, 33, 44

heart disease, iv, 33, 45

hiatal hernia, iv, 33, 45

high blood pressure, iv, 33, 45

hypoglycemia, iv, 32, 33, 46

hypokalemia, iv, 33, 46

interactions with **Colon Cleansing Kit**, specific, iv, 33, 44-48

kidney disease, iv, 33, 46

liver disease, iv, 33, 47

very constipated, iv, 47-48

Congestion

diet and, 6

peppermint tea aiding, 24

Constipated, very, caution, ii, iv, 47-48

Constipation. *See under* Bowel movements

Cook books, 28
 Cooked foods, 6, 28
 Cramping, fennel alleviates, 38
 Cranberry juice, 26
 Currant juice, 26

D

Dairy products, 6, 9, 28
 Dandelion root (*Taraxacum officinale*), 38, 44
 Deficiencies, extreme, caution, iii, 39
 Diabetes, caution, iv, 31, 33, 43, 44
 Diamond Organics, contact information, 8
 Diarrhea. *See under* Bowel movements
 Diet
 alcohol, 9, 30
 breaking fast, 17
 coffee, 9
 controlling the strength of your cleanse, ii, 6, 9, 24
 dairy, 6, 9, 28
 food
 cooked, 6, 27-28
 raw, 6, 27-28
 fried foods, 6, 9
 how changes affect cleanse, ii, 6, 9, 24, 27
 how change affects life, 27, 28
 informational books, 27-28
 juices. *See also specific fruit juices*
 bottled, 25
 raw, 6, 24, 28
 raw benefit, 24, 25-27

liquids-only, ii, 3, 5, 6, 9, 10, 13, 15, 17, 24-25, 27, 28, 29-30
 listening to your body, 6, 9, 24, 31, 32, 33
 macrobiotic, 6, 28
 meat eater
 no processed foods, 6, 9
 plus processed foods, 6
 mildest cleanse, ii, 5, 6, 9, 24
 no changes, 5, 6, 27
 non-organic, 6
 organic, 6
 raw, 6, 28
 packaged or processed foods, 6, 9
 salt, 6, 33-34
 specific foods to eliminate, 6, 9
 strongest cleanse, ii, 6, 9, 24
 sugar, 6, 9, 25, 31
Superfood, Organic, 34
 types of, 6, 27-28
 vegan, 6, 28
 vegetarian, 6, 28
 whole foods, 27
 Difficulty breathing, caution, 13, 36, 37, 40
 Difficulty swallowing, caution, iii, 13, 36, 37, 39, 40
 Digestive discomfort
 ginger alleviates, 28-29
 peppermint alleviates, 29
Digestive Stimulator
 about, 38
 bloat, relieve, 30
 cautions, iv, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48

Digestive Stimulator *(continued)*

constipated, very and, ii, 47-48

dosage

how to take, iv, 11-12, 39, 40

maximum, 12

splitting-up, 1, 2, 20

starting, suggested, 11

how to take, 11-12

ingredients, 38

interaction

with conditions, iv, 44, 45, 46, 47, 48

with other drugs, iv, 38, 39, 40, 41, 42, 43

more than four capsules, 20, 21

more than ten capsules, 11, 12, 20, 21

nursing mothers and, caution, 38

ordering more, 11, 21

pre-cleanse, 9, 10, 11-12

pregnancy and, caution, 38

Regularity Support Pak A with, 47-48

Regularity Support Pak B with, 47-48

taking left over, 17

when to increase dosage, 1, 2, 11-12, 20, 21

when to take

during Step One, 10, 11, 12

during Step Two, 16

if no daily bowel movement, 1, 20-21

Discomforts, physical, superficial cleansing reaction, how to handle, 24

Dosage Calendar

how interchangeable, 19

how to use, i, 9, 10, 12, 14, 16

tabs for each **OPTION**, i, 10, 14, 16

Dosages

missed, 28

skipping a day, 28

Drugs. *See also* Cautions; Medications; Safety

anticoagulant, iv, 32-33, 41

antihypertensive, iv, 32-33, 42

antiplatelet, iv, 32-33, 41

aspirin, iv, 32-33, 41

corticosteroids, iv, 32-33, 42

diuretic, iv, 32-33, 42

general, iv, 39, 40

heart, iv, 32-33, 43

herbs and, iv, 49

insulin, iv, 32-33, 43

over-the-counter, 39

recreational, 32, 39

E

Emotional

constipation, 20

over emotional, chamomile, 24

swings, superficial cleansing reaction, how to handle, 24

Enema

bloating, relief for, 29-30

chamomile tea, 24

coffee, 1, 21, 29

how often to use, 1, 2, 24

liquid to use, 1, 21, 29

peppermint tea, 1, 21, 24, 29

water, purified, 1, 21, 24, 29

when to take, 1, 2, 21, 24, 29

Energy

- after cleansing, 22-23
- alcohol and, 30
- digesting meat, 6
- while cleansing, 22-23, 24

English Plantain aerial parts (*Plantago lanceolata*), 38

Esophagus, abnormal, narrowing of, caution, iii, 36, 37, 39

Excited, overly, 24

Exercise and cleansing, 30

Exhaling, toxin removal and, 1

Exhaustion, superficial cleansing reaction and, 23

F

Fasting, liquids-only, ii, 3, 5, 6, 9, 10, 15, 17, 24-25, 27

- bloated, 29-30

- breaking your fast, 17

- constipated, 29-30

- how much liquid to take, 2, 7, 9

- hunger and, 15, 27

- never fasted before, 27

- recommended during **Colon Cleansing Kit**, ii, 3, 5, 9, 10, 15

- what it is, 5, 9

Feeling “on top of the world”, 23

Fennel seed (*Foeniculum vulgare*), 38

Fenugreek seed (*Trigonella foenum-graecum*), 38

Fever, superficial cleansing reaction and, 23

Fiber, dietary, 36, 37, 48

Food

- cooked, 6, 28

- fried, 6, 9

- raw, 6, 28

- specific to eliminate, 6, 9

Formulas

Digestive Stimulator. See **Digestive Stimulator**

Toxin Absorber. See **Toxin Absorber**

Fried foods, 6, 9

Fringe Tree root bark (*Chionathus virginicus*), 38, 44

G

Gallbladder/gallstones conditions, caution, iv, 33, 44

Gas

- along with hard and compact bowel movements, ii, 47

- fennel alleviates, 38

- ginger alleviates, 38

Ginger Colon Cleansing Kit, 45

Ginger root (*Zingiber officinale*), 28, 29, 36, 38, 41, 44

Ginger Toxin Absorber, 36, 41, 43, 44

GI tract, acute inflammation of, caution, iii, 38, 39

Glycyrrhizin, 42, 43, 44, 45, 46, 47

GOOD OPTION

- cleanse and

- depth of, ii, 5, 48

- length of, ii, 5

- strength of, ii, 6

- constipated, very and, ii, 48

- constipation and, 20-21

- diabetes and, 31, 43, 44

- dietary recommendations and, ii, 5, 6, 9

- Digestive Stimulator**, split-up doses, 20

- Dosage Calendar** tab of, i, 10, 14, 16

GOOD OPTION (continued)

- how to do, ii, 5, 6, 9, 10, 15, 16, 20
 - hypoglycemia and, 32, 46
 - medications and, when to take, 33, 40
 - overview, ii, 5
 - regularity, loss of, and, 20
 - prescription drugs, oral and, ii, iv
 - skipping a day, 28
 - start, things you'll need to
 - Step One, 10
 - Step Two, 16
 - supplements, oral and, iv
 - what it is, ii, 3, 5
 - who should do this, ii, 5
- Grape juice, 25, 26
- Grapefruit juice, 26

H

- Headaches
- how to handle, 24
 - superficial cleansing reaction and, 23
- Health problems. *See also* Cautions
- interactions with, 33
 - taken care of, 31
- Heart disease, caution, iv, 33, 45
- Heart drugs, caution, iv, 32, 43
- Herbalist, about, 35
- Herbal tea, enemas or colemas and, 1, 24
- Herbs, other. *See under* Cautions
- Hiatal hernia, caution, iv, 33, 45

- High blood pressure, caution, iv, 33, 45
- Hunger, 15, 27
- Hypoglycemia, caution, iv, 32, 33, 46
- Hypokalemia, caution, iv, 33, 46

I

- Immune system, sugar and, 6
- Infection, active, acute, caution, iii, 39
- Ingredients. *See under* **Colon Cleansing Kit** and *specific herbs*
- Insulin, caution, iv, 31, 32, 43, 44
- Internal Cleansing Kit**
- Guide, 19
 - interchangeable, 19
 - substitution, 19
 - when recommended to take, 19, 34
- Interactions. *See under* **Colon Cleansing Kit**
- Intestines, abnormal narrowing of, caution, iii, 36, 37, 39
- Itching, superficial cleansing reaction and, 23

J

- Joints, aching, superficial cleansing reaction and, 23
- Juice. *See also* *specific fruit juices*
- apple**, why, 8, 25-26
 - bottled, 25
 - with additives, 25
 - with partial fruit, 25
 - with sugar, 25
 - citrus, 13, 15, 25-26
 - concentrated powders, 25
 - fruit, 6, 25-27

Juice (*continued*)

- “nectar,” 26
- organic, 6, 25, 28
- raw, 6, 25, 28
- straining or filtering, 26
- Juicing, 25, 26

K

- Kidney disease, caution, iv, 33, 46

L

- Lemon juice, 26
- Licorice root (*Glycyrrhiza glabra*), 38, 42, 43, 44, 45, 46, 47
- Lime juice, 26
- Liquid diet, *See under* Diet, liquids-only
- Listening to your body, 6, 9, 12, 24, 31, 32, 33, 39
- Liver disease, caution, iv, 33, 47

M

- Macrobiotic diet, 6, 28
- Mango juice, 26
- Meadowsweet aerial parts (*Filipendula ulmaria*), 38
- Meat
 - avoid, 6, 9
 - energy used to digest, 6
- Meat eater
 - with processed foods diet, 6
 - without processed foods diet, 6,
- Medical
 - procedure, caution, iii, 39

- therapy, caution, iii, 39
- Medications. *See also* Drugs; Safety, general considerations
 - fasting and, 32
 - when to stop taking, 32
- Minerals, caution, 32, 39
- Mouth sores, superficial cleansing reaction and, 23
- Mucoid plaque
 - bacteria, bad and, 3
 - Colon Cleansing Kit** and removal of, 3, 5, 21-22, 27
 - pictures of, 4
 - size, 4
 - toxicity and, 3
 - Toxin Absorber** and, 3, 36, 37
 - unwanted guests and, 3
 - what it is, 3-4, 21
 - when to expect to see, 21-22
 - why don't see, 22, 27
- Muscles, aching, superficial cleansing reaction and, 23

N

- Nausea
 - ginger alleviates, 38
 - superficial cleansing reaction and, 23
- Nervous, overly, chamomile soothing, 24
- Nursing mothers
 - caution, iii, 36, 37, 38, 39
 - Digestive Stimulator** and, 38
 - Toxin Absorber** and, 36, 37

O

Odor, body, superficial cleansing reaction and, 23

Option

Best. See **BEST OPTION**

Better. See **BETTER OPTION**

Colon Cleansing Kit and, ii, 5

Good. See **GOOD OPTION**

none, not ready for any, 47

Orange juice, 27

Organic

apple juice. See **Apple juice, organic**

diet, 6, 27-28

Superfood, Organic, 34

Over-the-counter drugs (**OTC**), caution, 32, 39

P

Packaged or processed foods, 6, 9

Pain, superficial cleansing reaction, how to handle, 24

Papaya juice, 27

Peach juice, 27

Pear juice, 25, 27

Peppermint Colon Cleansing Kit, 41

Peppermint leaf (*Mentha x piperita*), 1, 21, 24, 29, 37, 38, 44, 45

Peppermint tea, enema or coloma and, 1, 21, 24, 29

Peppermint Toxin Absorber, 37, 44

Pineapple juice, 27

Plaque, mucoid. See **Mucoid plaque**

Pomegranate juice, 27

Pre-cleanse

about, 9, 10

importance of, 9

preparing to fast, 9

Pregnancy

caution, iii, 36, 37, 38, 39

Digestive Stimulator and, 38

Toxin Absorber and, 36, 37

trying to achieve, caution, iii, 39

Prescription drugs, oral, ii, iv, 39. See also **Cautions; Drugs; Medications; Safety**

Procedure, medical

recovering, caution, iii, 39

undergoing, caution, iii, 39

Psyllium seed husks (*Plantago ovato*), 36, 37, 43, 44

Q

Questions, commonly asked, 18-34

Quick Start, v, vi

R

Rashes

allergic, skin, caution 13, 36, 37, 40

superficial cleansing reaction and, 23

Raw food diet, 6, 28

Raw juice diet, 6, 24, 28

Recommended reading, 27-28, 49

Reactions

deep cleansing, 22-23

length of, 23

superficial cleansing, 23

Recipe, vegetable soup/broth, 24

Recreational drugs, caution, 32, 39

Red raspberry juice, 27

References, safety, 49

Refreshing Green Tea Blend, 30-31

Regularity Support Pak A, constipated and, 47

Regularity Support Pak B, constipated and, 47-48

S

Safety. *See also* Cautions

general considerations, iii, iv, 31, 32, 33, 39-48

references, 49

Salt

common, iodized table, 6, 33-34

earth, unheated, 6, 33

importance of quality, 33-34

sea, unheated, 6, 33

seaweed, source of, 34

toxins and, 6

eliminating from diet, 6

Shaker Jar, 7, 13, 28

Signs, old reappearing, 23

Sleeplessness, superficial cleansing reaction and, 23

Soup, vegetable/broth

controlling the rate of cleansing, 24

recipe, 24

when to drink, 15, 24

Step One, 9, 10, 11, 12, 13, 14

Step Two, 15, 16

Step Three, 17

Sugar

avoid, 6, 9, 25, 31

depressed immune system and, 6

Superfood, Organic, 34

Supplements, caution, iv, 32, 39

Surgery

recovering, caution, iii, 39

undergoing, caution, iii, 39

Swallowing, difficulty, caution, iii, 13, 36, 37, 39, 40

Sweating

superficial cleansing reaction and, 23

toxin removal and, 1

T

Therapy, medical

recovering, caution, iii, 39

undergoing, caution, iii, 39

Tiredness, superficial cleansing reaction and, 23

Tobacco, 39

Toxin Absorber

about, 36, 37

bloating and, 28, 29-30

cautions, iv, 7, 13, 36, 37, 39, 40

constipation and, 7, 29-30, 36, 37, 40

constipated, very, ii, 47-48

ginger root (*Zingiber officinale*), with, 36, 41, 43, 44

how to take, 8, 13

hungry, and, 27

ingredients, 36, 37

intestinal surface, binding to, 25

liquid, lack of, and, 7, 36, 37, 40

mucoïd plaque and, 3

organic apple juice and, 8

peppermint leaf, with 37, 43, 44, 45

Toxin Absorber (*continued*)

- powder, dust of, 13, 36, 37
- pre-cleanse, 9, 13
- taking left over, 17
- toxins and, 3, 7, 27, 28
 - absorbing, ii, 3, 7
- when to take
 - during Step One, 10, 13
 - during Step Two, 15, 16

Toxins

- diet for slowing elimination of, 6, 9, 24
- diet for speeding elimination of, 6, 9, 24

Digestive Stimulator and, 38

- elimination of, 1, 3, 7, 27, 28-30, 38
 - discomfort and, 23
- salt and, 6

Toxin Absorber and, ii, 3, 7, 27, 28

Triphala (*Phyllanthus emblica*, *Terminalia chebula*, and *Terminalia bellerica* fruits), 38

U

- Unwanted guests and mucoid plaque, 3
- Urination, toxin removal and, 1
- Use, who should not, the kit, iii, iv, 31-33, 39
- Users Guide**, how interchangeable, 19

V

- Vegan diet, 6, 28
- Vegetable soup/broth
 - controlling the rate of cleansing, 24
 - recipe, 24

when to drink, 15, 24

Vegetarian diet, 6, 28

Vitamins, 32, 39

Vomiting

- caution, iii, 13, 36, 37, 39, 40
- superficial cleansing reaction and, 23

W

Water

- bloating and, 28-30
- brands, 7
- bottled, 7
- clean and pure, 7
- colemas and, 1, 21, 24, 29
- distilled, 1, 7, 21, 24, 29
- enemas and, 1, 21, 24, 29
- filtered, 1, 7, 21, 24, 29
- how much to drink daily, 2, 7, 9, 30
- importance of, 2, 7, 9
- lack of, and constipation, 2, 7, 9
- purified, 1, 2, 7, 21, 24, 25, 29, 30
- Weakness, extreme, caution, iii, 39
- Weight loss, 30

Y

“Your Number”

- how to find, 11-12
- increasing, 1, 2, 12, 20
- more than four, 20, 21
- more than ten, 11, 12, 20, 21
- splitting dosage, 2, 20-21, 30

about **Blessed Herbs**[®]

Blessed Herbs is a family owned and operated medicinal herb business in the Upland Region of Massachusetts. For more than 20 years, we have been providing over 600 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.

BLESSED HERBS[®]

109 Barre Plains Road
Oakham, MA 01068

PHONE 1.800.489.4372
FAX 1.508.882.3755
EMAIL info@blessedherbs.com
WEB www.blessedherbs.com