



COLON CLEANSE KIT INSTRUCTIONS



The Colon Cleanse Kit Is a 6-Day Program

SUPPLIES CHECKLIST

- 4-6 gallons of distilled or purified water
- 8 ounces of Apple Cider Vinegar (preferably organic, raw)
- 3 lemons (preferably organic or locally grown)
- Healthy foods and fresh fruit (preferably organic or locally grown)
- 1 bottle of Oxy-Powder®
- 1 bottle of Latero-Flora™

OPTIONAL ADD ON

- Aloe Fuzion™

Colon Cleansing Cocktail

For the colon cleanse you'll need to make the colon cleansing cocktail. You'll be drinking 1/2 your body weight (in ounces) of the cocktail each day during the cleanse. Example: If you weigh 150 pounds you should drink 75 ounces daily.

Making the Colon Cleansing Cocktail:

- Start with 1 gallon (128 ounces) of distilled or purified water, preferably stored in a glass container
- Pour out 4 ounces of water from the gallon if space is needed to add the additional ingredients listed below
- Add 3 tablespoons of Organic Apple Cider Vinegar
- Add the juice of 1/2 a lemon
- Mix well and keep refrigerated

Note: Make 1 gallon at a time.

Eating During the Colon Cleanse

There are 2 dietary options for you to choose while performing the colon cleanse.

Option 1: Eating fruit only. (For more advanced cleansing)

Option 2: Following a healthy food diet.

(For the average person)

OPTION 1: FRUIT-ONLY DIET

- Eat only fruit for 6 days.
- Eat whenever you are hungry, every hour if you want.
- Eat only one type of fruit per meal.
- Eat as much fruit as you like per meal.
(Example: Eating 6 bananas for a meal)

When performing a colon cleanse, it's ideal to feed the body adequate amounts of fresh organic or locally grown fruit. It is best to eat only fruit during the cleanse. Not only does fruit supply the body with the right kind of energy to draw out unwanted substances, it also ensures the small intestine and the colon remain well hydrated so it's an ideal environment to support the cleansing and toxin elimination process. Fresh fruit supports the elimination process by providing water, oxygen, live fiber, pectin, and many vital nutrients. The following is a list of great intestinal cleansing fruits:

- Apples
- Blackberries
- Oranges
- Raspberries
- Tomatoes
- Avocados
- Blueberries
- Papaya
- Strawberries
- White Grapes
- Bananas
- Grapefruit
- Pineapples
- Watermelon



Also, fruit is easy to carry with you wherever you go (even in your purse or briefcase), making it easy for you to perform the colon cleanse during work hours or other daily activities. Fruits provide you with the energy you will need during your colon cleansing regimen. Fruits also break down easily and prevent the body from expending too much energy. You should eat fruit whenever you are hungry during the cleanse. This might sound difficult, but when you think about it, it really only takes about 2 minutes to peel and enjoy a banana or eat an apple or a bunch of grapes. It is best to keep a little variety in the fruits you eat throughout the day and week. If the fruits recommended are not in season or you have a difficult time finding them, you can use apples or bananas (which are typically available year round) as a replacement or as a last resort frozen fruit.



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OPTION 2: EATING A HEALTHY DIET

If you choose this option, try to purchase organic or locally grown. Conventionally grown foods bought from regular grocery stores are usually not as “healthy” as you might believe due to over-processing, early picking, pesticide spraying, or being grown in nutrient-depleted soil. Below are general instructions for you to follow during the colon cleanse:

- Eat healthy foods for 6 days straight.
- Eat 5 small portion meals daily (breakfast, mid-morning snack, lunch, mid-afternoon snack, dinner).
- Eat lots of salads, vegetable soups, raw nuts and seeds, and fruits.
- Limit meat as much as possible. Eat fish or chicken, avoid red meat.
- Chew each bite of food 25 times or until liquefied before swallowing to help rapid digestion.
- Do not cook any food using a microwave as this will reduce the effectiveness for cleansing.
- Eat your dinner meal at least one hour before bedtime.
- Try to include healthy oils in your diet such as coconut, hemp, flaxseed or olive.
- Avoid cow’s milk and cheese during the cleanse, try having almond or hemp milk.
- Avoid the following gluten containing foods: cereal grains, wheat, barley, white flour, pasta, bread, couscous, flour tortillas, cakes, crackers, cookies, pastries, chips, imitation fish, hot dogs and all fried foods.
- Avoid all alcoholic beverages.
- Avoid artificial sweeteners: artificial sweeteners are contained in diet sodas, and other diet products. The most dangerous are: saccharin, aspartame, neotame, acesulfame potassium, and sucralose. Substitute with natural sweeteners such as honey, stevia, or coconut sugar.
- Avoid foods with the following label ingredients: high fructose corn syrup, molasses, white sugar, dextrose, sorbitol, processed fructose and sucrose.
- Avoid table salt (sodium chloride) which is dangerous to consume. Replace with a healthier option, like Himalayan salt.
- Avoid soy products. Soybeans are high in phytic acid which is damaging to the digestive tract and can block the absorption of nutrients and essential minerals like copper and calcium. Also, most soy contains pesticide residue and is genetically modified.

Optional Aloe Fuzion Instructions

For even better results use Aloe Fuzion during your cleanse. Aloe Fuzion is a 200x concentrate formula that contains the most bio-available, certified-organic aloe. If you’re using Aloe Fuzion take 1 capsule in the morning with purified water (half the serving on the label).



Daily Instructions for the Colon Cleanse Kit (Repeat for All 6 Days)

UPON WAKING

1. Make your colon cleansing cocktail and drink 12-20 ounces.
2. Repeat the following affirmation 9 times: I am clean and healthy.

BREAKFAST

1. Take 3 capsules of Latero-Flora.
2. Eat breakfast. Follow your dietary option (see above Option 1 or Option 2).
3. Drink another 12-20 ounces of the colon cleansing cocktail.
4. Repeat the following affirmation 9 times: I am clean and healthy.

MID-MORNING SNACK (halfway between breakfast & lunch)

1. Eat a snack. Follow your dietary option.
2. Drink another 12-20 ounces of the Colon Cleansing Cocktail.
3. Repeat the following affirmation 9 times: I am clean and healthy.

LUNCH

1. Eat lunch. Follow your dietary option.
2. Drink another 12-20 ounces of the Colon Cleansing Cocktail.
3. Repeat the following affirmation 9 times: I am clean and healthy.

MID-AFTERNOON SNACK (halfway between lunch & dinner)

1. Eat a snack. Follow your dietary option.
2. Drink another 12-20 ounces of the Colon Cleansing Cocktail.
3. Repeat the following affirmation 9 times: I am clean and healthy.

DINNER

1. Eat dinner. Follow your dietary option.
2. Drink another 12-20 ounces of the Colon Cleansing Cocktail.
3. Repeat the following affirmation 9 times: I am clean and healthy.

BEFORE BEDTIME

1. Repeat the following affirmation 9 times: I am clean and healthy.
2. Take 6 capsules of Oxy-Powder with 8 ounces of the colon cleansing cocktail.

Note: If you do not achieve 3 to 5 bowel movements the following day, increase your serving of Oxy-Powder by 2 capsules until you achieve 3 to 5 bowel movements the



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following day. Take this same serving every night before going to bed for the remaining days of the colon cleanse. If you experience 6 or more bowel movements the following day, reduce your serving by 2 capsules each night you achieve the recommended 3 to 5 daily bowel movements.

MUST READ! Oxy-Powder will cause watery, extremely soft and easily passed stools similar to diarrhea. The watery and soft stools are the result of the oxygen in Oxy-Powder turning the solid waste and bowel compaction into a liquid or semi liquid form.

This is a NORMAL reaction and a sign that you are cleansing properly. This is NOT diarrhea, which is usually the result of an infection or laxative and is associated with dehydration and electrolyte deficiencies. Oxy-Powder is completely safe and will not cause dehydration or an electrolyte deficiency.



For You to Know: Temporary abdominal cramping may occur in individuals performing their first colon cleanse. Cramping is a sure sign your digestive tract is not functioning at optimal levels and you need to continue the colon cleanse. This should subside by the 3rd day. To help relieve temporary cramping we recommend you get up from bed, drink 8 ounces of distilled or purified water and walk around for about 15 minutes to increase your blood flow and let gravity help move the Oxy-Powder and toxins down through the intestinal tract.

Oxy-Powder Maintenance Serving

Continuing with a maintenance serving of Oxy-Powder helps keep your intestinal tract clean and prevents toxins from being absorbed into your body on a regular basis. It also provides your body with a steady supply of beneficial oxygen. Use the same serving you used for the colon cleanse 2-3 times per week or as needed. Your maintenance serving is the number of Oxy-Powder capsules you used to achieve 3 to 5 watery, extremely soft and easy to pass bowel movements the following day. This serving can be taken indefinitely without it becoming habit forming or harmful to your body. To reduce the need for maintenance serving we suggest you adopt a healthy diet and active lifestyle along with a cleaner environment.



Other Tips for Enhancing the Colon Cleanse

To assist in the cleansing process, we recommend chiropractic adjustments, massage, deep breathing exercises, plenty of sleep, acupuncture, and using a far infrared sauna.



Call us at 1.800.476.0016 for any cleansing questions or email us at support@globalhealingcenter.com.