



## Organic Herbal Colon Cleanse

Cool Spearmint Colon Cleanse

Free e-Book & Instructions

Made From The Finest Certified Organic  
Fresh Ground Herbs



**Hello and welcome,**

**Your colon and digestive system** plays a significant part in your overall health and wellbeing. Choosing to detox with organic herbs helps remove built up mucus and toxins from your intestinal passage.

We offer you a natural organic herbal colon cleanses made from freshly ground herbs. The herbs we use are well known for assisting intestinal cleansing and helping to restore a healthy colon function. We strongly advise you to do your own research before you buy a colon cleanse to make sure you choose the right one for you. Always consult your doctor before you decide to do a colon cleanse if you have intestinal issues that are causing you problems.



# Organic Herbal Colon Cleansing

Please read this information carefully before you buy these colon cleanse herbs.

**Imagine, for a moment** you have baked a delicious lasagna or casserole. Washing up the dishes comes around and you find the dish with hard baked food around the sides. Running it under a tap is not very effective, so you fill it with water and leave it to soak. You then the scour the debris from the sides. Detoxing your colon with organic herbs equates to the same thing.

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**There are many reasons to do this spearmint colon cleanse and here are just four:**

1. Colon cleansing is a good way to clean out built up mucus and toxins
2. Colon cleansing is an alternative to enemas and laxatives
3. Colon cleansing reduces the oxidised fats, which build up in your colon as rancid fats
4. Natural colon cleansing helps aid the digestion process



Fast food, smoking, taking prescription drugs and drinking alcohol, plus what we take into our bodies from the [environment](#) effects our digestive system. The herbs that make up our colon cleanse helps to remove the residue of built up toxins and mucus and expel intestinal [parasites](#) and worms.

Your body has some excellent mechanisms to resist parasites and worms, but certain foods you eat leave mucus coated over these defences, allowing parasites and worms to take up residence inside your colon.

## Your Colon Absorbs Nutrients

Your colon absorb nutrients, vitamins, minerals, water and all the goodness from the food you eat. Absorption will not be optimal if your colon is layered with unhealthy mucus.

## Colon Cleansing Promotes Improved Health

If you remove toxic matter from your colon and eliminate parasites and worms, you will then feel the benefits of increased goodness obtained from the food you eat. Making a healthy lifestyle change will benefit your overall health.



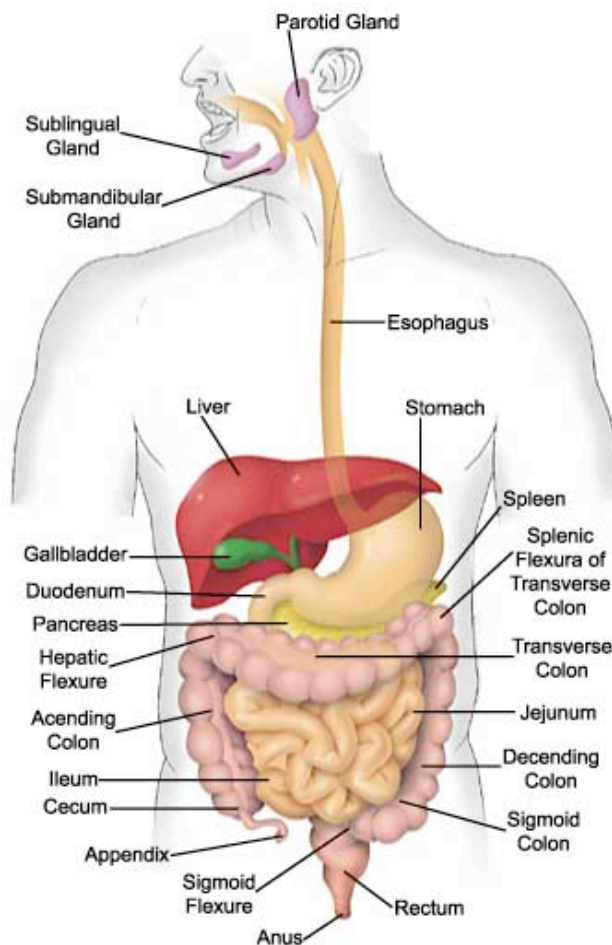
## Your Digestive System

Take a few moments to remind yourself how your body digests food. This is an automatic function that we are usually not aware of. Digestion is a process that has great significance to your well being.

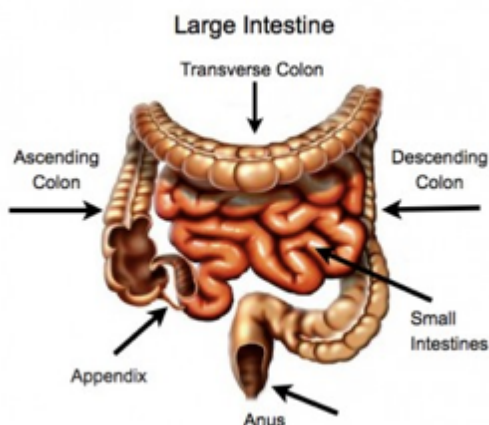
Food is taken into the mouth and chewed. We break it up from large lumps into small lumps. If you wish to ensure proper digestion, chew until the material becomes liquid. Saliva starts breaking down the food and sugars are absorbed immediately. The food goes down to the stomach. The stomach churns the food with gastric acid.

The type of food you eat determines the time it spends in your stomach. After the acid has broken down the food into a gloopy liquid called "chyme, it passes to the duodenum. Here it is neutralised and bile from the liver is mixed in.

Juices from the pancreas are also mixed. The bile will emulsify or break down the fats into the essential fatty acids. Enzymes will separate the food into minerals, micronutrients, vitamins and the smallest components the body requires. This 'chyme' now passes to the small intestine.



The job of the small intestine is to absorb the bulk of the goodness from the food. Blood vessels are running just below the membrane of the intestines, and the minerals and vitamins are absorbed here. Fats are absorbed by the lymph system. The bloodstream and the lymphatic system will now take the goodness to where it is needed. The colon receives the 'chyme' for final processing. It recycles the water content out of the liquid and causes stools to be formed.



Time spent in the colon will directly affect how much water is drawn out and the consistency of stools. We shall now take two ends of the spectrum, constipation and diarrhea. When we have diarrhea it is a symptom that material is passing very quickly through the colon and very little liquid has time to be drawn out. In the case of constipation, material is passing very slowly through the colon and more and more water is being drawn out making the stools firmer and harder to pass.

## Mucus Forming Foods

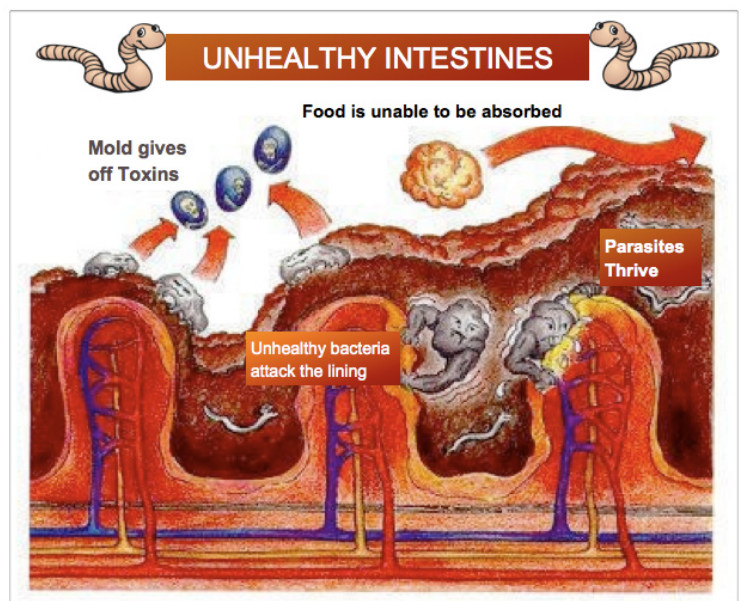
Most people are brought up on a diet that includes dairy products. You may have had mid morning milk at school, poured “top of the milk” on your cereals, tea and coffee? What about all the yummy cheese sandwiches, sauces, ice cream and yoghurt cakes, etc. I am not referring to what you ate last week or last month, but everything you have consumed throughout your life until now!

Your body has natural defence systems. Mucus is a normal body secretion and a natural defence mechanisms. We need healthy mucus. Mucous membranes continually secrete mucus as a means of keeping the surfaces moist and lubricated. When we get a cold or are harbouring germs the body produces mucus to assist in the removal of the offending item from the body. The intestinal lining can produce mucus. If you ingested a poison your body would do its best to reduce the harmful effects by vomiting, also by producing mucus in the intestinal linings. The mucus coats the linings in a smooth layer to reduce absorption and to speed the material out of the body. If you look into a baby’s nappy, you may have observed a clear jelly like substance particularly if they were poorly and had a runny tummy. It is perfectly natural.

## Dairy Products Are Proven To Stimulate Mucus Production

If you look at the picture of the cross section of the intestines you will observe the membrane. Running beneath it, the blood vessels wait to pick up the goodness from the nutrients absorbed through the lining.

When the linings are clean, the absorption is optimal. The linings have villi; finger-like projections in the small intestine. These tiny structures are crucial for digestion by increasing the area of absorption. Small hairs called microvilli act like a nonstick surface and keep parasites and material from sticking to the surface. Eating [roughage](#) or fibre as it is also known, stimulates the peristaltic muscles to squeeze the material through the colon from stomach to anus.



## High Fiber Foods



Eating processed and refined food, for example white bread/sugar means you are not eating enough roughage. If you are not eating enough roughage there is less stimulation of the peristaltic muscles. Refining food can also remove valuable nutrients.



Refined Foods



**Milk on your cereal in the morning** will stimulate mucous production. A layer of mucus is produced in your colon. If you have milk in tea and coffee, more mucus, cheese sandwiches at lunch, more mucus, tea and coffee in the afternoon, cheese sauce, lasagna, custard, ice cream, yoghurt, milk, drinking chocolate. It is very easy to be consuming dairy products all day. They are so yummy!

### The Importance Of Enzymes

**Digestive enzymes play a critical role** in helping the digestive system function properly. In the process of digestion they assist in breaking down the food you eat to its smallest components. For example: milk is a combination of glucose and galactose. There is an enzyme whose job is to split these two apart. After splitting the glucose and galactose successfully, the body then needs a different enzyme to split galactose. If this is missing or defective then galactose cannot be split and protein builds up. This inability to correctly process the galactose may lead to intolerance to milk. If I asked whether a fresh apple or a stewed apple was more nutritious, most would correctly say the fresh one was most nutritious. Heating the apple will destroy the vitally important enzymes it contains.

### Dairy Question?

*How many animals do you know that make another animals breast milk a major part of their diet? Answer: None, only humans!*



### Casein



**Casein gives milk its white opaque appearance.** Cows milk is for baby calves and is specifically designed to take a baby cow through its weaning period. The skeleton has to grow considerably in a very short space of time. The mother provides the bone building material in the milk. This bone building material is called casein. If you compare the casein content from cows milk to human breast milk you will find that there is 300 times more casein in cows milk. This is because human babies are not required to increase skeletal mass as much, or as quickly as calves.

**Cows milk is pasteurized by raising its temperature** to kill the bugs and bacteria. This allows the milk a long shelf life at the local supermarket. Infant calves do not have a problem with milk straight from their mothers. If you take milk that has been pasteurized and feed it to baby calves, they will die. The enzymes in the milk are so vital for the baby calf. Destroying the enzymes destroys the milk. It is those vital enzymes the calf needs.



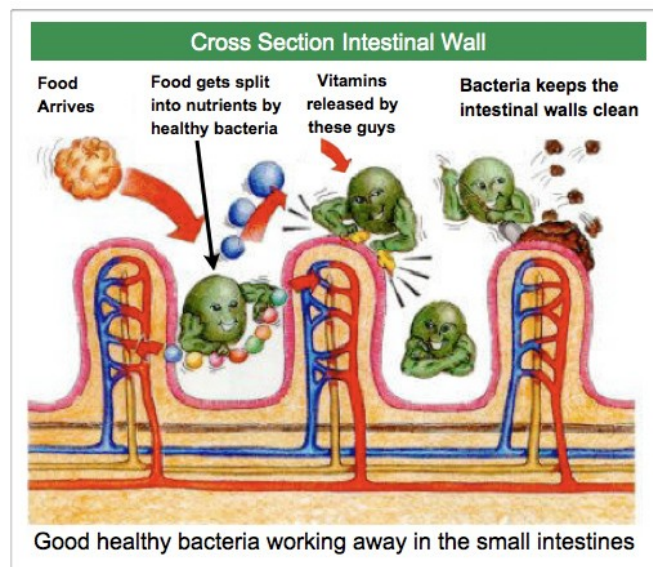
**If a mother was leaving expressed breast milk** for her baby, would she consider it necessary to pasteurise it before it was fed to her infant, or would gently warming the bottle in hot water be sufficient? Freezing or storing her milk for long periods would not be appropriate. Milk should be consumed fresh from mother to infant for best effect.

**Lets go back in time** to when there were “knackers” yards processing animal carcasses. Bones would be boiled down to create glue. Things have moved on since then, instead of boiling bones, it is much easier to extract the casein from milk and manufacture glue. [click here](#)

**You have almost certainly come across casein**, it is the glue that holds the labels onto beer bottles. Casein is very strong, it will stick to glass (a very smooth surface) Casein is waterproof and resists temperature change; it can be chilled or warm and still maintain its sticking properties. It is also resistant to water. Other uses of casein are in the manufacture of buttons, crochet hooks, paints, varnish and much more.



**Due to all the dairy products we consume**, cleansing your colon with a good organic herbal cleanse is most beneficial because the herbs remove built up mucus and toxins from digestive system and the large intestines, allowing nutrients to be successfully absorbed.



**The problem begins in the colon**, the water is drawn out of the mucus and it starts to dry out. If you go to bed with a runny nose you are likely to wake up with it dried up and hardened. If you don't clean your teeth properly then plaque develops. When soft, it is easily brushed off. If left to harden, the dentist needs steel tools to scrape and polish it away.

**When mucus in the colon dries out it hardens.** It is as tough as old boots, does not dissolve in water and coats the surface in a thin layer with glue-like strength. If you have milk based food and drinks throughout the day you can be constantly stimulating production of mucus, so the layers build up. Instead of the colon being 4 inches in diameter and clean, it can expand to 8 inches in diameter with only a half inch hole for matter to pass through. People who are obese can have colons weighing up to 27 - kilograms instead of a healthy 14 - kilograms. These extra kilograms can be reflected in a larger waistline.

### Soaking and Scrubbing



**Remember our baked lasagna or casserole example?**



Removing the built up toxins and mucus is done in a remarkably similar method. Soak it and then mechanically scrub it out. We don't have an intestinal shaped brush so you are going to use a method that is very old but highly effective.

## The Cleansing Herbs

This colon cleanse comes in two parts: **Part one** is made up of capsules, which we freshly encapsulate for you on ordering. They consist of **1. Senna leaf** **2. Senna Pods** **3. Cascara bark**, which are well known natural laxatives. **4. Dandelion Root**, helps to balance healthy bacteria in the intestines **5. Rhubarb Root**, It is a stimulant laxative that drains inflammation from the liver, large intestine and kidney. **6. Aloe Vera** to soothe the digestive tract and **7. Marshmallow Root**, contains polysaccharides that soothe inflamed membranes in the digestive system and colon. **8. Herbal capsules** containing these herbs.



## Speeding Up Your Digestive System

**Part One** of the cleanse speeds up your digestive system and decreases the length of time material spends in the colon, like soaking the lasagna dish. This means less water will be extracted by your colon and the material will be wetter. This increased moisture will soak the mucus, just like soaking wallpaper before you strip it. You need to find the level of capsules that is right for your own individual system. We will tell you about this later.



**Part Two Activate Powder** is a mixture of herbs in a loose powder consisting of **1. Bentonite Clay**, which attracts toxins, absorbs pesticides, bacteria, pathogens, environmental or dietary toxins and parasites that can be found within your gastrointestinal tract, allowing them to be expelled out of your system. **2. Apple Pectin** which is beneficial in supporting a healthy intestine and digestive system, absorbing many types of chemicals and certain heavy metals. Apple pectin does a great job of sticking to the sides of your colon and removing built up layers of unwanted matter. **3. Activated Charcoal** to stimulate the peristaltic muscles and to absorb toxins and gas. **4. Slippery Elm** coats and soothes the tissues of the intestines, colon and urinary tract. **5. Fenugreek** to soothe the gastric tract and act as a mild laxative. **6. Fennel** improves and strengthens digestion and helps reduce inflammation in the colon. **7. Spearmint** which is loaded with, antioxidants and vital nutrients. Despite having a very similar aroma to peppermint, spearmint does not contain as much menthol, but is rich in limonene (*natural support for immunity, digestion, liver detoxification, gallbladder function, fat metabolism, and nervous system health*), dihydrocarvone, (*which promotes healthy digestive system*) and cineol (*for a cooling and refreshing taste*).



## Colon Cleansing Plan - Direction Day 1

Every evening you will be taking a mixture of herbs to stimulate your digestive system and promote daily bowel movements. If you **do not** have a bowel movement the following day increase your capsules to two the second day, and if needed 3 the following day and so on...



### Preparing your digestive system part 1.

**Start with 1 or 2 capsule** before your evening meal, or bedtime, whichever you prefer, followed by a glass of water 350mls minimum. The following day look for regular soft stools bowel movement, 2-3 (two-three) times a day, minimum, not diarrhea; stools should be easy to pass and have more water content.

**Increase or decrease** capsule until you find the correct balance, this can take a day or two. Everyone is different, some people have a strong reaction with one capsule, others may need 5 (five). Between one and three capsules is usually sufficient. Everyone is unique; you know your own system.

**Once you feel happy** about creating the right stool consistency mark this **Day 1**. But please take the capsules for at least 4 days before you start the powder. You **must continue** with the capsules, before bedtime throughout the remainder of the program, **from day one until the end of the cleanse**. If you feel you need to eat something with the capsules that's okay.

**Depending on the chemical** conditions in your intestines what you are likely to expel during this cleanse can be anything between hard, rubbery, soft, mucus, stringy and possibly transparent. Your stools may be firm and thick, tough, or soft and watery. Throughout the cleanse stools range in color from light brown, black, or greenish-black to yellow or grey, and can emit a foul odor. Noticeable more if you eat meat. Break them up to see what is inside, if you feel you can and are interested!



### Day 1 - Part 2

#### Step Two – Adding the Cleanse Powder

Take this **three times a day**. Morning – Lunchtime – Teatime . You can use water, unsweetened apple juice, or cold mint tea, or filtered water if you prefer. Pour approx. 350 ml of your chosen liquid into a sealed or screw topped container, add a heaped teaspoon of the powder mix into the liquid. Screw on the top well, shake for a few seconds then **drink immediately**. Follow straight away with a large glass of water, minimum 350mls filtered water if possible. You must have the mixture going through your system continually for best results. It is best to take last drink at least an hour before bedtime. For the first night you may find you feel a little bloated. Drink plenty of water during this cleanse. You know your own body balance your fluids to suit your own system.

**You can mix the cleanse powder** with larger amounts of liquid, but smaller quantities are easier to drink. The mixture will pass through the stomach with no real effect and form a ball in the colon. This ball of soft clay with the charcoal and bentonite mixed through the herbs acts just like a scouring pad. When the ball comes into contact with presoaked mucus it sticks and then is expelled from the body with your stools.

*For a stronger mint taste we suggest you use cooled mint tea for mixing with the powder. You can use fresh mint steeped over night in boiled hot water, or use the water from organic mint teabags (that has been left to go cold).*



**As the peristaltic muscles** propel it through the colon it strips off the top layer, rather like picking at presoaked wallpaper. These come off, roll up and become hidden in the stool. When removed from a stool, they look just like potato peelings. (see photograph). You make the drink up three times a day starting at breakfast, lunch, mid afternoon and tea time. **Do not premix the powder.** The mixture must be going through your system on a continual basis during the day to be affective.



### How Do I Know It's Working?

**The best way of finding out** if it is working for you is to check what is coming out. Our experience of guiding people through this detox are those who checked for themselves see the results. You will still be doing a really good colon cleansing and will feel much better even if you dont check.

### Personal Experience of Colon Cleanse Without Psyllium

**Having a very questioning mind** I decided to see if it was true. In a short space of time I found what looked like torn up chamois leather pieces. They were really thick. I found myself looking at something I knew with certainty I had not eaten recently. Many of my previous beliefs about dairy products were now struggling in the face of what I was holding in my own hands. Dairy products became less attractive and, having cut down my intake, I found my waistline started to reduce. When Sarah first did this colon cleanse 15 years ago, she found undigested meat in her stools. She had been a vegetarian for over 5 years!

**We are not suggesting you quit** dairy products and meat, but at least now you have a choice whether you want to cut down. If you are interested in alternatives try Almond milk or coconut milk. There are lots available, some are better than others. I use it for smoothies, on cereals and cooking. They also make an organic coconut milk , which I substitute for milk in cooking. Animal milk such as goats still contain casein, but not in such large quantities. Almond milk or coconut milk products would be best if you want to avoid casein all together.

### Let's Go Fishing!



**The only way you will find** built up layers of mucoid plaque is to check your stools each day. Put on a pair of rubber gloves and go fishing. Look for something shiny or translucent. It rolls into balls and is not immediately apparent. When you find something suspect, rinse it under a tap and you will know whether you ate it or if it is passed matter. I also recommend checking the last day before the powder runs out. Whatever you find or don't find, your colon will thank you for the spring clean. You may also see mucus in your stools.

**We are regularly asked** if doing one colon cleanse is enough. Realistically, the answer is no. You know your own body and if you would like to do another cleanse, it is unlikely to do any harm. If you continue to eat dairy products we suggest you do a colon cleanse twice a year.

**Some people find** they are on a roll, they have seen a change in the way they feel and wish to continue. Instead of starting again, most people have capsules left over. If you want to continue, stay on the capsules and buy more cleanse powder. **(Never take the cleanse powder, part two without the capsules.) Drink plenty water, minimum 8 large glasses every day.**

### Suggestions To Overcome Possible Side Effects

Often people have none. It really depends on how toxic your body is. The following cover a few questions and answers, and some tips for overcoming any side effects you may experience. Remember side effects vary for everyone.

**Queasiness** With the herbs and powder gurgling through your system you may feel a little queasy. Be aware that you are stirring up all the toxins trapped in the layers. This is a detoxification. When you do the washing up, you end up with clean dishes, but you would not want to bathe in the water afterwards, would you? If this happens just lay down until the feeling passes. **Reduced appetite** If you are drinking the liquid six times a day, just before every meals, midmorning and mid afternoon, you may find you are not as hungry throughout the day. Your appetite may be reduced.

**Headache** With material passing faster through the colon, not as much water is being absorbed by the body. It is recommended you drink plenty of water every day. If you do not already, I recommend for the duration of the cleanse, buy a 2lt bottle of water every day and endeavor to drink throughout the day. It will make the detox cleanse much easier. If you still get a headache it means you body needs more water.

**Gas and bloating, flu like symptoms, skin rash, rumbling and gurgling stomach, indigestion, dry mouth, diarrhea.** This is perfectly normal and will pass.

### No Reaction To The Capsules

**A very small percentage of people** find that the capsules do not loosen up their bowel; instead they became constipated. It is potentially harmful to take Bentonite clay without a **softener, which are the capsules.** This is because instead of stripping it out layer by layer it can pull out large chunks and there is a potential for blockage. If you find yourself in this category, stop taking the capsules and take 2 teaspoons of organic psyllium husk in a large glass of water at night. When your stools are back to normal resume the capsules. An enema also helps. Our Quick Bowl will clear your colon if you are constipated.



### Memories of Past Illnesses & Strong Emotions

**Most people are not ware** that emotions can become trapped in the body, especially when old waste in the colon builds up. Memories of past emotional events get trapped in the layers of your colon. Residue from prescribed and social drugs may be released. A woman who suffered with thrush found that she was subjected to a reoccurring bouts of thrush. A man who, in his youth, was sprayed with pesticides from a crop sprayer and fell ill, found that decades later he experienced a milder form of the original illness, while doing this colon cleanse. This was ascribed to the residue trapped in the layers. A woman spent two days crying. Later she told me that it was the same feeling she had experienced during most of her pregnancy.





**The ingredients of this detox** are unlikely to make you feel too unwell. Some people have a roller coaster ride due to the release of emotions that come with the release of trapped toxins. If you have no side effects it's a definite plus. Many people experience no negative side effect at all. If you experience old emotional feelings, know that they will pass. Nurture yourself, read a book, listen to your favourite soothing music or have a warm bath. Our Self [Nurturing 10 Day Program](#) is available completely free.



### **Crayons and Marbles**

**People have passed crayons** and even marbles they consumed as toddlers. If they were on a high dairy diet, they could have a build up of sticky plaque. An ingested crayon struggled to get round one of the corners in the colon and subsequently stuck. Layers of mucus continue to cover the colon walls until the crayon or marble was sealed in. There is no reason for this material to ever be dislodged unless you were to do a bowel detox cleanse or colonic irrigation, or it caused discomfort.

### **How Can I make It Easier?**

Remember to drink plenty of water. It will keep you hydrated and will flush away the toxins. If you wash up with a little water it quickly becomes very dirty. Washing up in a bigger bowl with lots of water will help, but fresh water running into the bowl will keep the water quite clean.

### **Friendly Bacteria**

I now encourage giving nature a helping hand to promote the friendly bacteria. There are many acidophilus products on the market. Take some during or at the end of your colon cleanse. I suggest that you go and have a colonic irrigation to flush out anything remaining. I have a colonic irrigation regularly and feel wonderful afterwards!

**Consider taking vitamin supplements** and probiotics to realign your system. Colon cleansing flushes out harmful bacteria and toxins from the body, and the good bacteria as well. So it will help to put them back. Your body will balance back with healthy bacteria, so probiotic are a choice.

### **Popular Questions**



#### **Can I continue at work if I am on this bowel detox, or will I be tied to the toilet?**

People work quite happily whilst doing a detox. You will probably be going to the toilet more often but it is achievable for most. If you are opting for adding psyllium you may find you need to go more often.

### **I am going on holiday in two weeks should I start it now?**

The cleanse will take approx. 10-14 days to complete. If you were going to a wedding or on holiday within that period, wait until you get back before starting your detox.

### **Do I have to change my diet or stop eating?**

No, you are not required to change your diet unless you want to. We suggest that you maintain a really healthy eating plan, cutting out dairy products and alcohol. Eat plenty of fresh organic veggies, fruit and add wholemeal bread to your diet. If you want to fast you can.

### **Don't I need milk for calcium?**

Calcium is a mineral in the soil. Plants absorb it for us and to obtain calcium, we only need to eat vegetables grown ideally in mineral rich and pesticide free soil.

### **What if I miss a cleansing powder dose?**

There is no requirement to double up. You are simply extending the time that it will take to complete the cleanse. Although it is important to keep the herbs going through your system.

### **What if I want to carry on?**

If you have extra capsules stay on them and order the powder.

More questions and answers can be found on our

Website <http://www.organicherbalcoloncleanse.com/questions-answers.html>

## Symptoms associated with an unhealthy colon



Bloating

Crohn's disease

Ulcerative colitis

Colitis/Irritable Bowel Syndrome (IBS)

Diverticulitis/Diverticulosis

Leaky Gut Syndrome

Hemorrhoids

Headaches

Bad Breath

Allergies

Pain in lower stomach (especially left side)



Lower back pain

Neck and shoulder pain

Skin problems

Brain fog (hard time concentrating)

Fatigue

Sluggishness

Colds and flu

Constipation or diarrhea

Digestive problems

Flatulence/gas

Frequent Infections

Depression, irritability

PMS



## Possible Side Effects To The Herbs -

Provide below is the possible side effects of each herb used in this cleanse, which are unlikely to occur during this colon cleanse, but more likely after excessive or long term use or experiencing an allergic reaction. Side effects other than noted as normal for detoxing would not be expected during the course of this colon cleanse. (Information links go to Wikipedia, the free encyclopaedia). We provide this information as we feel it is important to know what you intend to digest before you do. Please do your own research about herbs you are planning to take.



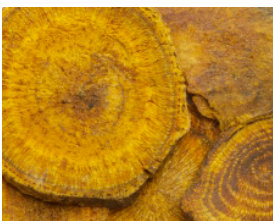
### Organic Herbal Colon Cleanse Herbs Part 1.

#### Senna Leaf-Senna Pods (*Senna alexandrina*)

Are well known laxatives and should not be used to promote daily bowel movements as long term use can create a lazy bowel. Pregnant, nursing women and children should not take senna. On it's own senna should not be used by people with diverticular disease, ulcerative colitis, Crohn's disease, severe hemorrhoids, blood vessel disease, congestive heart failure, heart disease, severe anemia, abdominal hernia, gastrointestinal cancer, recent colon surgery, or liver and kidney disease.

Senna may interact with drugs such as **procardia**, and the drug **indocin**. Senna may discolor urine. Senna may cause strong cramping and griping pains in the abdomen due to muscle contractions. **Long term use** of senna can also cause loss of potassium, loss of body fluids, nausea, rash, swelling of the fingertips, weight loss, and dark pigmentation in the colon, which are called melanosis coli.

**Cascara bark** (*Rhamnus purshiana*) Side effect rarely but cascara bark may cause urine discoloration. Swelling in fingertips and liver problems such as liver toxicity have also been detected as side effects of cascara sagrada **after long term use**. People that suffer from ulcerative colitis, anemia and Crohn's disease, are more prone to side effect. People who can't digest cascara may suffer from bloody diarrhea and general weakness.



#### Rhubarb Root (*Rheum rhabarbarum*)

Rhubarb is used mainly for digestive complaints such as constipation, diarrhea, heartburn, stomach pain, gastrointestinal (GI) bleeding. Rhubarb isn't appropriate for everyone. Women who are pregnant/nursing shouldn't use rhubarb medicinally because this supplement may cause uterine contractions. Avoid ongoing treatment with rhubarb if you have a personal history of liver disease, arthritis, bowel disease or obstruction, or kidney related health problems including kidney stones. Children should not use rhubarb. The small quantity used in this colon cleanse for the period of the cleanse is perfectly safe.

#### Aloe Vera ( *Aloe barbadensis*)

People with diabetes who use glucose-lowering medication should be cautious if also taking aloe by mouth because preliminary studies suggest aloe may lower blood glucose levels. Frequent intake can result in dehydration and reddish urine. Overdose can cause blood buildup in the pelvis and kidney damage.





### Marshmallow Root (*Althaea officinalis*)

No adverse side effects are generally associated with marshmallow root supplementation. If you have diabetes, consult your doctor before using this supplement. Marshmallow root may reduce your blood sugar levels, RxList warns, which may lead to symptoms of hypoglycemia in people taking medication to control their blood sugar levels.

## Colon Cleanse Part 2:

### Bentonite Clay

There are no known side effects when pure organic bentonite clay is taken in the suggested doses. Further research is needed for studying the bentonite clay side effects. Slight trace of aluminum is found in bentonite clay, but no side effects of aluminum in bentonite have been recorded.



### Apple Pectin



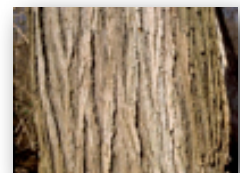
Has been shown to have some negative effects. In a study where patients received modified citrus pectin, some experienced mild abdominal cramping and diarrhea, as with ingesting any fiber temporary gas and bloating can occur.



**Activated Charcoal** There are no known adverse side effects to the use of activated charcoal. Activated charcoal can cause stools to appear black. For those who have a predisposition to constipation, taking activated charcoal can have a binding affect with lack of sufficient fluids. For others, charcoal may work as a laxative. Activated charcoal may interfere with drug medication. If in doubt check with your health practitioner.



**Slippery Elm (*Ulmus rubra*)** There are no known side effects that have been found with slippery elm. There are no indications that slippery elm interacts with other drugs. However, it can possibly slow down the absorption of other medications so, it should be taken at least 2 hours before or after other medications. Seek qualified supervision if prescribed medications are being used as well. Even though slippery elm is not considered to have any side effects, it has not been tested for reaction against many common medications. Neither have most herbs.



**Fennel Seeds (*Foeniculum vulgare*)** If taken in excess amount fennel can disrupt the nervous system. Fennel may produce photodermatitis. Fennel rash and increased photosensitivity of the skin to sunlight has been reported.





**Spearmint or spear mint (*Mentha spicata*)** There are no health hazards ingesting spearmint in the proper designed therapeutic doses. However, if you happen to be allergic to mint it may cause skin rashes. If you are taking medication check the drug reaction to any herb you intend to take.

### To Conclude

We hope that this e-book has given you a good idea about this colon cleanse. We have been making herbal colon cleanses at our clinic for the last 18 years. Everyone who has done our detox cleanses have benefitted. Our customers come back time after time.

If you have any questions, we are happy to hear from you. We are always interested in hearing your experiences. If you wish to add to our testimonials we would be delighted. We hope you enjoy your detox experience. We wish you health, wealth and happiness in all things.

Best Wishes,

*Paul Chambers*

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## **Healing Crisis Is Part of the Healing Process**

**A healing crisis is when you experience** symptoms from toxins that are released during your body's detoxification process. Everyone holds small residue of viruses and bacteria from illnesses in their fatty deposits. All the toxins ingested from the environment over your lifetime leave their memory in your cells. Over indulgence of alcohol, eating meat that contains antibiotics, growth hormones and colour are stored in the fat of your body.

**During a cleansing detoxification process**, you may experience side effects that are unpleasant. It may feel like you are coming down with a cold or flu. In extreme cases of toxicity, you may feel quite ill. However, rest assured that it is your body expelling built up toxins and symptoms soon pass. During your colon cleanse, should you feel sick, chances are it is from toxins, bacteria and viruses that are being released into your body from your fatty deposits, so please don't panic and stop the cleanse.

**Your kidneys will filter these toxins** out through your urinary system, and you may well feel sick during the process. Normally symptoms are common with the experience of a hangover – headache, upset stomach, and feeling sick, fatigue. Your liver and gall bladder are releasing fatty deposits which travel into your colon. Some of these deposits may get reabsorbed on the way through your colon and end up back in your body that have been stored in your liver over the years. This may cause allergy or flu like symptoms, or cause acne, or even aches and pains as your body tries to eliminate these toxins. Drinking plenty of water helps your body flush out these toxins through your kidneys and colon.

**The misconceptions people come up** against when detoxing is the belief that they have caught some hideous infection or the herbs are having an adverse reaction. However, with a healing crisis, these symptoms are a sign that your body is purging itself of toxins or substances that created the original disease or illness. The best way to deal with symptoms is to drink plenty of water and continue with the detoxification process.

Paul Chambers



## Please Note

Statements and information regarding these colon cleanse herbs are not intended to diagnose, treat, cure or prevent any disease or health condition. The contents of this page should not be used as a substitute for seeking independent professional advice. All the information here can be found in abundance on the internet. All herbs are organic and meet the Australian standards. If you have any questions please email us. [www.organicherbalcoloncleanse.com/contact.html](http://www.organicherbalcoloncleanse.com/contact.html) Incorrect self-diagnosis can be harmful to your health. Should you have symptoms that persist, consult your GP or healthcare professional.

## Suitability

Colon detoxing is not suitable:

1. If you are pregnant or breast-feeding (never do a colon cleanse)
2. If you have ulcerative colitis, crones disease or any other bowel disorder. (Always check with GP)

If you suffer from an irritable bowel you can still do this cleanse. Colon cleansing is about cleaning the intestines, A toxic putrid colon causes digestive problem causing IBS and other intestinal and colon problems.

## Disclaimer

All information on uses and properties included in this e-book has been gathered from reputable sources and is purely for educational and informational purposes only. We are unable to provide you with medical advice, personal dosage information, potential drug/herb reactions, or assistance with questions relating to injury, illness, etc. We are not licensed medical practitioners, pharmacists, or researchers. We are unable to answer your health related questions by way of email.

The information provided is not presented with the intention of diagnosing any disease or condition or prescribing any herbs as treatment. All the information is offered purely as information only and for using in the maintenance and promotion of good health. Always consult your medical practitioner or health care practitioner if you have any doubts. Doing the colon cleanse is the sole decision and responsibility of the user. No guarantee is expressed or implied regarding the results that may be obtained from doing this colon cleanse. Herbs used in our cleanses are certified organic, never sprayed and are grown in accordance with organic standards.

Please note:

By ordering these herbs you give your consent for us to encapsulate part one and mix part two on your behalf.

Should you find any links not working please let us know

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