

# **Dr. Foster's Essentials**

## **28-Day Healing Program:**

**Detailed Daily Instruction Sheets – pgs. 19 – 25**

**Taking Other Supplements with this Cleanse – pg. 2**

**Foods/ Juicing – pg. 2**

**Taking Prescription Medications – pg. 3**

**Bird's Eye View of the Program – pg. 5**

**How to Take Each Formula (Making Teas & Taking Liquid Extracts) – pgs. 4 – 12**

**Modifications for Epilepsy, Liver Failure, Kidney Failure, Gallbladder Removed – pg. 8 - 9**

**What to Eat During this Program – pg. 10**

**How Long to Take the Herbs, Maintenance Program Afterwards – pg. 12**

**Signs of Healing to Look For – pg. 13**

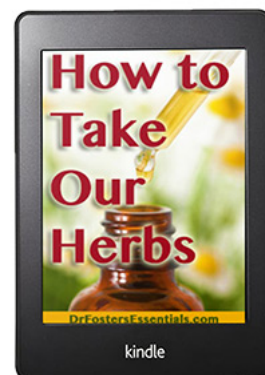
**Healing Crisis and Unpleasant Symptoms During the Cleanse – pgs. 14 – 17**

Dear Friend,

We are so happy you have decided to purchase the 28-Day Healing Program to make a dramatic shift in your health! It's really rare to find a complete detox that affects your entire body and all of your body organs and for you to be able to do it at home and yet we've been offering this cleanse for over 20 years. We understand it is challenging to deal with a severe, chronic or incurable disease. We are not legally allowed to make claims, or say that these herbs can "cure" you, but we have had thousands of people across the country have some very encouraging results, and we continue to be very optimistic about people's ability to take their health into their own hands and heal themselves.

I know you think you can't do this by yourself without my help, but a lot of people do and they often do really well. The instructions are written so that you can do this cleanse even if you're taking medications, and even if you're severely ill. There are modifications for people who have diabetes, have had their gallbladder removed, are in liver failure or kidney failure.

This is a detox program so the toxins that have accumulated in your body over many years are going to come out. You are going to feel things changing in your body. You may urinate more than usual, notice strange body odor, have weird breath, have a coated tongue, get a headache, have more or less bowel movements, have a metallic taste in your mouth, or have your heart beat a little faster as toxins are coming out from your cells into your bloodstream. Don't panic! The instructions here are going to explain all of it and what to do if it happens. There is additional information in the required instruction sheet here as well. It will walk you through everything: [dfoster.co/how-to-take](http://dfoster.co/how-to-take)



I want to make sure you know every possible thing that can happen during this cleanse so you feel safe and confident enough to do it for yourself at home. So, it may take some reading to get through this, but you will learn so much about your body and your health! To help during this exciting time of dramatic changes, we would like to make some additional comments:

- **Prescription Blood Thinning Medications:** this program is not designed to be used by people who are taking prescription blood thinning medications. This is a type of medication prescribed by your doctor after you have had a heart attack or stroke or blood clot to make your blood thinner. The reason is because prescription blood thinning medications are dangerous and herbs ALSO thin your blood. A prescription blood thinning medication can react with something as simple as garlic and cause a life-threatening hemorrhage. It is far safer to take proteolytic enzymes than it is to take those prescription blood thinning medications. Proteolytic enzymes such as nattokinase, lumbrokinase and serrapeptase can be just as effective as those prescription medications and without the dangerous side effects of those medications, so do everything you can to switch over to something natural before you attempt any herbal healing. Numerous herbs have blood thinning effects, so if you're taking those prescription blood thinners, you'll be constantly checking every single herb for blood thinning effects when you could simply change over to something safer to thin your blood naturally. Do some research on it until you feel you can safely make that switch.
1. **Your Other Vitamin/ Mineral Supplements:** Try not to take any synthetic vitamin/mineral supplements during this time unless absolutely necessary. If you really feel a supplement you are taking is life-saving or you absolutely must have it to control some symptoms, please continue taking it. If you're taking psyllium, stop taking it during this cleanse – there's already enough fiber in the Colon Detox Caps. If you're taking a laxative, you can most likely stop taking that. The Vibrant Colon has this effect.
  2. **Food/ Where to Shop:** Please visit your local health food store if you are anywhere near one. Buy as much certified organic/pesticide free food as possible. You may be eating a lot of salads. A good fresh salad dressing can be made in a blender with avocado (or olive oil), lemon juice, garlic, spices, and Celtic salt (if there are no problems with water retention). Raw food recipes can be found in the books [Eydie Mae's Natural Recipes](#), [Light Eating for Survival](#) or [Living Foods for Optimum Health](#). These books are available through Amazon.com and in most large bookstores. Otherwise, if eating a raw food diet, keep making salads with lots of vegetables, sprouts and soaked nuts and seeds (nuts and seeds that have been soaked overnight in a shallow dish of water.), and buy lots of sprouts (clover sprouts, alfalfa sprouts, fenugreek sprouts, radish sprouts, onion sprouts, mung bean sprouts) to top your salads – they are incredible healers! There's more info on what foods to eat during this cleanse below. (keep reading!)
  3. **Diabetes/ Insulin Resistance:** it is best not to consume fruit juices since they contain a high amount of natural sugars. A small amount of grapefruit, lemon, lime, or

green apple juice can be taken as outlined in the morning drink recipes. If carrot juice or beet juice is consumed, it is best to dilute the juice with an equal amount of water. Green veggie juices are ideal, and I have had people with Type II insulin-resistant diabetes successfully complete juice fasts with mostly veggie juices with lemon juice and a tiny bit of green apple (about ½ apple per blend)

4. **Garlic:** An optional part of the program is to eat 3 raw garlic cloves of garlic per day. This is particularly helpful for people with tumors, cancer, or diabetes, but also many other health issues such as high blood pressure. Garlic can significantly lower blood sugar in diabetics. Take care to watch blood sugars if you are diabetic. Do not eat all 3 garlic cloves in one sitting, or on an empty stomach since this can cause queasiness. Some people can handle garlic better if they use a little ginger with it. If you have acid reflux or GERD, don't take your raw garlic late at night with your dinner and then lie down soon after. That's the perfect recipe for heartburn. Instead, take your garlic in the morning or early afternoon with food and don't lie down flat until after you've digested your meal. Do not take garlic if you have chronic or acute diarrhea, a stomach ulcer, or gastritis (inflamed stomach). If you have any of those issues, you may be able to take aged liquid garlic extract instead – the plain liquid Kyolic – it has a lot of the same benefits but is gentler on the stomach.
5. **Juicer/ Juicing:** Buy a juicer, and if you are very ill, make sure to juice fast, even if only for one day or one week, or on the weekends. It doesn't have to be an expensive juicer, but one that will juice fruits and vegetables. It's ideal if you can get a juicer that juices wheatgrass and leafy greens – I like the newest Champion juicer or the Nama juicer, but get what you can afford. Juice as many greens as possible: parsley, wheatgrass, celery, spinach, kale, celery, Romaine lettuce, sprouts, chard, watercress. If you have a juicer that can juice sprouts, make sure to use these as well. Adding fresh apple juice or green onion, or zucchini or carrot juice to greens can improve the taste of the veggie juice combination. In general, try not to mix fruit juices with vegetable juices. However, apple can be added to vegetable juice blends. Juicing recipes can be found in Michael Murray's book [The Complete Book of Juicing](#).
6. **Juicing and Blood Sugar:** If you have insulin-resistance or insulin-resistant diabetes, you can drink vegetable juices and lemon juice and you may be able to add ½ a green apple to your blends, but you will need to monitor your blood sugars to make sure the apple juice doesn't raise your blood sugar too much. If you have insulin-dependent (juvenile) diabetes, a raw living foods diet is best and you should avoid a juice fast.
7. **Blender and Saving Time:** Buy a blender if you don't have one. A blender can save much time with preparing foods/salad dressings, juice smoothies, blended salads, raw soups, etc. If you can afford it, a Vitamix blender can help you make smooth raw nut milks that don't require the extra step of straining with a nut milk bag.
8. **Coffee and Black Tea:** avoid black coffee, black tea, sugar, alcoholic beverages or any other food or beverage that is carbonated, has caffeine, artificial flavors, colors

or other additives. People who are used to coffee or tea every day should switch to green tea during this program to avoid caffeine withdrawal.

9. **Prescription Medications:** Try to reduce or eliminate any medications that are not absolutely necessary. Please do not stop any medications without the consent of your doctor. If you're on heart medication such as digoxin, Lanoxin or anything that sounds like that, do not stop taking it – you need to keep taking that. (Your doctor would have told you it was “heart medicine,” that it was for a “weak heart” or that you have congestive heart failure). Some medications such as insulin or blood pressure medications may need to be reduced or discontinued DURING the cleanse and afterwards due to the positive changes that can happen in the body. But this depends on blood sugar levels or blood pressure. If your blood pressure or blood sugar goes down during the cleanse, you may need to make adjustments to your medication. If you are diabetic or have high blood pressure, please monitor your blood sugars/ blood pressure regularly, so that you are able to make changes in your medication if needed during or after the program. **Blood sugars and blood pressure can go up or down rapidly during the program**, so please use caution and check these numbers often. In a person with high blood pressure, a rapid drop in blood pressure down to normal levels can cause symptoms of dizziness, weakness and heart palpitations. If these occur, discontinuing or lowering the dose of prescription blood pressure lowering medications typically resolves this issue and makes these symptoms go away. Sleep is really important during this cleanse, so if you absolutely can't get to sleep and you need a sleeping pill, take it. You can also try the Nerve Calm or Peaceful Nerves formula to help you sleep.
10. **Your Household Products:** Try to eliminate as many chemicals from your home environment as possible. Shop at health food stores for alternatives to household cleaning products, laundry detergent (even the “fragrance-free” versions of popular name brands can be full of unhealthy chemicals), chlorine bleach, cosmetics, deodorants, detergents, soaps, lotions, sunscreen, bug repellent, shampoos, perfumes, hairspray, talc, candles, air fresheners, etc. Anything that you bought at a chain grocery store is probably full of toxic chemicals (unless it was a Whole Foods Market)
11. **Warning on Unhealthy Habits After the Cleanse is Over:** the 28-Day Program has resulted in complete remissions for many people. However, it is extremely important *not* to return to old ways of eating and drinking. Following unhealthy diet and lifestyle habits after the program has been completed can result in a relapse of the condition that is usually worse than the original episode! It is extremely important to follow healthy diet and lifestyle habits from now on for at least the next full year from the time of healing. Most natural practitioners recognize that this one-year period is a very fragile time during which one must take extra care to follow a healthy diet and lifestyle in order to avoid relapse. During this time, do not consume meat (beef, poultry, fish or any other animal that had a face), refined sugar, refined flour or other processed foods. Follow a regular exercise program and continue to work on emotional healing. For more information, please see the website at [DrFostersEssentials/store/ph\\_bal.php](http://DrFostersEssentials/store/ph_bal.php) and [DrFostersEssentials.com/store/begin.php](http://DrFostersEssentials.com/store/begin.php)

# Dr. Foster's Essentials

28-Day Healing Program – Bird's Eye View, More Charts & Info Below:

## Weeks 1 and 3: Biliary Tract Cleanses Liver/Gallbladder

## Weeks 2 and 4 Urinary Tract Cleanses Kidney/Bladder

	Days 1 - 5	Day 6-7		Days 1 - 5	Day 6-7
<b>Upon Awakening</b>	Colon Detox Caps Dry Skin Brush Hot /cold shower	Colon Detox Caps		Colon Detox Caps Dry Skin Brushing Hot/cold shower	Colon Detox Caps
<b>Pre-Breakfast Morning Drink</b>	Drink Liver flush <u>15 minutes later:</u> 2 cups Detox Chai L/GB Formula			Drink Kidney flush <u>15 minutes later:</u> 2 cups K/B Tea Kidney/Bladder Formula	
<b>Breakfast-time (1/2 hour after Pre-Breakfast)</b>	2 TBS Earth's Nutrition Blood Detox	2 TBS Earth's Nutrition		2 TBS Earth's Nutrition Echinacea Premium	2 TBS Earth's Nutrition
<b>Pre-Lunch</b>	Colon Detox Caps	Colon Detox Caps		Colon Detox Caps	Colon Detox Caps
<b>Lunch-time</b>	L/GB Formula  2 cups Detox Chai  2 TBS Earth's Nutrition  Blood Detox	2 TBS Earth's Nutrition		Kidney/Bladder Formula  2 cups K/B tea  2 TBS Earths Nut.  Echinacea Premium	2 TBS Earth's Nutrition
<b>Pre-Dinner</b>	Colon Detox Caps	Colon Detox Caps		Colon Detox Caps	Colon Detox Caps
<b>Dinner-time (1/2 hour after Pre-Dinner)</b>	Vibrant Colon or Colon Start Plus 2 cups Detox Chai L/GB Formula Blood Detox	Vibrant Colon		Vibrant Colon 2 cups K/B Tea Kidney/Bladder Formula Echinacea Premium	Vibrant Colon
<b>Evening</b>	Colon Detox Caps			Colon Detox Caps	
<b>Bedtime</b>	L/GB Formula Blood Detox Castor oil pack Hot/cold shower			Kidney/Bladder Formula Echinacea Premium Castor oil pack Hot/cold shower	

**Vibrant Colon or Colon Start Plus Formula:** You must be regulated on one of these formulas before attempting any liver or kidney flushes. This means you have reached the point of having one bowel movement per meal eaten throughout the day, or 1 to 2 bowel movements during a juice fast.

If your bowels are already moving this much, skip this step and move on to the full cleanse. **If you have more serious constipation:** for people who do not have at least one bowel movement per day, the stronger Colon Start Plus Formula can be substituted for Vibrant Colon, or you can simply raise the dose of Vibrant Colon higher until you get the desired effect.

If taking this formula, start with one capsule with dinner. If needed, increase each day by one additional capsule at dinnertime until bowels are moving once for each major meal eaten in a day. (2 meals = 2 bowel movements, 3 meals = 3 bowel movements). When you have reached this point, add on the rest of the 28-Day Program, and keep taking the Vibrant Colon or Colon Start Plus Formula at the dose you have established for the rest of the 4 weeks. Do not further increase the dose of Vibrant Colon or Colon Start Plus Caps unless needed for constipation.

Vibrant Colon is the regular strength designed for people who have one or more bowel movements per day. The extra strength Colon Start Plus Formula is designed for people who have a bowel movement less than once per day. During a juice fast, you will only have 1 or 2 bowel movements per day since there is no solid food going in.

**Colon Detox Caps:** Take 6 capsules 3 to 4 times daily. Take capsules with a full glass of water or juice. Follow with an additional 8 ounces of pure water. This formula absorbs whatever is in its path; therefore **Do not** mix in with other herbs or medications. Allow 1 hour before or after taking this product to take any medications or herbs. Failure to drink enough water with this formula can lead to constipation. If you miss a dose during the dose, you can take your third dose in the evening or at bedtime.

**If You Are Currently Taking Medications:** leave 1 hour before and after taking Colon Detox Caps before taking any medications. This is because this formula can absorb your medications if you take them both in the same dose at the same time. So allow this space of an hour between taking the Colon Detox Caps and your medications and you'll be fine.

**Earth's Nutrition Powder or Essential Nutrients:** Add 2 tablespoons to vegetable juice, to a fruit smoothie drink, or sprinkle on food such as salad. Do not cook. Can be combined with any herbal formula with one exception: do not mix with the Colon Detox Caps.

**Taking The Liquid Extracts** (L/GB Formula, Echinacea Premium, Blood Detox, Kidney/Bladder Formula):

- **How Much is a Dropperful?** One dropper full of a liquid extract equals 35 drops. To save time, simply squeeze the dropper two times fast until the dropper is almost full (it won't fill completely) to make one dropper full.
- **Can I Change the Dose of Something?** All herbal doses are designed for the average adult with an average weight of 150 pounds. If you weigh more or less than that, doses may be increased or decreased if needed. Doses can be changed at any time for any reason.
- **What if I'm Sensitive to Alcohol?** The amount of alcohol in a dose of herbs is around 1/70<sup>th</sup> of an ounce – it's about the same as in a ripe banana. But, if you'd like to lessen the amount of alcohol from the liquid extracts, add a few ounces of boiling water to each dose. Then you can add stevia or monk fruit to sweeten and allow to cool before drinking. For children, sweeten all formulas and dose by body weight. The alcohol we use in our extracts is distilled which means it is gluten-free. Gluten is too large of a molecule to pass through to the final product during distillation. It is too large to vaporize and re-condense after distillation.

**L/GB, Echinacea Premium, Kidney/Bladder Formula, Blood Detox:** take 2 droppers full as indicated. Can be mixed together. These herbal tinctures may be taken straight, in herbal teas, or mixed with a few oz. of water or juice. It's not mandatory, but it's better to wait 15 minutes between taking tinctures. You don't need to ask us if you can mix those tinctures together – it's OK to do that. It's slightly better to wait a little between formulas for each one to have its effects, but they'll work good enough if you mix them together. Dose can be increased to 3 droppers at a time if needed. Additional information (with LOTS of details) on the Kidney Revitalization Program and the Liver Regeneration Program is also available through our instructions page: [drfostersessentials.com/store/instructions.php](http://drfostersessentials.com/store/instructions.php)

### **Modifications for People Who Have Epilepsy:**

There is an optional add-on product called Peaceful Nerves and another one called Nerve Calm. They are slightly different herbal formula but they are both antispasmodic tinctures that can help to suppress seizures. It's ideal to start taking one of these formulas first before getting into the main cleanse. I didn't have either of these formulas when I did this program for my own epilepsy, but I think is more comfortable and safer for people to take an herbal sedative and antispasmodic formula first before getting into the main cleanse. Taking a formula like this is often enough, but if you need more sedating or antispasmodic effects, you can add small doses of Lobelia Tincture in. Once the seizures go away, if you have an extra one or two after, it's OK. You just didn't get it all yet. It sometimes happens. Take Peaceful Nerves or Nerve Calm for about a year after the seizures have disappeared to help ensure your nervous system heals completely. It's safe and it's OK to take those herbal formulas regularly over the long term – they are not the same as prescription anticonvulsants which can cause liver damage and other problems in your body. Seizures are sometimes caused by parasites and you may pass parasites during this program – even if you had a parasite test already and it was negative. If you

passed parasites, you may want to follow up with an additional parasite cleanse after the 28-day program is completed.

**Modifications for People on Dialysis or in Kidney Failure:** your doctor will have already put you on a low protein, low potassium, fluid-restricted diet. Don't try to do a juice fast. The best diet in these cases is a raw "living foods" diet. You will need to simmer down the Detox Chai Spice and K/B Herbal Tea to concentrates – around ¼ of their original volume, so you'll need to watch the pot simmer – make sure you don't forget about your tea or you'll come back to a burnt pan! You can simmer them down to just a few ounces and then drink those. You can try using a crockpot or slow cooker to do this as well. Drinking concentrates instead of the teas, you can avoid drinking too much fluid during this cleanse. An optional add-on to the 28-day Program is the Lobelia Tincture, which acts as a natural diuretic. It stimulates the body to release urine. The kidney/bladder herbs also do this, but the lobelia will make the effect stronger. You can sometimes start urinating this way if you are on dialysis and no longer urinating. Do not use just the lobelia extract by itself thinking this one herb will take you out of kidney failure. You need the whole 28-day program and you may need to repeat the program a few times or more. Your colon contributed to your kidney failure and so did your liver – your entire body created this – not simply your kidneys. You can lower the doses of everything you take to ½ doses at first until you know your body can handle the detox. The blood cleansing herbs and kidney/bladder herbs are going to help clear out the excess BUN and creatinine in your blood. The Colon Detox Caps will help to clear out excess phosphates. Whatever damaged your kidneys, you need to heal that too – some of those underlying conditions may actually heal during your 28-day cleanse or they may partially heal and you may need to follow up with more healing for those underlying conditions after the cleanse is over. It's OK to repeat the 28-day cleanse numerous times if you need to. Some common causes of kidney failure are long-term high blood pressure, repeated kidney stones or kidney infections, polycystic kidney disease, diabetes, lupus, kidney damage from taking daily painkillers, certain chemo drugs, radiocontrast dyes giving with medical imaging tests, and even antibiotics. It can take 20 years for the kidney damage to become so severe that you need dialysis, and it can take some time to reverse everything that happened to you over those 20 years, so be patient and give yourself time to heal.

**Modifications for People with Cirrhosis/ Liver Failure:** If your liver has a lot of scar tissue or is very blocked, take only ½ the recommended dose for the L/GB Formula and only ½ of the recommended oil in the liver flush drink. Start with ½ TBS of oil and do not increase the amount unless you feel the day before went smoothly. If you have fluid retention, you will need to simmer the Detox Chai Spice Tea (covered on low heat) for longer than 15 minutes to take it down to half of its original volume. You will end up with a very concentrated tea. Then drink only 1 cup at a time instead of the recommended 2 cups. The cup in the morning is the most important one to drink. Use a castor oil pack over the liver to help gradually dissolve/ soften up scar tissue, and discontinue any liver-damaging substances. Check with your doctor to see how to taper or discontinue any medication(s) that was/were damaging your liver. The most common medications that damage the liver are seizure medication, diabetes medication, tricyclic antidepressants, cholesterol-lowering medications, cancer chemo drugs, and others. Please check the product info that comes with your medications or consult a PDR for consumers/ lay persons. If you have accumulated fluid in your belly or elsewhere, there is an optional



add-on called Lobelia Tincture – using this herb can help eliminate excess fluid from your body – your feet, lungs, belly and elsewhere. Be patient – liver failure can take over 20 years to develop, so it can also take time to heal. Keep going if you're not 100% after the first month.

**If You Have Had Your Gallbladder Removed:** cut down the amount of oil in the liver flush drink to ½ TBS, and raise this amount by only ½ TBS each day thereafter. If you have problems such as severe indigestion or heartburn, cut down on the oil. Make sure you drink the Detox Chai Spice tea after each morning liver flush drink (contains oil), as that stops most heartburn and indigestion. Use only ½ recommended dose of the L/GB Formula to start. If you feel well, then you can try raising the dose to the full recommended dose.

**Detox Chai Spice:** 2 cups tea can be made fresh each time, or all 6 cups made be made at one time with the remainder refrigerated for later in the day. Follow directions on package, tripling the recipe: use 3 to 6 tablespoons Detox Chai Spice Tea in 60 ounces of distilled water. Simmer (covered) for 20 minutes, then strain. Let cool slightly before drinking. The most important and mandatory dose of the day the weeks when you're doing liver flushes is the morning dose of Detox Chai Spice Tea. It is important to drink the tea right after the liver flush drink to help digest it. Otherwise, the tea can be drunk at any time - with meals or between meals. The tea herbs can be reused up to 3 times. Simply save the herbs after you strain off the tea and add an additional Tablespoon or more to make the next batch. After the third batch, throw out the tea herbs and start over. This will help your bag of Detox Chai Spice last longer.

### **Liver Flush Drink:**

Blend in blender on high speed until smooth. Drink immediately.  
Make fresh each day.

- 8 ounces juice (use only these juices: lemon, lime, grapefruit, orange, tangerine, apple, dark grape or any combination of these)
- 8 ounces distilled water
- 1 to 2 large fresh raw organic garlic cloves, peeled (start with 1 clove first)
- 1-inch chunk fresh ginger or 2 droppers full ginger tincture or 1 drop ginger essential oil
- 2 to 4 tablespoons organic extra virgin olive oil (start with lowest dose first)

### **Strong Liver Flush Option:**

This cleanse gets deeper into your liver where there can be hundred and thousands of stones, toxins and sludgy bile that could have been sitting there for many years. You should try a deep cleanse of your liver at least once. Big changes in your body can happen after a deep liver cleanse. If you want to use a colander to check your bowel movements for stones, the stones can be various shades of green, dark red, or deep yellow.

To do the strong liver flush option: (During week 1 and/or 3): follow regular liver flush routine for the 1<sup>st</sup> four days. On the 5th day, skip the morning drink and instead make the following evening drink: 4 to 6 ounces olive oil and 4 to 6 ounces orange or lemon juice. Drink 1 ounce per hour starting at 6 PM. Lie down on right side to allow gallstones to pass easily. Diabetics use lemon juice.

## **Notes on Healing the Liver:**

Please keep in mind that researchers have now proven that elevated liver enzymes can be caused by using high doses of cannabis or CBD oil and you may need to stop using cannabis/ CBD or certain prescription medications in order to heal your liver. If you have cancer or other serious disease, and must use cannabis, then make sure you're always taking a liver protectant such as milk thistle with it so that your liver stays strong. Please look up any prescription medications you're taking to check for liver damage, bile stasis, or elevated liver function tests as a side effect. You can heal your liver with liver cleanses, but you may need to find natural alternatives to most or all of your prescription medications and other injections you get in a doctor's office in order to completely heal your liver and maintain your liver health.

**The 7th Day of Rest:** The herbs can be extended out to the sixth day each week, but do not take any herbs or do any routines on the 7<sup>th</sup> day. This day is a day of rest that is needed for the body to incorporate the changes you have made this week. It is also needed in order to prevent the body from developing a tolerance to the herbs and requiring higher and higher doses for the same effect.

## **Food:**

**What to Eat During This Cleanse:** Choose one of the four options below.

1. **Juice Fasting** - best results. For severe illness, do an all fresh juice diet for the first 4 weeks – mainly vegetables. All juices should be diluted with an equal amount of distilled water. For more detailed information on juice fasting, please see the article on The Power of Juicing at [DrFostersEssentials.com/store/juicing.php](http://DrFostersEssentials.com/store/juicing.php). If you are diabetic or you are on a fluid restricted diet, it is best not to juice fast, but follow option #2.  
**Diabetics:** no fruit juices. **Those in kidney failure with water retention:** it is necessary to restrict fluids. Drink only 2 cups of herbal tea per day, omit liver flush drink and kidney flush drink if necessary, do not juice fast, and eat all raw vegan foods during this program (Option #2). For your herbal teas, you can make concentrates by simmering the teas for longer periods of time (for around an hour or so) or until the liquid is reduced by half or more. This way, the liquids you drink are stronger and more therapeutic without so much liquid in them.
2. **Raw Vegan Diet** – excellent results. Eat all raw vegan foods (fruits, vegetables, soaked and sprouted grains, soaked or sprouted nuts and seeds) and fresh-squeezed juices. Also includes bean sprouts (lentil sprouts, chickpea sprouts, mung bean sprouts, etc.) seed sprouts (sunflower sprouts). For optimal digestion, soak seeds or nuts in a bowl of

water overnight (8-12 hrs.) before eating the next day. Homemade salad dressing can be made from avocado, apple cider vinegar (or lemon juice) and spices.

3. **Vegan Diet** – good results. No animal products: meat, chicken, turkey, fish, seafood, venison, pheasant, duck, eggs, dairy, milk, yogurt, cheese, pudding, butter, gelatin, jello, whey, dairy protein drinks, etc. Eat fruits, vegetables, beans, grains, nuts and seeds. (Couscous, hummus, tabouli, salads, tofu, veggie burgers, almond butter, bean burritos (no cheese), rice cakes, rice and beans, etc.) Try to stay away from refined sugar, enriched flour and artificial colors and flavors.

**Castor Oil Pack:** Castor oil is found in the massage oil section of health food stores. The pack is usually located beside the castor oil. Use a large piece of cotton or wool if the pack cannot be located. Saturate the pack with castor oil. Fold into layers at least 4 layers thick and apply to liver area or to the area that is sick (such as joints, kidneys, neck, breasts, etc.). Cover with clear plastic wrap to avoid spilling oil onto clothing. Apply heating pad or hot water bottle. Secure with cloth belt, string, or other. Leave on for 2 hours. If pressed for time, simply massage the castor oil in at night and leave on.

**Dry Skin Brushing:** use a natural bristle brush sold in health food stores. Sloughs off old skin, activates skin to detoxify, and stimulates and cleanses the lymphatic system. Start with legs and brush skin in short strokes in a direction towards the heart. Brush skin for about 3 to 5 minutes. Follow with hot/cold shower.

**Hot/Cold Showers:** Take a short warm shower and wash the body. Then turn the water to as hot as you can stand (without burning yourself). Let the water run all over your body for one full minute. Then turn the water all the way to as cold as it gets. Let the water run all over the entire body for another minute. This is one cycle. Repeat this cycle a total of 7 times or more. Always end on cold water. This can be repeated in the evening time. For specific health problems, focus the water on the area that is sick or painful. If very ill, can use a shower chair, or have others put alternating hot & cold packs on the sick areas instead. Can do gradually – turn to gradually warmer and colder until hottest and coldest temps are reached. Those with asthma and heart disease use caution with cold water – use only cool water, not cold.

**K/B Herbal Tea:** If desired, all 6 cups may be made at one time and the remainder refrigerated for later in the day. Follow directions on the package, tripling the recipe: 3 rounded tablespoons K/B Herbal Tea and 48 ounces distilled water.

**Reusing K/B Herbal Tea Herbs:** After straining off the tea, the K/B tea herbs can be used two more times to make another batch. Simply add more water to them and an additional tablespoon or more of new K/B tea herbs and make the next batch. After straining off the herbs from the second batch, you can set aside the herbs again, add more water and another tablespoon or so of fresh new K/B tea herbs and make the third batch. After straining off the tea from the third batch, throw out the used K/B tea herbs and start over with fresh, new K/B tea herbs. This will also help your bag of K/B Herbal Tea last longer.

## **Kidney Flush Drink:**

Place all ingredients in a quart container or larger, stir, and drink immediately.

- Fresh organic juice of 2 lemons (may substitute with limes if desired)
- 16 to 32 ounces distilled water
- Pure maple syrup to taste (Organic Grade B commercial is preferred)
- Pinch cayenne powder (ginger powder may be substituted if cayenne cannot be tolerated)

## **Notes on Cleansing the Kidneys:**

Also, please keep in mind that elevated BUN and creatinine and kidney stones can be caused by using antibiotics, cancer chemotherapy drugs, getting a CAT scan where radiocontrast dye was used, or taking certain prescription or over-the-counter medications, and you may need to stop using painkillers or certain prescription medications in order to completely heal your kidneys and bladder.

Please look up any prescription medications you're taking to check for kidney damage, renal damage, nephrotoxicity, ototoxicity or elevated BUN/creatinine as a side effect. You can heal your kidneys with kidney cleanses, but you may need to find natural alternatives to most or all of your prescription medications and other injections you get in your doctor's office in order to completely heal your kidneys and maintain your kidney health.

Diabetes and autoimmune disorders can also cause kidney damage, so if you've been diagnosed with either of these, you should also address the underlying causes of these disorders as well (which could include changing your diet, doing some liver cleanses, using some immune system herbs, blood sugar balancing essential oils, etc.)

## **How Long to Take the Herbs:**

The herbs can be extended out to the sixth day, but do not take any liquid extracts or herbal teas or do any healing routines on the 7<sup>th</sup> day. This day is a day of rest that is needed for the body to incorporate the changes you have made this week. It is also needed in order to prevent the body from developing a tolerance to the herbs and requiring higher and higher doses for the same effect.

Your body may continue to detoxify for a few days after the cleanse is over. You can continue to take Vibrant Colon and Colon Detox Caps for a few days to a week after in order to absorb any remaining toxins.

**Length of Program:** this program may be extended for as long as needed until good health has been regained. If continuing program for another month, only take off one week, and then start again. Juice fasting may be discontinued after the 1<sup>st</sup> month or continued for a few months if needed. Between two and three months is when the first major healing crisis hits. This is the body throw off a LOT of toxins all at once in the attempt to regain its health. It can look scary with symptoms you've had in the past returning temporarily, but it generally only lasts a few days.

After the first healing crisis, the health jumps up a level, and you feel stronger and healthier. It is very important to realize that many of these issues have to do with dosing, which you can easily change yourself, and are actually a HEALING and NOT an allergic reaction. Please see the Mandatory Instruction Sheet "How to Take Your Herbs" for more detailed information about the Unwinding/ Retracing Process, why it happens, and what to do to support this healing process while you're in it.

**Maintenance:** when there are no more signs of ill health, go to the maintenance program. Do a one week cleanse every 3 months and stay on a vegetarian diet with organically grown foods. Continue Vibrant Colon if needed, and Earth's Nutrition or Essential Nutrients daily. Take any specific formula relevant to your particular health issue (Brain Regain, Healthy Heart, Lobelia, Female Harmony, Sweet Relief, Colon Detox Caps, Prostate Formula, Blood Detox, Lung Support, Thyroid Support, Adrenal Support, etc.) for at least one year afterwards. DO NOT go back to the Standard American diet or bad health habits, or it's possible to relapse within one year of completing this program.

### ***Signs of Healing to Look For:***

After you've finished your cleanse, it's important to check for signs of healing. If you have had any improvements in your skin, reduction of a rash, less flatulence, reduction of headaches, less sinus problems, less food sensitivities, less intestinal cramping or discomfort, reduced inflammation in the body, better breathing/ lung function, improvements in menstrual cramping or lighter menstrual periods, it's a good sign that you've eliminated the toxins that were causing or contributing to these problems.

Give yourself a pat on the back and congratulate yourself for a job well done! If you eliminated an extra long bowel movement all stuck together, you most likely eliminated the mucoid plaque layer – kudos! You may have saved yourself from a much worse bowel problem in the future. If you passed parasites, congratulations! (You may want to follow up with the Parasite Cleanse Kit to make absolute sure you've killed all stages of the parasite.)

**Cynthia Foster, MD ♦ Santa Monica, CA 90404 ♦ DrFostersEssentials.com**

Copyright © 2003-2023 Cynthia Foster, MD. All rights reserved

***More information below...***

## Dr. Foster's Essentials

### 28-Day Healing Program:

### Signs of Healing/Unpleasant Symptoms:

**It is very important to realize that many of these issues have to do with dosing, which you can easily change yourself, and are actually a HEALING and NOT an allergic reaction.** Please see the Mandatory Instruction Sheet "How to Take Your Herbs" for more detailed information about the Unwinding/ Retracing Process, why it happens, and what to do to support this healing process while you're in it. Here's a link to that instruction sheet: [How to Take Your Herbs](#):

**Bad Breath:** an excellent sign that toxins are being released from the body. Toxins can be stored in the body from years of unhealthy living habits, poor diet choices, stress, and lack of exercise. We are stirring up these old toxins from the past. Toxins smell bad! There can also be a temporary increase in body odor and also a coated tongue. These are all great signs of healing!

#### **Change in Color and Smell of Stools:**

Step Two Formula can temporarily turn the bowel movements dark due to the black charcoal content. This is harmless and NORMAL. Stools can also be covered with a mucous covering and/or can be multi-colored. While taking this formula, there is sometimes an increase in gas or foul-smelling stools. Terrific! These are all good signs and mean that the formula is working to cleanse toxic residues from the bowel.

#### **Black Stools:**

The activated charcoal in the Colon Detox Caps and Colon Soothe will turn the stools black. It's normal for this formula and does NOT indicate a disease. After you finish taking the formula, the stools should return to their pre-cleanse color.

#### **Green Stools:**

If you took the Earths' Nutrition Powder or Essential Nutrients formula with your cleanse, or if you've been juicing green vegetables, your stools may turn a greenish color. This color is due to the pigments in the vegetables and is completely harmless.

#### **Red/ Purplish Stools:**

If you drank beet juice or ate a lot of beets, it can turn your stool a dark purple/ reddish color. This color is caused by the pigments in the beets and is nothing to worry about.

#### **White Stools:**

If you have ever had a barium GI test, the barium (a white chalky liquid) you swallowed during the test can remain lodged in the diverticula (bowel pockets) of the colon for years. During the intestinal cleanse, this white chalky material can come out. It's usually only one or two bowel movements that come out this way and then stool

color returns to normal when all of the barium has been eliminated. If you have never had a white stool before, and you had a barium imaging test done in the past, then you can rest assured that this temporary white color is not a sign of disease.

**Burning on Urination/Urinating Large Volumes:** The kidney/bladder herbs stimulate urination, and this is a normal, expected effect. If there are many toxins in the urinary tract, they can burn as they are being urinated out, and is most likely not a sign of infection. Stored, accumulated toxins are usually acidic. There may also be strands of mucous or crystals passed in the urine. Small kidney stones can be dissolved fairly quickly without pain. After the 1st or 2nd cleanse, the burning typically goes away.

**Coated Tongue:** very good sign that intestinal toxins are being stirred up and are releasing from your GI tract.

**Constipation:** can occur if Colon Detox Caps are not taken with enough water. To remedy: drink 2 glasses of water with each dose, and/or increase dose of Vibrant Colon or Colon Start Plus Caps by one additional capsule, or decrease the number of Colon Detox Caps taken in a dose.

**Diarrhea:** All of the following formulas can stimulate the bowel: Vibrant Colon, Colon Start Plus Formula, Colon Activator Formula, Ginger, Cayenne and Garlic. If diarrhea develops, reduce the dose of these foods/remedies. If you are taking a magnesium supplement to help constipation, you can discontinue it during this cleanse. The liver healing benefits of the Vibrant Colon Formula are important during a liver cleanse. Diarrhea is also a common side effect of cancer chemotherapy. The Colon Soothe Formula and Colon Detox Caps usually slow down diarrhea if taken in higher doses (1 heaping tsp five times daily or 8 caps 5 times daily).

**Dry Skin/Dry Lips:** this is an indication that there is not enough oil in the diet. During the liver flush weeks, this is usually not a problem. During the kidney flush weeks, one or two Tablespoons of pure, organic, cold-pressed oil can be added to juice/food or taken straight. If using essential oils straight on the skin, the effect can be drying. To counteract the drying effect of essential oils on the skin, dilute with cold-pressed oil (almond oil, sesame oil, olive oil, jojoba oil, etc.) before applying to skin.

**Energy Levels During the Cleanse:** Some feel tired while others feel energized, and there may also be cycles where you feel great one day and not so great the next. This is part of the healing. Sometimes fatigue is felt because coffee, tea, alcohol, drugs, or medications have been stopped. Rather than feeling sick from the herbal formula, many people are simply in withdrawal from caffeine and other drugs. Fatigue may also result when juice fasting, especially if there are lots of toxins in the body to clean out, and this is a good sign that the body is responding to the cleanse.

**Fever:** this is rare, but can occur due to a healing crisis. It is a sign that the immune system has become activated and is cleansing away large amount of toxins at once, and this is good! It is important to drink at least a gallon of fluids daily so that the temperature does not get too high. In most cases, as long as the fever is not 103 or

above, and you drink enough water, medication should not be needed, & the heat helps burn away toxins. These fevers can be crucial when healing cancer or other severe illness.

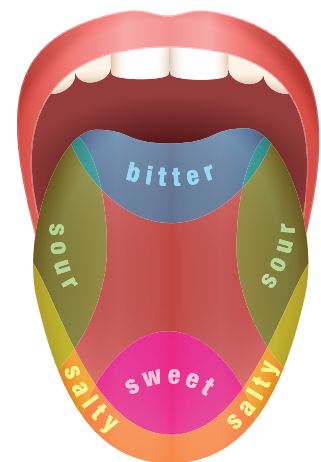
### **Gas/Bloating/ Stabbing Pains in Belly:**

Most people experience a reduction in gas when they take these formulas. However, for some people with harmful microbes in their gut or a lot of toxins in their liver, they can experience a die-off effect. It is a positive sign that healing is taking place. During a cleanse, parasites, bacteria, yeast, and fungus can release gas into the intestines as they are killed. Gas and bloating usually indicates that the liver/gallbladder is toxic and in need of cleansing. This can feel like stabbing pains in the belly. The pains usually move around. The pains can feel scary, yet it's just trapped gas and it's pretty harmless. If unbearable, reduce doses of the liquid herbal formulas, massage the abdomen, do situps, yoga postures and/or deep foot reflexology to release the gas from the system.

After the area is cleansed and there are no more harmful microorganisms, and digestive organs are healthy, you should no longer get gas when taking the formulas. The Colon Detox Caps and Colon Soothe formulas absorb a lot of water as well as toxins, expanding in the gut to cleanse away the toxins from the gut lining, so this formula can cause a temporary bloated sensation during the cleanse that goes away soon after the cleanse has been completed. It is harmless and normal for these formulas and should help your gut work better in the future.

### **Herbs Taste Bitter:**

Yes! That's on purpose. The bitter taste stimulates the taste buds on your tongue which then stimulates a cascade of biochemical reactions that cause the neuroendocrine cells in the gut to release CCK (aka cholecystokinin – a gut hormone) which activates your liver and gallbladder and helps make this a more powerful detox. The herbs will still work if you sweeten the formulas with stevia, but we have seen when people taste the bitter taste in their mouth, it is a more powerful cleanse. Make sure to add water to your dose of bitter herbs – this really helps a lot. We have a saying in herbal medicine, "The bitterer the better." If you really object to the taste – it's ok – no one's judging you – just add the stevia. You can also add some nondairy milk or coconut milk powder.



*Figure 1: Bitter Tastebuds Are On Back Of Tongue*

**Headache:** this is an indication that the dose of the liquid herbal formulas is too high, and too many toxins are being released at once. Not harmful, but uncomfortable. Continue taking Vibrant Colon and Colon Detox Caps, but reduce doses of the liquid herbal formulas, or stop taking the liquid formulas for one day or two days before starting again at a lower dose. Headache can also be due to caffeine withdrawal if coffee/tea has been stopped.



### **Headaches/Pains/Dizziness:**

These are classic healing reactions (sometimes called detoxification reactions or “healing opportunities”). Some people feel them, while others don't feel anything. There can be toxins in the muscles, bones and deep tissues, that have been accumulating and hiding there for many years. Herbs can stimulate the body to release these toxins. Additionally, some people can have parasites imbedded in the muscles, and when they do the cleanse, they can experience temporary aches and pains.

If the pain, headaches or dizziness are too intense, this is an indication that the body is not eliminating the toxins as fast as they are being stirred up. It is not harmful, but it can be uncomfortable. Continue taking Vibrant Colon and Colon Detox Caps, but reduce doses of the liquid herbal formulas, or stop taking the liquid formulas for one day or two days before starting again at a lower dose (start again at around half the dose you were taking previously) . Headache can also be due to caffeine withdrawal if coffee/tea has been stopped.

**Heartburn:** can sometimes result from garlic and/or garlic-containing formulas. If this occurs, reduce the dose of garlic or take garlic/garlic-containing formulas with food or juice. One can also drink aloe vera juice to soothe stomach. If you have a stomach ulcer: citrus juices, vinegar, alcohol, garlic, ginger and salt can cause a burning sensation or even pain. If this occurs, substitute apple juice for citrus juice, cut out vinegar, garlic, ginger and salt, and use the boiling water method to evaporate the alcohol from the alcohol extract formulas and dilute all doses into at least an 8 ounce glass of water. Then break open the capsules of each dose of the Colon Detox Caps and mix with water before consuming so that the formula can soothe the entire esophagus and stomach area. Don't ever take cayenne or the Blood Detox Formula on an empty stomach. If you suffer from acid reflux, leave the garlic out of the liver flush drink and stay away from garlic during your cleanse.

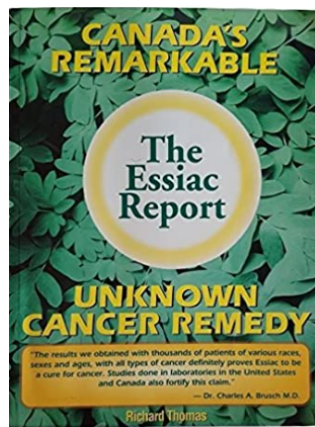
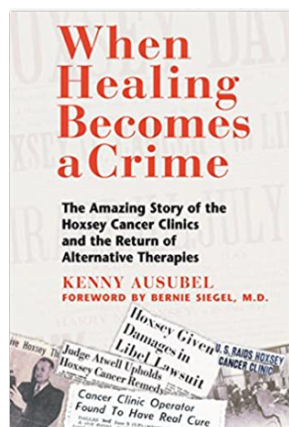
**Muscle Aches/Cramps:** this is usually only a problem in the beginning phases of an herbal detoxification program. This is an indication of toxins being flushed out of the liver. It does pass sometimes in as little as a few days. If not, try an herbal antispasmodic such as lobelia or the Calcium From Herbs Formula. It typically goes away when the cleanse is stopped.

**Nausea:** may be caused by too high of a dose of olive oil during the Liver cleansing weeks, or not drinking the Detox Chai Spice after drinking the Liver Flush Drink. To remedy, try taking ginger, peppermint, fennel, cloves, cinnamon, or Detox Herbal Tea. Next time, reduce the dose of oil. Nausea is also a very common side effect of prescription pain killers and other medications and may not be due to the herbs at all. Nausea can have an emotional cause such as disliking the taste of an herbal formula. In the case of nausea due to taste, mix the formulas with fruit juice, stevia or monkfruit to dilute the taste and make them more agreeable. It is important to be in a supportive environment during the process. Any worries or upsets can aggravate

nausea. It's best to watch comedies and tell jokes with friends during this cleanse, especially in the morning. Laughter is an amazing remedy for nausea.

**Weight loss:** this can happen as the body is detoxifying. The toxins in the body can be substantial. Sometimes the body **must be detoxified to a certain point** before it is possible to gain weight and then it will happen. Many underweight people gain weight while on a juice fast because the nutrients from juice are better absorbed than those in solid food, so make sure you drink as much juice as possible if you are juice fasting. If you're hungry, you need to drink more juice. Others do well on raw goat's milk: 1 to 3 glasses per day.

**Lab Tests:** There's a great book on Alternative Lab tests for cancer called Cancer-Free: Are you Sure? It's sold online. Some additional resources on the corruption of medicine and how they purposely outlawed natural remedies for cancer are The Essiac Report and When Healing Becomes a Crime. And there's also my book on the 28-Day Program. as well.



## 28-Day Healing Program Daily Schedule Weeks 1 through 4:

### Week One:

### Colon, Liver and Blood Cleanses

	Days 1 through 5	Days 6 and 7
<b>Upon Awakening</b>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p> <p><b>Dry Skin Brushing</b> – brush arms, legs, back, and entire body with a skin brush for around 5 minutes. Brush using short strokes in the direction towards your heart.</p> <p><b>Alternating Hot /Cold Shower</b> – take warm shower for 5 minutes. Then turn all the way to cold temperature. Run cold water for one minute. Then switch to hottest temperature you can stand for 1 full minute. Repeat the one minute hot and one minute cold for 6 more times for a total of around 15 minutes.</p>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p>
<b>Pre-Breakfast Morning Drink</b>	<p>Start simmering Detox Chai Spice tea, covered, for 15 to 20 minutes</p> <p>Make <b>Liver Flush Morning Blender Drink</b> – 8 oz. Water, 8 oz. Juice of lemon, orange or apple, 1 garlic clove, 1” chunk of fresh ginger, and 1 to 5 TBS organic cold- pressed sesame oil or olive oil. Drink it all down.</p> <p>Turn off heat for the Detox Chai Spice tea and allow it to cool, then strain.</p> <p><u>15 minutes after drinking the flush drink:</u>            Drink 2 cups <b>Detox Chai Spice</b></p> <p>Take 2 droppers full <b>L/GB Formula</b> mixed in a few ounces of water or juice or mix in with the Detox Chai Spice</p>	
<b>Breakfast-time (1/2 hour after Pre-Breakfast)</b>	<p>Take 2 TBS <b>Earth’s Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p>	<p>Take 2 TBS <b>Earth’s Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p>
<b>Pre-Lunch</b>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p>
<b>Lunch-time</b>	<p>Drink 2 cups <b>Detox Chai Spice</b> tea</p> <p>2 TBS <b>Earth’s Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p> <p>Take 2 droppers full <b>L/GB Formula</b> mixed in a few ounces of water or juice or mix in with the Detox Chai Spice</p> <p>Take 2 droppers full <b>Blood Detox Formula</b> mixed in a few ounces of water or juice.</p>	<p>2 TBS <b>Earth’s Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p>

<b>Pre-Dinner</b>	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.
<b>Dinner-time (1/2 hour after Pre-Dinner)</b>	<p><b>Vibrant Colon</b> – whatever dose gives you three bowel movements a day or 1 to 2 small ones if you are juice fasting.</p> <p>Drink 2 cups <b>Detox Chai Spice</b></p> <p>Take 2 droppers full <b>L/GB Formula</b> mixed in a few ounces of water or juice or mix in with the Detox Chai Spice</p> <p>Take 2 droppers full <b>Blood Detox Formula</b> mixed in a few ounces of water or juice. Can mix in some dose as L/GB Formula.</p>	<b>Vibrant Colon</b> – whatever dose gives you three bowel movements a day or 1 to 2 small ones if you are juice fasting.
<b>Evening</b>	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.	
<b>Bedtime</b>	<p>Take 2 droppers full <b>L/GB Formula</b> mixed in a few ounces of water or juice</p> <p>Take 2 droppers full <b>Blood Detox Formula</b> mixed in a few ounces of water or juice.</p> <p><b>Castor Oil Pack</b> – saturate castor oil pack or piece of flannel with castor oil. Apply to liver or area where you have the problem. Cover with plastic wrap. Then apply hot water bottle or heating pad. Leave on for 1 to 2 hours.</p> <p><b>Alternating Hot /Cold Shower</b> – take warm shower for 5 minutes. Then turn all the way to cold temperature. Run cold water for one minute. Then switch to hottest temperature you can stand for 1 full minute. Repeat the one minute for and cold for 6 more times.</p> <p>Optional: If you have anxiety or difficulty sleeping, take 2 droppers full Nerve Calm or Peaceful Nerves Formula.</p>	

## Week Two

### Colon, Kidney, and Blood Cleanses:

	<b>Days 1 through 5</b>	<b>Day 6 and 7</b>
<b>Upon Awakening</b>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p> <p><b>Dry Skin Brushing</b> – brush arms, legs, back, and entire body with a skin brush for around 5 minutes. Brush using short strokes in the direction towards your heart.</p> <p><b>Alternating Hot /Cold Shower</b> – take warm shower for 5 minutes. Then turn all the way to cold temperature. Run cold water for one minute. Then switch to hottest temperature you</p>	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.

	can stand for 1 full minute. Repeat the one minute hot and one minute cold for 6 more times for a total of around 15 minutes.	
<b>Pre-Breakfast Morning Drink</b>	<p>Start simmering <b>K/ B Herbal Tea</b>, covered, for 15 to 20 minutes</p> <p>Make <b>Kidney Flush Morning Blender Drink</b> – 8 oz. Water, 8 oz. Juice of 2 lemons, dash of cayenne pepper powder, Grade B Maple Syrup or stevia to taste, Drink it all down.</p> <p>Turn off heat for the K/B Herbal Tea and allow it to cool, then strain.</p> <p><u>15 minutes after drinking the flush drink:</u>  <b>Drink 2 cups K/ B Herbal Tea</b></p> <p>Take 2 droppers full <b>Kidney/ Bladder Formula</b> mixed in a few ounces of water or juice or mix in with the K/ B Herbal Tea</p>	
<b>Breakfast-time (1/2 hour after Pre-Breakfast)</b>	<p>2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p> <p>Take 2 droppers full <b>Echinacea Premium Formula</b> mixed in a few ounces of water or juice</p>	<p>2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p>
<b>Pre-Lunch</b>	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.
<b>Lunch-time</b>	<p>Take 2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p> <p>Take 2 droppers full <b>Kidney/Bladder Formula</b> mixed in a few ounces of water or juice or mix in with the K/ B Herbal Tea</p> <p>Drink 2 cups <b>K/B Herbal Tea</b></p> <p>Take 2 droppers full <b>Echinacea Premium Formula</b> mixed in a few ounces of water or juice or mix in with the K/ B Herbal Tea and Kidney/ Bladder Formula.</p>	<p>2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p>
<b>Pre-Dinner</b>	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.
<b>Dinner-time (1/2 hour after Pre-Dinner)</b>	<p><b>Vibrant Colon</b> – whatever dose gives you three bowel movements a day or 1 to 2 small ones if you are juice fasting.</p> <p>Take 2 droppers full <b>Kidney/Bladder Formula</b> mixed in a few ounces of water or juice or mix in with the K/ B Herbal Tea</p> <p>Drink 2 cups <b>K/B Herbal Tea</b></p> <p>Take 2 droppers full <b>Echinacea Premium Formula</b> mixed in a few ounces of water or juice or mix in with the K/ B Herbal Tea and Kidney/ Bladder Formula.</p>	<p><b>Vibrant Colon</b> – whatever dose gives you three bowel movements a day or 1 to 2 small ones if you are juice fasting.</p>

<b>Evening</b>	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.	
<b>Bedtime</b>	<p>Take 2 droppers full <b>Echinacea Premium Formula</b> mixed in a few ounces of water or juice.</p> <p>Optional: If you have anxiety or difficulty sleeping, take 2 droppers full Nerve Calm or Peaceful Nerves Formula.</p> <p><b>Castor Oil Pack</b> – saturate castor oil pack or piece of flannel with castor oil. Apply to liver or area where you have the problem. Cover with plastic wrap. Then apply hot water bottle or heating pad. Leave on for 1 to 2 hours.</p> <p><b>Alternating Hot /Cold Shower</b> – take warm shower for 5 minutes. Then turn all the way to cold temperature. Run cold water for one minute. Then switch to hottest temperature you can stand for 1 full minute. Repeat the one minute hot and one minute cold for 6 more times for a total of around 15 minutes.</p>	

## Week Three: Colon, Liver and Blood Cleanses

	<b>Days 1 through 5</b>	<b>Days 6 and 7</b>
<b>Upon Awakening</b>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p> <p><b>Dry Skin Brushing</b> – brush arms, legs, back, and entire body with a skin brush for around 5 minutes. Brush using short strokes in the direction towards your heart.</p> <p><b>Alternating Hot /Cold Shower</b> – take warm shower for 5 minutes. Then turn all the way to cold temperature. Run cold water for one minute. Then switch to hottest temperature you can stand for 1 full minute. Repeat the one minute hot and one minute cold for 6 more times for a total of around 15 minutes.</p>	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.
<b>Pre-Breakfast Morning Drink</b>	<p>Start simmering Detox Chai Spice tea, covered, for 15 to 20 minutes</p> <p>Make <b>Liver Flush Morning Blender Drink</b> – 8 oz. Water, 8 oz. Juice of lemon, orange or apple, 1 garlic clove, 1" chunk of fresh ginger, and 1 to 5 TBS organic cold- pressed sesame oil or olive oil. Drink it all down.</p> <p>Turn off heat for the Detox Chai Spice tea and allow it to cool, then strain.</p>	

	<p>15 minutes after drinking the flush drink: Drink 2 cups <b>Detox Chai Spice</b></p> <p>Take 2 droppers full <b>L/GB Formula</b> mixed in a few ounces of water or juice or mix in with the Detox Chai Spice</p>	
<b>Breakfast-time (1/2 hour after Pre-Breakfast)</b>	Take 2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.	Take 2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.
<b>Pre-Lunch</b>	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.
<b>Lunch-time</b>	<p>Drink 2 cups <b>Detox Chai Spice</b> tea</p> <p>2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p> <p>Take 2 droppers full <b>L/GB Formula</b> mixed in a few ounces of water or juice or mix in with the Detox Chai Spice</p> <p>Take 2 droppers full <b>Blood Detox Formula</b> mixed in a few ounces of water or juice.</p>	<p>2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p> <p>.</p>
<b>Pre-Dinner</b>	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.
<b>Dinner-time (1/2 hour after Pre-Dinner)</b>	<p><b>Vibrant Colon</b> – whatever dose gives you three bowel movements a day or 1 to 2 small ones if you are juice fasting.</p> <p>Drink 2 cups <b>Detox Chai Spice</b></p> <p>Take 2 droppers full <b>L/GB Formula</b> mixed in a few ounces of water or juice or mix in with the Detox Chai Spice</p> <p>Take 2 droppers full <b>Blood Detox Formula</b> mixed in a few ounces of water or juice. Can mix in some dose as L/GB Formula.</p>	<b>Vibrant Colon</b> – whatever dose gives you three bowel movements a day or 1 to 2 small ones if you are juice fasting.
<b>Evening</b>	Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.	
<b>Bedtime</b>	<p>Take 2 droppers full <b>L/GB Formula</b> mixed in a few ounces of water or juice</p> <p>Take 2 droppers full <b>Blood Detox Formula</b> mixed in a few ounces of water or juice.</p> <p><b>Castor Oil Pack</b> – saturate castor oil pack or piece of flannel with castor oil. Apply to liver or area where you have the problem. Cover with plastic wrap. Then apply hot water bottle or heating pad. Leave on for 1 to 2 hours.</p>	

	<p><b>Alternating Hot /Cold Shower</b> – take warm shower for 5 minutes. Then turn all the way to cold temperature. Run cold water for one minute. Then switch to hottest temperature you can stand for 1 full minute. Repeat the one minute for and cold for 6 more times.</p> <p>Optional: If you have anxiety or difficulty sleeping, take 2 droppers full Nerve Calm or Peaceful Nerves Formula.</p>	
--	--	--

## Week Four

### Colon, Kidney, and Blood Cleanses:

	Days 1 through 5	Day 6 and 7
<b>Upon Awakening</b>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p> <p><b>Dry Skin Brushing</b> – brush arms, legs, back, and entire body with a skin brush for around 5 minutes. Brush using short strokes in the direction towards your heart.</p> <p><b>Alternating Hot /Cold Shower</b> – take warm shower for 5 minutes. Then turn all the way to cold temperature. Run cold water for one minute. Then switch to hottest temperature you can stand for 1 full minute. Repeat the one minute hot and one minute cold for 6 more times for a total of around 15 minutes.</p>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p>
<b>Pre-Breakfast Morning Drink</b>	<p>Start simmering <b>K/ B Herbal Tea</b>, covered, for 15 to 20 minutes</p> <p>Make <b>Kidney Flush Morning Blender Drink</b> – 8 oz. Water, 8 oz. Juice of 2 lemons, dash of cayenne pepper powder, Grade B Maple Syrup or stevia to taste, Drink it all down.</p> <p>Turn off heat for the K/B Herbal Tea and allow it to cool, then strain.</p> <p><u>15 minutes after drinking the flush drink:</u> Drink 2 cups <b>K/ B Herbal Tea</b></p> <p>Take 2 droppers full <b>Kidney/ Bladder Formula</b> mixed in a few ounces of water or juice or mix in with the K/ B Herbal Tea</p>	
<b>Breakfast-time (1/2 hour after Pre-Breakfast)</b>	<p>2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p> <p>Take 2 droppers full <b>Echinacea Premium Formula</b> mixed in a few ounces of water or juice</p>	<p>2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p>
<b>Pre-Lunch</b>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p>



<b>Lunch-time</b>	<p>Take 2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p> <p>Take 2 droppers full <b>Kidney/Bladder Formula</b> mixed in a few ounces of water or juice or mix in with the K/ B Herbal Tea</p> <p>Drink 2 cups <b>K/B Herbal Tea</b></p> <p>Take 2 droppers full <b>Echinacea Premium Formula</b> mixed in a few ounces of water or juice or mix in with the K/ B Herbal Tea and Kidney/ Bladder Formula.</p>	<p>2 TBS <b>Earth's Nutrition Powder</b> in 8 ounces of juice – Put in shaker bottle and shake or use blender.</p>
<b>Pre-Dinner</b>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p>
<b>Dinner-time (1/2 hour after Pre-Dinner)</b>	<p><b>Vibrant Colon</b> – whatever dose gives you three bowel movements a day or 1 to 2 small ones if you are juice fasting.</p> <p>Take 2 droppers full <b>Kidney/Bladder Formula</b> mixed in a few ounces of water or juice or mix in with the K/ B Herbal Tea</p> <p>Drink 2 cups <b>K/B Herbal Tea</b></p> <p>Take 2 droppers full <b>Echinacea Premium Formula</b> mixed in a few ounces of water or juice or mix in with the K/ B Herbal Tea and Kidney/ Bladder Formula.</p>	<p><b>Vibrant Colon</b> – whatever dose gives you three bowel movements a day or 1 to 2 small ones if you are juice fasting.</p>
<b>Evening</b>	<p>Take 4 to 8 capsules <b>Colon Detox Caps</b> in 8 to 12 ounces of water. Take on an empty stomach.</p>	
<b>Bedtime</b>	<p>Take 2 droppers full <b>Echinacea Premium Formula</b> mixed in a few ounces of water or juice.</p> <p>Optional: If you have anxiety or difficulty sleeping, take 2 droppers full Nerve Calm or Peaceful Nerves Formula.</p> <p><b>Castor Oil Pack</b> – saturate castor oil pack or piece of flannel with castor oil. Apply to liver or area where you have the problem. Cover with plastic wrap. Then apply hot water bottle or heating pad. Leave on for 1 to 2 hours.</p> <p><b>Alternating Hot /Cold Shower</b> – take warm shower for 5 minutes. Then turn all the way to cold temperature. Run cold water for one minute. Then switch to hottest temperature you can stand for 1 full minute. Repeat the one minute hot and one minute cold for 6 more times for a total of around 15 minutes.</p>	