

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.

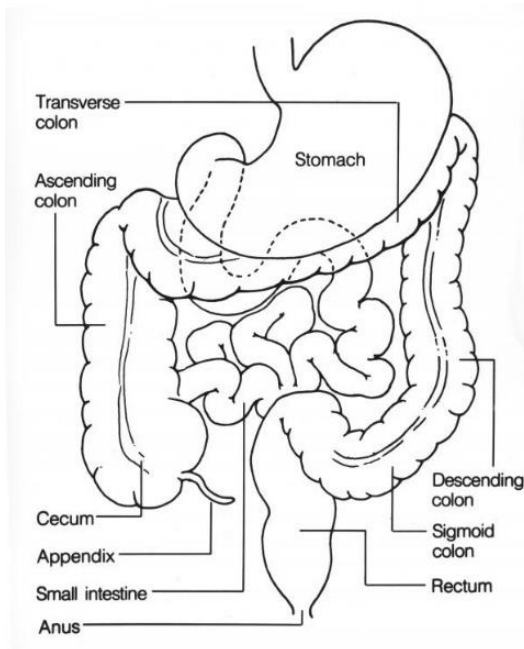
It's a practice that's been around since ancient times, and the benefits are based on the premise that digestive waste can be a toxin to the body. It is a safe, alternative method to rid our body of toxins that accumulate as a result of an unhealthy diet, environmental pollution and chemicals and a constant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

Since the walls of the bowel which normally absorb nutrients from your food, are so encrusted with mucoïd 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

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
- Inflamed Skin, Psoriasis, Eczema
- Hormonal imbalance
- Heartburn, acid in stomach
- 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, bread products 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. Get juice premade or invest in a small masticating / cold pressed juicer (could be \$200)
- 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. Living probiotics are usually stored in the refrigerated section of health food stores. We suggest you continue taking the probiotic capsule for a few weeks after cleansing to continue to build and strengthen the gut microbiome.

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.
- To blend the powder into the juice well, we suggest a small handheld immersion blender/milk frother as it integrates the powder in with the liquid well and fast. You can also use a whisk to quickly blend the powder with the juice (10 seconds max) and to drink it instantly. It begins to coagulate quickly.
- You may want to have a small portion of sweet juice put aside to use to refresh your mouth after drinking the colon cleanse. This helps!
- 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. It's not explosive, it's just large amounts and could be 4-6 times/daily on days 3/4
- 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. We suggest doing this on the last day or even the day after you complete the 4-day cleanse.
- If your body has been overloaded with toxins, you may experience detox symptoms such as headache, nausea and fatigue. This is normal. If it becomes unbearable, it is best to discontinue the detox and select a gentler method to introduce your body to cleansing.

Milder ways to begin detox include but are not limited to:

- 10-day smoothie cleanse (+raw foods)
- 10-day juicing + raw foods
- 4-5 sessions of warm water enemas at home OR 3 sessions of colon hydrotherapy
- Anywhere from 1-10 days raw food, alkaline diet
- Up to 72-hour water fasting (spring water, re-mineralized and structured water, 9.5 Kangen water)
- Taking Shilajit or another mineral-rich supplement.
- Taking Quinton isotonic everyday (cold water plasma ampules)
- Bathing in fulvic-humic acid, bathing in bentonite clay, borax, baking soda
- Cold plunging 3+ times (could be in natural bodies of water for added benefits)
- Using the sauna 3x weekly
- Using Red Light therapy 5 times weekly
- And many others you may resonate with through personal discovery and research

Cleanse duration

The time necessary for this portion of the 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.

We suggest you continue for the full 10-day cleanse, by introducing parasite capsules for an additional 6 days. Keeping a cleaner, more simple diet during this time will yield you greater results.





To give you an idea, here is a

SAMPLE SCHEDULE

for the first 4 days

Breakfast (Breaking-your-fast)

Upon Rising, before anything else: A pinch of mineral rich salt in your mouth, followed by 6oz good water with lemon juice

Drink 8 oz Green Juice with 1 tablespoon colon cleanse

Fruit breakfast, or a fruit salad (Food combination chart attached)

Drink 2 glasses of water

Lunch (Biggest Intake of Food)

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

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

8oz Juice or Smoothie

A bowl of fruits of your choice

8oz water with apple cider vinegar and lemon

Dinner (Smaller Portion of Food)

FIRST 8oz Juice with 1 tablespoon Colon Cleanse

Large Salad with avocado, seeds and nuts

8oz Smoothie of choice

8oz Water with fresh lemon or lime

Dessert

A bowl of strawberries, blueberries and blackberries.

A fresh coconut (water and meat!) – You can find this at Asian markets

A warm glass of tea with honey

WATER INTAKE



Your water intake is crucial to the cleanse. Look for a source or 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 chemicals, heavy metals, and toxins unseen to the eye.

Please fill up water canisters at a local water store, or invest in spring water for the duration of your cleanse (if not forever!). The better-quality water will ensure that your body can properly eliminate 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

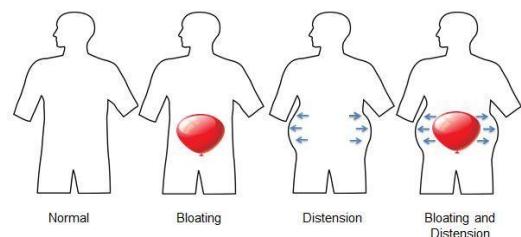
EXAMPLE:

160-pound person should aim to drink at least 80 oz of water daily and ideally more when detoxing.

Standard Green Juice

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

Bloating



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



flush the lower intestines.



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. Continue with the probiotic.

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

An Ideal Plate Following a Cleanse

