

# HERBAL COLON CLEANSE



## YOUR COLON CLEANSE GUIDE

NATURAL COLON CLEANSE  
PSYLLIUM AND BENTONITE CLAY BLEND

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\* Please note that there are graphic images on page that you may find offensive.

## Tools For The Job

### The cleanses

1. Container with a screw top. A jam jar will do, as long as it has a secure lid. You will be mixing the Absorb Powder in the jar with raw organic apple juice, or filtered water.

2. You will need approx. 3 litres of organic apple juice (or natural unsweetened apple juice). You can mix with 1/4 filtered water if desired, or simply use filtered water.

3. Make sure you have plenty of fresh filtered water. You will be drinking extra water after each dose.

### Why Apple Juice?

Apple juice liquifies the Absorb Powder for longer than other juices making it easy to take. If you prefer not to use apple juice, organic pure coconut water is an option or another unsweetened juice, but avoid citrus.

The Absorb Powder contains psyllium husk Please be careful when opening the bag if you are sensitive to dust or have allergies. People with asthma should consult their doctor or health practitioner before doing a colon cleanse that contains psyllium. **If you suffer with dust allergies:** When you open your cleanse leave the bag of cleanse powder inside the tub. The top has been heat sealed, simple cut the top above the seal and gentle open. Reseal when finished with.



# ORGANIC HERBAL COLON CLEANSE

## YOUR DETOX GUIDE



❧ NATURAL COLON CLEANSE ❧

Made with the finest organic herbs & spices

[www.organicherbalcoloncleanse.com](http://www.organicherbalcoloncleanse.com)

# Colon Cleanse Detox - Fasting or Non Fasting



## Part One

### Finding The Right Balance

#### Colon Stimulators Day 1 - 5

##### Quick Over View

**Day 1.** Start with 1-2 capsules before your evening meal, increasing or decreasing capsule until you find the correct balance, this can take a day or two. The following day look for wetter, soft stools, two-three times a day, **not diarrhea**. Stools should be easy to pass and more watery. The first four days should establish the right stool consistency.

Everyone is different, some people have a strong reaction with one capsule, others may need 5 (five). Between one and three capsules are usually sufficient. Take capsules for a **minimum of 4 to 5 days before you** start the Absorb Powder,

**Continue** the capsules before your evening meal throughout the program. If you find you are taking more than 3 capsules you can divide them up over the day. If you are unable to have a bowel movement the next day take an extra capsule an hour before bedtime. See handy chart on page 13. The handy chart is only a guide, you know your own body. Find the correct balance of capsules before you start the absorb powder.

## INTRODUCTION PART ONE

Throughout this cleanse you will be taking herbal D-Tox capsules to stimulate your digestive system and soften any built-up material and encourage daily bowel movements. During this cleanse you will expel mucoid plaque, soft mucus and built up toxins from the pockets and linings of your intestinal walls. The first three day are spent balancing the amount of digestive stimulating capsules right for your system increasing or decreasing as necessary for the first 3 days.

## INTRODUCTION PART TWO

The second part of the cleanse mucoid plaque, mucus and compressed waste matter will be expelled from the pockets of your colon.

Mucoid plaque is hard and as it is lifted off the wall of your colon it rolls into tubes and is almost transparent.

Your colon absorb nutrients, vitamins and water, all the goodness from the food you eat. Absorption will not be optimal if your colon is layered with unhealthy mucus.

During this cleanse you will experience more frequent bowel movements than

you would normally have. If you do not have a bowel movement during the first day take 3 capsules in the evening or have an enema or colonic irrigation which will clear the bowel and kick start your colon into action.

## WATER

To ensure a successful cleanse **it is important** that you drink plenty of water. The second part of this cleanse contains a specific amounts of herbs, that when mixed with the apple juice expands inside your intestinal passage and colon, peeling off the layers of built up matter from the lining of your intestinal wall.

Keeping your body hydrated is imperative. Drink the stated amount of water with every dose. The results of reduced water intake during this cleanse can be uncomfortable symptoms, like bloating, constipation, gas and headaches.

Most people find whilst doing this colon cleanse their appetite decreases. If you find that you are not hungry that's quite normal.



Finding the balance  
of capsules

Part 1 Suggested D-Tox Capsules		
Bowel movement 1-3 times a day	1 Capsule	Note bowl movements tomorrow soft and easy
Bowel movement Once everyday	2 Capsules	Note bowl movements tomorrow soft and easy
Bowel movement every two days	3 Capsules	Note bowl movements tomorrow soft and easy
Bowel movement only once every 4 days	4 Capsules	Note bowl movements tomorrow soft and easy
Bowel movement only once every 5-7 days	5 Capsules	Note bowl movements tomorrow soft and easy

You may find that you increase and decrease over the first few day. You know your own body system. Be aware of your bowel movements and when you are happy with the balance of capsules stay on this amount throughout your cleanse. If you need to order more capsules do so before you run out.



Proper colon cleansing is achieved in a remarkably similar method to cleaning a dish covered with baked on food, you soak and scrub! We don't have an intestinal shaped brush so you are going to use a method that is very old but highly effective.

Part One - Day 1-4

Start your cleanse by taking the suggested amount of capsules (See left) before your evening meal or before bed, whichever you prefer. On average people balance their bowel movements by taking 1-3 capsules. It is best to start on a lower dose and work up to the right amount.

WHAT AM I LOOKING FOR?

You are aiming to create soft stool, not diarrhea. Stools will be easy to pass and wetter than normal. You will be having at least 3 bowel movement everyday. If you find that you have diarrhea cut back on the capsules by one and see how you are the following day.

Repeat above until you have found the right balance. Once this is established you are ready to continue with your cleanse. This normally takes 4 days. If it takes longer that is fine.

Increasing the Absorb Powder

Part 2 - Day 4 (to end of cleanse)

For the duration of this cleanse you will be taking the Absorb Powder either 3 times over the day. breakfast, lunchtime, tea-time. (see handy chart page 13)

Pour approx. 350ml of apple juice (unsweetened) into your screw topped jar, add 1 level scoop of Absorb Powder. Secure the lid then shake for 10 seconds, drink straight away followed by the minimum of 350ml (large glass) of filtered water. You can mix the apple juice with 1/4 filtered water if preferred. Use filtered water if you don't ant to use juice.

It is important to have the Absorb Powder going through your system continuously for the desired result. If you decide to fast for the duration of this cleanse, the Absorb Powder will help you to bade off the feelings of being hungry. Should you missed a dose take it when you remember then continue with the next dose as normal. However, it is very important that you take every dose on time throughout the cleanse.

# Colon Cleanse Part One



## D-TOX CAPSULES

The organic herbs used in this cleanse have been specifically chosen for cleansing, restoring and stimulating your whole digestive system. Helping to expel stored toxins and built up layers of mucus.

## THE ORGANIC HERBS

### Cascara Bark (*Rhamnus purshiana*)

Used in Native Americans traditional medicine. Cascara is a natural known laxative, which actively promotes peristalsis of the intestines.

### Ginger Root (*Zingiber officinale*)

The root contains essential oils such as gingerol, which aids intestinal movability, antibacterial properties and stimulating effect on the digestive and circulatory systems. Ginger is also known for helping gastrointestinal gas and stomach cramps.



**Triphala** Is a Sanskrit word which means 'three fruits'. This amazing herbs has many health benefits, one being a natural internal cleanser. The combined fruits that make up Triphala are:

**Amalaki** (*Emblica officinalis*) is an effective antioxidant which helps remove harmful toxins from the body.

**Bhibitaki** (*Terminalia chebula*) serves as an internal cleanser, removing harmful toxins, and excess fats from the body.

**Haritaki** (*Terminalia bellirica*). Aids the healing process of piles, anemia, gastrointestinal infections, gall stones and diarrhea.

### Flax Seed (*Linum usitatissimum*)

Flaxseeds are a wonderful source of fibre, excellent for promoting healthy intestinal bacteria. Flax seed has been shown to lower cholesterol.

**Cayenne Pepper** (*Capsicum annum*) Cayenne is beneficial for the stomach and the intestinal tract. It stimulates the peristaltic motion of the intestines and aids elimination.

### Dandelion Root (*Taraxacum officinale*)

The root serves as a blood purifier that aids the kidneys and liver to remove toxins and poisons from the blood. The root is a cholagogue, promoting the discharge of bile from the system.



### Aloe vera (*Aloe barbadensis*)

Helps to kill parasites, harmful bacteria and fungi in the intestinal tract. Known to relieve bowel tension and helps to increase blood flow, aids the removal of toxins and dead tissue. Aloe may help balance the acid alkaline in the body.

### Senna Pod *Senna alexandrina*

Senna is recognised as a cleansing herb that has been around for centuries and is used extensively throughout northern Africa and central Asia. Senna is well known for relieving constipation. Taken long term senna can have the opposite effect on the digestive system and cause a lazy bowel or constipation. (see side effects of herbs).

### Garlic *Allium sativum*

Garlic is a natural antiseptic that helps create an environment hostile to intestinal parasites. Garlic is also effective at eliminating Candida and enhancing the metabolic system. Garlic is good for flatulence.





# Colon Cleanse Part Two

## Part Two Absorb Powder



**Fennel** (*Foeniculum vulgare*)

### **Fennel Seeds** (*Foeniculum vulgare*)

Fennel helps to expel mucus. Fennel improves and strengthens digestion and helps reduce inflammation in the colon. Fennel has a diuretic effect. Fennel helps relax the muscle lining of the digestive system. Fennel seeds contains the amino acid Histadine, which aids digestion. Fennel is known to reduces gastrointestinal tract spasms and expel flatulence.

### **Bentonite Clay** (*Hydrous silicate of alumina*)

Attracts and draws toxins, absorbs pesticides, bacteria, pathogens, environmental or dietary toxins and parasites that can be found within your gastrointestinal tract, allowing them to be expelled out of your system. Bentonite clay has a cleansing affect on the colon and promotes healthy bacterial intestinal balance.

### **Fenugreek Seed** (*Trigonella foenum-graecum*)

Fenugreek helps sooth gastrointestinal inflammation by coating the lining of the stomach and intestinal tract. Fenugreek adds bulk to the stool. So, it is helpful to treat constipation and diarrhoea

### **Apple Pectin** (*Malus pumila*)

Apple pectin is a water soluble fibre and helps maintain good digestive health. It is known for many health benefits such as aiding the elimination of heavy metals from the body and cleansing the intestinal tract.

Apple pectin acts as an all round intestinal regulator. It is know to lower cholesterol levels by binding with cholesterol and fat before they are absorbed expelling them from the intestinal tract. Also apple pectin helps maintain a healthy colonic mucosa.



### **Psyllium Husk** (*Plantago psyllium*)

When mixed with water psyllium husk powder expands. It is an absorbing fibre so the ideal ingredient for a colon cleanse. Psyllium husk benefits digestion by keeping the colon contents moist. As it moves through the digestive system and colon it acts as a scourer removing built up mucus and toxins.

Psyllium also slows the absorption rate of carbohydrates and speeds up the rate at which food passes through the intestinal system.

### **Slippery Elm** (*Ulmus Fulva*)

Slipper elm powder coats the tissues of the intestines, colon and urinary tract. It's soothing and softening qualities calm the intestinal tract and gently draws out toxins and poison.

# Spring Cleaning Your Digestive System



## Letting Go

When you decide to do a colon detox you are sending your self a powerful message of symbolic love. The whole mental and emotional process of detoxing will focus your attention towards your physical body, where you can create a sense of peace and inner well being. Colon cleanings provide a wonderful opportunity to nurture your whole body-mind system.

The symbolic experience of colon cleansing is literally the act of letting go, letting go of the build up of accumulated emotional luggage you have been storing for years and embracing the new feelings that come with detoxification.

Most people are not aware that memories from past emotions can become trapped in the body. Memories of past emotional events get trapped in the layers of your colon and sealed over with mucus. Experiencing emotional up's and down's is a normal part of the detoxification process as these layers are gently removed.



## Self nurturing

If you can embrace this releasing and take the time to reflect and self nurture, you will soon start to feel the benefits.

Self nurture by finding time to relax and doing a few things that you ordinarily don't find the time to do. Read a book, listen to your favourite soothing music, or indulge yourself by having an extra long warm bath. It maybe that you are drawn to keep a diary of your experiences.

Affirm you are releasing the old and embracing the new. Pay attention to what your body is telling you throughout the cleansing process.

If you decide to fast during this cleanse give your body time to adjust by gradually returning to food. Start with liquids like vegetable soup and slowly add more solid foods.

Your body-mind needs a gentle transition to adjust and by allowing a few days to slowly return to your normal eating routine will benefit your system, and allow your energy to increase at natural rate.



## Nice Ideas For Self Nurturing

1. Daily exfoliate your skin while you shower or taking a bath. This will help to shed dead cells and raise your energy levels.
2. Have a massage
3. Read a book
4. Relax outside in nature.
5. Do some gardening.
6. Take time for you.
7. Mediate for 10 minutes.
8. Listen to a relaxation CD
9. Let go of outcomes.
10. Watch your favourite film.

# What Are The Results?



This is hard and soft mucus expelled during the first three days of this quick bowel cleanse. Notice the hard casein top left.



DAY 4-5

Softened Casein and built up matter expelled on day 4.

## WHAT TO EXPECT!

Everyone is different. The results of this cleanse and what you may experience will be determined by various factors.

1. How toxic your colon is.
2. What your diet has been over the years.
3. Whether you eat lots of dairy products.
4. If you eat meat.
5. If you choose to fast.

The photos that you see here were the result of testing this colon cleanse myself, non-fasting with dietary changes. I have been a vegetarian for the last 12 years. I eat and drink dairy produces and I considered myself healthy. I have never eaten junk food and I consume little processed food. I think the results show that as healthy as I think I am, there is always room for improvement!

The most important thing that I have learnt by creating herbal colon cleanses over the last 18 years is this.

Do not be put off with any side effects. For the first 3 days on this cleanse I experienced a headache for one day. It did not stop me from working and I drank as much as 3 lt. water over each day. Nothing happened for the first 3 days as I needed to balance the capsules. I started with one and then went onto two. I normally have regular bowel movement 1-2 times a day.

Everyone is unique. This cleanse will do the job, you just have to stick to the direction. Please send in your photographs, we would love you to show others what this cleanse is about!

Photo below shows what was expelled during the second part of the cleanse.



DAY 6-8



# Colon Cleansing - Healing Crisis



## Healing Crisis

### Part of the Healing Process

A healing crisis occurs when you experience symptoms from toxins that are released during your body's detoxification process. Everyone holds small residues of viruses and bacteria from past illnesses in our fat deposits. All the toxins ingested from the environment over your lifetime leave their memory in every cell of your body. If you have over indulgence in alcohol, processed foods and meats that contains antibiotics, growth hormones and colour these will be stored in the fat of your body.

**During** a cleansing detoxification process, you may experience side effects that are unpleasant. It may feel like you are coming down with a cold or flu. In extreme cases of toxicity, you may feel quite ill. However, rest assured that it is your body expelling built up

toxins and symptoms soon pass. During your colon cleanse, should you feel sick, chances are it is from toxins, bacteria and viruses that are being released into your body. If this happens please do not stop your cleanse.

**Your** kidneys will filter toxins out through your urinary system and you may feel nauseated. Completely normal symptoms are feeling hangover, headache, upset stomach, and feeling sick or fatigued. Your liver and gall bladder are releasing fatty deposits which travel into your colon. Some of these deposits may get reabsorbed on the way through your colon and end up back in your body that have been stored in your liver over the years. This may cause allergy or flu like symptoms, or cause acne, or even aches and pains as your body tries to eliminate these toxins. Drinking plenty of water helps your body flush out these toxins through your kidneys and colon.

**The** misconceptions people come up against when detoxing is the belief that they have caught some hideous infection or the herbs are having an adverse reaction. However, with a healing crisis, these symptoms are a sign that your body is purging itself of toxins or substances that created the original disease or illness. The best way to deal with symptoms is to drink plenty of water and continue with the detoxification process.

## The Importance of being hydrated

We cannot stress the importance of drinking water throughout your cleanse. The minimum quantity is 8 glasses a day during part one of this cleanse.



# Healthy Eating While Colon Cleansing



What you choose to eat during this detox is just that, your choice. However, it will be most beneficial to your overall health and wellbeing, and the successful outcome of this cleanse if you stop eating and drinking certain foods and drinks. By replacing tea and coffee with herbal tea and filtered water you will be giving your body a break from caffeine and supporting your own body system through the cleansing process.

There really is no point in embarking on colon cleansing to clear years of built up mucus and toxins if you are putting them straight back. We suggest that during this cleanse you replace milk with soya milk, almond milk or rice milk. A good source of protein can be found in oats, brown rice, millet and quinoa, which can replace wheat. Plant sources, organic eggs, tofu and oily fish for protein, and lots of salads to. If you can buy from organic sources even better.

Cut out processed, ready-made or packet foods. Cook fresh foods free from table salt, sugar and artificial sweeteners. Use a little organic honey to sweeten if needed. You really will feel better for it!

You may find that your appetite reduces. Eat little and often rather than large meals. Cutting your portions down will help your digestive system adjust to the detox.

If you can manage some exercise, we suggest a 20 minute walk after dinner. Set your watch, walk briskly for 10 minutes and then walk briskly back. It is not advisable to do highly strenuous exercise whilst detoxing. Be gentle with yourself, your body is your vehicle through life. This may be the first time you have serviced it and changed the oil!



Your first colon detox is unlikely to clear years of accumulated mucus, mucoid plaque and toxins. When you embark on the right colon cleanse, made up of the right organic herbs and spices you are starting a process that will inevitably be of benefit to your overall future colon and digestive health. If you can embrace the new feelings and continue on the path of healthy eating and drinking you will certainly put yourself in a great position for future cleansing.

Colon cleansing is just one step towards better health. The benefits are multitude. Colon cleansing can help skin to look clearer and have a healthy glow. Your energy will increase from the fact that vital nutrients that were once blocked by layers of mucus are now being absorbed into your body. Your whole digestive system is likely to function more efficiently. If you continue to eat more fibre your bowels will move regularly and your liver and kidneys will celebrate!

# Side Effects & Drug Reactions To Herbs

Possible known side effects and drug reaction associated with the ingredients of this colon cleanse. We have listed this for your information, however, the amount of herbs that are in our cleanses are unlikely to effect you. Consult your health practitioner before taking any herbs if you are on medication, or unsure.

## POSSIBLE SIDE EFFECTS OF HERBS

### **Ginger Root** (*Zingiber officinale*)

Ginger is a safe herb, and serious side effects very rare. Taken in large doses ginger may cause mild heartburn, diarrhea and irritation of the mouth. Some of the mild gastrointestinal side effects, such as belching, heartburn, or stomach upset. Best way to take ginger is in capsules.

People with gallstones should consult a doctor before taking ginger. Make sure to tell your doctor if you are taking ginger and will be undergoing surgery or placed under anesthesia for any reason.

### **Cascara Bark** (*Rhamnus purshiana*)

Side effect are rare, but cascara bark may cause urine discolouration. Swelling in fingertips and liver problems such as liver toxicity have also been detected as side effects of cascara sagrada **after long term use**. People that suffer from ulcerative colitis, anemia and Crohn's disease, are more prone to side effects. People who can't digest cascara may suffer from bloody diarrhea and general weakness.

### **Triphala**

An Ayurvedic Indian herbal mixture of three fruits best known for relieving constipation and

poor bowel movement. There are no known drug interaction, but if you are taking medication and triphala, take at different times of the day. Refrain from eating for 2 hrs after consuming.

### **Flax Seed** (*Linum usitatissimum*)

Flaxseed may interfere with blood thinners, muscle relaxers, and medications for acid reflux. Flaxseed can also be troublesome for people with diverticulitis, irritable bowel syndrome, and inflammatory bowel disease.

### **Cayenne Pepper** (*Capsicum annum*)

The warming properties of capsaicin may trigger an increase in the production of hydrochloric acid in the stomach, leading to symptoms such as heartburn, vomiting and upper stomach pain. Just as it can cause a burning sensation in the mouth, cayenne pepper may also cause pain and discomfort in the lower digestive tract during bowel movements. Do not take cayenne internally if you suffer from Gastroesophageal reflux disease (GERD), have an ulcer or other digestive disorders, as this may lead to a worsening of symptoms.

### **Dandelion Root** (*Taraxacum officinale*)

Dandelion root is generally believed to be a safe herb and has been recognised for its medicinal

and culinary uses. Dandelion has the effect of heightening bile flow. People with an obstruction of the bile ducts should not use dandelion. Dandelion root should never be taken with lithium. Not suitable if you are taking the following medication. Ciprofloxacin, ofloxacin or levofloxacin. Dandelion should not be used with diuretic drugs and other antihypertensive medications.

### **Aloe vera** (*Aloe barbadensis*)

People with diabetes who use glucose-lowering medication should be cautious if also taking aloe by mouth because preliminary studies suggest aloe may lower blood glucose levels. Frequent intake can result in dehydration and reddish urine. Overdose can cause blood buildup in the pelvis and kidney damage.

### **Senna Pod** *Senna alexandrina*

Pregnant or nursing women and children should not take senna. On its own senna should not be used if you suffer with diverticular disease, ulcerative colitis, Crohn's disease, or severe haemorrhoids, blood vessel disease, congestive heart failure, heart disease, severe anemia, abdominal hernia, gastrointestinal cancer, recent colon surgery, or liver and kidney disease.

# Herbs - possible side effect and drug reaction

## **Garlic** *Allium sativum*

When garlic is taken large doses, nausea, vomiting, and diarrhea could result. Garlic may alter the function of certain prescription medications. Check with your health practitioner if you are take these medications.

**Antiplatelet medications** include Indomethacin, Dipyridamole, Plavix, and Aspirin. **Blood-thinning medications** -- There have been reports of a possible interaction between garlic and warfarin that could increase the risk of bleeding in people taking this blood thinning medication. Do not use garlic supplements unless you first consult your doctor. Also people with the human immunodeficiency virus (HIV), using **Protease inhibitors** include Indinavir, Ritonavir, and Saquinavir, should consult their doctor before taking garlic supplements regularly.

## **Bentonite Clay** (*Hydrous silicate of alumina*)

No know side effects or drug reaction problems. when pure organic bentonite clay is taken in the suggested doses. Further research is needed for studying the bentonite clay side effects. Slight trace of aluminum is found in bentonite clay, but no side effects of aluminum in bentonite have been recorded.

## **Fenugreek Seed** (*Trigonella foenum-graecum*)

Contraindications as yet, have not been identified.

## **Apple Pectin** (*Malus pumila*)

In a study where patients received modified citrus pectin, some experienced mild abdominal cramping and diarrhea, as with ingesting any fibre temporary gas and bloating can occur. Drug reaction - Antibiotics (Tetracycline antibiotics) interacts with pectin. Finish a course of antibiotics before stating a cleanse that includes pectin.

## **Psyllium Husk** (*Plantago psyllium*) See Page 12

## **Slippery Elm** (*Ulmus Fulva*)

There are no known side effects that have been found with slippery elm. There are no indications that slippery elm interacts with other drugs. However, slippery elm may possibly slow down the absorption of other medications, so it should be taken at least 2 hours before or after other medications. Seek qualified supervision if prescribed medications are being used as well. Even though slippery elm is not considered to have any side effects, it has not been tested for reactions against many common medications. Neither have most herbs.

It is unlikely that you will suffer any of the side effects associated with the herbs we use in our cleanses. We have covered the known side effects for your information and with your wellbeing in mind. If in doubt please consult your healthcare practitioner or healthcare provider before you take any herbs. Stress Matters will no be held responsibility for the improper ingestion of any of our cleanses. Please read our disclaimer.



On all the years that we have been making up colon cleanses for our clients we have never had anyone report any drug reactions or side effects from any of the herbs we use.



# Psyllium Husk - What You Should Know

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If you have diabetes and ingest psyllium **in excess** while eating or soon after a meal, it may cause hypoglycemia or low blood sugar, because the psyllium blocks sugar from being absorbed into the body.

Psyllium will expel whatever is stored in your digestive system, including good bacteria. Psyllium may cause wind, stomach cramps, and general feelings of being uncomfortable. Take a good probiotics after your cleanse.

Psyllium can decrease the absorption and effectiveness of many prescription drugs, vitamins or supplements. Because the medication is not being absorbed, symptoms may arise that mimic an allergic reaction, when they are not. If you need to take life sustaining medication, don't include the option of psyllium when you order your colon cleanse.

If taken in large quantities psyllium can cause a blockage in the colon resulting in chronic constipation, especially with lack of liquids.

Psyllium increases in volume when mixed with liquid, which can create a feeling of feeling bloated. If you take psyllium with only a small quantity of liquid it can expand in your throat causing breathlessness or the feeling of choking.

Some people experience an allergic reaction to psyllium, which can be mistaken for detox side effects. Stop taking it to see if that clears the allergy reaction.

Psyllium has been suggested as a treatment for many conditions. There is scientific research to support the use of psyllium as a cholesterol-lowering agent, as a mild laxative and as a treatment for diarrhea.

There is not enough evidence to support the use of psyllium for any other medical condition. Studies have used psyllium for up to six months, and safety beyond that amount of time is not known.

Psyllium is believed to be safe in pregnant or breast-feeding women, although blood sugar levels may be lowered, which can be potentially dangerous.

Cases of allergy and anaphylaxis (a severe type of allergy) have been reported. Psyllium may lower blood sugar levels and should be used cautiously by people using other drugs that affect glucose levels.

Bowel blockage may occur if psyllium is taken without enough water, or if psyllium is ingested by people with bowel motility problems, past bowel surgery or bowel tumours. Consult your health care provider immediately if you have any side effects. Plenty of water should be taken with psyllium.

## [Source](#)

*Be aware that the TGA Administration does not strictly regulate herbs. Decisions to use herbs should be carefully considered. Individuals using prescription drugs should discuss taking herbs or supplements with their health care practitioner before starting this cleanse.*

# Psyllium Blend Colon Cleanse Handy Chart

**Drink a large glass of filtered water after each dose.**

See page 4 for suggested doses of capsules and direction for mixing AbsorbPowder. Dosage times are a guide only

DAY 1	Before evening meal take capsules			
DAY 2	Before evening meal take capsules			
DAY 3	Before evening meal take capsules			
DAY 4/5 Start Absorb Powder	Breakfast 1 Level Scoop AbsorbPowder	Lunch 1 Level Scoop Absorb Powder	Evening 1 Level Scoop AbsorbPowder	9.30pm Capsules No more food for 2 hrs
CONTINUE UNTIL POWDER IS FINISHED	Breakfast 1 level Scoop AbsorbPowder	Lunch 1 Level Scoop AbsorbPowder	Evening 1 Level Scoop AbsorbPowder	9.30pm Capsules No more food for 2 hrs

1. Note your Bowel Movements during the Day And Adjust Capsules If Needed each night
2. no more food for two hours after taking capsules
3. You Will Have Balanced The Amount Of Capsules By day 4, If not repeat last 2 days
4. If you find you need more capsules contact us
5. Continue the capsules throughout the cleanse

## **How will I feel while cleansing?**

Everyone will have a different experience whilst doing this pre-cleanse. Clearing out the built up mucus, toxins and mucoid plaque from your digestive tract can have some people on a roll-a-coaster ride of mixed effects and emotions. But this is nothing to worry about. All reactions whether physical or emotional pass.

Some people experience a heightened awareness and increased energy. Whatever your experience be assured that any uncomfortable side effects do pass in the first couple of days. Keep to a healthy reduced diet, drink plenty of water and you will reap the benefits of colon cleansing.

## **What reaction am I likely to experience?**

When you start the process of eliminating toxins and parasites from your body, your liver will be working hard. You may experience effects that are uncomfortable, but these only last 2-3 days. These are nothing to be alarmed about, in fact having these temporary physical reactions is a good sign you are releasing the rubbish from your body-mind system. The symptoms you may experience are: Headache, skin rashes itching, aching muscles, aching joints, flu like symptoms, over heating, sweating, access body odour, bad breath, mouth ulcers, loss of appetite, feeling sick vomiting,

unable to sleep. But don't worry it will soon pass.

## **No Reaction To The Capsules?**

Throughout this cleanse it is important to have regular bowel movements. A very small percentage of people find that the capsules do not loosen up their bowel; instead they became constipated. This can be potentially harmful. If you find yourself unable to have a bowel movement stop taking the capsules. For two nights take 2-3 tea spoonfuls of Pre-Cleanse powder in with apple juice, followed by 600ml of filtered water. When your stools are back to normal resume the capsules. Having an enema also helps.

## **Can I continue at work or will I be running to the toilet?**

People work quite happily whilst on both cleanses. You will be going to the toilet more often, but you will not be out of control!

## **I am going on holiday in two weeks should I start it now?**

If you have commitments within that period, wait until you get back before starting your cleanse.

## **Do I have to change my diet or stop eating?**

No, you are not required to change your diet unless you want to. We suggest that you maintain a healthy eating plan, cutting out dairy products and alcohol. Eat plenty of

fresh organic veggies, fruit and add wholemeal bread to your diet. If you want to fast you can for the first 5 days. Eat liquidised vegetable soup, drink herbal teas and organic apple juice.

## **I am taking more than 4 D-Tox capsules to have daily bowel movements.**

### **Is this all right?**

On average people are taking between 1-3 capsules. If you have chronic constipation, or only normally have a bowel movement once a week best to clear your bowel prior to doing this cleanse. Our Quick Bowel Cleanse is a great pre-colon cleanser.

## **If I run out of capsules cleanse can I buy more?**

Yes, contact customer support.

## **How long before I see results?**

You should see results on the second or third day of whichever cleanse you do. You need to give the cleanse time to work through your system. Remember, not everyone gets the same results. You will get a better result if you reduce your food intake and cut out the foods suggested on page 8. If you have a question that is not answered here please contact us.

# Disclaimer

## PLEASE READ THE FOLLOWING CAREFULLY

Statements and information regarding our colon cleansing herbs are not intended to diagnose, treat, cure or prevent any disease or health condition. The contents of this brochure should not be used as a substitute for seeking independent professional advice.

All the information here can be found in abundance on the internet. All herbs are organic and meet the Australian organic standards. If you have any questions please contact the clinic. Incorrect self-diagnosis can be harmful to your health. Should you have symptoms that persist, consult your GP or healthcare professional.

## SUITABILITY

Colon detoxing is not suitable:

1. If you are pregnant or breast-feeding (never do a colon cleanse or take any herbs).
2. If you have ulcerative colitis, Crohn's disease or any other bowel disorder. (Always check with GP).
3. If you suffer from an irritable bowel **you can still do this cleanse. If in doubt consult with your doctor or health practitioner.**

Colon cleansing is about cleaning the intestines, A blocked colon can become toxic and this may be why the digestive system becomes irritable, causing IBS symptoms.

All information on uses and properties included in this e-book has been gathered from reputable sources and is purely for educational and informational purposes only. We are unable to provide you with medical advice, personal dosage information. Potential drug/herb reactions are listed, but you must do your own research about each herb, especially if you are taking prescribed medication. We are not licensed medical practitioners, pharmacists, or researchers. We are unable to answer your health related questions by way of email.

The information provided is not presented with the intention of diagnosing any disease or condition or prescribing any herbs as treatment. All the information is offered purely as information only and for use in the maintenance and promotion of good health.

Always consult your medical practitioner or health care practitioner if you have any doubts. Doing the colon cleanse is the sole decision and responsibility of the user.

No guarantee is expressed or implied regarding the results that may be obtained from doing this colon cleanse. Herbs used in our cleanses are certified organic, never sprayed and grown in accordance with organic standards.

This organic herbal colon cleanse is made to order. **By ordering and paying for our herbs you are giving your consent for us to encapsulate part 1 and mix the specific herbs for part 2.** Each order is made up individually from the finest organic herbs and spices. If you have any questions and would like to email us you can do so through our website. If you are not completely happy with these cleanses, please get in touch with the clinic and we will do all we can to help you.

