

## ALL ABOUT COLON CLEANSING

Colon cleansing is an important first step in your health rejuvenation journey.

The colon is also known as the large bowel or large intestine. It is an organ that is part of the digestive system (also called the digestive tract) in the human body. The digestive system is the group of organs that allow us to eat and to use the food we eat to fuel our bodies.

In the small intestine, a special hair-like lining known as villi absorb the liquid parts. Those liquid parts — the nutrients — pass directly into the blood and are taken to all your cells throughout your body. These nutrients feed your cells the food they need.

Any leftover solid parts of the food move into the large intestine. These solid parts of your food are the parts that you have no use for and are passed from your body when you go to the bathroom.

Healthy eating is good for your overall health, but having a low-carb, high-fiber diet that includes fruits and vegetables is important to a healthy colon. Exercise and healthy habits like avoiding excess alcohol and smoking is also important to good colon health. If your colon isn't working the way it should, you may experience problems such as bloating, gas, pain, constipation or diarrhea.



**“Health begins in the digestive tract and creating a healthy colon is a great first step to wellness.”**

## WHO / WHAT / WHY / HOW

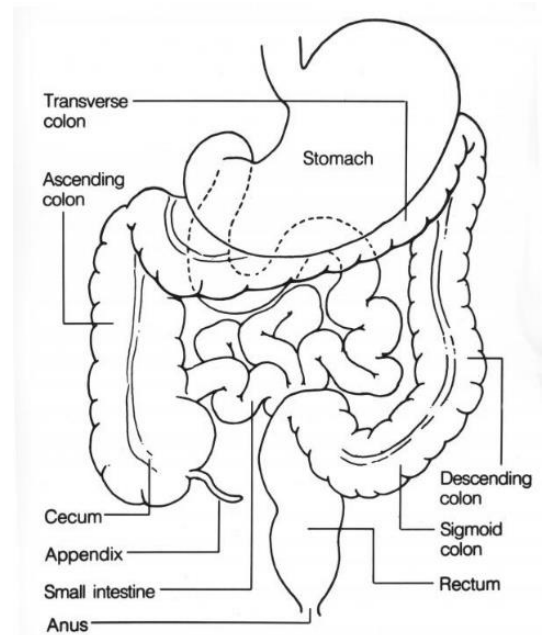
Colon cleansing involves flushing the colon to remove waste. It's a practice that's been around since ancient times, and the benefits are based on the premise that digestive waste can be a toxin to the body. It is a safe, alternative method to rid our body of toxins that accumulate as a result of an unhealthy diet, environmental pollution and chemicals and a constant use of antibiotics.

Since the walls of the bowel which normally absorb nutrients from your food, are so encrusted with mucoid plaque, your absorption rate becomes dramatically reduced. This gives way to poor health such as the following problems:

- Diarrhea & Constipation
- Gas & Bloating
- Fatigue & Headaches
- Weight Gain
- Mood Swings / Irritability
- Severe PMS, breast & period pain
- Skin Problems
- Body aches & Pains
- Dull Eyes
- Bad Breath
- Hemorrhoids
- Gas and bloating
- Depression
- Sore Throat

## 3 REASONS TO DO THIS

1. The average person has approximately 10 pounds of old fecal matter in their colon, even with a bowel movement each day.
2. The accumulation of waste on the walls of your colon creates the perfect breeding ground for parasites, yeast, bad bacteria and viruses.
3. In fact, for too many people today, detoxification pathways are essentially blocked. Over time, toxins build up. It is estimated that the average person is exposed to over 120 toxic chemicals each day from food, water, air, stress and personal care products.



## SYMPTOMS OF BLOCKED DETOXIFICATION PATHWAYS

- Not feeling well overall
- Fatigue
- Hormonal imbalance
- Constipation
- Diarrhea
- Acne
- Achy muscles and joints
- Insomnia
- Mucus discharge
- Fuzzy thinking
- Difficulty breathing
- Congestion
- Flu-like symptoms



- Cough
- Vision issues
- Fevers
- Vomiting
- Candida (yeast infection)
- Weight gain / Stubborn weight

# PREPARATION

It is ideal to follow certain protocols to ensure that you have the best experience with Colon Cleansing

## Pre-Care

- It is best to work your way into a Colon Cleanse by beginning to minimize sugars, salts and processed foods in the week prior to your cleanse.
- Prepare your kitchen with plenty of fresh, raw foods so that you have reliable access to fruits and vegetables as snacks during your 4-day cleanse.
- Get rid of the white sugars and highly processed foods, store them away for the next week so they are not in sight.
- Prepare yourself to drink the colon cleanse in juice 3x daily for 4 days
- Purchase a Probiotic pill that you will take every day during the cleanse, and for 1 week afterward to help rebuild the good gut bacteria.

## During the Treatment

- The most effective diet during the 4 days is juice and liquid as much as possible. The body does not have to work hard to process complex meals and can focus on removing waste.
- It is suggested that you eat light, healthy meals that are easy for your body to process.
- Bathroom access is important, as we anticipate that you may use the facilities more times than usual.
- You may pass some parasites in the toilet, especially on days 3 & 4
- You may pass some long strands of mucus which is called mucoid plaque.
- You can also schedule Colon Hydrotherapy with a specialist in your community during the cleanse and it will help move things along.
- If your body has been heavily loaded with toxins, you may experience detox symptoms such as headache, nausea and fatigue.

## Cleanse duration

The time necessary for this cleanse is 4 days.

During these days, we recommend that you utilize other healing modalities to help move the detoxification process along. Light exercise / walking daily is recommended.

You can also utilize other therapies during this cleansing time which will expedite your healing.

Sauna, Cold plunge, at home coffee enemas, massage, lymphatic drainage, chiropractic and acupuncture all help this process along tremendously.

Doing a colon hydrotherapy treatment on the last day under the guidance of a professional may allow you to see parasites being removed from your body. Warning: This is not for the faint of heart.





## AN IDEAL DAY

### 8AM: Breakfast (Breaking-your-fast)

Upon Rising, before anything else: A pinch of Celtic salt in your mouth, followed by 8oz good water with lemon juice (+maple syrup if preferred)

*Wait 30 minutes*

**Drink 8 oz Green Juice with 1 tablespoon colon cleanse**

*Wait 30 minutes.*

Mono- fruit breakfast, or a fruit salad (Follow food combination chart attached)

*Wait 30 minutes*

Drink 8oz Green Juice

### 12PM: Lunch (Biggest Intake of Food)

**Drink 8oz Juice (Any) with 1 tablespoon colon cleanse**

Wait 30 minutes

Large, filling salad with avocado, seeds, nuts with citrus juice and olive oil dressing

Wait 30 minutes

Drink 4 oz water

8oz Juice or Smoothie

A bowl of fruits of your choice

8oz water with lemon or lime

### 5PM: Dinner (Small Intake of Food)

**FIRST 8oz Juice with Colon Cleanse**

Wait 30 minutes

Large Salad with avocado, seeds and nuts

Wait 30 minutes

8oz Smoothie of choice

8oz Water with fresh lemon or lime

### 7PM: Dessert

Select one melon of your choice and eat a large bowl of it **OR** A bowl of strawberries, blueberries and blackberries

# WATER INTAKE



Your water intake is crucial to the cleanse. Look for a source of good, clean water.

Our bodies cannot absorb tap water, even if it's put through a basic fridge or Britta filter. It sits in our stomach and takes a while to absorb, as it is considered large, heavy water which consists of many chemicals, heavy metals, and toxins unseen to the eye.

Please fill up water canisters at a local water store, or come to our home to fill water bottles to ensure your body can properly eliminate the waste.

We recommend Kangen water, Re-mineralized RO water, mineralized distilled water or Spring Water.

Contact Shay to find Kangen water close to your home that you can collect from.

## Proper water intake algorithm

Divide your weight in pounds by 2

Drink that amount in ounces

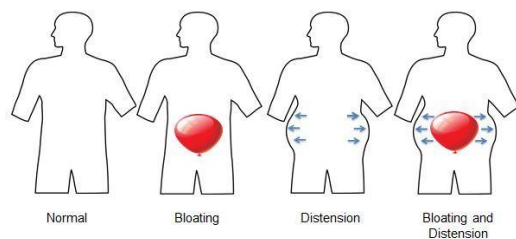
### EXAMPLE:

160-pound person should aim to drink at least 80 oz of water daily.

## Standard Green Juice

Celery, Cucumber, Spinach, Lemon/Lime, Green Apple, Ginger/Turmeric

## Bloating



flush the lower intestines.

If you feel bloated, backed up and constipated by the second day, this indicates that there has not been enough good quality water, a lack of physical movement, or possibly that your detoxification pathways have been blocked for long enough that they need support. We recommend purchasing a stainless-steel Enema kit to have available to help



## ADDITIONAL PARASITE CLEANSING

Once you complete the 4-day colon cleanse, you may begin the 6-day parasite formula and continue to eat as light and healthy as possible. Ensure that you drink proper water during this period as well.

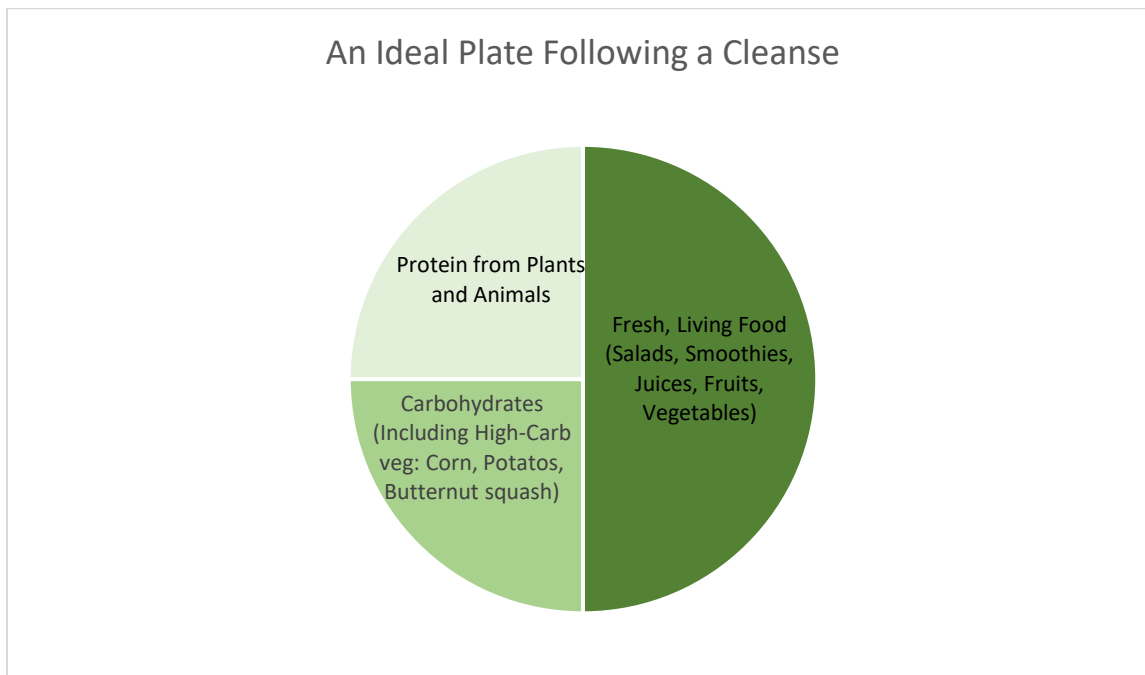
Once you are complete with the Colon Cleanse and/or Parasite Cleanse, it's empowering to learn about nutrition and proper intake of nutrition.

## HEALTH AND NUTRITION

**50% of your plate should be fresh food & salad**

**25% protein from plants or animals**

**25% OR LESS of Carbohydrates**



To continue to educate yourself about health and nutrition, we suggest you to look at the books written by Dr. Frank Suarez, such as “The Power of your Metabolism”