



Colon Cleanse Protocol

A Guided Reset for Digestive Health & Personal Alignment

At CosmoVisions, we believe healing is not only physical, it is a conscious decision to confront life, establish strong values, and become the author of your own story. This cleanse is designed to support digestive balance, elimination, hydration, and greater awareness of how your body responds to nourishment and lifestyle. Rather than forcing the body, this protocol is intended to support the body gently and intentionally.

Understanding the Digestive System

The colon, also known as the large intestine, plays an important role in the digestive process. Nutrients are absorbed through the small intestine, while waste moves through the colon to be eliminated from the body. Healthy digestion is supported through hydration, fiber-rich foods, movement, stress reduction, and whole-food nutrition.

Preparing for the Cleanse

Preparation can significantly improve your experience and prevent bloating during the first few days.

2–3 days before beginning:

- Increase/Improve your water intake
- Reduce processed foods, refined sugar, and fried foods
- Prepare fresh fruits, vegetables, juices, and smoothies
- Limit alcohol
- Consider adding a daily probiotic during and after the cleanse

We recommend entering the cleanse with intention rather than urgency.

Also, you can take Biocidin for a few days prior to beginning the cleanse also. Search on Amazon for “Biocidin Capsules - Biofilm Disruptor”. Please ensure you’re purchasing directly from: “Bio-Botanical Research Store.”



To Prepare the Colon Cleanse Powder

The cleanse is designed to coagulate quickly and bind to everything within reach. For this reason, our goal is to add the powder into the juice, shake it as quickly as possible, and drink it as quickly as possible.

Tools we recommend for you to use:

1. Grab a whisk, add 1 tablespoon of the Powder and mix it into 4-6oz of fresh juice. Drink immediately.
2. Add the powder into a mason jar of 4-6oz juice, immediately put a cap on and shake it within 10 seconds. Drink immediately.
3. Add powder to 4-6oz juice, and use a small milk frother (Although this makes it coagulate much faster!) and Drink immediately.

Daily Protocol Suggestion

Morning:

- Begin with water and fresh lemon if desired
- Take your recommended cleanse serving with juice and wait 30 minutes to eat
- Eat a light breakfast such as fresh fruit or a smoothie without dairy
- Take a probiotic capsule

Throughout the Day:

- Stay hydrated consistently
- Focus on whole foods, juices, salads, smoothies, soups, fruits, and vegetables
- Gentle movement such as walking may support circulation and elimination

Lunch (The largest meal of the entire day)

- Take the cleanse & juice at least 30 minutes before having other foods
- Focus on whole foods, juices, salads, smoothies, soups, fruits, and vegetables
- Gentle movement

Evening:

- Take your third serving, wait 30 minutes.
- Eat a lighter dinner
- Prioritize rest and recovery

Hydration Guidelines

Hydration is one of the most important aspects of the cleanse.

Aim to drink at least half your body weight in ounces of water daily.

Herbal teas and electrolyte support may also be helpful.



Example:

A 160-pound individual should aim for approximately 80 ounces of water daily.

Some people prefer spring water or mineralized water during cleansing periods.

We have found great success using Kangen 9.5 water for the duration of the cleanse. You can look locally for a local water stores offer it.

What You May Experience During the Cleanse

Every body responds differently.

Common experiences may include:

- Increased bowel movements, usually day 3
- Mild bloating or gas for the first 2 days
- Temporary fatigue or headaches
- Changes in appetite

Some individuals may notice mucus discharge or significant waste elimination during the cleanse process.

Stop use and seek professional guidance if you experience:

- Severe abdominal pain
- Dizziness or fainting
- Vomiting
- Persistent or extreme discomfort

Mucoid Plaque

The term mucoid plaque means a film of mucus, to describe the unhealthy accumulation of abnormal mucus matter on the walls of the intestines. Conventional medicine knows this as a layering of mucin or glycoproteins (made up of 20 amino acids and 50% carbohydrates) which are naturally and appropriately secreted by intestines as protection from acids and toxins. The intestines can store a vast amount of partially digested, putrefying matter (as well as drugs and other toxic chemicals) – for decades even. Some intestines, when autopsied, have weighed up to 40 pounds and were distended to a diameter of 12 inches with only a pencil-thin channel through which the feces could move.

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, Sore Throat
- Hemorrhoids
- Gas and bloating
- Depression

When it is removed during an intensive colon cleanse, often shows rope-like twists, striations, overlaps, folds, creases – the shape and texture of the intestinal wall. Mucoïd plaque is sticky and layered. If it isn't dissolved first, stimulating the bowels simply moves around loosened waste without fully removing it. You can make this a few days ahead of the Colon Cleanse and incorporate it into your daily rituals leading into the Cleanse.

There are 3 ingredients:

- Burdock root – supports detoxification and tissue cleansing
- Yellow dock – supports bile flow and waste breakdown
- ADDED IN LATER: Mullein leaf – dissolves thick mucus throughout the body

How to prepare

- 1 tablespoon total herb blend (Burdock/Yellowdock) per quart of water
- Simmer roots for 20 minutes
- Add mullein last and steep an additional 10 minutes
- Drink 2-3 cups per day

Expected outcomes

- Increased mucus elimination
- Improved bowel texture
- Less heaviness after meals
- Clearer digestion

Supporting the Whole Self

Cleansing is not only physical. Many people find that periods of intentional cleansing also create greater emotional and mental awareness.

Support yourself by:

- Getting adequate rest
- Spending time in calm environments
- Reducing unnecessary stress
- Prioritizing movement and fresh air
- Practicing intentional self-care

Additional supportive modalities some people explore include sauna therapy, massage, lymphatic drainage, using a lymphatic shake-plate, breathwork, acupuncture, enemas and colon hydrotherapy.

Nutrition After the Cleanse

Once the initial 4-day Colon cleanse is complete, continue for an additional 6 days while taking the parasite capsules. Continue emphasizing whole, living foods whenever possible.

A balanced plate may include:

- 50% fresh foods such as vegetables, salads, smoothies, fruits, and juices
- 25% protein from plant or animal sources
- 25% or less carbohydrates (including plant-based carbohydrates such as potatoes, beans, lentils)

Continuing hydration and probiotic support may also help maintain digestive balance.

Colon Irrigation via Professional Hydrotherapy or at-home Enemas

- This is completely optional, and has been found greatly supporting at any point before, during or after the cleanse.
- You can make an appointment with a Colon Hydro therapist locally, usually at the end of day 4 or day 10. Either option works great!
- For those who prefer to do this at home, distilled water is a great way to flush the colon and help move things along, including parasites, candida and biofilm that populate the colon and intestines.
- You will need to learn how to properly administer the enema. You can either join the telegram chat for more instructions, or watch instructional videos. We recommend following the guidance found on the Gerson website: <https://gerson.org/coffee-enema-8-things-you-need-to-know>

To purchase the home enema kit, you will need one of the 3 following options

- 1: Glass: <https://a.co/d/0adahiAd>
- 2: Stainless steel: <https://a.co/d/0aMqN08f>
- 3: BPA-free Silicone: <https://a.co/d/02nOePZf>
4. This add-on for the tip: <https://a.co/d/0db5N3dE>

- Clean your tools using hydrogen peroxide 3%
- Purchase distilled water from the store, or invest in a in-home water distiller



Closing Reflection

This cleanse is a tool — not the destination. Real transformation is built through discipline, awareness, consistency, and aligned choices over time. Thank you for trusting CosmoVisions Inc. to support part of your wellness journey.