

# Dr. Foster's Essentials Parasite Cleansing System: Includes Instructions, Recommended Diet, Daily Schedule, And Information About the Formulas

## How Long To Take It:

Most parasite infections respond to 3 weeks of the Anti-Par Formula (formerly called Anti-Parasite Formula). The Anti-Par Formula **MUST** be taken with the intestinal cleansing formulas to stimulate elimination of the parasites and to absorb their toxins that they secrete when they're dying. A full cleanse with the Anti-Parasite Cleanse Kit takes one month. Often, people do pass worms within the first week, but the Anti-Par Formula should be continued for at least 3 weeks in order to kill the eggs and larvae.



For a severe recurrent parasite infection, it can take more patience. The formulas in this kit can be taken for longer than 3 weeks and up to 2 months if needed without harm. They can also kill Candida yeast and help cleanse the liver.

## Is This Cleanse Gluten-Free?

Yes, the formulas are gluten-free. There are no grains in any of the formulas, not even oats or oat bran. Pharmaceutical grade alcohol, because it's distilled, is completely gluten-free since gluten molecules are too large to pass through the distillation process. If you want a completely gluten-free cleanse, then make sure the foods and beverages you consume are also gluten-free. A gluten-free diet can help with inflammation, liver problems, joint discomfort and other symptoms. Of course, you do not have to follow a gluten-free diet to do this cleanse.

## Can I Do This Cleanse While I'm Taking Medications?

Yes. A Step Two formula contains charcoal and clay that can absorb doctor-prescribed medications, but it will not affect you if you take the formulas as follows. Do not take your medications **in the same dose** as your medications.

**Simply allow one hour** before and after taking a Step Two Formula (Colon Detox Caps or Colon Soothe) before taking your medications. This means if you're taking your medications, allow one hour afterwards before you take Colon Detox Caps or Colon Soothe.

It also means that if you are taking a dose of Colon Detox Caps or Colon Soothe, allow at least one hour afterwards before you take your medications. This one-hour window allows enough time for your medications to be absorbed into your body and to work the way they are intended to work.

Some people want to stop their medications when they do a cleanse. Do not stop taking vital medications such as thyroid medications, heart medications, blood-pressure lowering medications, benzodiazepines (for anxiety), hormone medication, or any other medication you take every day as some of them can cause a life-threatening withdrawal reaction if you suddenly stop taking them. Medications should only be discontinued gradually and if the condition you are

taking them for has improved. If you are taking aspirin or other medications to dissolve clots or to thin overly thick blood (commonly prescribed after a stroke or heart attack or for a blood clotting disorder), then you should get onto a natural alternative first before doing this cleanse since the garlic in the Anti-Parasite Formula can have a mild blood-thinning effect. This mild blood-thinning effect is as safe as eating garlic is, but it is not recommended to consume garlic in any form if you are taking prescription blood thinning medications.

## **Can I Take My Supplements While I'm Doing This Cleanse?**

Yes, unless they're synthetic, harmful or nonessential. If you believe a supplement you're taking is absolutely essential to your well-being, then keep taking it. Vitamin B-12 and Vitamin D are ok to take if you are deficient and have been told to take them. Other herbal formulas are fine to take if Dr. Foster has recommended them or if you've already been taking them and are used to them.

Allow one hour after taking your supplements before taking Colon Soothe or Colon Detox Caps. Or Take Colon Soothe or Colon Detox Caps first and then allow one hour before taking your important supplements. Digestive enzymes and proteolytic enzymes can actually help the effectiveness of this cleanse and can be taken if desired.

Many supplements are synthetic and are actually harming you. This includes certain types of calcium/ magnesium formulas, multi-vitamin and mineral supplements and certain types of Vitamin C. Please see the website for more information on synthetic calcium (<http://drfostersessentials.com/store/natural-calcium.php>) and synthetic supplements (<http://drfostersessentials.com/store/truth.php>). For nutritional support, I'd rather have people taking a food-based vitamin and mineral supplement (where the vitamins and minerals come EXCLUSIVELY from foods and there are no added synthetic vitamins and minerals) such the Essential Nutrients Formula.

## **Do I Need To Take Any Additional Parasite-Killing Supplements?**

Generally speaking, no. The cleanse is strong enough on its own to take care of parasites. If there has been a long-standing case of parasites or severe case you can add the Blood Detox Formula, which helps to clear them from the blood and contains goldenseal, a natural antibiotic to help kill many types of infection as well. For severe cases, you can also extend this cleanse out extra weeks up to 2 months, or stop the cleanse after it's finished and restart a month later.

## **Can I Do Dr. Foster's Liver Cleanse and this Parasite Cleanse at the Same Time?**

If you've never done an herbal cleanse before, this can be a lot to do at the same time, but if you've done a cleanse before, the Anti-Par Formula can easily be added into the Liver Regeneration Program. You can mix the L/GB Formula and the Anti-Par Formula together in the same dose.

## **Can I Mix My Supplements Together in the Same Dose To Save Time?**

Yes, except for the Colon Soothe or Colon Detox Caps. These the Colon Soothe and Colon Detox Caps should always be taken on an empty stomach with water or diluted juice, and by themselves without any other supplements or medications taken with them in the same dose.

## Taking Additional Fiber During the Cleanse:

If you take a daily fiber formula or psyllium, *do not take it* while taking a Step Two Formula (Colon Detox Caps or Colon soothe Formula); this is too much fiber and it may cause constipation. The Step Two Formulas contain ***more than enough*** fiber for your daily needs.

## What if I Have SIBO (Small Intestinal Bacterial Overgrowth)?

The cleanse should be fine to take if you have SIBO. The formulas may kill some of the harmful organism and you may experience improvement. SIBO can sometimes be more stubborn to heal and to heal at a deeper level, we recommend doing the 90-Day Kick The Candida Challenge. The cleanses can be extended beyond the two-week period for as long as needed. We've had a few people do the colon cleanse for several months and at the end of that time, various health complaints went away.

## How Does it Feel To Kill Parasites?

On the 2<sup>nd</sup> or third day, you may feel the parasites squirming or moving around. The same thing will happen if you take a prescription antiparasitic medication. This means they're dying. Do NOT stop the cleanse. After the first few days, they will stop moving and the rest of the cleanse will get easier. They sometimes secrete toxins as they are dying, so some people feel anxiety as this is happening. If you know you have a tendency toward anxiety, take a nerve-calming formula such as Peaceful Nerves or Nerve Calm. The herbal parasite-killing process is typically easier on people than the prescription medications. Prescription parasite-killing medications all have known liver-damaging effects. Medical doctors do not offer any other medications to absorb the toxins parasites secrete as they are dying, so if you go the conventional route, it can be a lot rougher.

## What if I'm Sensitive to Alcohol or I Have Liver Damage?

You can use the boiling water method to evaporate most or all of the alcohol from the Anti-Par Tincture and, in most instances, then it should be fine for you to take. Simply place a dose (around 2 droppers full in a coffee mug and then pour 2 oz. boiling water on top of the dose of liquid herbs. The alcohol will almost immediately evaporate in a puff of white vapor. Let cool for around 5 minutes before drinking. You can also add stevia or monkfruit to sweeten this formula if desired or a little coconut milk powder to improve the taste.

## Do I Need to Do Coffee Enemas?

**No!** In fact, I would prefer if you did NOT do coffee enemas. You can do an enema once or twice weekly or to help get parasites out if they are large worms, but use weak herbal tea or 15 drops of an herbal tincture such as Lobelia in your enema bag ***instead of coffee***. No one needs that much caffeine (from doing coffee enemas), coffee enemas are addictive, can cause anxiety and raise the blood pressure and even trigger seizures in people who suffer from epilepsy. It's better not to get started on them at all. Plus, it's not the only way to do an enema.

## **What to Eat During This Cleanse:**

Choose one of the four options below.

1. **Juice fasting** - best results. For more detailed information on juice fasting, please see the article on The Power of Juicing at <http://drfostersessentials.com/store/juicing.php>. If diabetic, it is best not to juice fast, but follow option #2. Juicing can often help heal up gastritis, diverticulitis and other colon problems in the quickest amount of time. Be very cautious of drinking too much fruit juice. Only use ½ apple per juice and do not drink straight fruit juice. Add a little carrot or beet to improve the taste of green juices.
2. **Raw Vegan Diet:** excellent results. No cooked foods. Eat only fruits, vegetables, sprouted grains, bean sprouts (lentil sprouts, chickpea sprouts, mung bean sprouts, etc.) see sprouts (sunflower sprouts), nuts and seeds. For optimal digestion, soak seeds or nuts in a shallow bowl of water overnight (8 to 12 hours) before eating the next day.
3. **Vegan diet** – really good results. No animal products: meat, chicken, turkey, fish, seafood, venison, pheasant, duck, eggs, dairy, milk, yogurt, cheese, pudding, butter, gelatin, jello, whey, dairy protein drinks, etc. Eat fruits, vegetables, beans, grains, nuts and seeds. (Couscous, hummus, tabouli, lentils, salads, tofu, veggie burgers, almond butter, etc.). If beans are hard to digest, add a digestive enzyme formula that contains hemicellulose (like Digest Factor). Digestive enzymes can help this cleanse go a little deeper. Organic cold-pressed oils are fine – sesame oil, coconut oil, olive oil, sunflower oil, etc.
4. **Dairy-Free Diet** – any food except dairy. Dairy products can create mucus in the GI tract & interfere with the cleanse. Use vegan cheese, nondairy milks and creams such as coconut cream, macadamia nut milk, almond milk, hemp seed milk, coconut milk, coconut milk powder instead of dairy products. Instead of butter, use organic extra virgin coconut oil. I've even seen a vegan butter-flavored coconut oil that would be ok.

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## **Daily Schedule Below:**

**The Daily schedule fits on one page so that you can easily print it out and place on your counter or fridge for easy reference. If you are printing the daily schedule, print page 5 only.**

## Daily Schedule: (Dr. Foster's Essentials Parasite Cleanse Kit)

### Week I (The Prep Week):

Take Vibrant Colon once daily with your evening meal to establish one bowel movement for each major meal eaten throughout the day. (3 meals = 3 bowel movements daily). Each day, increase the dose of Vibrant Colon by one additional capsule until you get a noticeable result or increase in bowel movements. Then stay at this dose for the rest of the week. If you suffer from chronic diarrhea from any cause, skip this week and do not take Vibrant Colon.



If you suffer from constipation, try reducing the amount of meat you eat. If a stronger colon formula is needed, use Colon Activator or Colon Start Plus instead. Meat can be very constipating and eating an entire chicken breast or large piece of steak can contribute. If you eat meat, have chicken thighs instead of chicken breasts or smaller 4 oz. portions of meat and get the best hormone-free, antibiotic-free, free-range, wild-caught meat you can get at your local health food store, farmer's market or health food co-op.

### Weeks 2, 3 and 4 (Add Rest of the Formulas):

- Continue taking the same formula you began taking during Week 1 (Vibrant Colon, Colon Activator or Colon Start Plus Formula)
- Take Colon Detox Caps – on an empty stomach and not in the same dose as any medications
- Anti-Par Formula
- Peaceful Nerves is an optional add-on that can be taken to soothe nerves/ calm anxiety that sometimes comes up when you kill parasites.

Pre-Breakfast ½ hr. before breakfast	BreakfastTime	Pre-Lunch ½ hr. before lunch	LunchTime	Pre-Dinner ½ hr. before dinner	DinnerTime	Evening
4 to 6 caps Colon Detox Caps	2 to 3 droppers full Anti-Par Formula  Optional formulas such as Flora-G Plus or Can-G	4 to 6 caps Colon Detox Caps	2 to 3 droppers full Anti-Par Formula	4 to 6 caps Colon Detox Caps	2 to 3 droppers full Anti-Par Formula  Vibrant Colon, Colon Activator or Colon Start Plus	4 to 6 caps Colon Detox Caps  Optional: 2 droppers Peaceful Nerves

If you'd like extremely detailed information about the intestinal cleansing formulas, please scroll to the end of this flyer. Due to overwhelming customer request, we attached it to the bottom of this instruction sheet.

## What if I Get Constipated?

If you get constipated, you're taking too high of a dose of Colon Detox Caps, you're not drinking enough water with them, or you're not taking enough Vibrant Colon. Sometimes parasites can cause a temporary constipation as they're dying. When this happens, it's important to raise your dose of Vibrant Colon, Colon Start Plus or Colon Activator to actively push them out. This especially happens with worms such as tapeworms, roundworms and pinworms. Keep raising the dose by one additional capsule per day until the worms break loose.

## Signs of Parasites and Eggs in the Stool:

Some people want to know if they passed the parasite when they do a parasite cleanse. Small fragments in the stool that look like flat sesame seeds, sunflower seeds, yellow corn-like fragments are signs of flukes, typically round and flat and disk-shaped in addition to the obvious worms.

If you do an enema during this cleanse, you are more likely to see these fragments, as they often float on the surface of the toilet bowl water. 99% of the time the parasite herbs kill the parasites before they are passed, so they will most likely NOT be moving. Some parasites are microscopic, meaning they are invisible to the human eye. For microscopic parasites, you will not see any fragments or segments in the stool – you will only notice symptom relief after they have been killed.



## Why Garlic?

The really outstanding natural healers of the past used lots of garlic in tough cases of parasites. Garlic is contained in the formula. Garlic is incredible in its ability to reduce high blood pressure, lower high blood sugar, lower high cholesterol, help heal infections, and kills bacteria, fungus, yeasts, viruses, protozoa, as well as parasites. If the infection is bad, juice fast during the 2nd week, and juice raw garlic in with the juice. When food is introduced again, consume lots of raw garlic - around 3 to 6 cloves per day. Only juice or eat 1 garlic clove at a time to avoid stomach irritation - this is important – too much garlic at a time can cause nausea. Some people are sensitive to garlic and can get stomach pains with it while others are fine. Taking the formula with food usually helps in these cases.

***Continued below...***

## **Why Take Intestinal Herbs, Too?**

The Anti-Par Formula works best if it is combined with the Vibrant Colon and Colon Detox Caps. Parasites have advanced physical features such as hooks and suckers that they use to attach themselves to the intestinal lining. They attach their hooks and suckers and begin sucking the good nutrition from the food you just ate. Then they excrete their waste in your gut. The Colon Detox Caps swells in the gut, not only absorbing toxins the parasites secrete (even more so as they are dying), but also helping to pull the parasites off of the colon wall. There can be a temporary bloating sensation that occurs as this healing process is happening (see more details below under intestinal formulas). The Vibrant Colon also contains anti-parasite herbs and helps push out the parasites (they're called vermifuge herbs.) Therefore, using the 3 formulas together avoids a lot of the unpleasant symptoms people experience when they simply take anti-parasite herbs alone.

## **What Type of Diet Can Cause Parasites?**

It is also very important to adopt a vegetarian diet afterwards if this is a recurrent problem. By square inch, meat contains billions of parasite eggs and larvae. Parasites can re-infect if the diet contains the eggs and larvae. Therefore, for people who tend to get recurrent infections, it's a good idea to do regular parasite and colon cleansing - every 3 to 6 months. This is especially an issue with people who consume raw meat and sushi, but can also happen to other people as well. The worst parasite infections occur in heavy meat eaters.

Improperly cooked pork can cause trichinosis. Some organizations have found ground pork mixed with ground hamburger meat. It is a bad idea to consume ground meat since other scrap meats can easily be disguised within it without the consumer knowing it.

## **What if I Have Hepatitis or a Damaged Liver? What if I Took Prescription Anti-Parasite Medication?**

Most prescription parasite medications can cause liver injury or damage. The anti-parasite herbs in the Anti-Par Formula do NOT damage the liver. On the contrary, they help to cleanse and heal the liver as well as the gallbladder, and in some cases, have been known to clear up Candida problems as well as other types of infections.

## **How Pets Contribute to Parasite Infections And What to Do:**

Many people can continue to get re-infected from their pets after they've just killed off their own parasites. Cats can pass the *Toxoplasma gondii* parasites in their feces, and people can get it from handling cat litter. Dogs can easily get heartworm parasites. Children can easily pick up pinworms. Sandboxes can contain cat feces. Hookworm is the most common parasite worldwide. This parasite attaches to the intestinal wall and feeds on the host's blood, causing anemia.

It's important to deworm/de-parasite all pets in the house and all other members in the household as well at the same time so that they do not pass on their parasites to you after you're healed. When deworming pets, the Anti-Parasite Formula is the only formula needed.

This is due to their short digestive tracts, and they are rarely constipated. Wash hands thoroughly after playing with pets. Always wash hands before meals.

## **Do I Have Parasites or Candida?**

Many people believe they have parasites when they actually have a Candida yeast problem and vice versa. Other types of chronic bacterial and fungal infections can mimic the symptoms of parasites. Most anti-parasite herbs also kill Candida yeast, so when a reaction occurs, people believe they have parasites when they might actually not have them. If there is a Candida problem, the herbal therapy is essentially the same, but additional liver cleansing may be needed in order to cleanse Candida yeast from the liver, and all sugars and yeast should be removed from the diet. There is an additional formula recommended for candida overgrowth called Flora-G Plus.

## **Types and Names of Parasites:**

Giardia lamblia and Cryptosporidium (microscopic protozoa), Entamoeba histolytica (causes bloody diarrhea, microscopic), Ascaris lumbricoides (roundworm), heart worm, Enterobius (pinworm), Necator (hookworm), Trichuris (whipworm), tapeworm, fish tapeworm, trichinella spiralis worm, schistosoma (blood flukes), African eye worm (loa loa), Toxoplasma gondii, Cysticercus, malaria (microscopic blood parasite), strongyloides, echinococcus, liver flukes (Clonorchis, Fasciola) paragonimus (lung flukes), fasciolopsis (intestinal flukes), Toxocara cani (in dogs), Naegleria, Leishmania, Trypanosoma cruzi (Chagas disease), T. gambiense (African sleeping sickness), Babesia, Dracunculus (guinea worm), Wuchereria (filariasis) and many others.

## **Sources of Parasites/ How Do You Get Them?**

beef, chicken, pork, fish, animal feces, human feces, sheep, camels, rodents, snails, crabs, crayfish, foxes, dogs, cats, swine, mice, wild animals, grain beetles, mosquito bites (malaria), ticks, tap water, tse tse flies (Africa), sandflies (tropics, Mexico, South America), blackflies (Africa, Mexico, Central & South America), reduviid bugs (Mexico, South America), soil, pond/lake water.

## **What if My Herbs Expire and I Didn't Take Them? Can I Still Take Them?**

Generally speaking, the Anti-Par, being an alcohol extract, can never go bad, and will be completely safe and fine regardless of the expiration date. The Vibrant Colon and Colon Detox Caps past their expiration date are still effective but may have reduced potency. This means you may or may not have to take an extra Vibrant Colon if your bottle is really old, to get the same laxative effect. It's better to take the herbs now than to wait years from now. Set aside some time, print out the daily schedule and "Just do it!"



## Detailed Information Below About Intestinal Cleansing Herbs – Vibrant Colon and Colon Detox Caps

### Step One Formulas:

**Regular strength formulas:** Most people take the Vibrant Colon if they have daily bowel movements.

**Extra strength formulas:** Colon Starter Plus and Colon Activator are extra strength formulae for people who do not have daily bowel movements without taking a laxative. These are people who have only 1 bowel movement every 2 to 3 days or less. Extra strength formulas should not be taken by underweight individuals who weigh less than 120 pounds.



### Benefits:

- These are colon-stimulating formulas that also have cleansing effects on the liver, gallbladder and spleen as well as some mild antiparasitic effects.
- Taking a synthetic magnesium supplement (most magnesium supplements are synthetic, even if the label says “natural.”) to have bowel movements can mask underlying health conditions such as liver/gallbladder problems, parasites, low thyroid and retained toxins (mucoid plaque layer) in the intestines.
- So, cleaning out the bowel with Step One and Step Two Formulas are quite important to address some underlying causes if you have previously been relying on magnesium or coffee to have a bowel movement.

### Step Two Formulas:

### Benefits:

- These are drawing and detoxifying formulas. They absorb and chelate literally hundreds of different kinds of chemicals from the bowels, including pharmaceutical residues, waste products from parasites, toxins from harmful bacteria, heavy metals such as aluminum, lead, copper, mercury, and radioactive residues.
- To counteract food poisoning, they may be taken at double the normal dose.
- This formula cleanses both the small intestines as well as the large intestines.
- If you have a stomach or esophagus issue such as heartburn, acid reflux, stomach ulcer or stomach parasites, twist open the capsules of Colon Detox Caps and mix with around 2 ounces of water and sweeten with stevia or monkfruit as desired. This is to help coat the esophagus and stomach with these herbs and help them work better. Or, take the Colon Soothe Formula, which is the same formula but already in powdered form. In its powder



form, it can help heal the esophagus and stomach, benefitting gastritis, stomach ulcers and acid reflux. It can also help absorb the helicobacter bacteria that causes stomach ulcers and can act on food poisoning more quickly than the encapsulated formula.

- Helps remove the mucoid plaque layer, especially if you do juice fasting with this program. See photo to the right to see what the mucoid plaque layer looks like. It's typically all stuck together and comes out in one long piece, in the shape of your intestines. I've literally seen the pale color in people's faces change overnight after they've eliminated this toxic accumulation. If you eat junk foods after the cleanse is over, it can take a while, but you can re-accumulate this toxic lining, so make sure to eat well after the cleanse is over.



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1. **Step One:** Take a Step One Formula (Vibrant Colon, Colon Starter Plus)

- **Cautions: Skip this step/week if you have chronic or active diarrhea.** Do not increase dose further unless constipated! Reduce dose or stop taking this formula if watery diarrhea occurs. In the rare case of diarrhea occurring with a Step One Formula at any time during the 1<sup>st</sup> week, do not wait for the 2<sup>nd</sup> week, but immediately begin taking a Step Two Formula. This slows down the diarrhea, and then both formulas can be taken together.
- Choose only one Step One Formula and start with **one capsule ONCE A DAY** with dinner (or with any meal or with juice if juice fasting.) around 6 - 7 PM. Do NOT take additional fiber such as psyllium. This formula already contains enough fiber.
- If you suspect parasites in the stomach, twist open the capsules and mix them in a couple of ounces of water. It will taste bitter, so add a little stevia or monkfruit to sweeten it up to your taste. Or, leave it bitter in order to activate more liver enzymes to speed up your healing a little more.
- This formula takes 12 to 14 hours to produce a result. If the next morning, you have one bowel movement for each meal eaten throughout the day, then continue this dose for the rest of the cleanse. If 3 meals are eaten during the day, then 3 bowel movements should occur during the day. They might all occur in the morning due to the once daily dosing of the formula.
- If you didn't get this effect the first morning, then each night, continue to **increase by one more capsule until the bowels are moving at least once for each meal eaten during the day.**
- Continue at *this new* dosage for one week.



2. **Step Two:** Continue Step One Formula, add Step Two Formula (Colon Soothe OR Colon Detox Caps)

- Take both (Step One and Step Two) Formulas for the duration of the cleanse. This could be anywhere from a few days to two months, depending on your results.
- **A Step Two Formula should be taken on a fairly empty stomach.** Step Two Formulas are absorptive – they absorb toxins. They can also absorb nutrients from your meal and medications. To avoid this, please allow 30 minutes or longer before meals or an hour or longer after meals before taking a Step Two formula. Also, allow 1 hour before or after medications before taking a Step Two formula.



- **If taking Colon Detox Caps - take 4 to 6 capsules of the Colon Detox Caps 3 to 4 times daily.** Follow this sheet & ignore the product label directions. Taking more than 8 caps at a time can be constipating. Take with a full glass of water (8 to 12 ounces) or diluted juice. This formula will expand a little in the intestines as it's absorbing toxins. You may or many not feel a temporary bloated sensation only while you're taking the formula. That means it's working in your gut to absorb toxins! If you feel too bloated, reduce to 3 capsules 3 times daily. Another option is to do a slower cleanse by taking 2 caps twice daily for 1 month. If you have difficulty swallowing capsules, you can twist these capsules open and mix them with water. We take great pains to ensure that there are no synthetic chemicals added to our products, so this is a 100% natural product with NO CHEMICAL EMULSIFIERS OR MIXING AGENTS ADDED. Therefore, if you twist open the capsules and mix with water, it may clump a little. You will need to use a jar with a lid to shake the powder up with the water before consuming. You can feel safe knowing you have purchased a completely natural product unlike any other on the market.

- **If taking the Colon Soothe Formula, take ½ to 1 tsp of the Colon Soothe Formula 1 to 3 times daily.**

Since this is a formula that helps absorb toxins from the body, we take great pains to ensure that NO CHEMICAL EMULSIFIERS ARE ADDED TO OUR HERBS and that Colon Soothe is 100% natural! This makes Colon Soothe a totally unique product unlike any other. Because there are no chemical emulsifiers in it, you'll notice that it may clump when you try to add it to a liquid. To help it mix better, take 1 heaping teaspoon, place in a jar with a lid. Add water or juice or diluted



juice to fill up an 8 ounce jar, screw lid on tight, shake the jar, set jar down, open the lid and drink the liquid solution. Follow with an additional glass of water. Taking more than 1 tsp per dose can be constipating, so you may need to drink an additional 4 to 8 ounces of water with it. You can also reduce the dose to ¾ or ½ tsp if it's too constipating. This formula expands in the gut while it is absorbing toxins, so it may temporarily make you feel a little bloated, but rest assured it is actively working to absorb toxins as well as gas. You can decrease the dose if it feels too uncomfortable. Scroll down for Colon Soothe and Colon Detox Caps recipes.

- If constipated during this week, increase dose of Step One Formula, reduce dose of Step Two Formula, and/or drink more water with the Step Two Formula. Not drinking enough water or skipping the Step One Formula can cause constipation.
- During the 2<sup>nd</sup> week, you'll add the Anti-Par Formula. An optional add-on is the Blood Detox formula for severe parasites. Generally speaking, if you really have parasites, the parasite cleansing system is enough herbs to take. You don't want to overdo it. But, If you've done one of our herbal cleanses before, you could even add the liver cleanse herbs and routine to this cleanse.
- The colon cleanse can be extended out to the 3<sup>rd</sup> week if desired, especially if doing the AntiParasite Cleanse or up to 2 months if you suffer from colitis. For a very thorough bowel cleansing, continue taking both formulas for a total of one month.
- These formulas may be taken by those with colostomies, portions of or the entire colon removed, (do NOT take the Step One Formulas if there is diarrhea), and those who have had the gallbladder removed

### **What if I'm Severely Constipated? Will it Work? Can I Take Too Many of These Step One capsules?:**

I've had clients who took as many as twenty capsules of a Step One Formula because they had only one bowel movement per month. (They worked up to that dose gradually). I've also had people who only had one bowel movement per month finally have a bowel movement after taking one Colon Starter Plus capsule for the first time. Everyone is different.

I've even seen people who had missing nerves to the colon or had spinal cord injuries to respond to the Step One Formulas. In the rare case of extreme constipation, the herbs may produce nausea and even an episode of vomiting before the bowels finally unblock. This is to be expected and is actually easier on people than the hospital treatment. ("Rocket Booster" enema with mineral oil.) In rare cases, a Step One Formula has caused constipation where there was none before. In each case, the person did not know that they actually had parasites, and when they continued to increase the dosage, the parasites broke loose and the bowels began moving again. The parasites will not be killed if the formula is stopped in the middle of this process.

### **Taking Additional Fiber During the Cleanse:**

If you take a daily fiber formula or psyllium, *do not take it* while taking a Step Two Formula; this is too much fiber and it may cause constipation. The Step Two Formulas contain ***more than enough*** fiber for your daily needs.

### **After the Cleanse is Over:**

- After the cleanse is over, A Step One Formula may be continued if needed in order to have one bowel movement per day for each meal eaten. Alternatives to Step One Formulas are Flora-G Plus, Ginger Tincture, and L/GB Formula.
- If parasites have caused fibromyalgia or joint pains, you may need to do some additional juice fasting afterwards to help your body clear out their toxins from your muscles and joints.
- The Liver Regeneration Program, Parasite Cleanse, Cholesterol Busters Cleanse, Simplified Stone Cleanse or Kidney Revitalization Program should be repeated every 3 months to maintain health. This is the Foster Method.

## **What is a Normal Bowel Movement?**

The consistency of a normal bowel movement is like that of smooth peanut butter. It should *not* be “formed” as the medical doctors say. *They are wrong!*

Formed bowel movements are a clear indication of constipation, which often leads to colon/rectal disease.

We know that in infants and in those who have never eaten processed foods, the bowels move around 20 - 30 minutes after each meal eaten.

The unformed stool should easily break up when flushed down the toilet.

***We have found that most Americans are constipated, and often interpret a normal bowel movement as diarrhea. Diarrhea is a watery bowel movement. People who have the typical one bowel movement daily can be severely toxic in the intestines and can be heavily infested with parasites.***

## **Change in Color and Smell of Stools:**

Step Two Formula can temporarily turn the bowel movements dark due to the black charcoal content. This is harmless and NORMAL. Stools can also be covered with a mucous covering and/or can be multi-colored. While taking this formula, there is sometimes an increase in gas or foul-smelling stools. Terrific! These are all good signs and mean that the formula is working to cleanse toxic residues from the bowel.

## **Coated Tongue:**

Very good sign if it develops during a cleanse! It means the body is releasing intestinal toxins.

## **Energy Levels During the Cleanse:**

Some feel tired while others feel energized. Sometimes fatigue is felt because coffee, tea, alcohol, drugs, or medications have been stopped. Rather than feeling sick from the herbal formula, many people are simply in withdrawal from caffeine and other drugs. Fatigue may also result when juice fasting, especially if there are lots of toxins in the body to clean out, and this is a good sign that the body is responding to the cleanse.

## **Children and Colon Cleansing Formulas:**

Step One Formulas may be too strong for children unless there is severe constipation or the child weighs > 120 lbs. For very young children age 2 and over, the liquid Colon Cleanse Syrup or Can-G are milder and is the best choice. Kids can also take the L/GB Formula or Ginger Tincture (dose adjusted according to body weight) which are non-addictive. The Iron From Herbs Formula contains tonic herbs that can also help children's bowel function.

## **Is it Safe to Take a Step One Formula Over the Long Term?**

**Harmless Staining of the Colon:** Many people ask us if there is any danger with taking a Step One Formula on a regular basis. Anthraquinone and emodin-containing herbs (cape aloe, aloe vera, rhubarb, senna & cascara sagrada), if taken over the long term (longer than 9 months to one year), can cause a temporary and harmless stain of the colon lining called pseudomelanosis coli. This can be seen during a colonoscopy. Using colonoscopy, it can be difficult for doctors to see a difference between this type of harmless staining and the dark coloration of a rare genetic disease called Peutz-Jeghers syndrome or inflammatory bowel disease. Peutz-Jeghers Syndrome and Inflammatory Bowel Disease are associated with colon cancer, so when doctors see a dark stain on the inside of the bowel of a person taking these types of herbs, they get confused over why it's there, and they don't realize these herbs are harmless.

Unlike these colon diseases, pseudomelanosis coli (the temporary staining of the colon due to taking colon herbs) is completely harmless and goes away if the herbs are stopped. It is NOT associated with cancer <sup>2,3</sup>. These herbs are completely safe to take.

**Protective Effects Against Cancer:** In fact, research has demonstrated that these herbs have *protective* effects against cancer such as colon cancer <sup>1</sup>, hepatoma, osteosarcoma, and human pharyngeal squamous cell carcinoma.<sup>7</sup> The active ingredient of these herbs, emodin, has been used alongside cancer chemo drugs and has been shown to increase the ability of these drugs to kill cancer cells, including human tongue cancer <sup>6</sup>, pancreatic cancer <sup>5</sup>, gallbladder cancer <sup>8</sup>, colon cancer, and non-small cell lung cancer <sup>9</sup>. It has been used with 5-FU against colon cancer, gemcitabine against pancreatic cancer <sup>5</sup>, cis-platin against gallbladder cancer <sup>4</sup>, and other chemotherapy drugs. (See references below). In summary, these herbs are very safe, are protective against a wide variety of gut issues, and do not cause health problems.

**Bowel Function and Dose Can Vary Over Time:** Bowel function can vary from day to day depending on your physical activity, water intake, and your diet (a large steak or chicken breast is more likely to cause constipation than smaller 4 oz. portions of meat or a plant-based diet). Taking a long road trip or airline flight can also be very constipating. Therefore, your dose of Vibrant Colon, Colon Start Plus or Colon Activator could also vary from day to day.

**Herb/ Drug Holidays:** Dr. Christopher, the father of Modern American Herbalism, used to say when taking herbs long term it's best to take off one day a week, and one month every 6 months. This prevents the body from developing a tolerance to the herbs and needing a higher dose. The herbal bowel-stimulating formulas can also be rotated with other formulas such as Flora-G Plus, which can be taken on the off days. This is similar to the way many pharmaceuticals are prescribed (for example for Parkinson's disease) which is called a "drug holiday" – or a short break from the drug every several months to prevent a tolerance from developing.

**Antiparasitic, Liver/Gallbladder Health and Other Benefits:** Colon stimulating herbs are not taken simply for constipation, but also for their antiparasitic action, bowel muscle strengthening effects, and their cleansing effect on the liver, gallbladder and spleen. It is better to take something natural to keep the bowels going than it is to stay constipated and invite serious or life-threatening colon/ rectal diseases such as colon polyps, colorectal cancer, bleeding hemorrhoids, diverticulosis and diverticulitis.

**The Foster Method and Other Cleanses That Help the Colon:** Good health depends not only on regular bowel movements, but also the state of the other detoxifying organs as well. This is why the Foster Method – used to heal from chronic health issues and maintain excellent health, includes doing a cleanse every 3 months – the Liver Regeneration Program, The Kidney Revitalization Program, the Simplified Stone cleanse or the AntiParasite Cleanse. All of these cleanses include the Step One and Step Two Colon cleansing formulas. Some cases of constipation are due to parasites, gallstones or a liver clogged with toxins. You may also need to kill candida overgrowth. See the 90-day Kick the Candida Program.

Some have taken a Step One Formula for 10 years, then tapered and stopped and their bowels worked perfectly. During this time, though, they took great care with eating an organic pesticide-free plant-based diet, drinking at least 1 quart of water daily, doing castor oil packs over the belly area (see instructions on the instructions page), exercising on a consistent basis & doing the Liver Regeneration Program every 3 months (liver & gallbladder toxins are a significant cause of constipation).

**Additional Aids For Constipation:** Regular massage &/or reflexology may also be needed to help eventually normalize bowel function. If all goes well, over time, one should be able to switch to milder and milder formulas (i.e. Colon Starter Plus → Vibrant Colon, and then to L/GB Formula or Lobelia Tincture and then perhaps a Ginger or Cayenne tincture to help stay regulated if needed. The L/GB, Cayenne and Ginger are tonic herbs that are safe to take on a daily basis for long periods of time.

If you're concerned about what your doctor might say about herbal staining of your colon during a colonoscopy, consider having a double contrast barium enema done instead as an alternative colon cancer-screening test. Another option is to take the Flora-G Plus, which does not stain the colon. For maintaining colon health after the cleanse, please see [http://www.drfostersessentials.com/store/ph\\_bal.php#lifestyle](http://www.drfostersessentials.com/store/ph_bal.php#lifestyle)

### ***Signs of Healing to Look For:***

After you've finished your cleanse, it's important to check for signs of healing. If you have had any improvements in your skin, reduction of a rash, less flatulence, reduction of headaches, less sinus problems, less food sensitivities, less intestinal cramping or discomfort, reduced inflammation in the body, better breathing/ lung function, improvements in menstrual cramping or lighter menstrual periods, it's a good sign that you've eliminated the toxins that were causing or contributing to these problems.

Give yourself a pat on the back and congratulate yourself for a job well done! If you eliminated an extra long bowel movement all stuck together, you most likely eliminated the mucoid plaque

layer – kudos! You may have saved yourself from a much worse bowel problem in the future. If you passed parasites, congratulations! (You may want to follow up with the Parasite Cleanse Kit to make absolute sure you've killed all stages of the parasite.)

## ***Colon Soothe Recipes and Scientific References Below...***

### ***Colon Soothe Recipes:***

#### **Apple Juice Recipe:**

- 6 oz. Apple juice, fresh pressed if possible (takes about 1 1/2 apples)
- 6 oz. purified water
- 1 scoop or 1 tsp of Colon Soothe Powder

Place all ingredients in a jar with a lid. Fasten the lid and shake the contents for a few seconds. If no jar is available, use a blender. Drink immediately. If you let it sit for several minutes, it will thicken which may make it a little more difficult to swallow. Good for kids as well as adults. It has a black color, but it tastes really good!

#### **Keto Sweet Recipe:**

- 12 oz. Filtered or Distilled Water
- 7 drops Liquid Stevia (You can use Stevia clear, or flavors such as Hazelnut, Berry, Valencia Orange, Lemon, Vanilla, Chocolate, Chocolate Raspberry, English Toffee)
- 1 scoop or 1 tsp of Colon Soothe Powder

Place all ingredients in a jar with a lid. Fasten the lid and shake the contents for a few seconds. If no jar is available, use a blender. Drink immediately. This is really good for Candida sufferers or diabetics, or anyone who cannot handle sugar.

#### **Carrot Juice Recipe:**

- 6 oz. carrot juice (fresh pressed is best)
- 6 oz. filtered or distilled water
- 1 scoop or 1 teaspoon of Colon Soothe Powder

Place all ingredients in a jar with a lid. Fasten the lid and shake the contents for a few seconds. If no jar is available, use a blender. Drink immediately. The carrot juice is also very soothing to the stomach.





## Scientific References:

### 1. Antitumor effects of emodin on LS1034 human colon cancer cells in vitro and in vivo: roles of apoptotic cell death and LS1034 tumor xenografts model.

Ma YS, Weng SW, Lin MW, Lu CC, Chiang JH, Yang JS, Lai KC, Lin JP, Tang NY, Lin JG, Chung JG. Food Chem Toxicol. 2012 May;50(5):1271-8. Epub 2012 Feb 1.

#### Conclusions:

In an in vitro study, emodin reduced the percentage of viable cancer cells, triggered apoptosis (cell death) and induced G2/M phase arrest of cancer cells. In an in vivo study, emodin effectively suppressed tumor growth in tumor nude mice xenografts bearing LS1034 (human colon cancer cells). Overall, the potent in vitro and in vivo antitumor activities of emodin suggest that it might be developed for treatment of colon cancer in the future.

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### 2. Is senna laxative use associated to cathartic colon, genotoxicity, or carcinogenicity?

Morales MA, Hernández D, Bustamante S, Bachiller I, Rojas A. J Toxicol. 2009;2009:287247. Epub 2009 Sep 10.

#### Conclusions:

(1) there is no convincing evidence that the chronic use of senna has, as a consequence, a structural and/or functional alteration of the enteric nerves or the smooth intestinal muscle, (2) there is no relation between long-term administration of a senna extract and the appearance of gastrointestinal tumors or any other type in rats, (3) senna is not carcinogenic in rats even after a two-year daily dose of up to 300 mg/kg/day, and (4) the current evidence does not show that there is a genotoxic risk for patients who take laxatives containing senna extracts or sennosides.

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### 3. Melanosis coli--a harmless pigmentation or a precancerous condition?

Nusko G, Schneider B, Ernst H, Wittekind C, Hahn EG.

Z Gastroenterol. 1997 May;35(5):313-8.

#### Methods:

In 2,229 consecutive patients we retrospectively analyzed the association of melanosis coli and laxative use with colorectal neoplasia.

#### Conclusions:

There appears to be no association between colorectal cancer and melanosis coli or laxative use. Colorectal adenomas are more frequently found in patients with melanosis coli. Colorectal adenomas do not contain the melanin-like pigmentation. The association of adenomas

with melanosis coli can be explained by the ease of detection of even tiny polyps as white spots within a dark-colored colonic mucosa. (Adenomas are more likely to be missed in colons without melanosis coli, but are more likely to be spotted against the dark background of a colon with melanosis coli.)

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**4. Emodin potentiates the anticancer effect of cisplatin on gallbladder cancer cells through the generation of reactive oxygen species and the inhibition of survivin expression.**

Wang W, Sun Y, Li X, Li H, Chen Y, Tian Y, Yi J, Wang J.

Oncol Rep. 2011 Nov;26(5):1143-8. doi: 10.3892/or.2011.1390. Epub 2011 Jul 14.

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**5. Emodin potentiates the antitumor effects of gemcitabine in pancreatic cancer cells via inhibition of nuclear factor- $\kappa$ B.**

Liu A, Chen H, Tong H, Ye S, Qiu M, Wang Z, Tan W, Liu J, Lin S.

Mol Med Report. 2011 Mar-Apr;4(2):221-7. doi: 10.3892/mmr.2011.414. Epub 2011 Jan 3.

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**Conclusions:**

Emodin potentiated (increased) the antitumor effects of gemcitabine (chemotherapy drug) in pancreatic cancer, which was related to the down-regulation of NF- $\kappa$ B.

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**6. Emodin, aloe-emodin and rhein inhibit migration and invasion in human tongue cancer SCC-4 cells through the inhibition of gene expression of matrix metalloproteinase-9.**

Chen YY, Chiang SY, Lin JG, Ma YS, Liao CL, Weng SW, Lai TY, Chung JG.

Int J Oncol. 2010 May;36(5):1113-20.

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**Conclusions:**

Our results provide new insight into the mechanisms by which emodin, aloe-emodin and rhein inhibit tongue cancers. In conclusion, these findings suggest that molecular targeting of MMP-9 mRNA expression by emodin, aloe-emodin and rhein might be a useful strategy for chemo-prevention and/or chemo-therapeutics of tongue cancers.

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**7. Destabilization of CARP mRNAs by aloe-emodin contributes to caspase-8-mediated p53-independent apoptosis of human carcinoma cells.**

Lin ML, Lu YC, Su HL, Lin HT, Lee CC, Kang SE, Lai TC, Chung JG, Chen SS.

J Cell Biochem. 2011 Apr;112(4):1176-91. doi: 10.1002/jcb.23031.

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**Conclusions:**

Aloe-emodin induces growth arrest and apoptosis of FaDu (human pharyngeal squamous cell carcinoma), Hep3B (hepatoma), and MG-63 (osteosarcoma) cells.

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**8. Emodin enhances sensitivity of gallbladder cancer cells to platinum drugs via glutathion depletion and MRP1 downregulation.**

Wang W, Sun YP, Huang XZ, He M, Chen YY, Shi GY, Li H, Yi J, Wang J.  
Biochem Pharmacol. 2010 Apr 15;79(8):1134-40. Epub 2009 Dec 11.

**Conclusions:**

The experiments on tumor-bearing mice showed that emodin/cisplatin co-treatment inhibited the tumor growth in vivo via increasing tumor cell apoptosis (cell death) and downregulating MRP1 expression. In conclusion, emodin can work as an adjunct to enhance the anticancer effect of platinum drugs in gallbladder cancer cells via ROS-related mechanisms.

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**9. Role of Rad51 down-regulation and extracellular signal-regulated kinases 1 and 2 inactivation in emodin and mitomycin C-induced synergistic cytotoxicity in human non-small-cell lung cancer cells.**

Su YJ, Tsai MS, Kuo YH, Chiu YF, Cheng CM, Lin ST, Lin YW.  
Mol Pharmacol. 2010 Apr;77(4):633-43. Epub 2009 Dec 30.

**Conclusions:**

Emodin is a tyrosine kinase inhibitor and has anticancer effects on lung cancer. We conclude that suppression of Rad51 expression or a combination of emodin with chemotherapeutic agents may be considered as potential therapeutic modalities for lung cancer.