

Blood Detox Formula:

Cynthia Foster, MD | DrFostersEssentials.com

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Suggested Use: Shake well before use. Take one to two droppers full in 2 ounces water or juice 3 to 5 times daily. To evaporate alcohol, add dose to 2 ounces boiling water and let cool before consuming. If desired, add natural sweetener to taste. This formula has a strong bitter taste and contains hot chili pepper so we recommend diluting this formula down and taking it with food if you have a sensitive stomach. For people with sensitive taste buds or sensitive stomach, we highly recommend using the “Herbal Latte” Recipe below.



Blood Detox Herbal Latte Recipe



*This will make a nice coffee-like beverage that
Disguises most, if not all of the taste of the formula*

- 2 droppers **Blood Detox Formula**
- 2 ounces **Boiling Water**
- 12 drops **Liquid Stevia** (Hazelnut flavor)
- 1 tsp **Grain Coffee Substitute**
- 4 to 6 ounces **Nondairy Milk**

Put one dose in a coffee mug. Add boiling water, coffee substitute & let alcohol evaporate for about 5 minutes. Then add nondairy milk & stevia. nondairy milk.

I had a friend describe this recipe and she said, “It makes it taste like a White Russian.”

1. For the Grain Coffee Substitute, you can use something like Pero, Inka, Cafix, Roma or powdered dandelion root work great – see pic (below)
2. **Suggested Use:** Shake well before use. Take one to two droppers full in 2 ounces water or juice 3 to 5 times daily. To evaporate alcohol, add dose to 2 ounces boiling water and let cool before consuming. If desired, add natural sweetener to taste. This formula has a strong bitter taste and contains hot chili pepper so we recommend diluting this formula down and taking it with food if you have a sensitive stomach. For people with sensitive taste buds or sensitive stomach, we highly recommend using the “Herbal Latte” Recipe below.
3. Allow a couple of minutes for the alcohol in the formula to evaporate. It will look like a white puff that comes off the top of the liquid just after you’ve poured the boiling water over the formula.
4. Add the nondairy “milk.” This means plant-based “milk” made from nuts, seeds or grains. It is not actually milk from a cow or other animal. It could be oat milk, coconut milk, almond milk, cashew milk, hemp milk, rice milk or any other type of plant-based nondairy milk. This part really helps to minimize and even eliminate any burning sensation from the cayenne in the formula. Home-made or store-bought nondairy “milk” is fine.
5. Add the stevia or monk fruit to sweeten. Could you use another flavor of stevia? Sure! My favorites for this recipe are Vanilla, Chocolate, Chocolate Raspberry and Hazelnut, but you could use any flavor or use Stevia Clear.
6. You could also use any other type of sweetener, but my advice if you have cancer, diabetes or any kind of fungal infection or candida overgrowth is to use a natural nonglycemic sweetener such as stevia, monk fruit, allulose or erythritol and use an unsweetened nondairy milk. That will help prevent rises in blood sugar or worsening of a fungal infection or tumor.
7. Could you use real coffee instead of grain coffee substitute? Perhaps, but keep in mind that coffee can contribute to acid reflux, anxiety and anxiety disorders, post traumatic stress disorder, Graves’ disease, overactive thyroid, epileptic seizures, irregular heartbeat and other heart problems. If you suffer from acid reflux, you may feel fine taking this formula with your coffee, or you may feel some heartburn. Try and see what works best for you. There are adaptogenic herbs you can take for energy such as the [Adrenal Support Formula](#) to have more energy. You don’t have to drink coffee for the energy.



Grain Coffee Substitutes

How Much is a Dropper Full? (one dropperful means to fill up the dropper as much as it can fill. Squeeze the dropper two times quickly. You will see the dropper filling up. That's it. That's a dropper full. It usually looks halfway full. If you count the drops, it's about 30 to 35 drops.



Could I Take it Straight in My Mouth? Yes, but it's not recommended. If you do, make sure you're ready to handle something hot & spicy because it contains hot chili pepper. You do not have to take it straight. Follow the Herbal Latte Recipe below or dilute it down with water and nondairy milk.

Could I Mix it with a Few Ounces of Water

When I'm On the Go or In a Hurry? Yes, but only if you are used to formulas containing hot chili pepper. Otherwise, follow the Herbal Latte recipe below.

Should I Put it Under my Tongue? You do NOT have to put it under your tongue for it to work. It will work regardless. It would be super intense with the hot chili pepper, so better if you dilute it in some water or the Herbal Latte Recipe below.

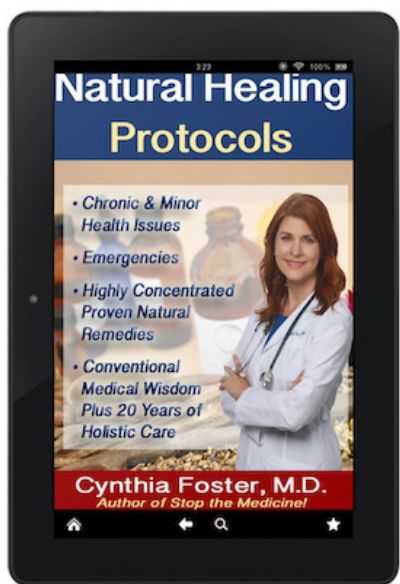
Do I Take it On an Empty Stomach? No. If you have a sensitive stomach or if cayenne bothers you, take this formula with juice, with the Herbal Latte Recipe listed below, or with food.

When Does it Expire? Technically, an alcohol extract lasts indefinitely. Alcohol is a near-perfect preservative, so it will last probably around 30 years or longer - regardless of what it says on the product label. Your rubber stopper on the dropper bottle will probably deteriorate before your herbs ever do.

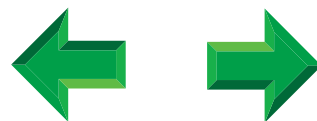
How Do I Store It? In the Fridge? No, you do not have to refrigerate it. Just put it in a cool dark place such as in a cabinet. I leave mine out on my kitchen counter in an organizer. Keep it out of direct sunlight or away from a heat source such as your stove/oven or a space heater.

Can I Mix it With Other Formulas or Supplements? Yes. Mix it with anything, but with one exception. Don't put it in the same dose as Colon Detox Caps or Colon Soothe Formula or any other "absorptive" formulas containing clay or charcoal. Colon Detox Caps and Colon Sooth and other "absorptive" formulas need to work in your system for around an hour before you take anything else.

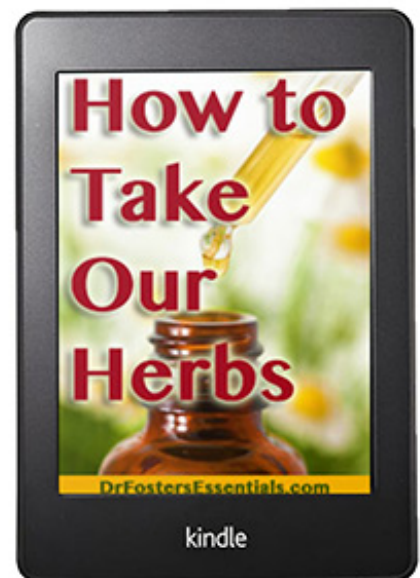
What if I Have a Reaction? *You might and you're SUPPOSED TO have reactions when you take strong herbs and go through herbal detoxification. Your body will NEED to go through something called the "Reversal Process" to reverse the years of disease that have accumulated in your body. It's the way your body heals and it's the way OUT of your disease. If you haven't read the "How to Take Our Herbs Flyer, you need to do that **right now** because it explains these reactions in great detail, the entire "Reversal Process" and **exactly what to do step-by-step if you have a reaction.***



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put them on your tablet.

Supplement Facts:	
Serving size: 30 drops (1 dropper)	
Servings Per Container: 78	
Herb Strength Ratio: 1:1	
	%Daily
<u>Amount Per Serving</u>	<u>Value</u>
Proprietary Extract:	.75ml*
Red Clover Blossoms, Cayenne, Greasewood, Garlic Juice, Burdock root, Yellow Dock, Goldenseal, Oregon Grape root.	
* Daily value not established	

Other ingredients: Distilled water,
Organic grain alcohol (45-55%)

Cautions: If pregnant, nursing, or have a medical condition, consult a health professional before using. Do not take this formula if you are currently taking aspirin or any prescription medication to thin the blood. Do not take this formula if you have hemophilia or are actively bleeding.

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Benefits of The Blood Detox Formula:

These herbs do not just help the blood, they also help many other problems as well, including the following uses:

- Helps clear lymph congestion/ detoxifies the lymph, including lymph nodes and spleen and entire lymph system.
- Helps shrink swollen lymph nodes (“swollen glands”)
- Helps clear out rashes/ skin breakouts due to many causes
- Fights against cell mutations/ disordered cell metabolism
- Helps clear out cholesterol deposits from arterial walls
- In some cases of high blood pressure, helps to lower it
- Helps fight infections
- Detoxifies the liver
- Detoxifies the bloodstream
- Helps reduce adverse reactions to immunizations/ shots. (combine with a colon cleanse for best results)
- Detoxifies and helps reduce inflammation in the joints
- Helps reduce discomfort in the joints
- Thins out blood, reduces risk of blood clots
- Helps strengthen and increase elasticity of the walls of arteries
- Makes a parasite-killing herbal program stronger. Helps kill parasites in the bloodstream and lymph system.

Works especially well in combination with the Intestinal Rejuvenation Program. Can be added onto any herbal cleanse to deepen and accelerate the benefits of the cleanse.

Herbs in The Blood Detox Formula:

- 1. Red Clover Blossoms – (*Trifolium pretense*)**
mild natural blood thinner, alterative herb (according to herbalist, this means “to reverse disease), anti-inflammatory, antitumor properties.
- 2. Cayenne** – stimulates blood circulation to the head, the heart, to the legs and the internal organs. Natural remedy for heart attack (in larger doses). Called a facilitator herb, meaning it helps carry the other herbs in a formula to their needed location in the body. Herbal formulas work better when a little cayenne is added.
- 3. Chaparral – (*larrea tridentata*)** alterative herb, anti-inflammatory. Antitumor properties. Mild diuretic. Anti-arthritis, anti-venomous. Traditional use as remedy for arthritis, bladder problems, kidney problems, vaginal discharge, aches & pains, chicken pox, hemorrhoids, snake bites and tetanus. Deep cleanser of the lymph system and helps heal urethra. Cleanses the colon and tones peristaltic muscles. Depurative (blood cleansing herb).
- 4. Garlic** – deeply cleansing to the blood and liver, it also kills many types of bacteria, viruses, fungi, Candida yeast and parasites. Research shows it lowers cholesterol, naturally thins the blood and lowers blood sugar.
- 5. Burdock Root (*Arctium lappa*)**– blood cleansing herb that help clear the skin. Excellent for rashes of all types, any rash that causes dry, scaly skin. Helps rheumatic complaints, joint discomfort and psoriasis.



6. **Yellow Dock – (*Rumex crispus*)** blood cleansing alterative herb. Helps clear rashes and other skin eruptions. Helps digestion & appetite. Promotes the flow of bile from the liver and helps detoxify the gallbladder. Mild kidney cleanser and anti-inflammatory to the urinary tract. An herb high in naturally-occurring nontoxic iron and other important minerals. The iron in this herb is 100% nontoxic, non-constipating and does not cause any problems in the body. Gentle tonic laxative. Excellent herb for fatigue, psoriasis, jaundice & other liver complaints.
7. **Goldenseal – (*Hydrastis Canadensis*)** - natural antibiotic, antifungal and antiviral, demulcent herb that helps soothe and heal the lining of the GI tract. Gentle tonic laxative. Cholagogue (stimulates bile flow from the liver), anti-emetic (fights nausea), mild diuretic, alterative herb. Nervine (helps calm and heal nerves), Antitumor properties. High in the component berberine, which is antimicrobial (fights infections).
8. **Oregon Grape Root – (*Mahonia aquafolium*)** purifies blood (depurative), helps digestion, tones & strengthens liver, stimulates production of bile flow from the liver, gentle tonic laxative. High in the component berberine, which is very antimicrobial (fights infections). Nerve tonic. Hepatic (cleanses liver). Promotes healthy appetite. Traditional uses: eczema, psoriasis, chronic skin conditions, chronic constipation, weak digestion, jaundice, kidney & liver troubles, rheumatism, chronic uterine conditions, vaginal discharge.

How Will I Know It's Working?

Rashes start to clear, lymph nodes start to reduce in size, an infection improves, high blood pressure can come down a little, tumor pain reduces, reduction of liver pain (in cases of hepatitis), more energy. The herbs in this formula contain a full spectrum of vitamins and minerals that occur naturally in the herbs. The longer you take the formula, the more it works. The benefits accumulate over time. Sometimes it takes many doses over time to kill an infection or to get the benefits, so don't give up if you feel it didn't work after the first dose. Some people may only need this formula for a week (adding it to a liver cleanse or kidney cleanse or colon cleanse), while others may need to take it regularly for a

year. If your symptoms have not disappeared completely, it's OK to take it for longer than a week.

How Is This Formula Different From Aspirin & Niacin?

This herbal formula contains red clover and garlic, all of which are natural blood thinners. They do not have the same side effects as aspirin but still thin the blood effectively. This formula lasts in the body for around 6 hours.

Taking synthetic niacin has been known to cause liver damage. One of the reasons for this is because commercially available niacin is not manufactured from natural sources. It has a toxic petrochemical base and is often manufactured by drug companies/ Big Pharma. Niacin supplements are NOT natural unless it occurs naturally in food. Unless the food is listed on the niacin product label, you can safely assume that the niacin is synthetic – ***even if the product label says “Natural.”***

The Side Effects of Aspirin:

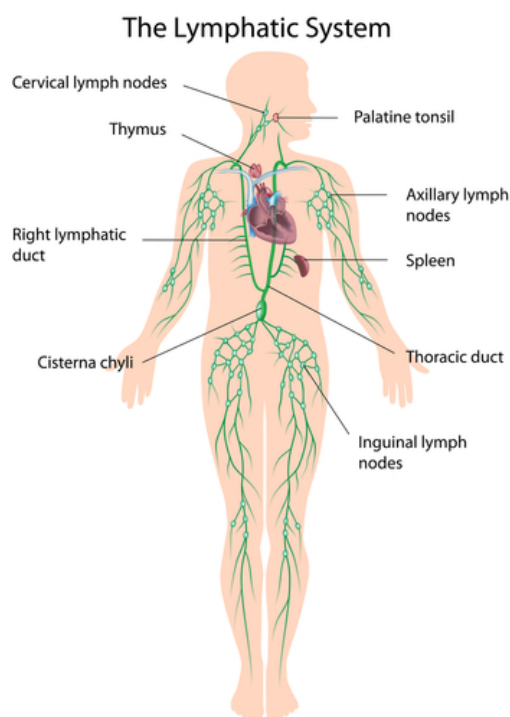
- Ringing in the ears (tinnitus)
- Stomach ulcers
- Long-term use damages the kidneys, causing something called renal papillary necrosis
- Risk of bleeding into the brain (called a hemorrhagic stroke) and other places in the body. Hemorrhage.
- Aspirin disables the platelets (responsible for clotting your blood) irreversibly for 3 days. There is no way to reverse its effects for 3 days, so if the blood thins out too much, there is no antidote to counteract it. On the contrary, an herbal formula lasts around 6 to 8 hours in the body, so if you make a mistake in the dose, it can be fixed fairly quickly.

Cholesterol-Lowering Drugs Can Cause Liver Damage and Muscle Damage

More info below...

What Else Can I Do to Heal My Blood and Lymph?

- Do a colon cleanse ([Dr. Foster's Essential Intestinal Rejuvenation Program](#)).
- Mini trampoline exercises also helps to detoxify the lymph.
- Deep breathing helps to pump the lymphatic vessels around the rib cage.
- Lymphatic drainage massage once a week or even once a month can help drain away toxins that have accumulated in the lymph.
- Avoid junk food especially fast food restaurants.
- Avoid fast food cheeseburgers, french fries and milkshakes and soda pop. Also avoid sandwiches made with white bread and processed potato chips.
- If you have cancer or have ever had it (even if it went into remission due to chemo, radiation or other prescription drugs), continue taking this formula regularly for at least one year.
- Short or longer periods of juice fasting can help clear out lymph toxins and help shrink enlarged lymph nodes. A juice fast can last anywhere from 1 day to 2 months. [More Information about Juice Fasting](#).



Toxicity in the Large Intestine/ Colon Can Leak Toxins into the Lymph System. If You Are Constipated, It Can Cause Lymph Congestion.

More info below...

Stop Cancer: 28 Day Detox and Healing Plan

by Cynthia Foster, MD

This 400-page book is a *labor of love* for all those concerned about cancer. **Jam-packed with natural and holistic answers for cancer**, you're about to discover the secrets behind using your bathtub, shower, kitchen, therapeutic foods and herbs to activate your self-healing mechanisms. You will also learn powerful breathing techniques, emotional release techniques, and visualizations to build up the vital life force in your body, release the emotional roots of your cancer and heal yourself from traumas that have led you to develop cancer.



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