

Dr. Foster's Essentials
Cholesterol Busters Program:

Phase I: Colon Cleanse

Week One:

1. Begin the Intestinal Rejuvenation Program (see Intestinal Rejuvenation flyer) – Vibrant Colon or Colon Activator
2. Begin taking the Essential Nutrients – 2 Tablespoons stirred into any beverage. We suggest fruit juice, vegetable juice, water, rice milk, almond milk. The rice solubles in this formula help to absorb cholesterol from the intestines, preventing it from recycling back to the liver where it can back up into the blood and cause high cholesterol levels.
3. Try to stop eating or cut down on eating meat, and cut down or eliminate dairy products for the duration of this program. If absolutely necessary, can substitute goat's milk products for cow's milk products.
4. Cut down on household chemicals and replace with healthy alternatives from health food store (laundry detergent, fingernail polish, perfume, body sprays, etc.). This stops an enormous amount of chemicals from overloading a liver that's already overloaded with cholesterol. When the body is exposed to less chemicals, it takes a strain off the liver and allows it to perform more efficiently.
5. Begin taking 1 drop of lemon oil added to one glass of water daily. This is a mild liver cleanser and can help to gradually soften and dissolve gallstones and kidney stones over time. 1 drop lemon oil can also be mixed in with an apple cider vinegar tonic: 1 glass of water + 1 TBS raw organic apple cider vinegar + 1 TBS raw unfiltered honey (or agave syrup or maple syrup or stevia equivalent or other natural sweetener or omit the sweetener). The vinegar tonic also helps lower cholesterol is a good maintenance tonic. Vinegar can be hard on the tooth enamel, so if you take this tonic long term, consider using a straw and sip to the back of the mouth without touching the teeth.

Phase II: Liver Cleansing

Weeks Two and Three:

1. This week is the Liver Regeneration Program. Follow the directions on the flyer included for the Liver Regeneration Program. This program includes the Intestinal Rejuvenation Program.
2. Castor oil packs applied to liver area at least 2 times weekly. (See instructions below*) This helps the liver to release its toxins such as excess cholesterol. This is an optional part of the program and it makes the liver cleanse more powerful.
3. Continue taking 1 drop of lemon essential oil or [lemon oil, apple cider vinegar/sweetener combo] added to one 8-oz glass of water once daily.
4. Continue taking 2 Tablespoons Essential Nutrients daily.
5. Continue the dietary recommendations, being especially diligent during these 2 weeks. Some people may want to juice fast or consume a raw vegan diet during this time in order to maximize the benefits of this cleanse. A raw vegan diet includes fresh vegetables, fruits, soaked nuts, soaked seeds, and sprouted grains. To soak nuts/seeds: place them in a shallow dish of water and leave overnight. Generally takes 8 hrs. The next morning, strain off the water. The nuts/seeds will have swollen with water. This leaves them more digestible. Presoaking nuts and seeds takes away about 1/3 of their fat and are very healthy. Research show that consuming nuts such as almonds can lower cholesterol levels. Do not consume nuts if you are allergic to them (you know who you are!)

Phase III: Maintenance

1. Begin taking the Healthy Cholesterol Formula. Continue if needed for as long as needed. An alternative to this formula is the Liver/Gallbladder Caps.
2. Repeat the Liver Regeneration Program every 3 – 6 months even if all problems are gone. This is especially important if consuming animal products on a regular basis, since the liver cleansing program helps flush away the cholesterol residues that can continue to accumulate when consuming animal products (red meat, white meat, fish, eggs, and dairy products)
3. Leave meat (red meat, white meat, fish) out of the diet or if absolutely necessary, then consume meat one to two times weekly. See additional recommendations for diet at www.startthehealing.com/begin.html#diet
4. Continue taking the lemon essential oil (and apple cider vinegar tonic is also a good idea)

Castor Oil Pack Instructions: To make the castor oil pack: Buy the castor oil at the health food store, and the woolen piece of cloth often sold next to it as “castor oil pack.” The castor oil is usually found along with the massage oils. Buy the castor oil from the health food store, not the cheap stuff from the drug stores. Fold the cloth until it is at least four layers thick. Saturate the cloth with the oil, and apply to the liver area. The liver is located on the right side of the body on the front side underneath the ribcage. Apply the castor oil pack to this area. Cover the cloth with some clear plastic cling wrap. This helps prevent the oil from leaking out and staining things. Then, apply a heat source such as a hot water bottle or a heating pad. You can then put on an old thick robe and tie a belt around your waist that will keep it all in place. Or think of others ways to keep it attached to the body. It is best to leave it on for at least two hours. After using the castor oil pack once, it can be reused many times. Store the oil-soaked cloth in a resealable/rezippable clear plastic bag and seal it up until the next time it is to be used.

If a castor oil “pack” can’t be found at the health food store, then use a cotton T-shirt. White is preferable to colored shirts since colored shirts contain dyes that may soak in through the skin. Make sure to use the cloth only for this purpose because the oil will permanently stain the cloth. You will never be able to wash the oil out of this cloth. If needed, one can lay down a plastic garbage bag underneath the body to protect sheeting, carpeting, etc.

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