

Eureka Wellness

10 DAY SUPER DETOX

Colon-rectal disease is a seldom talked of, yet serious health issue affecting millions of people each year.



The fact is that the cause of most diseases is a sluggish colon. Regardless of your health problems, completing a bowel detox will help to improve, if not completely eliminate, your condition.

Having a clean bowel means the rest of your body and your organs will be in a cleaner, more efficient state.

Even if you think you are in good health, the chances are that after completing a bowel detox, you will notice an increase in your energy levels and overall sense of wellbeing.

Your body cannot absorb vitamins and minerals efficiently if the colon is clogged up and sluggish. This is one of the many reasons it is vital to complete a colon detox before beginning any other detox or health regimen.

Besides, regardless of how healthy the food is that you currently eat, or how many supplements you take, you can never be truly healthy when toxic faecal matter that, in many cases has been sitting in your colon for DECADES, continues to occupy this organ and slowly poison your body.

In today's world, we are exposed to toxins and harmful chemicals on a daily basis. They're in the air we breathe; the food we eat; the water we drink, and in our cleaning products. It's time to rid your body of years of accumulated toxic residues that have made their home in your bowel, and find your health!

TO PREPARE FOR CLEANSE:

Several days before starting, take 1 capsule of Colon Detox #1 with a glass of water with or after dinner and increase dosage by one additional capsule each night, if necessary, or until your bowels are moving two or more times a day. Eat organic fruits and vegetables and drink plenty of pure water while you prepare for the cleanse. Remember to obey God's laws of health during and after the program: Trust in God, fresh air, exercise, sunshine, rest, pure water, temperance, hygiene, nutrition and a positive attitude. To be loved, be lovable!

DAY 1-10:

Bowel Formula #1: Take 1 capsule with dinner. Increase dosage by 1 additional capsule each night until your bowels are moving at least 2 or more times a day. If your bowels are not moving daily, take a coffee or water enema.

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- This stimulating formula is cleansing, healing, and strengthening to the entire gastrointestinal tract. It stimulates your peristaltic action (the muscular movement of the colon), and over time strengthens the muscles of the large intestine, halts putrefaction and disinfects, soothes and heals the mucous membrane lining of your entire digestive tract. This formula also improves digestion, relieves gas and cramps, increases the flow of bile which in turn cleans the gallbladder, bile ducts, and liver. Bowel Formula #1 destroys candida albicans overgrowth and promotes a healthy intestinal flora, helps destroy parasites, increases gastrointestinal circulation and is antibacterial, antiviral, and antifungal. I always have a bottle in my herbal medicine chest.



Herb Drink: Anti-Parasite, Liver/Gallbladder, & Kidney/Bladder

Formulas : 2 droppers of each formula in 1 oz. of organic apple juice (three times a day) and until the bottles are empty. Parasites are hungry in the morning, so you want to shock them. Children – 1/4 to 1/2 dose depending on age and weight. Now enjoy 1 cup of Detox Tea.

- **Anti-Parasite:** This is our own custom-made parasite formula. The herbs in this formula have proven to kill many types of parasites! It also kills the larvae—the eggs of the worms that other formulas miss.

Parasites can live in the brain, heart, lungs, liver, etc., not just in the colon. Nothing stronger for killing worms.

- **Liver/Gallbladder Formula:** An excellent liver and gallbladder tonic that restores and protects the liver. It protects hepatocytes (liver cells), stimulates the liver and gallbladder. It both stimulates normal digestion and soothes and heals inflamed gastric mucosa. Helps get rid of parasites. A must for hepatitis.

- **Kidney/Bladder Formula:** A diuretic and disinfectant to the kidneys, bladder, and urinary system. Very effective for urinary tract infections and dissolving kidney stones. Cleanses and restores the kidneys.

Morning Flush: Cleanse your kidneys and bladder and stimulate your bowels by drinking 24 oz. of warm water with the juice of 1 fresh lemon. Drink all of it while warm. May add a pinch of cayenne.

Poultice Drink: Colon Detox Formula #2:

Take 1 rounded scoop of Colon Formula #2 for a total of 5 servings a day for 5 days. Shake it vigorously in a small jar (or stir it rapidly) with 8 oz. of organic apple juice and water (50/50) and drink all of it immediately, for it thickens fast.

REMEMBER—Poultice drinks will end in 5 days and this will cut your drinks in half and make it easier.

Make sure to drink water in its place.

• **Bowel Formula #2:** A soothing, cleansing formula that is a strong purifier of the intestinal tract, especially the colon. This formula draws out old fecal matter out of the bowel. It will remove poisons, toxins, parasites, heavy metals such as lead and mercury, and even radioactive material such as strontium 90. This formula will also remove 3,000 known drug residues. Its mucilaginous properties will soften old hardened fecal matter for easy removal and it is an excellent remedy for inflammation of the intestines such as irritable bowel or diverticulitis.



Breakfast Drink—Mountain Nutrition: Blend 12 oz./350ml of fresh organic apple juice with 2 tablespoons

Mountain Nutrition: 2 tbsp: AM—Blend w/12 oz./350ml of organic *apple juice
PM—Blend with one of your carrot juices.

• **Mountain Nutrition:** This perfectly balanced blend of superfoods is specifically formulated to supply you with vitamins, minerals, amino acids, and essential trace minerals. These are nature's nutrients, not synthetic man-made vitamins! Contains spirulina blue green algae, chlorella, alfalfa, barley, and wheat grasses, nettle, purple dulse seaweed, beet root and spinach leaf, rose hips, orange and lemon peels, and non-fermented yeast. Mountain Nutrition is loaded with chlorophyll and enzymes, and gives you lots of energy. This is one of the great healers!

** DIABETICS: Check your blood glucose daily. If blood sugar rises, dilute all juices with 50% distilled water or with green juices. Always consult your physician first. Your pancreas needs the enzymes in the live food. If sugar remains high, cut back on apple and carrot juice. Use mostly greens for juices or water. Drink the black poultice with water instead of apple juice. We recommend coffee enemas for liver cleansing before hand.*

Detox Tea: Highly recommended—Drink a cup of Detox tea 2 times a day during this cleanse. If you experience any swelling or other reactions, discontinue use.

Detox Tea: Great tasting herbal blend that is cleansing to the kidneys, liver, lymph, blood. A safe and gentle cleanser which enhances elimination.

Carrot Juice: 10 oz. of fresh organic carrot juice at 11 AM, 1 PM, 4 PM, 6 PM, and 7 PM. Alternate with carrot/apple. Make one or two drinks a day, adding fresh organic spinach, celery, parsley, watercress, endive, beets or tops, etc. Easy on beets at first (start with 1/4 beet).

Water: Drink filtered or distilled water throughout the day, but not with the juices. 1/2 to 1 gallon daily.

ON DAY 4 ADD:

Blood Detox Formula: Add 2 droppers to “Herb Drink” 3 times a day until empty.

Blood Detox Formula: A superb herbal formula that is a very powerful blood and lymph cleanser.

The herbs in this formula remove accumulated toxins and poisons out of the body’s blood, fat, and cells. Contains chaparral, one of the most powerful antioxidants, which has proven to break-up, dissolve, and destroy tumors. Also contains red clover to battle cancer. Dr. Christopher believed red clover to be the antidote for cancer.

ON DAY 6 ADD:

Liver/Gallbladder Flush: 6 oz./175ml, 2 times/day (AM & PM).
Blend together: 5 oz./150ml fresh orange juice, 5 oz./150ml fresh lemon juice, 10 oz./300ml distilled water, 5 medium cloves of fresh garlic, 5 oz. virgin, cold-pressed olive oil, cayenne to taste (approx. 1/4 to 1/2 tsp.), and an inch of diced fresh ginger. Take 6 oz./175ml morning and 6 oz./175ml evening for 3 days. Keep refrigerated and make more as needed. Note: You may start with 1/2 the olive oil and garlic and increase as you go.

FOR BEST RESULTS:

Juice fast the entire 10 days! Some eat for the 10 days instead of juicing, or use a combination of eating and juicing. If you decide to eat, eat only raw, fresh organic whole fruit for the first two days. Then, on day three, have fruit for breakfast and a fresh organic salad (**no head lettuce**—use romaine, butter leaf, spinach, green or red leaf) with your favorite vegetables in it for lunch. I put Mountain Nutrition on it too. For dressing, use 1 to 2 tablespoons Flaxseed Oil, garlic, lemon juice, water, and herbs or a raw dressing. If you need a third meal, eat ****raw fruit only** or a raw fruit smoothie. **Do not snack!** Eat all you want at meal times, but don’t be a glutton.

Remember this is a cleansing program and food is your medicine! Eating can slow the cleansing process. We recommend only juicing for the 10 days.

Other Cleansing Procedures:

Skin Brushing: Use a vegetable bristle brush and brush off the dead skin. Great in showers and saunas. Can use wet or dry. Always stroke towards the heart, first from the hands and then the feet.

*** CANDIDA PATIENTS: Use only Granny Smith apples, cranberries, lemons or limes for juicing or eating and no other fruit for the ten days. Also use less carrot and more greens when juicing. Fresh garlic is a natural anti-fungal. Mix a finely chopped clove in a little water and drink. Also ask about Candex—kills the candida without die-off or a healing reaction. I have seen it wipe out candida in days, and a person eat fruit within a week!*

10- Day Cleanse - Schedule

Before you start, read all directions carefully on pages 1-3 to prepare for the cleanse.

Time	Day 1 Thru 4	On Day 4 Add:	Day 6-8 only:
6:45am	Morning Flush		
7:15	Herb Drink	2 Droppers of Detox Formula Mixed in Herb Drink	
7:30	Poultice Drink (5 days only)		(7:45) 6 oz./180ml Liver/Gall Flush
8:00	Breakfast Drink Drink 1Cup. Detox Tea		
10:00	Poultice Drink (5 days only)		
11:00	10 oz. Fresh, organic apple/carrot juice (50/50)		
12:00	Herb Drink	2 Droppers of Detox Formula	
12:15	Poultice Drink	Mixed in Herb Drink	
1:00	10 oz. Fresh juice		
2:00	Poultice Drink		
4:00	10 oz. Fresh carrot juice with 1 TBSP. 2 Tbsp Mountain Nutrition		
5:00	Herb Drink	2 Droppers of Detox Formula	
5:15	Poultice Drink	Mixed in Herb Drink	
6:00	10 oz. Fresh carrot juice w/greens (Lettuce,parsley, celery, etc.) TAKE Colon #1 CAPSULES WITH JUICE		
6:30	Drink 1 Cup. Detox Tea		6 oz./180ml Liver/Gall Flush (drink before Tea)
7:00	10 oz. Fresh carrot juice — optional. Skip if you are absolutely full		

Morning Flush: 24 oz/700ml. Warm water mixed with the juice of 1 lemon

Breakfast Drink: Mix together 10 oz. fresh apple juice with 2 Tablespoons Mountain Nutrition

Herb Drink: 2 Droppers each of Anti-Parasite, Liver/Gallbladder, & Kidney/Bladder w/juice. Add Blood Detox on Day 4. Use until bottles are empty

Liver/GallBladder Flush: 4 oz/120ml. Orange juice, 4 oz./120ml Lemon juice, 8 oz./240ml Distilled water, 4 oz. Olive oil, 1 inch or 2cm fresh ginger, 5 cloves garlic, 1/4 - 1/2 tsp. cayenne. Blend together, drink contents quickly. Store in refrigerator and make more as needed.

Poultice Drink: 1 heaping TSP. Colon #2 in 8 oz. apple juice & water (50/50). Poultice drinks will end in 5 Days. Remember to drink water in its place

Other procedures to help you get more out of your cleanse.

Contrast Shower: Put your hand on the hot water valve and turn it as hot as you can for one minute (don't burn yourself), then as cold as you can for 20-30 seconds. Repeat alternating hot and cold for 4 to 7 times always ending on cold. You will go hotter and colder each time you do it.

Steam baths and saunas are excellent for the elimination of toxins. Try with skin brushing.

Coffee Enema: A coffee enema, when done properly, causes the liver to produce more bile, opens the bile ducts, and causes the bile to flow. In this process, a toxic liver can dump many of its toxins into the bile and get rid of them in just a few minutes. This often gives great relief to all parts of the body, and often makes the difference between lying down feeling miserable and feeling good and being active. Coffee enemas are also very effective in relieving pain.

PREPARING THE COFFEE ENEMA:

1. Add 3 rounded tablespoons of ground organic coffee to 1 quart of distilled water in a saucepan. Boil 3 minutes uncovered; then cover, lower heat and simmer an additional 15 minutes. Strain and let cool. Add more water to make a full quart. Use at body temperature.
2. Do a clear-water enema first, if needed, to evacuate colon.
3. Then place the coffee solution in the enema bag. Hang bag at a 18 to 24-inch height. Instill the solution while lying on your right side, with both legs drawn in close to the abdomen. If the flow is too rapid it can cause spasms. Chamomile tea added to enema can relieve spasms.

4. The fluid should be retained for 12 to 15 minutes. It helps to have a clock or watch in view. The caffeine goes through the hemorrhoidal veins directly into the portal veins and into the liver.
5. After 12-15 minutes, evacuate the enema into the toilet.

NOTE: Do enemas as needed—1 or 2 a day, and always when having a healing reaction, headache, migraine, pain, nausea, or constipation.

Regular Exercise, such as brisk walking, will benefit the lymphatic and circulatory systems and the elimination of toxins. Start slowly and increase intensity as you go (stop if experiencing chest pain). Try to exercise at least 4-5 times a week. We recommend aerobic and weight-bearing exercise for bone density.

A Positive Attitude is critical for healing. Negative emotions and stress can kill you faster than junk food and a high-fat diet. Love, love, and love some more. Remember, by giving—you receive! When you help others, you receive a blessing back. Try it—you can't go wrong.

AFTER DAY 10:

Congratulations, you made it! It is very important that you do not break the fast improperly!

If you juice fasted for the 10 days, start eating fresh whole fruit or perhaps small servings of melons only for the first day or two. Then add a large salad and raw foods for lunch and dinner the next few days.

Then you can add to your diet cooked organic whole foods: brown rice, oatmeal, legumes, nuts, seeds, whole-grain breads, potatoes, etc. Avoid all dairy and animal foods!

If you ate for the 10 days, continue to eat raw fruit and vegetables and add cooked whole foods. Check out the recipes in the books *The Vegetarian Cooking School Cookbook*, *The Raw Gourmet* and *RawSome Recipes*.

Keep using the *Bowel Formula #1* as needed and finish tinctures until empty. Keep taking the *Mountain Nutrition* on a daily basis.

* The chemicals found in commercially grown coffee could damage the liver when used as a coffee enema

Good luck and enjoy.