

# COLON CLEANSE



Many modern bowels are accustomed to highly processed food and drink. Due to this a variety of disorders can arise, from a wide range of bowel complaints to less obvious problems in other parts of the body. Efficient waste disposal is essential in order to prevent the accumulation of debris and disease. Cleansing the colon is a good initial step towards increased health and wellbeing.

For those with a slow congested bowel then periodic detoxes that last longer can be useful to flush out accumulated toxicity and debris. The list is endless as to why and for what a bowel cleanse/detox can be helpful. Further insight can be obtained in Dr. Schulze's **Colon Handbook**. Additionally be **sure** to read the product advice leaflets for all the three colon products and also the umbrella leaflet "What is a Detox".

## 7 DAY COLON CLEANSE

### DAY 1-2

If this is the first time you're doing a detox or cleanse take 2 **Barberry Capsules** at night. Take 3 **Barberry Capsules** and 1 **Chamomile & Cascara Capsules** the next night if your bowel did not move effectively.

### DAY 3-7

Take 15-17 **Clay & Linseed Capsules** throughout the day. Also take 4 **Barberry Capsules** and 1-3 **Chamomile & Cascara Capsules** at night.

### DAY 4-7

Your bowel will need assessing as to how it behaved and what a potential increase or decrease will mean, therefore adjust the amounts of **Barberry Capsules** and **Chamomile & Cascara Capsules**. If you feel that the large amount of **Clay & Linseed Capsules** is moving the bowel uncomfortably then opt for a lower dose for the entire bowel cleanse.

After completion of the colon detox/cleanse it is important to continue to support the health and balance of the bowel with the **Barberry Capsules** until your bowel function has returned to its normal pattern.

Experiment with the dose but be mindful of reducing it slowly once the dose level has produced satisfactory bowel movements. We suggest that if you were on 4 **Barberry** and 4 **Chamomile & Cascara Capsules**, you should remain on the 4 **Barberry Capsules** once the **Clay & Linseed Capsules** are finished. Gradually reduce this over the next 7-10 days.

## IMPORTANT QUESTIONS & INSTRUCTIONS

### Should I take the Bowel Capsules if I have a tender or irritated bowel, occasionally or permanently?

No, absolutely not, this could really inflame and irritate your bowel even more. For any bowel cleansing first consult your herbal practitioner.

### Should I take the Bowel Capsules if I have had or currently have a serious disease or illness?

No, you need the support of a practitioner who knows your case history as you will need individual support due to a past or presently weakened system.

### I am constipated but wishing to detox?

If you are, remain vigilant throughout the detox concerning the ratio of the three bowel products and pay special attention during the **Clay & Linseed Capsules** stage. The bentonite clay in these capsules is one of several cleansing and detoxifying components but the clay in particular strongly absorbs toxins and needs forcing out using adequate bowel moving herbs. So waiting until your bowel has loosened up first by using these bowel moving herbs on their own for two days is beneficial in order to keep the bowel moving.



## IMPORTANT ADVICE

**Do NOT** attempt a bowel detox or cleanse when pregnant or breastfeeding.

**Do NOT** attempt a bowel detox or cleanse if taking any prescribed medication (see *Clay & Linseed Capsules* caution).

**Do NOT** attempt this detox if you have any fragile bowel conditions e.g. irritable bowel syndrome, spastic colon, Chron's disease.

## FOOD INTAKE

This cleanse must be accompanied (*temporarily or long term*) by a good diet, without coffee, sugar, alcohol, wheat or dairy products. These mucus forming foods must be avoided as they can cause excessive stickiness in the colon, slowing down the passage of the faeces and pasting old faecal matter to the colon wall.

## GOOD FOODS WILL INCLUDE

Oats, rice, seeds, fruit, vegetables, herbal teas. Also drink plenty of water, two litres a day at least. Some find tepid or hot (*still spring*) water easier to consume and to be more detoxifying.

## COLON CLEANSE SUPPORT

If you do start to experience uncomfortable physical or emotional reactions and symptoms, then you are very likely experiencing a detoxifying reaction, which can last a few days. Reread our 'What is a Detox' leaflet and also please visit our web site [www.herbshandshealing.co.uk](http://www.herbshandshealing.co.uk) or call our **Product Advice Line** on **0870 755 48 48**. The support advisor on this line will address brief questions and give advice. Here are a few practical self-help procedures:

○ Drink plenty of water, increase the amount to help flush through the toxins. Definitely two to three litres a day and more in very hot weather.

○ Try performing an enema if feeling very toxic – enemas quickly rid the body of toxins and can help reduce uncomfortable feelings.

**Enema Kits available from Healthlink Telephone: 01592 620 865.**

○ Rest, relax and sleep as much as possible. The body is working hard and rest will encourage it to keep going.

○ If you feel very overwhelmed physically then it can help to take some immune boosting herbs e.g. echinacea, which can help to reduce the level of inflammation and generalised microbial reaction within the body.

○ Take some acidophilus and or soil based organisms – both provide positive bacteria in the gut and colon and help re-establish gut flora balance.

**Telephone: 01493 857878 for Soil Based Organisms. Telephone: 0121 433 3727 for Bio-Acidophilus.**

○ Use a castor oil pack over the lower abdomen (*enquire for further details*).

○ Add 2 tbsp of Epson salts to a relaxing bath.

○ **Chamomile Herb Tea** can be usefully drunk 1-2 x daily in order to further encourage bowel flora and to relax the bowel.



**Herbs Hands Healing Ltd.**  
Station Road, Pulham Market,  
Norfolk, IP21 4XF.  
**Product Advice: 0870 755 48 48**  
[www.herbshandshealing.co.uk](http://www.herbshandshealing.co.uk)