

5 Day Colon Detox Program

START HERE: Pick your LEVEL of participation! Beginner, Intermediate or Advanced. Pick the level that works best for YOU based on your health level and your desired level of participation, and the results you want to achieve, and let's get STARTED!

BEGINNERS, start here if...

- You don't want to change what you eat
- You're too busy to make lifestyle changes or commit to a more involved program
- You do not have any serious illness, and just want a great clean out

BEGINNER'S 3-Step Herbal Program

STEP 1: The first thing you want to achieve is having a minimum of one bowel movement a day. If you are not currently having one bowel movement a day then don't rush this program, it might take you a week or two to complete this (5 Day) Bowel Detox, instead of just 5 Days. Don't worry—you have enough herbs to take your time.

Start by taking ONE capsule of Colon Detox #1 with or just after dinner. It is best to take Colon Detox #1 with food. It is a powerful herbal formula so it is best to have some food in your stomach to buffer these effective herbs. If the next morning you do not have a good, complete bowel movement, or none at all, then this evening take TWO capsules, with or just after dinner. Continue to increase the dosage of **Colon Detox #1** by one capsule each evening until you reach your "perfect dosage". You will know you've reached your "perfect dosage" when you sit on the toilet the next morning and have a complete bowel movement. (See IMPORTANT TIPS at the bottom page for what a complete bowel movement is.)

Once you are having one or more bowel movements a day for an entire week, without skipping, you may now begin taking the Colon Detox #2...

STEP 2: Take Colon Detox #2 along with your Colon Detox #1.

When using Colon Detox #2 Powder: Simply take 1 rounded teaspoon or 1 packet, five times a day for the next five days. Follow the directions at the bottom of the PACKET for making your Colon Detox #2 drink. You will be consuming 5 teaspoons per day for the next five days until the packet is finished.

STEP 3: Please read the IMPORTANT TIPS at the bottom page for more details on how to maximize your results on the herbal program!

BEGINNERS Food Program

This is a DETOX. These herbs stimulate your entire gastro-intestinal system to work more often and more efficiently, and will scrub out the old, built-up fecal waste, regardless of what you eat. But, if you want to get the most out of this DETOX it just makes good common sense not to consume constipating and TOXIC FOOD while you are trying to flush TOXIC WASTE out of your body. So stay away from junk food, fast food, greasy and fatty food, and consume more fresh fruit, vegetables and whole grains. No pressure, just do your best to eat healthy while on this program.

INTERMEDIATE, start here if...

- **You are willing to eat a clean food program during this DETOX**
- **You feel a bit run down, out of energy and toxic and want more powerful results**

INTERMEDIATE Herbal Program

Same as BEGINNERS 3-Step Herbal Program (see cover). Plus, see IMPORTANT TIPS at the bottom page for more details on how to maximize your results on the herbal program!

INTERMEDIATE Food Program

During this DETOX eat only a Vegan-Vegetarian food program. DO NOT consume ANY animal flesh, organs, byproducts, eggs or milk products. Also, consume as much organic food as possible. Exercise daily for 1-hour. Drink plenty of liquids.

ADVANCED, start here if...

- **You are willing to eat only raw foods and do some juice flushing**
- **You want MAXIMUM RESULTS**
- **You are sick and tired of feeling sick and tired, or you have a serious illness**

ADVANCED Herbal Program

Same as BEGINNERS 3-Step Herbal Program (see cover). Plus, see IMPORTANT TIPS at the bottom page for more details on how to maximize your results on the herbal program! Advanced participants may also choose to do two, three or even four 5-Day Detox Programs in a row for MAXIMUM RESULTS!

ADVANCED Food Program

If you want to get the absolute MOST out of this detox that you possibly can, and turn around any dysfunction in your gastro-intestinal tract, follow my clinical instructions.

DAY 1 (RAW FOOD):

Start your day with fresh, RAW and organic fruit and fruit juice. Stop all fruit and fruit juice at least 1 hour before lunch. It is best while on this program not to mix fruits and vegetables. For lunch you can have fresh raw vegetable juices, raw vegetables alone or in salads, sprouts, potassium broth, and herb teas. You may use dressings for your salads and vegetables if you like, using olive oil, avocado, raw apple cider vinegar, lemon juice, garlic, onions, and any herbs and spices. All vegetable foods and juices must be stopped by 6 pm. After 6 pm, you can drink diluted fruit juices, smoothies, pure water and herbal teas, and eat fruit salads.

DAYS 2, 3 & 4 (JUICE FLUSH):

Now we begin the three-day Juice Flush. Consume at least one gallon (128 ounces) of liquid a day. That's eight 16-ounce servings a day. If you get hungry, drink more liquid!!! Start with pure water, herbal teas and your morning Mountain Nutrition drink until noon. Then after 12 noon have diluted vegetable juices, potassium broth, herbal teas and pure water until 6 pm. After 6 pm consume only water, herbal tea and fruit juices.

DAY 5 (RAW FOOD):

Your food program will be the same as Day 1. Remember, after three days of Juice Flushing take it easy eating. Chew all your food slowly until it is a liquid pulp. Eat until you are satisfied, but not full. You can always eat more later if you are still hungry.

IMPORTANT TIPS!

1. Your first goal on this program is to reduce constipation and begin having regular and complete bowel movements. A complete bowel movement may consist of a larger volume than you would normally see in the toilet bowl, or you may experience two or three intestinal waves of fecal matter elimination. So don't be too quick to get off the toilet once you start taking Colon Detox #1. Your bowel movement may also be loose, even a bit like liquid, or you may experience a bit of gas or cramping at first.

ALL OF THIS IS NORMAL.

2. It is best not to rush and NOT start the Colon Detox #2 right away. Let's get your bowel working better first. The reason for this is simple—you are already a bit constipated and sluggish. Your bowel is not active enough to use the Colon Detox #2, which could constipate you even further. Don't worry, there are more than enough Colon Detox #1 capsules in your satchel to do this and complete the entire 5-Day BOWEL Detox Program.

3. It is best to start Colon Detox #2 on a Monday, finishing all of this formula by end-of-day Friday. It all goes faster and easier this way. Just don't wander too far from a toilet.

4. During this program, on average, you should be taking the Intestinal Formula #2 every two to three hours. Always take Colon Detox #2 on an empty stomach (as opposed to Colon Detox #1 which should be taken with food). The reason for this is simple—you want the Colon Detox #2 to absorb the excess waste down in your bowel and not the food you just ate. I know 5 Colon Detox #2 dosages and 3 meals is a lot to separate, just do your best.

5. While taking Colon Detox #2, continue taking your "perfect dosage" of Colon Detox #1 every evening with dinner (even increasing this dosage by one or two capsules). Colon Detox #1 does many things for your bowel, but most importantly it removes all the accumulated Colon Detox #2 (and everything else it cleaned out of you) from your bowel the next morning.

6. If on the morning after taking your Colon Detox #2 you do not have a bowel movement, increase your liquid intake today and also increase your dosage of Colon Detox #1 this evening by one additional capsule.