



BLESSED HERBS
the Colon Cleansing Kit™

AN HERBAL DIETARY SUPPLEMENT

USERS GUIDE



BLESSED HERBS

Welcome to the **Colon Cleansing Kit™**

THIS IS YOUR KIT



Digestive Stimulator



The Shaker



1 Box of Toxin Absorber



Users Guide



Dosage Calendar

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 a page for each day of your cleansing with complete dosage instructions.

Enjoy your cleanse!

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, colema 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 colema before bed that very same day and **also** increase “your number” of **Digestive Stimulator** capsules that evening at dinner time (see p19–20 for more details). It is perfectly alright to do this every evening, if you need to, while cleansing. If you do an enema or colema you

should only use purified, filtered water for your base liquid. Add an herbal tea, fresh brewed coffee or wheatgrass juice to the water, but nothing else.

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 colema uses five gallons of liquid, which really cleans you out.

*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 13.

TWO

Increase “your number” of **Digestive Stimulator** caps, before dinner, if you do not have a bowel movement all day.*

For more on **Digestive Stimulator** see pages 19–20.

THREE

Take an enema or colema, before bed, on any day that you do not have a bowel movement.

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A brief **Introduction**

REVITALIZING YOUR INTESTINAL SYSTEM

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 liquid fast. It is the recommended method of cleansing and 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 the only method we guarantee will eliminate intestinal buildup like that shown on page 16.

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 12. Again, for the most effective cleanse stay as close to a liquid 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 16.

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 12.

CAUTION

Do **NOT** use, if you:

- **Are pregnant, trying to get pregnant or nursing. If you become pregnant, stop the cleanse immediately.**
- Have an active, acute infection.
- Are undergoing/recovering from a medical procedure, surgery or therapy.
- Have extreme weakness or extreme deficiencies.
- Have a bowel obstruction, abdominal pain, or diarrhea.

For a list of other health problems that may also be effected by this Kit, see page 37.

For a list of medications that may be effected with the simultaneous intake of these herbal formulas, see page 36.

The herb(s) in each formula responsible for possible effects are found on the formula page(s) 39–41.



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QUICK START

QuickStart

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

BEFORE YOU START

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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 health care professional.

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

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Three **Ways to do the Colon Cleanse**

before
you
start

The following chart will help you choose between the recommended five day fast and the alternative of eating while doing this cleanse.

	Depth of Cleanse	Who should do this?	Overview of each type
BEST <ul style="list-style-type: none">▶ 9 day program▶ requires a 5 day liquids only fast	Maximum level of colon cleansing and mucoid plaque removal.	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.	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 breaking the fast.
BETTER <ul style="list-style-type: none">▶ 8 day program▶ modified diet changes▶ no liquids only fasting	Moderate level of colon cleansing and mucoid plaque removal.	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 3 meals per day you will still benefit). No liquids only fasting required.	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.
GOOD <ul style="list-style-type: none">▶ 30 day program▶ diet changes optional▶ no liquids only fasting	Mild level of colon cleansing and mucoid plaque removal.	For those looking to increase the regularity of their bowel movements and receive some general toning of the digestive system with minimal mucoid plaque removal. No liquids only fasting required.	During this method you will first find "your number" of Digestive Stimulator , (see page 19) and take that number before dinner. You will also take one packet of Toxin Absorber , before bed, for 30 consecutive days.

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)		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 page 33–34 of Q&A for a list of **recommended books** on each diet type

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.

Remember, it is recommended that you do a liquids only fast for the five days of intensive colon cleansing. Only use this chart as a second option if you feel liquids only fasting is too harsh for your body or if you are unable to do a liquids only fast for other health reasons.

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

Salt: constricts and holds in toxins

Meat: takes the most energy to digest and slows cleansing



before
you
start

Some words on **Water**



6=8

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

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.

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.

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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.

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 5-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-eighth 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 **Mucoid Plaque**

WHAT IT LOOKS LIKE



YEP, IT'S GROSS!

These pictures are actual pieces of mucoid 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.

step 1

About your **Pre-Cleanse**

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 page 19–20)

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 **Dosage Calendar**, page 05-07)

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 page 32)

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 12) Try eating more vegetables, brown rice, beans, peas, lentils or tofu. Avoid sugar, coffee, 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 12.

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**.

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 12.

Your **Dosage Calendar** will give you day by day directions of what to take, when, and how much.

Finding your number of **Digestive Stimulator**

step
1



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	fairly healthy colon	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 you body and trust your intuition.

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, before bed, 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.

step 1

Taking your **Toxin Absorber** packets

When mixed with liquid, **Toxin Absorber** swells and has extremely high absorptive powers. It helps to draw toxins and mucoid plaque to itself and out of your intestinal system. Take one packet every night with apple juice and water during your pre-cleanse.



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 lukewarm water. You may use other fruit juices 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 at least half a jar or even a whole jar of pure, distilled, or filtered water.

Using your **Dosage Calendar**

STEP 2		Upon Rising	DAY 2 of 5 BEST & BETTER
BEST OPTION		Enter time below.	BETTER OPTION
Toxin Absorber 1st packet	↓	example 7:00 AM add 3 hrs	Toxin Absorber 1st packet
Toxin Absorber 2nd packet	↓	example 10:00 AM add 3 hrs	Toxin Absorber 2nd packet
Toxin Absorber 3rd packet	↓	example 1:00 PM add 3 hrs	Toxin Absorber 3rd packet
Toxin Absorber 4th packet	↓	example 4:00 PM add 3 hrs	Toxin Absorber 4th packet
Toxin Absorber 5th packet	↓	example 7:00 PM	Toxin Absorber 5th packet
Digestive Stimulator your number		Before Bed	Digestive Stimulator your number
colon facts	The colon is the sewage system of the body. — Norman Walker		DON'T FORGET!
			6–8 glasses of water today

A QUICK OVERVIEW

In the **Dosage Calendar** you will find complete day-by-day dosages for the entire program.

Each day is broken down into its own page with 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.

step 2

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.32) or apple juice (no citrus) 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. However, all dietary changes are optional as seen on the chart on page 12.

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 12.

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.

GOOD OPTION

Each evening before bed you will take one packet of **Toxin Absorber** for approximately twenty-seven days.

Each evening you will take **Digestive Stimulator** before dinner.

There is a page in your **Dosage Calendar** that will allow you to keep track of how many days you have been cleansing. (p. 14)



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 liquid only fast during Step Two.

WHAT YOU SHOULD EAT FIRST

After you have finished the **Colon Cleansing Kit** 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 vinegar 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.

Take your number of **Digestive Stimulator** before dinner and **Toxin Absorber** 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 provider who will be most familiar with your individual situation.

If your 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?

If you have not cleansed before, we recommend doing the **Internal Cleansing Kit** first. This will be more gentle on your body for a first time cleanse. You may follow it immediately with the **Colon Cleansing Kit** or wait awhile before doing so. If you have cleansed before, we recommend doing the **Colon Cleansing Kit** first. You may follow it immediately, within 2 days of resuming eating solid foods, with the **Internal Cleansing Kit** or wait awhile before doing so.

I have never fasted before, which Kit should I do first?

If you have never fasted

before, we recommend you try the **Internal Cleansing Kit** first. That way, you can eat regular, healthy, meals each day of the program and temper any cleansing reactions. However, you may still try the **Colon Cleansing Kit** first, if you intuitively feel that is right for you. You may alleviate any uncomfortable reactions by taking more enemas, colemas or colonics as needed.

Can I take the Internal Cleansing Kit right after taking the Colon Cleansing Kit?

Yes, you may take the **Internal Cleansing Kit** right after you finish taking the

Colon Cleansing Kit.

Just remember to resume regular, healthy eating for at least a day or two before you begin the **Internal Cleansing Kit**. Please note that if you have never cleansed or fasted before, it would be better for you to take the **Internal Cleansing Kit** first.

Can I take the Colon Cleansing Kit right after the Internal Cleansing Kit?

Yes, it is perfectly fine to take the **Colon Cleansing Kit** after you finish taking the **Internal Cleansing Kit**. We recommend taking the **Internal Cleansing Kit** first; especially, if you have never cleansed or fasted.

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 5 day fast of 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 It is always preceded the day
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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 a person with this challenge has released for the first time, they should not experience any more difficulties throughout the program.

What if that doesn't work?

You may change the way you take **Digestive Stimulator**. Continue to

take **Toxin Absorber** at three hour intervals. However, split up your dosages of **Digestive Stimulator** three times in the course of the day, one hour before the **Toxin Absorber** (ex 9am, 3pm, 6pm as seen in **Dosage Calendar**).

What if I still can't go?

It is a must to move your bowels! If you have gone a whole day without a bowel movement, take an enema.

During a cleanse it is essential to have consistent bowel movements. An enema is a simple and healthy way to assure a bowel movement.

Use only distilled water or herb tea to take your enema. Consult your healthcare provider or call Blessed Herbs immediately 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.

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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.

Why do I have to take more Digestive Stimulator capsules when colon cleansing?

When you are colon cleansing, you are not taking in solid foods and this makes the wave like, propulsive actions of the intestines slow down. With more **Digestive Stimulator** capsules, you are able to keep the **Toxin Absorber** moving on through and assure three or more bowel movements a day.

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 health care professional or directly from Blessed Herbs.

When will I start to see mucoïd plaque?

The majority of users generally report seeing mucoïd plaque on the second to third day. This is because the intestines take time to empty of solid food and begin the cleansing process. In fact one can choose to do this cleanse twice in a

row for a total of 10 days. Many people who have done this have found the most mucoïd 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, *(continued on next page)*

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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 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.

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.

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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.

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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 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 note that a diet of raw, organic fruit juices has the strongest cleansing effect on the body. You would be advised, however, to

not jump to the top level of “juices only” unless you are already a raw foodist. However, it would be beneficial to add freshly made, organic fruit and vegetable juices to your present diet.

The important point to keep in mind is that while diet changes do effect 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 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

Chop all ingredients into small chunks, add to 2 quarts of boiling water and simmer covered for 40 minutes. Optional: add 3 tablespoons of Miso and stir in. Strain and drink broth only, if liquids only fasting.

What is a liquids only diet?

A liquids only diet is not taking any solid foods or solid foods that have just been liquefied, pureed, or blended. The liquids should be as nearly clear of any solid particles as possible. Ask yourself, can I see through the liquid? If you can, you can use it on this liquids only diet. Liquids allowable are: water, herbal tea (strained), organic juices, but not citrus, and strained, clear, organic vegetable broth (recipe is in the Users Guide). It is best to drink only water, clear apple juice, tea, and clear vegetable broth. Other organic juices are permissible, if this is the

only way you can maintain your strength to work.

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 32) 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?

Vegetarian

The New Moosewood Cookbook

— Mollie Katzen

Macrobiotic

The Self-Healing Cookbook

— Kristina Turner

Vegan

Everyday Vegan

— Jeani-Rose Atchison

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Raw Foodist

Hooked on Raw

— Rhio

Raw Juices

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. If you do, you will have to start from the beginning.

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 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 got really bloated doing the Colon Cleansing Kit. Is this normal and is there anything I can do about it?

Some people do experience quite a bit of bloating 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 of body temperature, purified water. You could also use strained peppermint tea (body temperature). Take as many enemas in a row that you need to completely empty your bowel or until the uncomfortable bloat is released. If you are familiar with using a colema board, this is an even more successful way to go. There is no need to suffer with bloat, if that happens; it is completely correctable with using enemas, colemas, or colonics.

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You will have relief within 20–30 minutes. Please do not suffer with this. You can take the enema and feel good again. It is that simple. Be sure to never use any other liquid than purified water or peppermint tea made with purified water. You do not want to introduce any new chemicals to your body at that time. Also be sure you are drinking at least 6–8 glasses of water every day besides the water you drink when actually taking the **Toxin Absorber**.

If you have bloat, even though you are taking “your number” of **Digestive Stimulator** capsules before

bed, you may change to taking your capsules five times a day, one hour before taking **Toxin Absorber**. If “your number” is 1–5 capsules, switch to taking one capsule five times per day. If “your number” is 6–10 capsules, switch to taking two capsules five times per day. If “your number” is 11+ capsules, switch to taking three capsules five times per day.

Of these three ways to deal with bloat, drinking enough water is of prime importance, to prevent constipation with accompanying bloat. Enemas or colomas are the fastest way to relieve bloat. Taking

your **Digestive Stimulator** capsules five times a day instead of just before bed assures no slowing down in your daily bowel movements. All three of these actions taken together are the best way to prevent and/or relieve bloat.

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.

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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.

I am having health problems, will the Internal Cleansing Kit and the Colon Cleansing Kit take care of them for me?

This is a question that only your healthcare provider

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 provider, call us and we can refer you to one.

I am on medication, can I fast and do the Colon Cleansing Kit?

No, if you intend to fast on liquids while doing the **Colon Cleansing Kit**, you need to get an OK from your Doctor first; especially if you are on life saving medicines.

I am taking various supplements or medications now, should I stop them?

It is important to consult with your healthcare provider before beginning this program. While it is more beneficial to do the program without added supplements, it is not always wise to discontinue.

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 directed. Check the list

below to see which drugs may be effected by this program.

If you are taking dietary supplements or other herbal formulas, as long as they are not needed for critical life support, discontinue while cleansing. If you are on any of the following medications, but not limited to, please consult your healthcare provider before using:

- anti coagulant drugs
- anti platelet drugs
- heart medications

Note: It is possible to use the Kit with some of these medications, but your healthcare provider may need to adjust the dosage of your medication(s).

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Consult the individual formulas (pages 39–41) to learn what herb may effect what medication.

Discontinue if 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 provider before using:

- blocked gallbladder/gallstone conditions
- diabetes
- heart disease
- high blood pressure

- hypokalemia
- kidney disease
- liver disease
- peptic ulcers

Note: It is possible to use the Kit with some of these conditions, but your healthcare provider may need to monitor you closely.

Consult the individual formulas (pages 39–41) to learn what herb may effect what condition.

Discontinue if adverse effects occur.

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 provider if you elect to choose this more intensive path of cleansing.

Is there anything I should do after I am done with the cleanse?

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 provider determines as necessary.

For a good daily maintenance, 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.

Toxin Absorber

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

an absorbing fiber that scrubs intestinal walls, moves toxins and materials through the colon*

Apple pectin

binds fatty acids, tri-glycerides and blocks their absorption from the gut*

Ginger root[†]

helps alleviate digestive discomfort and bloating from Psyllium*

or

Peppermint leaf[†]

helps alleviate digestive discomfort and bloating from Psyllium*

Bentonite clay

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

***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.**

NOTICE & CAUTION

NOTICE: This supplement should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing, after taking this product, seek immediate medical attention.

CAUTION: Taking this product without enough liquid may lead to constipation. Do not take in the presence of bowel obstruction. **If pregnant or nursing, take Toxin Absorber only once a day before bed and at least three hours after a meal to assure no interference with the absorption of nutritional intake.** Take all other drugs or supplements one hour before taking Toxin Absorber to assure their proper absorption. Because of the Ginger root, consult your healthcare provider before using, if you have gallstones, peptic ulcers, or take anticoagulant or antiplatelet drugs. Some people are sensitive to the dust of the Toxin Absorber powder; if so, keep at arm's length when mixing or have another person mix the powder and organic apple juice for you. Peppermint leaf may effect gallstone conditions. Consult your healthcare provider before using.

[†]Certified Organically Grown. Contains 10% Organic Ingredients.

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
supports normal bowel function, stomach & liver tonic, blood cleanser*

Cascara Sagrada bark
supports normal bowel function, 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, liver detox*

Chinese Rhubarb root[†]
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, help release and absorb toxins*

Fringe Tree root bark
tonic action on spleen and pancreas, liver stimulant*

Meadowsweet aerial parts
calms overactive digestive system*

Plantain aerial parts[†]
a soothing herb for the intestines, breaks 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[†]
a soothing herb that promotes healthy bowel function*

Licorice root[†]
harmonizes formula

NOTICE & CAUTION

NOTICE: This product contains Cape Aloe, Aloe Vera, Cascara Sagrada, and Chinese Rhubarb. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cape Aloe, Aloe Vera, Cascara Sagrada and Chinese Rhubarb may worsen these conditions and be harmful to your health.** Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or if you have a medical condition.

CAUTION: Do not use if you are pregnant or nursing. Do not exceed recommended dosage. Not for long term use. Because of the Ginger root, consult your healthcare provider before using, if you have gallstones, peptic ulcers, or take anticoagulant or antiplatelet drugs. The Licorice root has a glycyrrhizin content of less than 1 milligram per capsule. Taking amounts of 100 milligrams/day or less have been found free of adverse effects. As a precaution, those with diabetes, high blood pressure, hypokalemia, heart, kidney, or liver disease, or taking heart medications, should ask their healthcare provider if this low level of glycyrrhizin in the Licorice root is safe for them to take.

*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.

[†] Certified Organically Grown. Contains 40% Organic Ingredients.

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Enjoy Life

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.

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