

TWO WEEK BOWEL CLEANSING PROGRAM

Day 1 Start with one capsule of Intestinal Corrective Formula #1 during or just after dinner. This works best when mixed with food.

Day 2 There should be an increase in bowel action and in the amount of fecal matter you eliminate. The consistency should be softer. If you do not notice any difference, then increase the dosage to 2 capsules at dinner tonight. Continue to increase by one capsule until you notice a dramatic difference in the way your bowel works. When you find your dosage remain on this formula alone for an additional week to get regulated before going on to the next step.

Week 2 Begin using Intestinal Corrective Formula #2. Take this 5 times each day beginning in the morning. One hour after your morning nutritional drink mix 1 heaping teaspoon of Intestinal #2 powder with 8 oz of diluted juice. It mixes best if you shake it in a small jar. Repeat ½ hour before lunch, afternoon, and ½ hour before dinner and 1 hour before bed (total of 5 heaping tsp each day).

During or after dinner take your intestinal #1 as usual but increase the dosage by one pill. If you still feel bound, add even another one.

Helpful hints: It is helpful to drink additional liquid (at least 8 oz) after each dose of Intestinal #2. Drink plenty of pure water, herb teas, diluted fruit and vegetable juices during this two week colon cleanse.