



Bio Cleanse

EFFECTIVE NATURAL HEALING

9 Day Colon Cleanse – With Healing Clay

Please read this entire document before starting cleansing.

Reading this document is very important as the cleanse involves a period of lightening your food intake to some degree, which if done correctly, can be a health giving and wonderful experience.

The cleanse is an **extremely effective way of removing built up toxic residues** from the body. When a person consumes **acid forming foods** (see chart on following pages), the body **secretes mucous** to protect the digestive system, but if an **excess of these foods is consumed** the **mucous becomes hard like rubber (named mucoid plaque)**, and difficult to remove. The herbs in this cleanse help to soften it and the clay binds to it and pulls it out of the bowel.

Do not use if:

- you are pregnant, trying to get pregnant, or nursing
- you become pregnant—stop the cleanse immediately
- you have an active, acute infection anywhere in the body
- you are undergoing/recovering from a medical procedure, surgery or therapy
- you have extreme weakness or extreme deficiencies
- you have abdominal pain, abnormal narrowing of oesophagus or intestines,

an acute inflammation of the gastro intestinal tract, bowel obstruction, severe diarrhoea, or vomiting

- you have difficulty swallowing

Conditions and medicines that may interact with the Bio Colon Cleanse kit:

If you have any of the following conditions, or use the following medicines, please seek your doctor or herbalists advice before cleansing.

Medicines:	Conditions:
<ul style="list-style-type: none"> • Anticoagulant Medicines • Antiplatelet Medicines • Antihypertensives • Aspirin • Corticosteroids • Diuretic Medicines • Heart Medicines • Insulin 	<ul style="list-style-type: none"> • Blocked Gallbladder/Gallstones • Diabetes • Heart Disease • Hiatal Hernia • High Blood Pressure • Hypoglycemia • Hypokalemia • Kidney Disease • Liver Disease • Very constipated (just take Digest Power capsules alone for a month)

NOTE: If you are on any medicines, please do not consume them within 1.5 hours of a shake or it will be absorbed by the shake.

The colon cleanse consists of 3 products:

-The **'Toxin Remover'** (grey powder containing bentonite clay, psyllium husks and ginger)
(**Purpose** – To **absorb the toxins** that are released when they enter the bowel and stop them re-entering the bloodstream. Also to bind old mucous and remove it. The total absorptive surface area of each serving of bentonite is over 900 square metres.)

-The **'Digest Power'** (vegan herbal capsules)
(**Purpose** – To **stimulate the bowel to eliminate wastes** as quickly and efficiently as possible, also to **stimulate and assist other elimination organs** such as the liver. Also to soften mucoid plaque.)

-The **'Friendly Bacteria'**
(**Purpose** – After cleansing to **reintroduce friendly bacteria** back into the bowel so unfriendly kinds do not have a chance to develop)

The cleanse consists of drinking shakes made from the 'Toxin Remover' and apple juice (or water), and also taking herbal capsules once a day.

How to make a shake

2 teaspoons of 'Toxin Remover' is mixed with 200mL of 100% apple juice (or water) in a jar. The mixture should be shaken well and drunk straight away. Then 200mL of pure water should be drunk right after this. In **addition** to this please **drink at least 1 liter of water per day**.

Cleansing Calendar (Strongest Method)

note: see below for less strong method

This method of cleansing can be performed by most people, but if you want a less strong version of it, please see below.

<p>Day 1</p>	<p>-Decrease daily food intake by 30% of normal (can take extra fresh fruit and vegetable juices if needed)</p> <p>-30 minutes before dinner take 2 'Digest Powers' capsules with water.</p> <p>-2 or more hours after dinner take a Shake (see previous page) and follow with water (must always follow with water).</p> <p>-Drink at least 1 liter of water per day.</p>
<p>Day 2</p>	<p>-Decrease food intake by 50% of normal (can take extra fresh fruit and vegetable juices if needed)</p> <p>-If your bowel moves well today (2 or more times), 30 minutes before dinner take 2 'Digest Power' capsules with water. <i>This is your number of 'Digest Powers' to take.</i></p> <p>-If your bowel did not move well, 30 minutes before dinner take 3 'Digest Powers' with water.</p> <p>- 2 or more hours after dinner take a shake and follow with water.</p> <p>-Drink at least 1 liter of water per day.</p>
<p>Day 3</p>	<p>-Decrease food intake by 60% of normal (can take extra fresh fruit and vegetable juices if needed)</p> <p>-If your bowel moves well today (2 or more times), 30 minutes before dinner take 2 'Digest Power' capsules with water. <i>This is your number of 'Digest Powers' to take.</i></p> <p>-If your bowel did not move well, 30 minutes before dinner take 4 stimulators.</p> <p>- 2 or more hours after dinner take a shake and follow with water.</p> <p>-Drink at least 1 liter of water per day.</p>
<p>Day 4</p>	<p>If bowel is moving well can start this period, otherwise keep increasing 'Digest Powers' and taking 1 shake a day until you are having at least 2 bowel movements per day. (can take extra fresh fruit and vegetable juices if needed)</p> <p>No food should be consumed during the period of the fast, 100% fruit and vegetable juices and Supergreens are ok (always take at least 1.5 hours away from shakes so they don't get absorbed).</p> <p>-Consume 3 to 5 shakes a day, at least 3 hours apart.</p> <p>-Take 'Digest Powers' (enough to keep bowel moving well) in the evening, at least 2 hours away from the shakes.</p> <p>-If bowel does not move well take more Digest Powers.</p> <p>-If loose stomach develops take less Digest Powers.</p> <p>-Drink at least 1 liter of water per day.</p>

<p>Day 5</p>	<ul style="list-style-type: none"> -Consume 3 to 5 shakes a day, at least 3 hours apart. -Take 'Digest Powers' (enough to keep bowel moving well) in the evening, at least 2 hours away from the shakes. -If bowel does not move well take more Digest Powers. -If loose stomach develops take less Digest Powers. -Can take fruit and vegetable juices and Supergreens. -Drink at least 1 liter of water per day.
<p>Day 6</p>	<ul style="list-style-type: none"> -Consume 3 to 5 shakes a day, at least 3 hours apart. -Take 'Digest Powers' (enough to keep bowel moving well) in the evening, at least 2 hours away from the shakes. -If bowel does not move well take more Digest Powers. -If loose stomach develops take less Digest Powers. -Can take fruit and vegetable juices and Supergreens. -Drink at least 1 liter of water per day.
<p>Day 7</p>	<ul style="list-style-type: none"> -Consume 3 to 5 shakes a day, at least 3 hours apart. -Take 'Digest Powers' (enough to keep bowel moving well) in the evening, at least 2 hours away from the shakes. -If bowel does not move well take more Digest Powers. -If loose stomach develops take less Digest Powers. -Can take fruit and vegetable juices and Supergreens. -Drink at least 1 liter of water per day.
<p>Day 8</p>	<ul style="list-style-type: none"> -Consume 3 to 5 shakes a day, at least 3 hours apart. -Take 'Digest Powers' (enough to keep bowel moving well) in the evening, at least 2 hours away from the shakes. -If bowel does not move well take more Digest Powers. -If loose stomach develops take less Digest Powers. -Can take fruit and vegetable juices and Supergreens. -Drink at least 1 liter of water per day.
<p>Day 9</p>	<p>Can continue the fast if wanted and if you have enough ingredients, or stop today (see next page).</p>

Stopping the Fast

Eat only fresh fruit today and the next day, and can introduce **salad after that**. Continue taking Digest Powers (30 minutes before dinner), decreasing by 1 per day.

Also take **1 friendly bacteria capsule** 1 hour after dinner until gone.

After this 3 days of 'breaking the fast' you can start to eat more heavy food, but **consuming mostly alkaline forming foods from the chart on the following page is highly recommended**, and of course pure vegan.

Sit ups or stomach exercises can help strengthen stomach muscles and colon and aid in helping the bowel move.

Cleansing Calendar (Less Strong Method)

The colon cleanse can also be performed without the need to abstain from food. Although abstaining from food and sticking to juice while fasting is the most effective method, and most people can complete it, there is also another way to cleanse. That is by doing it a little slower, over a longer period of time, and by eating a lighter, healthier diet.

Instructions:

- To cleanse this way, you can follow the calendar as above, but on days 4+, you should consume 2-3 shakes a day, and also eat only alkaline forming food from the chart at the end of this document.
- Only take shakes at least 2 hours away from food.
- Take a shake first thing in the morning and 30 minutes before bed.
- Can continue the cleanse until you run out of Digest Power or Toxin Remover.

Questions and Answers

Do I have to be in the bathroom a lot?

You will be going to the bathroom more often, but it will not be overwhelming, just a natural bowel movement. The Digest Power has been formulated to act gently, and with your body. You will find it fast, easy, and comfortable to have three or more bowel movements a day.

Should I drink more water and juice between the shakes?

Yes most certainly. If you are hungry the best time to consume anything you want to 'absorb' is 1.5 hours after the shakes. We recommend our Green Superfood (<http://www.detox.net.au/superfood>) with juice, it helps to alkalize the body and ease the cleansing process. If you don't have this, then any green superfood mix such as wheat grass, barley grass etc is good. Please make sure it is organic and has no fillers such as soy lecithin. Extra water at any time also helps a lot also.

When will I start to see mucoid plaque coming out?

Most people report seeing mucoid plaque on the second or third day. This is because the colon takes time to empty of solid food and begin the deeper level of cleansing. You can choose to do an additional five days of liquids-only fasting, for a total of 10 days, even after the cleanse products run out, and you can also buy 2 cleanses and do them together. Many people who have done this have found the most mucoid plaque actually comes out on days six to nine.

How will I feel while I am doing the cleanse?

Each person feels different when they cleanse. Some people feel very energetic and more alive while cleansing; others not until after they have completed their cleanse. It is also possible to alternate between feeling great and not so great.

Sometimes there may be discomforts, which are called cleansing reactions, which are a sign that your body is releasing toxins. If the body is ready, some people may even experience a deep cleansing reaction. This can happen during the cleanse, but more likely will occur sometime later when you have built up your strength. All these experiences are the body's wisdom at work focusing on the areas that need to reach optimal health. Any discomforts of cleansing are only temporary, and always lead to more energy, vitality, and renewed health.

Can I exercise while doing the Bio Colon Cleanse?

If you are feeling well and strong, exercise is ok, but do not push yourself hard, walking is great, but weight lifting is not a good idea.

What is a liquids-only diet?

A liquids-only diet is not taking any solid foods or solid foods that have been liquefied or blended. The liquids should be clear and filtered. This will allow the Toxin Remover to easily bind to the surface of your bowels without the interference of any solid food covering the bowels surface.

The recommended liquids are: pure water, strained herbal tea, strained organic apple juice and strained organic vegetable broth. It is best to make your own fresh apple juice from organic, raw apples using a juicer. Juice in bottles or packages has been through a high heat which destroys good enzymes, life force and many vitamins. Still bottled 100% fruit juice is all right to use, if that is all that is available to you. Since it is not possible to juice your apples ahead of time to take with you to work or on the go, because the juice oxidizes and turns brown within minutes, a possible solution is to take fresh juice whenever you are home and bottled/package juice whenever you leave home and are out and about.

If bottled/package juice is all that is available to you, it is better to cleanse with that than to not cleanse at all. Just be sure to avoid concentrated powders or bottled juice that only has a partial fruit juice content, contains sugar and/or other additives and is not organically grown.

Will I be hungry?

Taking the Toxin Remover 3-5 times a day will greatly reduce your hunger. Also, you can have fresh fruit and vegetable juices, organic vegetable soup broth, green Superfood or more apple juice if you need a little extra energy. Most people report they do not feel hungry during the cleanse.

I need more than 4 Digest Power capsules to have 2 or more daily bowel movements. Is that OK?

Yes it is ok, because you have discovered what your body needs. The average dose is 1–3 capsules for people who naturally have frequent bowel movements. Those with severe constipation, that is, they usually only go once a week, will find they may need upwards of 10 or more capsules a day. The number that works for you, no matter how many or how few, is the correct number.

How much caffeine can I have while cleansing?

It is best to consume none. Caffeine is toxic in the body and overstimulates the kidneys, adrenal glands and heart.

Caffeine is addictive and if you are experiencing withdrawal symptoms while cleansing we recommend taking 1 cup of black tea a day with stevia or maple syrup.

Is there anything I should do after the cleanse?

Yes sticking to a vegan diet is the best thing you can do, with as many alkaline forming foods as possible (see table at end of document) .

During the first year of this transition, we also recommend doing the cleanse once every 3 months.

For everyday cleansing support and a high nutrition daily supplement, try this 100% Organic Superfood (<http://www.detox.net.au/superfood>). In this formula, there is 7 of the highest quality 100% certified organic ingredients, chosen after many months of study and research. We think this is the best superfood available and one of the few on the market that is 100% certified organically grown. It is excellent taken with fruit juice, it rebuilds the body, adds vital minerals and vitamins and gives a lot of energy.



How often should I do the Colon Cleansing Kit?

This is best answered by listening to your body. But in general once every 2–3 months in the first year, and once every six months thereafter.

More Resources:

General Health Information

<http://www.detox.net.au>

Buy Extra Colon Cleanses (9 day cleanse)

<http://www.TheBioCleanse.com>

(good to do every 3 months until you feel fully clean)

Liver Gallbladder Flush

<http://www.detox.net.au/liverflush>

(great to do at least once in your life, can do 2 weeks after first colon cleanse)

Heavy Metal Cleanse

<http://detox.net.au/heavymetal>

(excellent for people who had, or have amalgam(silver) fillings, should replace amalgam fillings first with plastic ones though)

Green Superfood Recipe

<http://www.detox.net.au/superfood>

<p><i>Acid-forming Foods</i> (heavy on the body)</p>	<p><i>Alkaline-forming Foods</i> (Consume freely, light and cleansing)</p>
<p>Alcohol All processed foods with wheat or “white” flour Black pepper Bottled salad dressings All Bread Cake Canned and frozen food Chocolate Cigarettes Coffee Complaining Cooked grains, (except Millet and Quinoa) Dairy (butter, cheese, ice cream, milk, etc.) Distilled vinegar Eggs Foods cooked with oils Fruits that have been glazed or sulfured Meat, fish, birds, shellfish Nuts, seeds and legumes Pasta Popcorn Processed cereals Processed milks (soy, rice, almond, oatmeal) Salt Soda crackers Soft drinks Sugar Tea (except herbal, caffeine free tea) Tofu and soy products</p>	<p><i>(Studies have shown that organically grown produce has as much as 300% more minerals and total nutrition than commercially grown produce.)</i></p> <p>All fresh fruits All raw vegetables All salad greens All sprouts — grains, beans, seeds, nuts Apple cider vinegar (raw) Dates Dried apricots Dried figs Appreciation Dulse Fresh or dried seasoning herbs Fresh, raw juice Fun Grapefruit — Do not mix citrus or melons with any other foods. Herbal Teas — no caffeine. Joy Maple Syrup, organic Melons Millet Molasses Lima Beans Potatoes Quinoa Raisins Raw, cold-pressed, organic olive oil Raw, cold-pressed, organic flax seed oil</p>

Questions: Please email questions@TheBioCleanse.com or visit www.TheBioCleanse.com for more information.