

COLON CLEANSE

Full Colon Cleansing Kit

- Herbally Grounded On the Move Cleanse
- Flora Beet Crystals
- Living Clay Company Liquid Bentonite Clay
- Spirit of Health Psyllium Husk Powder 1lb
- Spirit of Health Digestion Tea
- Ojio/Ultimate Superfoods Chlorella Tablets or Powder
- Synergy Company Pure Radiance C Capsules or Powder
- Arthur Andrew Medical Devigest Enzymes (90 capsules)

Additional Products

- Enema Kits or Colema Board
- Bragg's Apple Cider Vinegar
- Organic Apple Juice

Parasite Cleanse (Optional)

- Dr. Clark 3-part Basic Parasite Cleanse or 7-part Para Cleanse (stronger for tapeworms)
- Dr. Clark Black Walnut (add 1/2-1 tsp. in a quart enema)
- Dr. Christopher Herbal Parasite Syrup for children.

Cleanse Introduction

What we eat and how we care for our intestinal tract ultimately determines our health. Our intestinal track is how we get nutrients delivered to our entire body and how large portions of waste are eliminated. Unfortunately for many, the opposite begins to happen. A clogged and congested colon can no longer digest and deliver nutrients to the body, and waste starts to accumulate and back up in the entire body. This can begin the process of sickness, and that's why the colon is always a great place to start with cleansing.

Food Guidelines

Ideally, you would consume no food, only Digestion Tea and lots of distilled, de-ionized or reverse osmosis water throughout the day (hot or room temperature). However, fresh juices, smoothies, raw fruits and vegetables, steamed vegetables, vegetable soups in moderation are OK if hungry. Avoid potatoes, corn, bananas, and dried fruit.

Parasite Cleanse

It is strongly encouraged to do a parasite cleanse at the same time as the colon cleanse, but it's not required.

WORD OF CAUTION!

The Colon Cleanse Drink uses a bulking fiber known as psyllium husk. Not everyone does well with psyllium. If you have a history of constipation, bowel obstructions or other bowel related issues, please start very slowly and increase as capable. If you experience abnormal swelling and bloating, decrease or discontinue the dosage. You must pay attention to your body. If there is a concern, start with one dosage in the morning and one dosage at night before bed (as opposed to the five recommended dosages). You can always increase the dosages up to the optimal five daily.

Important Tips:

1. Only use ONE TEASPOON of psyllium fiber per drink.
2. Drink plenty of water especially if you feel constipated.
3. Do colonics & enemas regularly to keep things moving.
4. Stick to the Food Cleanse Guidelines and keep your diet very light and hydrating since you're taking additional fiber.

10-DAY SUPPLEMENT SCHEDULE

Time	Supplements	Drinks	Additional Therapies	✓
7:00am		Colon Cleanser Drink	Enema #1	
8:30am	<ul style="list-style-type: none"> • 1 tsp. Beet Crystals • 10 Chlorella tablets or 1 tsp. powder • 2 Devigest Enzymes capsules • 2 Pure Radiance capsules or 1/2 tsp. of powder 	1 Cup Digestion Tea		
10:00am		Colon Cleanser Drink		
11:30am	<ul style="list-style-type: none"> • 1 tsp. Beet Crystals • 10 Chlorella tablets or 1 tsp. powder • 2 Devigest Enzymes capsules • 2 Pure Radiance capsules or 1/2 tsp. of powder 			
1:00pm		Colon Cleanser Drink		
2:30pm	<ul style="list-style-type: none"> • 1 tsp. Beet Crystals • 10 Chlorella tablets or 1 tsp. powder • 2 Devigest Enzymes capsules • 2 Pure Radiance capsules or 1/2 tsp. of powder 			
4:00pm		Colon Cleanser Drink		
5:30pm	<ul style="list-style-type: none"> • 1 tsp. Beet Crystals • 10 Chlorella tablets or 1 tsp. powder • 2 Devigest Enzymes capsules • 2 Pure Radiance capsules or 1/2 tsp. of powder 		Daily Exercise	
7:00pm		Colon Cleanser Drink		
Evening	<ul style="list-style-type: none"> • 1-2 On The Move Cleanse Capsules 	1 Cup Digestion Tea	<ul style="list-style-type: none"> • Enema #2 • Skin Brushing • Magnesium Bath 	

For more tips and resources, sign up for our free online cleanse: www.spiritofhealthkc.com/cleanse or email customerservice@spiritofhealthkc.com

COLON CLEANSE DRINK RECIPE

Drink 5 times daily - Every 3 hours

PART 1

Shake & drink immediately

- 2 oz organic apple juice
- 8 oz distilled or filtered water
- 1 tbsp. liquid bentonite clay
- 1 tsp. psyllium husk

PART 2

Drink immediately after Part 1

- 8 oz distilled or filtered water
- 1 tbsp. Bragg's Raw Apple Cider Vinegar with "the Mother"
- 1 tsp. raw honey (optional for taste)

DIGESTION TEA

Drink 2 times daily

Ingredients:

- 2 cups purified water
- 2 tbsp. tea mixture

Directions:

- Soak in mason jar overnight. In morning, bring to a boil, strain and cool. Drink two cups daily, one in the morning and one before bed.