

the Colon Cleansing Kit™

AN HERBAL DIETARY SUPPLEMENT

D O S A G E
C A L E N D A R

complete day by day instruction for
your comprehensive colon cleansing

109 Barre Plains Road
Oakham, MA 01068
phone: 800.489.4372

BLESSED HERBS

In this Calendar you will find complete day by day dosages for the entire program.

Each day has its own page with dosage amounts before breakfast, lunch, dinner, and bed.

To keep track, you may check off each formula on the page and/or enter the time you take it.

After finishing a day you may tear off that page or simply turn it over to the next one.

You will find more detailed explanations for each step in the **Users Guide**.

Three Ways to Do this Cleanse

There are three ways to do the **Colon Cleansing Kit**. They are referred to throughout the **Users Guide** and this **Dosage Calendar** as the **BEST, BETTER** or **GOOD OPTION**. For a complete overview of these options see page 11 of your **Users Guide**. We recommend the **BEST OPTION** to remove the most intestinal buildup. After selecting your option, use the chart below to adapt this **Dosage Calendar** to your choice.

	Step One	Step Two	Step Three
BEST ▶ 9 day program ▶ requires a 5 day liquids only fast	Pages 5–7	Pages 9–13	Page 16
BETTER ▶ 8 day program ▶ modified diet changes ▶ no liquids only fasting	Pages 5–7	Pages 9–13	N/A
GOOD ▶ 30 day program ▶ diet changes optional ▶ no liquids only fasting	Pages 5–7	Page 14	N/A

DAILY BOWEL MOVEMENTS A DAILY REQUIREMENT

ELIMINATION IS THE PRIMARY way that the body gets rid of wastes and toxins. The success of any good cleansing program depends on elimination; specifically, daily bowel movements. You also get rid of wastes through exhaling, sweating (both perceptible and non-perceptible) and urinating.

That said, having daily bowel movements is often challenging for many people, yet it is **vital that you have at least one, and preferably three, bowel movements every day of your cleanse.**

During this cleanse you will be taking **Digestive Stimulator** every night to promote daily bowel

movements.* Even so, you may become occasionally constipated some days and find you need additional support to have a bowel movement.

On these days you can help yourself by taking an enema, colemas or colonic. **You should never, ever, go a whole day without at least one bowel movement.** If you get to the end of a day and have not had a bowel movement, **don't wait until the next day.** Take an enema or colemas before bed that very same day and also increase "your number" of **Digestive Stimulator** capsules that evening

at dinner time (see p19–20 of the **Users Guide** for more details). It is perfectly alright to do this every evening, if you need to, while cleansing. If you do an enema or colemas you should only use purified, filtered water for your liquid. That said, you may add an herb tea, fresh brewed coffee or wheatgrass juice to the water, but nothing else.

If you are using a one quart enema bag, you may repeat as many quarts as needed until you feel you have had a good bowel movement.

A colemas uses five gallons of liquid, which really cleans you out.

THREE ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6-8 glasses of pure water daily. Without enough water you can easily get "backed up" in your intestines.
2. Increase "your number" of **Digestive Stimulator** caps, before dinner, if you do not have a bowel movement all day.*
3. Take an enema or colemas, before bed, on any day that you do not have a bowel movement.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STEP ONE

I

Pre-Cleanse

getting the bowels moving

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP I

DAY 1 of 3

BEST, BETTER & GOOD

BEST OPTION			BETTER & GOOD OPTIONS	
Eat 3/4 of your regular or newly selected breakfast. (see p. 12 of Users Guide)			Breakfast	All dietary changes optional.
Eat 3/4 of your regular or newly selected lunch.		Lunch	All dietary changes optional.	
<p style="text-align: center;"><u>Digestive Stimulator</u> your number</p> <p style="text-align: right; font-size: small;">To find "your number", see your Users Guide p. 19–20.</p>		30–60 MIN Before Dinner	<p style="text-align: center;"><u>Digestive Stimulator</u> your number</p> <p style="text-align: right; font-size: small;">To find "your number", see your Users Guide p. 19–20.</p>	
Eat 3/4 of your regular or newly selected dinner.		Dinner	All dietary changes optional.	
<p style="text-align: center;"><u>Toxin Absorber</u> 1 packet</p> <p style="text-align: right; font-size: small;">For instruction on how to take Toxin Absorber, see your Users Guide p. 21.</p>		Before Bed	<p style="text-align: center;"><u>Toxin Absorber</u> 1 packet</p> <p style="text-align: right; font-size: small;">For instruction on how to take Toxin Absorber, see your Users Guide p. 21.</p>	
colon facts	sometimes as mucoid plaque is removed, forgotten incidents with emotional trauma will be remembered and also released		DON'T FORGET!	
			6–8 glasses of water today	

STEP 1

DAY 2 of 3

BEST, BETTER & GOOD

BEST OPTION		Breakfast	BETTER & GOOD OPTIONS	
Eat 1/2 of your regular or newly selected breakfast.			All dietary changes optional.	
Eat 1/2 of your regular or newly selected lunch.		Lunch	All dietary changes optional.	
<u>Digestive Stimulator</u> your number		30–60 MIN Before Dinner	<u>Digestive Stimulator</u> your number	
Eat 1/2 of your regular or newly selected dinner.		Dinner	All dietary changes optional.	
<u>Toxin Absorber</u> 1 packet		Before Bed	<u>Toxin Absorber</u> 1 packet	
colon facts	I easily release that which I no longer need. The past is over and I am free. — Louise Hay		DON'T FORGET!	
			6–8 glasses of water today	

STEP 1

DAY 3 of 3

BEST, BETTER & GOOD

BEST OPTION		Breakfast	BETTER & GOOD OPTIONS	
Eat 1/4 of your regular or newly selected breakfast.			All dietary changes optional.	
Eat 1/4 of your regular or newly selected lunch.		Lunch	All dietary changes optional.	
<u>Digestive Stimulator</u> your number		30–60 MIN Before Dinner	<u>Digestive Stimulator</u> your number	
Eat 1/4 of your regular or newly selected dinner.		Dinner	All dietary changes optional.	
<u>Toxin Absorber</u> 1 packet		Before Bed	<u>Toxin Absorber</u> 1 packet	
colon facts	the colon is a little more than five feet long		DON'T FORGET!	
			6–8 glasses of water today	

STEP TWO

2

Main Cleanse

revitalizing the digestive system

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP 2

Upon Rising

DAY 1 of 5

BEST & BETTER
(see page 14 for GOOD OPTION)

BEST OPTION

Enter
time below.

BETTER OPTION

During Step Two of this cleanse, you will be taking **Toxin Absorber** every three hours for a total of five times per day. An example of this would be 7:00AM, 10:00AM, 1:00PM, 4:00PM, & 7:00PM.

The starting time is not important; however, it is important that you take the packets at regularly spaced intervals of three hours each. This assures an optimum level of **Toxin Absorber** in your intestines at all times. While fasting it also helps to alleviate feelings of hunger. If you forget a dose, it's OK; take it as soon as you remember and move on. Take your next dose at the originally scheduled time.

Toxin Absorber
1st packet

example 7:00AM
add 3 hrs

Toxin Absorber
2nd packet

example 10:00AM
add 3 hrs

Toxin Absorber
3rd packet

example 1:00PM
add 3 hrs

Toxin Absorber
4th packet

example 4:00PM
add 3 hrs

Toxin Absorber
5th packet

example 7:00PM

Digestive Stimulator
your number

Before Bed

Digestive Stimulator
your number

During Step Two of this cleanse, you will be taking **Toxin Absorber** every three hours for a total of five times per day. An example of this would be 7:00AM, 10:00AM, 1:00PM, 4:00PM, & 7:00PM.

The starting time is not important; however, it is important that you take the packets at regularly spaced intervals of three hours each. This assures an optimum level of **Toxin Absorber** in your intestines at all times. If you forget a dose, it's OK; take it as soon as you remember and move on. Take your next dose at the originally scheduled time. Take any nourishment one hour before or two hours after taking your **Toxin Absorber**.

colon facts

there are ten times the amount of bacteria in the intestines than there are cells in the human body

DON'T FORGET!

6-8 glasses of water today

STEP 2		Upon Rising	DAY 2 of 5 BEST & BETTER
BEST OPTION		Enter time below.	BETTER OPTION
<u>Toxin Absorber</u> 1st packet		↓ ♦ example 7:00AM add 3 hrs	<u>Toxin Absorber</u> 1st packet
<u>Toxin Absorber</u> 2nd packet		↓ ♦ example 10:00AM add 3 hrs	<u>Toxin Absorber</u> 2nd packet
<u>Toxin Absorber</u> 3rd packet		↓ ♦ example 1:00PM add 3 hrs	<u>Toxin Absorber</u> 3rd packet
<u>Toxin Absorber</u> 4th packet		↓ ♦ example 4:00PM add 3 hrs	<u>Toxin Absorber</u> 4th packet
<u>Toxin Absorber</u> 5th packet		↓ ♦ example 7:00PM	<u>Toxin Absorber</u> 5th packet
<u>Digestive Stimulator</u> your number		Before Bed	<u>Digestive Stimulator</u> your number
colon facts	The colon is the sewage system of the body. — Norman Walker		DON'T FORGET!
			6–8 glasses of water today

STEP 2		Upon Rising	DAY 3 of 5 BEST & BETTER	
BEST OPTION		Enter time below.	BETTER OPTION	
<u>Toxin Absorber</u> 1st packet		↓ ♦ example 7:00AM add 3 hrs	<u>Toxin Absorber</u> 1st packet	
<u>Toxin Absorber</u> 2nd packet		↓ ♦ example 10:00AM add 3 hrs	<u>Toxin Absorber</u> 2nd packet	
<u>Toxin Absorber</u> 3rd packet		↓ ♦ example 1:00PM add 3 hrs	<u>Toxin Absorber</u> 3rd packet	
<u>Toxin Absorber</u> 4th packet		↓ ♦ example 4:00PM add 3 hrs	<u>Toxin Absorber</u> 4th packet	
<u>Toxin Absorber</u> 5th packet		↓ ♦ example 7:00PM	<u>Toxin Absorber</u> 5th packet	
<u>Digestive Stimulator</u> your number		Before Bed	<u>Digestive Stimulator</u> your number	
colon facts	As I release the past, the new, fresh and vital enter — Louise Hay		DON'T FORGET!	
			6–8 glasses of water today	

STEP 2		Upon Rising	DAY 4 of 5 BEST & BETTER	
BEST OPTION		Enter time below.	BETTER OPTION	
<u>Toxin Absorber</u> 1st packet		↓ ♦ example 7:00AM add 3 hrs	<u>Toxin Absorber</u> 1st packet	
<u>Toxin Absorber</u> 2nd packet		↓ ♦ example 10:00AM add 3 hrs	<u>Toxin Absorber</u> 2nd packet	
<u>Toxin Absorber</u> 3rd packet		↓ ♦ example 1:00PM add 3 hrs	<u>Toxin Absorber</u> 3rd packet	
<u>Toxin Absorber</u> 4th packet		↓ ♦ example 4:00PM add 3 hrs	<u>Toxin Absorber</u> 4th packet	
<u>Toxin Absorber</u> 5th packet		↓ ♦ example 7:00PM	<u>Toxin Absorber</u> 5th packet	
<u>Digestive Stimulator</u> your number		Before Bed	<u>Digestive Stimulator</u> your number	
colon facts	Over 100,000 Americans have a colostomy every year — Linda Page		DON'T FORGET!	
			6-8 glasses of water today	

STEP 2		Upon Rising	DAY 5 of 5 BEST & BETTER	
BEST OPTION		Enter time below.	BETTER OPTION	
<u>Toxin Absorber</u> 1st packet		↓ ♦ example 7:00AM add 3 hrs	<u>Toxin Absorber</u> 1st packet	
<u>Toxin Absorber</u> 2nd packet		↓ ♦ example 10:00AM add 3 hrs	<u>Toxin Absorber</u> 2nd packet	
<u>Toxin Absorber</u> 3rd packet		↓ ♦ example 1:00PM add 3 hrs	<u>Toxin Absorber</u> 3rd packet	
<u>Toxin Absorber</u> 4th packet		↓ ♦ example 4:00PM add 3 hrs	<u>Toxin Absorber</u> 4th packet	
<u>Toxin Absorber</u> 5th packet		↓ ♦ example 7:00PM	<u>Toxin Absorber</u> 5th packet	
<u>Digestive Stimulator</u> your number		Before Bed	<u>Digestive Stimulator</u> your number	
colon facts	Problems with the colon can be a problem of holding on to the past, a fear of letting go. — Louise Hay		DON'T FORGET!	
			6–8 glasses of water today	

STEP 2

DAYS 1-27 GOOD OPTION ONLY

Before Dinner					Before Bed				
Toxin Absorber 1 packet					Digestive Stimulator your number				
Check off each day below.					Check off each day below.				
1	2	3	4	5	1	2	3	4	5
6	7	8	9	10	6	7	8	9	10
11	12	13	14	15	11	12	13	14	15
16	17	18	19	20	16	17	18	19	20
21	22	23	24	25	21	22	23	24	25
26	27				26	27			

colon facts	the total surface area of the intestinal lining is the size of a tennis court	DON'T FORGET!
		6-8 glasses of water everyday

STEP THREE

3

Breaking Your Fast (BEST OPTION ONLY)

slowly eating food again

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP 3

DAY 1 of 1

BEST OPTION ONLY

BEST OPTION			BETTER & GOOD OPTIONS
One organic apple, chewed very well.			Breakfast
Fresh salad, steamed vegetables, brown rice, or baked potato. Keep portions small.		Lunch	
Digestive Stimulator your number		30-60 MIN Before Dinner	
Same as lunch, however you may add a small portion of tofu, chicken, or fish.		Dinner	
Toxin Absorber I packet		Before Bed	
colon facts	the colon has three functions: absorb sodium and water, incubate beneficial bacteria, and eliminate wastes		<p>DON'T FORGET!</p> <hr/> <p>6-8 glasses of water today</p>

Congratulations!! You have finished.

You may still have some
Digestive Stimulator and
Toxin Absorber left.
 Continue to take these
 until they are all gone.

**Before
 Dinner**

Digestive
 Stimulator
 your number

**Before
 Bed**

Toxin
 Absorber
 1 packet

ENJOY LIFE

colon facts

taking **Friendly Bacteria Replenisher** every
 day is your first line of defense against harmful
 bacteria and unwanted guests in the colon*

DON'T FORGET!

6–8 glasses of water today