

# The Ultimate Cleanse

By Brett Elliott

The purest, most rewarding cleanse your body can receive

## 10 DAY INNER BODY CLEANSE PROGRAM



The Herbalist

NATURE'S MEDICINE

## **--- Caution ---**

*If you are pregnant or have a chronic medical condition, do not attempt this program without consulting your physician. If you are elderly, weak, debilitated, obese or badly constipated do not attempt this program without consulting your physician. The following conditions may be temporarily aggravated by this type of cleansing. Epilepsy, Tachycardia, Hemorrhoids, Advanced Asthma or Angina. Please check with your physician If you have any doubts.*

**Please read this booklet thoroughly before beginning the program.**

### Note

On receiving the kit, please store the Acidophilus, and Flax Seed oil in the refrigerator.

Their shelf life will be extended considerably.

## Herbal Cleansing

Some people say "I have a good diet, my bowel functions daily, I'm already taking some of those herbs, It's not my intestine that's the problem, I've already had a colonic, I've already tried herbal cleansing" etc, etc.

Believe me we've heard them all, and to date, nobody has been disappointed with the results of The Ultimate Cleanse. It's not just what you take, it's how you take it. The Ultimate Cleanse has been formulated by combining traditional American Indian methods with modern fasting and colonic herbal therapy methods.

### How and why ?

You may be looking at cleansing for the first time, so we have included some background information. Why do we need regular cleansing and how do the herbs achieve this ?

We all know that our intestines act to break down food, absorb nutrients and eliminate waste. Lesser known is that the intestine maintains fluid and electrolyte balance and lymphatic drainage. This means that if the bowels become unclean then the toxins left begin to circulate in the body,

This happens in virtually 100% of us, Because meats do not digest easily and milled grains leave a sticky glutinous residue on the intestinal wall, a gradual plaque build up occurs. Along with sugar, alcohol, coffee, fries and cheese, our intestinal flora loses control, Parasites take hold and the immune system becomes overloaded. See page 12 for the pictures of faecal plaque,

The herbal combinations in The Ultimate Cleanse work to improve digestive secretions, such as bile and enzymes, increase peristalsis, and speed metabolism. Liver and kidney functions are also stimulated. The long term effect is achieved by completely restoring bowel flora into balance.

## Better than Fasting.

Although fasting is involved in The Ultimate Cleanse, fasting alone cannot achieve the desired results, Fasting alone can actually leave us feeling fatigued and toxic. This occurs because the intestines have not been completely cleared. Only herbs can do this in a healthy effective manner.

An extremely high level of nutrients is also provided with the Ultimate Cleanse during the fasting stage. This ensures energy stays high and toxin elimination is speedy. The shakes, juices and supplements easily keep hunger under control. The process of cleansing in a nutrient rich environment allows rapid healing to occur at a cellular level.

## Colonic therapy (optional)

Most colonic clinics recommend only abstaining from meat the night before your colonic as preparation. We feel that this is far from adequate treatment to achieve cleansing beyond the lower bowels.

The "Colema" portable colonic system can be used during the Ultimate Cleanse program to enhance the results of the process. We also recommend implanting healthy flora with this colonic system.

## Results.

We don't lay claim to any cure. The idea behind all herbal medicine is cleanse and build. By providing a healthy, clean, nutrient rich environment the body has huge potential to heal itself.

Some of the common problems which may respond well include.

*Acne, arthritis, candida, bloating, eczema, fatigue, constipation, indigestion, memory loss, obesity, mucus congestion, headaches, psoriasis, parasites etc. etc.*

## Preparations

Anyone who has not undertaken a serious intestinal cleanse before needs some real preparation. It is recommended that you consult your health practitioner and gain approval to undergo herbal cleansing if you have any doubt about your ability to cope with flushing your intestines.

Because fasting is involved, it is important to assess general health to ensure major deficiencies are identified. Obvious health problems should be discussed with a health professional.

The ability to undergo this kind of cleanse also depends largely on emotional stability and determination. Because the cleansing of tissues and organs really starts around the day 6 to day 8 period, it takes a little self discipline to complete the process. The long term benefits however make it well worthwhile. Most people find the cleansing process energizing and uplifting from day one.

Below is a list of dietary changes which need to be followed at least four days before beginning the herbal cleanse. The longer you can follow this diet, the better your results will be. A full week or two of this diet is even better. It is most important not to begin the program without following this.

### *Foods to be eliminated ( at least 4 days prior)*

Breads, pasta, pastry and wheat-containing products in general.

All meats except steamed fish.

All dairy products except natural unsweetened yoghurt.

Preserves and pickles other than umeboshi.

Refined foods in general.

All fried foods.

Eggs.

Peanuts and sweets.

### *Foods to be eaten freely.*

All fresh fruits and vegetables.

Root vegetables, especially pumpkin, carrots and sweet potato.

Fruit and vegetable juices.

Brown rice.

All bran.

Herbal teas.

Cayenne, garlic and ginger.

## The Remedies

### Juicing

It is well worth checking out your nearest library for books with juicing recipes and seeing what is available to juice from your local organic produce supplier.

Juice combinations should contain the following in this order of preference. Beetroot, Apple, Grape, Carrot, Grapefruit, Lemon, Pineapple, Feijoa.

All of these juices can be combined with a little black pepper and or chilli pepper which aid peristaltic action and improve circulation. You may find single juices are easier to digest and add more variety.

### Pumpkin soup

This is one of the major factors in this program so here is our recipe.

Take 1 whole crown pumpkin and dice into 5cm cubes.

Finely chop two large onions and 6-8 large cloves of garlic and simmer these lightly in olive oil until soft adding a pinch of cayenne pepper and two teaspoons of curry powder (optional).

Add the pumpkin and stir well into onions for five minutes.

Add 4-6 cups of water depending on the size of pumpkin and allow to simmer until pumpkin is soft.

Mash or blend the soup until smooth adding more water if needed.

### Shakes

Re: Gentlelax

The Gentlelax at present comes in capsule form. Although, convenient, my personal opinion is it's better taken in the form of a shake to avoid premature coagulation while still in the capsule.

### Procedure

Empty the prescribed Gentlelax capsules into a large spoon. Find a container with a secure lid that can take about 300mls of liquid being shaken without leaking. Add 200mls of water or 50% juice to the container, add the Gentlelax powder from the tbsp. replace the lid and quickly shake. Drink without delay. Then follow with a full glass of water.

## Taking the remedies

We have tried to keep it as easy as possible while ensuring the best of results. The main thing to keep in mind is to follow your instincts when taking the remedies. Don't panic if you miss something. Just continue with your normal routine including work (unless very physical).

### Remember "Cleanse then Build"

You need to take the cleansing and the building remedies at least 1/2 an hour apart.

The Cleansing remedies first: Cleansa, Digestaid, Psyllium and D-tox. Then the Building remedies: Wholefood, Iron Herbs, and Superfood.

You can use the juices to swallow capsules. You don't have to follow our food and juice recommendations to the letter and if you really get hungry, have some yoghurt and a piece of fruit. Especially from day 6 onwards. Olive oil is good for energy also.

Some common queries:

Q: Is it ok to eat bananas?

A: No, they are too starchy.

Q: What if I don't like pumpkin?

A: Then make a vegetable soup that you do like.. Carrot, potato, onion. (But not too thick)

Q: I don't like yoghurt.

A: That's ok, just leave it out, but for those who like the taste it is a good way of adding beneficial bacteria. Soy yogurt is better if available and eliminates the allergy tendencies of dairy products.

Note : There is no reason to feel nauseous or to experience abdominal cramping whilst correctly following this cleanse.. Remember to follow the instructions. Don't eat too much in one sitting but don't starve yourself. Keep physical activity to a sensible minimum – your body is performing an important task. A headache may be a normal side effect. Drink plenty of water to eliminate toxins that may be causing this.

Please read through this entire booklet before you start anything.

## Herbal cleanse day planner

Having completed the preparation phase it is time to move into the herbal cleanse. This is a good time to look into the deeper physical, emotional, mental and spiritual relationships.

These are our suggestions but please follow your intuition.

See centre page for step by step dosages and day planner.

### DAY ONE

Breakfast. A serving of fruit (except bananas) and yoghurt.

Snacks. Fruit (apples, pears), Fruit juice (apple or grape is best).

Lunch. A green leafy salad or fruit salad. Cider vinegar/olive oil dressing/ yoghurt is allowed. A bowl of Pumpkin soup with pepper and herbs.

Dinner. Pumpkin soup for dinner (try adding yoghurt).

### DAY TWO

Breakfast. A serving of stewed apples or pears and yogurt.

Snacks. Fruits and juices as above.

Lunch . A bowl of pumpkin soup with yoghurt and herbs.

Dinner. A bowl of carrot and leek soup as before or beetroot salad.

### DAY THREE

Breakfast. Yoghurt and fruit juice smoothie or a small bowl of fruit salad.

Snacks. Fruit and vegetable juices. Six pieces of fruit allowed today.

Lunch. Yoghurt smoothie or vegetable soup.

Dinner. Vegetable soup or light salad.

Remember not to eat too much of anything. Try to leave yourself still a little hungry. If you fill up you will interfere with the process.

Note : You are now going into the deeper stage of the herbal cleanse and you should start to have clearance of the bowel from this point on.

If so one Colonic per day can be taken from today or tomorrow.

You may experience a short period of energy drop around this time. This normally lasts no longer than one day and you may need a glass of soya milk and a dessert spoon of olive oil to see you through. This occurs as your body goes full on into detoxification mode and your energy needs to be kept up at this point. Extra dose of Iron Herbs may also help here. Take some time out to rest and drink lots of water.



## Herbal cleanse day planner

### DAY FOUR

Breakfast. Fruit juice or stewed apples with yoghurt (You could blend a smoothie).

Snacks. One or two pieces of fruit and one cup of yoghurt are allowed to be consumed each day. Tea is allowed. Fruit and vegetable juices, Wholefood and Iron Herbs can be used freely. Flax oil or olive oil can also be taken freely by the spoonful to keep the energy up.

Lunch. Fruit or vegetable juice. Vegetable soup.

Dinner. The same as lunch. Try different juices and a piece of fruit.

*Don't worry if you miss something. Just do what is comfortable. You can take catch up doses if you miss one.*

### DAY FIVE AND DAY SIX.

Continue with the day four routine.

At this stage it becomes an individual process.

If by the sixth day no long-term waste has come through (it has a leather type consistency and can be collected by putting a plastic kitchen colander in the toilet bowl.) then you have a special condition, likely severe constipation or a blockage.

This can often be remedied by continuing to take the day four dosages of 'Cleanser' and 'Digestaid' until good results are achieved. In that case you will need to order extra of those two herbal supplements.

### DAY SEVEN, EIGHT & NINE.

Continue with the day four food routine but check day planner for individual doses of herbal remedies.

### DAY TEN.

Take 5 Acidophilus capsules on the last evening.

Then for the next few days take 5 Acidophilus capsules in the morning and evening each day until finished. If you like yoghurt, take the capsules with a good quality, unsweetened yoghurt.

Go to page 13 for the follow-up diet.

If you have any 'building' herbs and D-Tox liquid left over from your 10 day cleanse use them during your follow up diet.

## Colema Treatments.

You are welcome to contact us if you have any questions regarding this stage of the program. See diagrams on the following page to assist with set up.

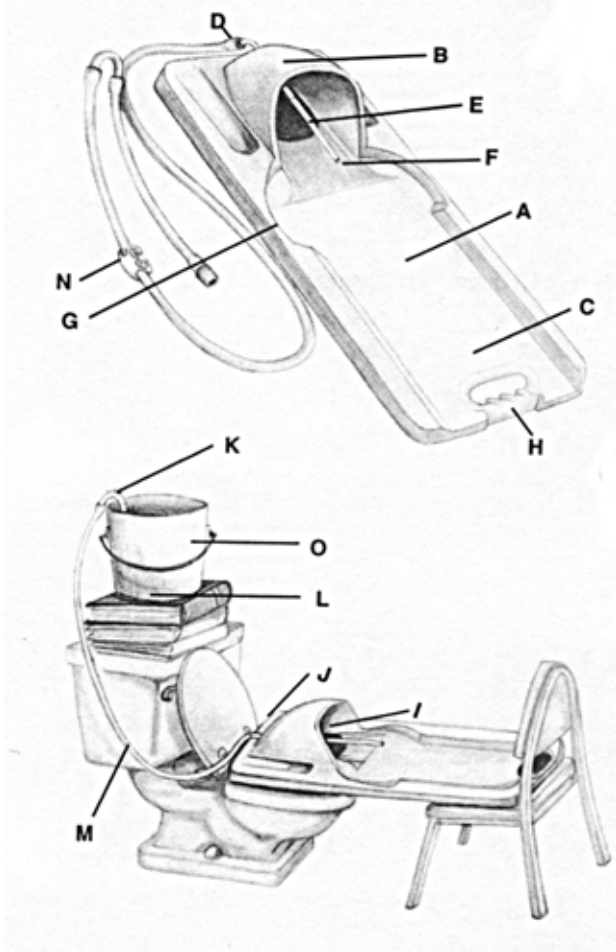
### Setting up the Colema Board

- 1 . Place the head area of the colema board over a chair or stool. Ideally the board should be level or slant slightly down towards the toilet. If you do not have room in your toilet you can use a strong 20 litre bucket.
2. Insert the 'L' shaped tube 'D' (it's attached to one end of the hose) through the rubber ring in the splash guard. If you can reach a tap with the other end begin the siphon this way. (clamp needs to be open) Once the water flows with no air bubbles close the clamp 'N'.
3. Make coffee from 2 tablespoons of ground organic coffee beans. (This concentration will reduce for smaller people by up to 50%.) Strain and add to a 20 litre bucket, and the rest distilled or filtered water (blood temp). If later than 3:00pm put in 2 tablespoons of Epsom salts instead of the coffee. Herbs can be added for specific treatments.
4. Suspend the bucket on a hook or nail or place on blocks or books. This can be any way you like so long as the bucket is at least three feet above the board. The higher you can get the bucket the quicker and easier the colema will be.
5. Drop the weighted end of the hose into the water feed bucket. Test again the water flow. Attach the 3 inch rubber tube 'E' to the 'L'shaped tube 'D', then insert the rectal insertion tube 'F'. This should allow no more than 2 1/2 to 3 inches of tip protruding from the level of the buttock rests.
6. Make the board comfortable with cushions or blankets and warm the room.
7. lubricate the rectal tip with any convenient lubricant. Lubricate the anal entrance.
8. Ensure that no more than 2 1/2 to 3 inches of rectal tip is inserted. See step 5. Position your body on the board lying on your back and gently slide down onto the rectal tip until the buttocks reach the buttock supports. The body may need to be moved around to allow the rectal tip to slide in easily.

Be very careful not to cause discomfort at this point as tissue damage could result !!

You are now ready to begin your colema .

**DELUXE BOARD ASSEMBLY INSTRUCTIONS**  
*(The New Generation Home Enema Kit)*  
**PARTS DESCRIPTION**



**PARTS DESCRIPTION**

**Figure 1**

- A. Deluxe Colema Board.
- B. S splash Guard.
- C. Head area of board.
- D. "L" shaped tube.
- E. Rubber Tubing.
- F. Rectal insertion tube.
- G. Hand grip point.
- H. Carrier handle.

**Figure 2**

- I. Buttocks Support.
- J. Hole in splash guard .
- K. "U" shaped tube.
- L. Copper weight.
- M. Silicone Tubing.
- N. Clamp.
- O. 20 litre bucket .
- P. Comfort pad .

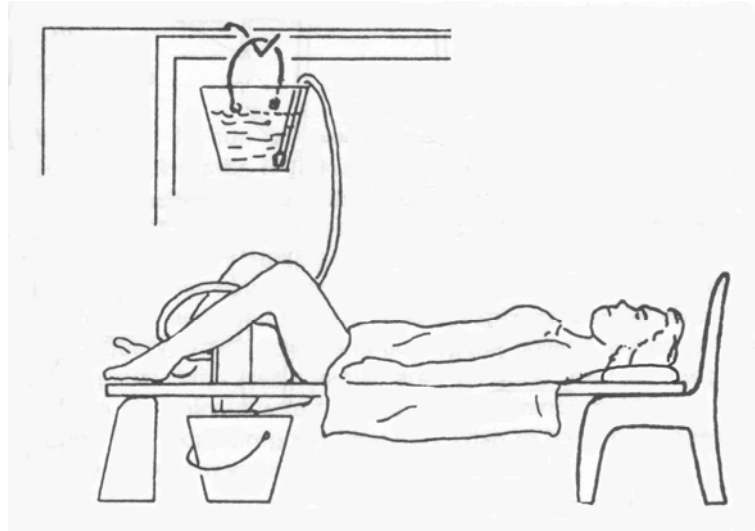
**Additional necessities:**

\* 20 LITRE BUCKET

\*\* KITCHEN COLANDER

\* The 20 LITRE PLASTIC BUCKET may be purchased at a restaurant, bakery or a hardware store.

\*\* Purchase an ordinary KITCHEN COLANDER. Drop it in the toilet bowl before placing the (B) SPLASHGUARD END of the DELUXE BOARD over it. You will find that the fecal matter will go through the holes of the colander, but mucous will not. This is most important so that YOU know what comes out of YOU.



## Colema Treatments.

### Taking the colema

#### Tips

You may like to put on some relaxing music.

Make the room smell nice. Essential oils are good. Lavender/Yliang Yliang

Have a drink within arms reach. Flower essences are excellent.

Gently stroke and massage your abdomen in the case of any discomfort.

- 1 . Take hold of the fluid control clamp and release. This *will* allow filling to begin.
2. Allow your bowel to fill until the urge to release begins or discomfort occurs. Squeeze the control clamp. Allow this first amount of water to release which will clear any air bubbles in the system.
3. Again allow your bowel to fill until pressure is felt. After squeezing the control clamp start to gently massage the bowel area starting on the left side near where the leg joins the body. Keep the fingers straight, go gently but deep. Have one layer of clothing between your fingers and your body. (Stops aggravation of the skin). If the urge to release disappears, then bring in more water. When massage no longer relieves the pressure, then release the water from the bowel . This will allow cleansing to occur.

4. All this can be done without moving from the board or tip. It is Important to expell as much material as possible during this process.
- .5 Repeat from step 3 spending no more than one hour on the board. It is not a question of how much water, but a question of just doing the process.
6. On completion get off the board and take a shower. (Be careful when sitting up to get off the board. Take it slowly as some people faint when getting up to quickly.) You may feel the urge to pass another motion or two within a short time. Take some fruit juice and allow yourself one hour to rest after taking the colema.

Take one colema treatment every day once the long term old waste matter has started to come through. It usually starts around the third day.

## Toxic Matter

The photos on the below represent typical results of the Ultimate Cleanse. Even fit, young, lithe, active vegetarians will have similar clearances from the body, This begins to happen for most people around day three of the program.

After cleansing once a year for three to four years and maintaining an extremely healthy diet, it is still fairly difficult to avoid this kind of build up. Ideally we should all fast and cleanse at least once a year.

You will notice the odd shape of the fecal matter. This is where it has become lodged within the folds of the intestine. Notice the dark colour. This occurs when all bile pigments have been re-absorbed by the body and putrefaction has occurred.



## Breaking the Semi Fast

Returning to our normal diet after doing any type of fast is a process to be done very carefully. Introducing heavy food directly onto an empty stomach or bowel can cause extreme discomfort and pain.

A very safe rule of thumb is;

**First day;** Thick soups, pureed fruit or pumpkin, natural unsweetened yogurt etc.

**Second day;** Cooked vegetables first, then later salads, fruit etc.

**Third day;** Grains, beans, animal protein etc.

In the case of the Ultimate Cleanse one is all ready eating fruit and drinking soup and therefore it is permissible to eat finely cut cooked vegetables later on the first day.

## Follow up diet

Once you have completed this stage of the program you have completely cleansed your body and the real results will begin to show. What you do from this point on will determined how long term the results will be.

It is important over the following week or two to be very careful about what you eat. It is recommended that you reverse the process of going onto the cleanse program one step at one time.

Go through the foods gradually introducing one at a time and enjoy the new taste experience. Your diet may never completely return to the old ways. Allergens should now be easier to identify. Avoid eating these foods, giving the intestinal wall time to heal.

This is the type of diet we recommend although this is very basic and a broad Generalisation.

- Eat only a whole foods and completely avoid refined products. They have no value and only tend to bind and inhibit digestion.
- Move towards more vegetable foods and vegetable protein sources such as beans, lentils, soya, chickpeas, corn, seeds and brown rice.

- Vegetarians are known to live 20% longer and have 20% more stamina than meat eaters **as long as** they adjust their diet to their particular body type and keep the correct Yin/Yang balance in the body.
- Avoid refined starchy carbohydrates, white flour and sugar, too many potatoes, chips, breads etc.
- Eat light fruit and salad foods when moving fast. Eg: at work or on the road.

Save the heavier foods for when you have a good chance to rest.  
Avoid eating under stress or in a rush.

Include lots of herbs and spices in the diet. These are highly medicinal and this is what is missing from many western diet in particular. The power of herbs is huge when it comes to long term health.

This cleansing program is recommended at least once a year to maintain optimal health.

## Recommended Reading

Dr. Sandra Cabot.	The Healthy liver & Bowel Book
Dr. Peter D'Adamo.	The Eat Right Diet.
Dr. Richard Anderson.	Cleanse and Purify thyself.
Dr H.C.A. Vogel.	The Nature Doctor.
Dr James f. Balch.	Prescription for Nutritional Healing
Dr. Jensens	Juicing Therapy
	Tissue Cleansing through bowel management.



## **--- Caution ---**

*If you are pregnant or have a chronic medical condition, do not attempt this program without consulting your physician. If you are elderly, weak, debilitated, obese or badly constipated do not attempt this program without consulting your physician. The following conditions may be temporarily aggravated by this type of cleansing. Epilepsy, Tachycardia, Hemorrhoids, Advanced Asthma or Angina. Please check with your physician If you have any doubts.*

**Please read this booklet thoroughly before beginning the program.**

# The Ultimate Cleanse Herbal Kit Contents

## **100 capsule bottle of Colon-Aid**

*Wormwood, Psyllium, Senna, Fennel, Slippery Elm, Cascara Sagrada.*

Intestinal stimulant for encouraging bowel elimination.

## **100 capsule bottle of Digestaid**

*Licorice, Fennel, dandelion, Ginger, Cayenne, Peppermint.*

Anti-cramp, anti-flatulent digestive aid and soothing agent.

## **60 capsule bottle of Wholefood**

*Barley grass, kelp, beetroot, Spirulina, Alfalfa.*

Vitamin and mineral-rich herbal combination to support and nourish.

## **10 capsule pack of Acidophilus**

Beneficial bacteria for repopulating the intestines

## **1 x 100ml bottle of Flax Seed Oil**

Cold pressed, excellent source of Omega 3 (Alpha-linolenic acid)  
and energy production

## **1 x 200ml bottle of D-tox**

Combination of Herbs traditionally known for their detoxifying effect  
on the liver and the bloodstream

## **1 x 200ml bottle of Iron Herbs**

A traditional herbal tonic packed with iron to help the body perform  
its daily functions.

## **100 capsule bottle of Gentlelax**

Psyllium husk powder, Guar gum, Carob powder

A soothing bulking stool softening soluble fibre.

## **100 capsule bottle of Liverfood**

Barley grass powder, Alfalfa powder, Bilberry fruit powder.

Rich in nutrients, benefits all cells of the body.

Distributed by  
**Colonic Health Systems**  
**91 Central Takaka Road,**  
**Takaka, Golden Bay 7183**  
**New Zealand**

**Tel: +64 3 525-9904**

Email: [colonic@nmb.quik.co.nz](mailto:colonic@nmb.quik.co.nz)

Day planner (Tick Box)	On rising	Breakfast	Lunch
<u>Day one</u>	2 Colon-Aid.	Fruit and yoghurt. fruit juice. 2 Digezaid.	Green salad. 2 Digezaid.
<u>Day two</u>	3 Gentlelax. 2 Colon-Aid. D-tox 10 mls.	Stewed apples. Oranges and Pears . Fruit Juice and Yoghurt. 3 Digezaid.	Pumpkin soup and yoghurt. 3 Digezaid. 3 Gentlelax.
<u>Day three</u>	3 Gentlelax. 3 Colon-Aid. D-tox 10 mls. 4 Digezaid.	Yoghurt 50/50 water. 2 Wholefood. 4 Livafood.	4 Gentlelax. 5 Colon-Aid. 3 Digezaid.. D-tox 10 mls.. Yogurt Drink. Bowl of soup or stewed fruit. ( apples)
<u>Day four</u>	3 Colon-Aid 4 Gentlelax . D-tox 10 mls. 5 Digezaid.	4 Wholefood. 4 Livafood. Juice. Iron Herbs 10mls.	7 Digezaid. Fruit . (apples) 4 Colon-Aid Yogurt Drink or Smoothie. 4 Gentlelax.
<u>Day five</u>	4 Gentlelax. 4 Colon-Aid. D-tox 10 mls. 5 Digezaid.	4 Wholefood. 4 Livafood. Juice. Iron Herbs 10 mls.	4 Digezaid. Fruit . (apples) Yogurt Drink or Smoothie. 7 Colon-Aid 4 Gentlelax..
<u>Day six</u>	4 Colon-Aid 4 Gentlelax. D-tox 10 mls. 5 Digezaid.	4 Wholefood. 4 Livafood. . Juice. Iron Herbs 10 mls.	4 Digezaid. 7 Gentlelax Fruit . (apples) 7 Colon-Aid Yogurt Drink or Smoothie.
<u>Day seven</u>	4 Gentlelax. 4 Colon-Aid D-tox 10 mls. 5 Digezaid.	4 Wholefood. 4 Livafood. Juice. . Iron Herbs 10 mls.	4 Digezaid. 7 Gentlelax Fruit . (apples) 7 Colon-Aid Yogurt Drink or Smoothie.
<u>Day eight</u>	3 Colon-Aid. D-tox 10 mls. 4 Gentlelax. 4 Digezaid .	4 Wholefood. 4 Livafood. Juice. . Iron Herbs 10 mls.	4 Digezaid. 7 Gentlelax Fruit . (apples) 7 Colon-Aid Yogurt Drink or Smoothie.
<u>Day nine</u>	3 Gentlelax . 3 Colon-Aid. D-tox 10 mls. 3 Digezaid .	2 Wholefood. 4 Livafood. Juice. Iron Herbs 10 mls.	4 Gentlelax 5 Colon-Aid. Fruit . (apples). Yogurt Drink or Smoothie.
<u>Day ten</u>	3 Gentlelax . D-tox 10 mls. 1 Colon-Aid 2 Digezaid.	2 Wholefood. 4 Livafood. Juice.	2 Wholefood Fruit .(apples). Iron Herbs 10 mls. 5 Livafood . Smoothie.

Snacks	Dinner	Bedtime
Fruit.	Pumpkins soup. 2 Digezaid.	2 Colon-Aid.
Fruit and juices. 2 Livafood. 1/2 cup yogurt. Soy Milk.	D-tox 10 mls. 2 Digezaid. Pumpkin Soup.	2 Colon-Aid. 2 Gentlelax .
Fruit and vegetable juices. 2 Wholefood. 3 Livafood . Six pieces of fruit during the day. <i>Before Dinner. 2 Gentlelax .</i>	3 Livafood. Iron Herbs 10 mls Soup or fruit and yogurt.	3 Colon-Aid D-tox 10 mls. 3 Digezaid. 2 Gentlelax
Fruit and vegetable juices. Two pieces of fruit during the day. 6 Livafood. <i>Before Dinner</i> Flax or olive oil two desserts spoons. Iron Herbs 10 mls.	2 Wholefood. Iron Herbs 10 mls Fruit. Soup and Yogurt. 3 Livafood.	3 Digezaid. 3 Gentlelax . D-tox 10 mls. 3 Colon-Aid.
Fruit and vegetable juices. Two pieces of fruit during the day 7 Livafood. <i>Before Dinner</i> . Flax or olive oil two desserts spoons. Iron Herbs 10 mls.	2 Wholefood. Iron Herbs 10 mls Fruit. Soup and Yogurt. 3 Livafood.	4 Digezaid. 4 Gentlelax . D-tox 10 mls. 4 Colon-Aid.
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Fruit and vegetable juices. Two pieces of fruit during the day. 2 Colon-Aid <i>Before Dinner</i> 3 Gentlelax . Flax or olive oil two desserts spoons	2 Wholefood. Fruit. Soup and Yogurt. 3 Livafood .	Start Primadophilus this evening. 2 capsules (Then 1 caps twice daily until finished).