

the Colon Cleansing Kit™

AN HERBAL DIETARY SUPPLEMENT

D O S A G E  
C A L E N D A R

complete day by day instruction for  
your comprehensive colon cleansing

109 Barre Plains Road  
Oakham, MA 01068  
800.489.4372  
[www.blessedherbs.com](http://www.blessedherbs.com)

**BLESSED HERBS®**

## Three Ways to Do this Cleanse

There are three ways to do the **Colon Cleansing Kit**. They are referred to throughout the **Users Guide** and this **Dosage Calendar** as the **BEST**, **BETTER** or **GOOD OPTION**. For a complete overview of these options see page 5 of your **Users Guide**. We recommend the **BEST OPTION** to remove the most intestinal buildup. After selecting your option, use the chart below to adapt this **Dosage Calendar** to your choice.

	<b>BEST</b> <ul style="list-style-type: none"> <li>• 9 day program</li> <li>• requires a 5 day liquids—only fast</li> </ul>	<b>BETTER</b> <ul style="list-style-type: none"> <li>• 8 day program</li> <li>• modified diet changes</li> <li>• no liquids—only fasting</li> </ul>	<b>GOOD</b> <ul style="list-style-type: none"> <li>• 30 day program</li> <li>• diet changes optional</li> <li>• no liquids—only fasting</li> </ul>
Step One	Pages 1–5	Pages 1–5	Page 1–5
Step Two	Pages 6–11	Pages 6–12	Pages 6–8
Step Three	Pages 12–14	Does not apply	Does not apply

STEP ONE

BEST OPTION

I

Pre-Cleanse

*getting the bowels moving*

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# DAILY BOWEL MOVEMENTS A DAILY REQUIREMENT

ELIMINATION IS THE PRIMARY way that the body gets rid of wastes and toxins. The success of any good cleansing program depends on elimination; specifically, daily bowel movements. You also get rid of wastes through exhaling, sweating, (both perceptible and non-perceptible) and urinating.

That said, having daily bowel movements is often challenging for many people, yet **it is vital that you have at least one, and preferably three, bowel movements every day of your cleanse.**

During this cleanse, you will be taking **Digestive Stimulator** every night to promote daily bowel

movements.\* Even so, you may occasionally become constipated and find you need additional support to have a bowel movement. On these days you can help yourself by taking an enema, colemas or colonic. **You should never, ever go a whole day without at least one bowel movement.**

If you get to the end of a day and have not had a bowel movement, **don't wait until the next day.** Take an enema or colemas before bed that very same day and **also** increase “your number” of **Digestive Stimulator** capsules that evening (see pp 11-12 of **Users Guide**) or split up your dosage of

**Digestive Stimulator** and take three times a day (see p. 20 of **Users Guide**).

If you do an enema or colemas, you should only use distilled, filtered, or purified water, fresh brewed coffee, or peppermint tea, but nothing else (see pp. 29–30 of **Users Guide**). It is perfectly alright to do this every evening, if you need to, while cleansing. If you are using a one quart enema bag, you may repeat as many quarts as needed until you feel you have had a good bowel movement. A colemas uses five gallons of liquid for a very thorough and complete emptying of the colon.

## THREE ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6–8 glasses of pure water daily. Without enough water you can easily get “backed up” in your intestines.
2. Increase “your number” of **Digestive Stimulator** caps, each evening, or split up “your number” to take three times a day.
3. Take an enema or colemas, before bed, on any day that you do not have a bowel movement. See pp. 29–30 of **Users Guide** for more details.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# STEP I

# DAY I of 3 BEST OPTION

<b>Breakfast</b>	Eat $\frac{3}{4}$ of your regular or newly selected breakfast. (see Users Guide p. 6)	<div data-bbox="744 602 1108 907" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><b>VERY IMPORTANT</b></p> <hr style="border-top: 1px dashed black;"/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p> </div>
<b>Lunch</b>	Eat $\frac{3}{4}$ of your regular or newly selected lunch.	
<b>Right Before Dinner</b>	<u>Digestive Stimulator</u> your number <span style="margin-left: 20px;">To find "your number", see Users Guide pp. 11–12.</span>	
<b>Dinner</b>	Eat $\frac{3}{4}$ of your regular or newly selected dinner.	
<b>I hour Before Bed</b> <small>and at least 2 hours after Digestive Stimulator</small>	<u>Toxin Absorber</u> I packet <span style="margin-left: 20px;">For instruction on how to take Toxin Absorber, see Users Guide p. 13.</span>	
<b>colon facts</b>	<p>I easily release that which I no longer need. The past is over and I am free.</p> <p style="text-align: center;">— Louise Hay</p>	<p style="text-align: center;"><b>REMEMBER!</b></p> <hr/> <p style="text-align: center;">6–8 glasses of water today</p>

# STEP I

# DAY 2 of 3 BEST OPTION

<b>Breakfast</b>	Eat ½ of your regular or newly selected breakfast.	<div data-bbox="744 602 1108 907" style="border: 1px solid black; padding: 10px;"> <p><b>VERY IMPORTANT</b></p> <hr style="border-top: 1px dashed black;"/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p> </div>
<b>Lunch</b>	Eat ½ of your regular or newly selected lunch.	
<b>Right Before Dinner</b>	<u>Digestive Stimulator</u> your number	
<b>Dinner</b>	Eat ½ of your regular or newly selected dinner.	
<b>1 hour Before Bed</b> and at least 2 hours after Digestive Stimulator	<u>Toxin Absorber</u> 1 packet	
<b>colon facts</b>	sometimes as mucoid plaque is removed, forgotten incidents with emotional trauma will be remembered and also released	<b>REMEMBER!</b>
		6–8 glasses of water today

# STEP 1

# DAY 3 of 3 BEST OPTION

**Breakfast**

Eat ¼ of your regular or newly selected breakfast.

**Lunch**

Eat ¼ of your regular or newly selected lunch.

**Right Before Dinner**

Digestive Stimulator  
your number

**Dinner**

Eat ¼ of your regular or newly selected dinner.

**1 hour Before Bed**  
and at least 2 hours after Digestive Stimulator

Toxin Absorber  
1 packet

## VERY IMPORTANT

**Toxin Absorber** must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon facts

the colon is a little more than five feet long

**REMEMBER!**

6–8 glasses of water today

STEP TWO  
BEST OPTION

2

Main-Cleanse  
*revitalizing the digestive system*

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Upon Rising		STEP 2	DAY 1 of 5 BEST OPTION
Enter time below.			
↓ ◆ ◆ ◆ example 7:00AM add 3 hrs		<u>Toxin Absorber</u> 1st packet	<p>During Step Two of this cleanse, you will be taking <b>Toxin Absorber</b> every three hours for a total of five times per day. An example of this would be 7:00AM, 10:00AM, 1:00PM, 4:00PM, &amp; 7:00PM.</p> <p>The starting time is not important; however, it is important that you take the packets at regularly spaced intervals of three hours each. <b>Take 1 packet in 8 fl. oz. (½ Shaker Jar) of organic apple juice and follow immediately with 16 fl. oz. (one full Shaker Jar) of distilled, filtered or pure water.</b> This assures an optimum level of <b>Toxin Absorber</b> in your intestines at all times. While fasting it also helps to alleviate feelings of hunger. If you forget a dose, it's OK; take it as soon as you remember and move on. Take your next dose at the originally scheduled time.</p>
↓ ◆ ◆ ◆ example 10:00AM add 3 hrs		<u>Toxin Absorber</u> 2nd packet	
↓ ◆ ◆ ◆ example 1:00PM add 3 hrs		<u>Toxin Absorber</u> 3rd packet	
↓ ◆ ◆ ◆ example 4:00PM add 3 hrs		<u>Toxin Absorber</u> 4th packet	
↓ ◆ ◆ ◆ example 7:00PM		<u>Toxin Absorber</u> 5th packet	
<b>Before Bed</b> at least 2 hours after the last Toxin Absorber		<u>Digestive Stimulator</u> your number	
colon facts	there are ten times the amount of bacteria in the intestines than there are cells in the human body		REMEMBER!
			6–8 glasses of water today

<p><b>Upon Rising</b></p> <p>Enter time below.</p> <p>↓</p> <p>♦</p> <p>— example 7:00AM add 3 hrs</p>	<h1>STEP 2</h1>	<h1>DAY 2 of 5</h1> <p>BEST OPTION</p>
<p>↓</p> <p>♦</p> <p>— example 10:00AM add 3 hrs</p>	<p><u>Toxin Absorber</u></p> <p>1st packet</p>	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><b>VERY IMPORTANT</b></p> <hr style="border-top: 1px dashed black;"/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p> </div>
<p>↓</p> <p>♦</p> <p>— example 1:00PM add 3 hrs</p>	<p><u>Toxin Absorber</u></p> <p>2nd packet</p>	
<p>↓</p> <p>♦</p> <p>— example 4:00PM add 3 hrs</p>	<p><u>Toxin Absorber</u></p> <p>3rd packet</p>	
<p>↓</p> <p>♦</p> <p>— example 7:00PM</p>	<p><u>Toxin Absorber</u></p> <p>4th packet</p>	
<p>↓</p> <p>♦</p> <p>— example 7:00PM</p>	<p><u>Toxin Absorber</u></p> <p>5th packet</p>	
<p><b>Before Bed</b> at least 2 hours after the last Toxin Absorber</p>	<p><u>Digestive Stimulator</u></p> <p>your number</p>	
<p>colon facts</p>	<p>The colon is the sewage system of the body.</p> <p>— Norman Walker</p>	<p><b>REMEMBER!</b></p> <hr/> <p>6–8 glasses of water today</p>

<p><b>Upon Rising</b></p> <p>Enter time below.</p> <p>↓</p> <p>♦</p> <p>— example 7:00AM add 3 hrs</p>	<p><b>STEP 2</b></p>	<p><b>DAY 3 of 5</b> BEST OPTION</p>
<p>↓</p> <p>♦</p> <p>— example 10:00AM add 3 hrs</p>	<p><u>Toxin Absorber</u> 1st packet</p>	<p><b>VERY IMPORTANT</b></p> <hr/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p>
<p>↓</p> <p>♦</p> <p>— example 1:00PM add 3 hrs</p>	<p><u>Toxin Absorber</u> 2nd packet</p>	
<p>↓</p> <p>♦</p> <p>— example 4:00PM add 3 hrs</p>	<p><u>Toxin Absorber</u> 3rd packet</p>	
<p>↓</p> <p>♦</p> <p>— example 7:00PM</p>	<p><u>Toxin Absorber</u> 4th packet</p>	
<p>↓</p> <p>♦</p> <p>— example 7:00PM</p>	<p><u>Toxin Absorber</u> 5th packet</p>	
<p><b>Before Bed</b> at least 2 hours after the last Toxin Absorber</p>	<p><u>Digestive Stimulator</u> your number</p>	
<p>colon facts</p>	<p>As I release the past, the new, fresh and vital enter — Louise Hay</p>	<p><b>REMEMBER!</b></p> <hr/> <p>6–8 glasses of water today</p>

<p><b>Upon Rising</b></p> <p>Enter time below.</p> <p>↓</p> <p>◆</p> <p>◆</p> <p>_____</p> <p>example 7:00AM</p> <p>add 3 hrs</p> <p>↓</p> <p>◆</p> <p>◆</p> <p>_____</p> <p>example 10:00AM</p> <p>add 3 hrs</p> <p>↓</p> <p>◆</p> <p>◆</p> <p>_____</p> <p>example 1:00PM</p> <p>add 3 hrs</p> <p>↓</p> <p>◆</p> <p>◆</p> <p>_____</p> <p>example 4:00PM</p> <p>add 3 hrs</p> <p>↓</p> <p>◆</p> <p>◆</p> <p>_____</p> <p>example 7:00PM</p>		<p><b>STEP 2</b></p>		<p><b>DAY 4 of 5</b></p> <p>BEST OPTION</p>		
		<p>Toxin Absorber</p> <p>1st packet</p>		<p><b>VERY IMPORTANT</b></p> <hr style="border-top: 1px dashed black;"/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p>		
		<p>Toxin Absorber</p> <p>2nd packet</p>				
		<p>Toxin Absorber</p> <p>3rd packet</p>				
		<p>Toxin Absorber</p> <p>4th packet</p>				
		<p>Toxin Absorber</p> <p>5th packet</p>				
<p><b>Before Bed</b></p> <p>at least 2 hours after the last Toxin Absorber</p>		<p>Digestive Stimulator</p> <p>your number</p>				
<p>colon facts</p>	<p>Over 100,000 Americans have a colostomy every year</p> <p>— Linda Page</p>				<p><b>REMEMBER!</b></p>	
					<p>6–8 glasses of water today</p>	

<p><b>Upon Rising</b></p> <p>Enter time below.</p>	<p><b>STEP 2</b></p>	<p><b>DAY 5</b> of 5 BEST OPTION</p>
<p>↓</p> <p>♦</p> <p>example 7:00AM add 3 hrs</p>	<p><u>Toxin Absorber</u> 1st packet</p>	<div style="border: 1px solid black; padding: 10px;"> <p><b>VERY IMPORTANT</b></p> <hr style="border-top: 1px dashed black;"/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p> </div>
<p>↓</p> <p>♦</p> <p>example 10:00AM add 3 hrs</p>	<p><u>Toxin Absorber</u> 2nd packet</p>	
<p>↓</p> <p>♦</p> <p>example 1:00PM add 3 hrs</p>	<p><u>Toxin Absorber</u> 3rd packet</p>	
<p>↓</p> <p>♦</p> <p>example 4:00PM add 3 hrs</p>	<p><u>Toxin Absorber</u> 4th packet</p>	
<p>↓</p> <p>♦</p> <p>example 7:00PM</p>	<p><u>Toxin Absorber</u> 5th packet</p>	
<p><b>Before Bed</b> at least 2 hours after the last Toxin Absorber</p>	<p><u>Digestive Stimulator</u> your number</p>	
<p>colon facts</p>	<p>Problems with the colon can be a problem of holding on to the past, a fear of letting go.</p> <p>— Louise Hay</p>	<p><b>REMEMBER !</b></p> <hr/> <p>6–8 glasses of water today</p>

STEP THREE  
BEST OPTION

3

Post-Cleanse: Breaking Your Fast  
*slowly eating food again*

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# STEP 3

# DAY 1 of 1 BEST OPTION

<b>Breakfast</b>	One organic apple, chewed very well.	<p><b>VERY IMPORTANT</b></p> <hr/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p>
<b>Lunch</b>	Fresh salad, steamed vegetables, brown rice, or baked potato. Keep portions small.	
<b>Right Before Dinner</b>	<u>Digestive Stimulator</u> your number	
<b>Dinner</b>	Same as lunch, however you may add a small portion of tofu, or other protein.	
<b>1 hour Before Bed</b> and at least 2 hours after Digestive Stimulator	<u>Toxin Absorber</u> 1 packet	
<b>colon facts</b>	the colon has three functions: absorb sodium and water, incubate beneficial bacteria, and eliminate wastes	

# Congratulations!! You have finished the BEST OPTION.

You may still have some  
**Digestive Stimulator** and  
**Toxin Absorber** left.

Continue to take these  
until they are all gone.

**Right  
Before  
Dinner**

Digestive  
Stimulator  
your number

**1 hour  
Before Bed**  
and at least 2 hours after  
Digestive Stimulator

Toxin  
Absorber  
1 packet

**Important Note**  
Mix in 8 fl. oz. (½ Shaker Jar)  
of organic apple juice and follow  
immediately with 16 fl. oz. (one  
full Shaker Jar) of distilled,  
filtered or pure water

ENJOY LIFE

colon facts

taking **Friendly Bacteria Replenisher** every  
day is your first line of defense against harmful  
bacteria and unwanted guests in the colon\*

**REMEMBER !**

6–8 glasses of water today

STEP ONE  
BETTER OPTION

I

Pre-Cleanse  
*getting the bowels moving*

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# DAILY BOWEL MOVEMENTS A DAILY REQUIREMENT

ELIMINATION IS THE PRIMARY way that the body gets rid of wastes and toxins. The success of any good cleansing program depends on elimination; specifically, daily bowel movements. You also get rid of wastes through exhaling, sweating, (both perceptible and non-perceptible) and urinating.

That said, having daily bowel movements is often challenging for many people, yet **it is vital that you have at least one, and preferably three, bowel movements every day of your cleanse.**

During this cleanse, you will be taking **Digestive Stimulator** every night to promote daily bowel

movements.\* Even so, you may occasionally become constipated and find you need additional support to have a bowel movement. On these days you can help yourself by taking an enema, colemas or colonic. **You should never, ever go a whole day without at least one bowel movement.**

If you get to the end of a day and have not had a bowel movement, **don't wait until the next day.** Take an enema or colemas before bed that very same day and **also** increase “your number” of **Digestive Stimulator** capsules that evening (see pp 11-12 of **Users Guide**) or split up your dosage of

**Digestive Stimulator** and take three times a day (see p. 20 of **Users Guide**).

If you do an enema or colemas, you should only use distilled, filtered, or purified water, fresh brewed coffee, or peppermint tea, but nothing else (see pp. 29–30 of **Users Guide**). It is perfectly alright to do this every evening, if you need to, while cleansing. If you are using a one quart enema bag, you may repeat as many quarts as needed until you feel you have had a good bowel movement. A colemas uses five gallons of liquid for a very thorough and complete emptying of the colon.

## THREE ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6–8 glasses of pure water daily. Without enough water you can easily get “backed up” in your intestines.
2. Increase “your number” of **Digestive Stimulator** caps, each evening, or split up “your number” to take three times a day.
3. Take an enema or colemas, before bed, on any day that you do not have a bowel movement. See pp. 29–30 of **Users Guide** for more details.

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# STEP I

# DAY I of 3 BETTER OPTION

<b>Breakfast</b>	Modified diet changes are recommended. (see Users Guide p. 6)	
<b>Lunch</b>	Modified diet changes are recommended.	
<b>Right Before Dinner</b>	<u>Digestive Stimulator</u> your number	To find "your number", see Users Guide pp. 11-12.
<b>Dinner</b>	Modified diet changes are recommended.	
<b>I hour Before Bed</b> and at least 2 hours after Digestive Stimulator	<u>Toxin Absorber</u> I packet	For instruction on how to take Toxin Absorber, see Users Guide p. 13.

**VERY IMPORTANT**

Toxin Absorber must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon facts

I easily release that which I no longer need. The past is over and I am free.  
— Louise Hay

**REMEMBER!**

6-8 glasses of water today

# STEP I

# DAY 2 of 3 BETTER OPTION

<b>Breakfast</b>	Modified diet changes are recommended.	<p><b>VERY IMPORTANT</b></p> <p>-----</p> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p>
<b>Lunch</b>	Modified diet changes are recommended.	
<b>Right Before Dinner</b>	<u>Digestive Stimulator</u> your number	
<b>Dinner</b>	Modified diet changes are recommended.	
<b>I hour Before Bed</b> and at least 2 hours after Digestive Stimulator	<u>Toxin Absorber</u> 1 packet	
colon facts	sometimes as mucoid plaque is removed, forgotten incidents with emotional trauma will be remembered and also released	<b>REMEMBER!</b>
		6-8 glasses of water today

# STEP I

# DAY 3 of 3 BETTER OPTION

<p><b>Breakfast</b></p>	<p>Modified diet changes are recommended.</p>	<div data-bbox="740 603 1108 910" style="border: 1px solid black; padding: 10px;"> <p><b>VERY IMPORTANT</b></p> <hr style="border-top: 1px dashed black;"/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p> </div>
<p><b>Lunch</b></p>	<p>Modified diet changes are recommended.</p>	
<p><b>Right Before Dinner</b></p>	<p><u>Digestive Stimulator</u> your number</p>	
<p><b>Dinner</b></p>	<p>Modified diet changes are recommended.</p>	
<p><b>I hour Before Bed</b> and at least 2 hours after Digestive Stimulator</p>	<p><u>Toxin Absorber</u> 1 packet</p>	
<p>colon facts</p>	<div data-bbox="151 936 812 1098" style="text-align: center;"> <p>the colon is a little more than five feet long</p> </div> <div data-bbox="812 936 1134 1098" style="text-align: center;"> <p><b>REMEMBER!</b></p> <hr/> <p>6–8 glasses of water today</p> </div>	

STEP TWO  
BETTER OPTION

2

Main-Cleanse  
*revitalizing the digestive system*

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Upon Rising		STEP 2	DAY 1 of 5 BETTER OPTION
Enter time below. ↓ ◆ ◆ ◆ example 7:00AM add 3 hrs		<u>Toxin Absorber</u> 1st packet	<p>During Step Two of this cleanse, you will be taking <b>Toxin Absorber</b> every three hours for a total of five times per day. An example of this would be 7:00AM, 10:00AM, 1:00PM, 4:00PM, &amp; 7:00PM.</p> <p>The starting time is not important; however, it is important that you take the packets at regularly spaced intervals of three hours each. <b>Take 1 packet in 8 fl. oz. (½ Shaker Jar) of organic apple juice and follow immediately with 16 fl. oz. (one full Shaker Jar) of distilled, filtered or pure water.</b> This assures an optimum level of <b>Toxin Absorber</b> in your intestines at all times. While fasting it also helps to alleviate feelings of hunger. If you forget a dose, it's OK; take it as soon as you remember and move on. Take your next dose at the originally scheduled time.</p>
↓ ◆ ◆ ◆ example 10:00AM add 3 hrs		<u>Toxin Absorber</u> 2nd packet	
↓ ◆ ◆ ◆ example 1:00PM add 3 hrs		<u>Toxin Absorber</u> 3rd packet	
↓ ◆ ◆ ◆ example 4:00PM add 3 hrs		<u>Toxin Absorber</u> 4th packet	
↓ ◆ ◆ ◆ example 7:00PM		<u>Toxin Absorber</u> 5th packet	
<b>Before Bed</b> at least 2 hours after the last Toxin Absorber		<u>Digestive Stimulator</u> your number	
colon facts	there are ten times the amount of bacteria in the intestines than there are cells in the human body		
			6–8 glasses of water today

<p><b>Upon Rising</b></p> <p>Enter time below.</p> <p>↓</p> <p>♦</p> <p>— example 7:00AM add 3 hrs</p>	<h1>STEP 2</h1>	<h1>DAY 2 of 5</h1> <p>BETTER OPTION</p>
<p>↓</p> <p>♦</p> <p>— example 10:00AM add 3 hrs</p>	<p><u>Toxin Absorber</u> 1st packet</p>	<div style="border: 1px solid black; padding: 10px;"> <p><b>VERY IMPORTANT</b></p> <hr style="border-top: 1px dashed black;"/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p> </div>
<p>↓</p> <p>♦</p> <p>— example 1:00PM add 3 hrs</p>	<p><u>Toxin Absorber</u> 2nd packet</p>	
<p>↓</p> <p>♦</p> <p>— example 4:00PM add 3 hrs</p>	<p><u>Toxin Absorber</u> 3rd packet</p>	
<p>↓</p> <p>♦</p> <p>— example 7:00PM</p>	<p><u>Toxin Absorber</u> 4th packet</p>	
<p>↓</p> <p>♦</p> <p>— example 7:00PM</p>	<p><u>Toxin Absorber</u> 5th packet</p>	
<p><b>Before Bed</b> at least 2 hours after the last Toxin Absorber</p>	<p><u>Digestive Stimulator</u> your number</p>	
<p>colon facts</p>	<p>The colon is the sewage system of the body. — Norman Walker</p>	<p><b>REMEMBER!</b></p> <hr/> <p>6–8 glasses of water today</p>

<p><b>Upon Rising</b></p> <p>Enter time below.</p> <p>↓</p> <p>◆</p> <p>_____</p> <p>example 7:00AM</p> <p>add 3 hrs</p> <p>↓</p> <p>◆</p> <p>_____</p> <p>example 10:00AM</p> <p>add 3 hrs</p> <p>↓</p> <p>◆</p> <p>_____</p> <p>example 1:00PM</p> <p>add 3 hrs</p> <p>↓</p> <p>◆</p> <p>_____</p> <p>example 4:00PM</p> <p>add 3 hrs</p> <p>↓</p> <p>◆</p> <p>_____</p> <p>example 7:00PM</p>		<p><b>STEP 2</b></p>	<p><b>DAY 3 of 5</b></p> <p>BETTER OPTION</p>
<p>_____</p> <p>example 7:00AM</p> <p>add 3 hrs</p>		<p><u>Toxin Absorber</u></p> <p>1st packet</p>	<p><b>VERY IMPORTANT</b></p> <hr/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p>
<p>_____</p> <p>example 10:00AM</p> <p>add 3 hrs</p>		<p><u>Toxin Absorber</u></p> <p>2nd packet</p>	
<p>_____</p> <p>example 1:00PM</p> <p>add 3 hrs</p>		<p><u>Toxin Absorber</u></p> <p>3rd packet</p>	
<p>_____</p> <p>example 4:00PM</p> <p>add 3 hrs</p>		<p><u>Toxin Absorber</u></p> <p>4th packet</p>	
<p>_____</p> <p>example 7:00PM</p>		<p><u>Toxin Absorber</u></p> <p>5th packet</p>	
<p><b>Before Bed</b></p> <p>at least 2 hours after the last Toxin Absorber</p>		<p><u>Digestive Stimulator</u></p> <p>your number</p>	
<p>colon facts</p>	<p>As I release the past, the new, fresh and vital enter</p> <p>— Louise Hay</p>		<p><b>REMEMBER!</b></p> <hr/> <p>6–8 glasses of water today</p>

<p><b>Upon Rising</b></p> <p>Enter time below.</p> <p>↓</p> <p>♦</p> <p>— example 7:00AM add 3 hrs</p>	<p><b>STEP 2</b></p>	<p><b>DAY 4 of 5</b> BETTER OPTION</p>
<p>↓</p> <p>♦</p> <p>— example 10:00AM add 3 hrs</p>	<p><u>Toxin Absorber</u> 1st packet</p>	<div style="border: 1px solid black; padding: 10px;"> <p><b>VERY IMPORTANT</b></p> <hr style="border-top: 1px dashed black;"/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p> </div>
<p>↓</p> <p>♦</p> <p>— example 1:00PM add 3 hrs</p>	<p><u>Toxin Absorber</u> 2nd packet</p>	
<p>↓</p> <p>♦</p> <p>— example 4:00PM add 3 hrs</p>	<p><u>Toxin Absorber</u> 3rd packet</p>	
<p>↓</p> <p>♦</p> <p>— example 7:00PM</p>	<p><u>Toxin Absorber</u> 4th packet</p>	
<p>↓</p> <p>♦</p> <p>— example 7:00PM</p>	<p><u>Toxin Absorber</u> 5th packet</p>	
<p><b>Before Bed</b> at least 2 hours after the last Toxin Absorber</p>	<p><u>Digestive Stimulator</u> your number</p>	
<p>colon facts</p>	<p>Over 100,000 Americans have a colostomy every year — Linda Page</p>	
		<p><b>REMEMBER!</b></p>
		<p>6–8 glasses of water today</p>

Upon Rising		STEP 2	DAY 5 of 5 BETTER OPTION
Enter time below.			<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center; margin: 0;"><b>VERY IMPORTANT</b></p> <hr style="border-top: 1px dashed black;"/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p> </div>
↓ ◆ ◆ ◆ example 7:00AM add 3 hrs		<u>Toxin Absorber</u> 1st packet	
↓ ◆ ◆ ◆ example 10:00AM add 3 hrs		<u>Toxin Absorber</u> 2nd packet	
↓ ◆ ◆ ◆ example 1:00PM add 3 hrs		<u>Toxin Absorber</u> 3rd packet	
↓ ◆ ◆ ◆ example 4:00PM add 3 hrs		<u>Toxin Absorber</u> 4th packet	
↓ ◆ ◆ ◆ example 7:00PM		<u>Toxin Absorber</u> 5th packet	
<b>Before Bed</b> at least 2 hours after the last Toxin Absorber		<u>Digestive Stimulator</u> your number	
colon facts	Problems with the colon can be a problem of holding on to the past, a fear of letting go. — Louise Hay		<b>REMEMBER!</b>
			6–8 glasses of water today

# Congratulations!! You have finished the BETTER OPTION.

You may still have some  
**Digestive Stimulator** and  
**Toxin Absorber** left.  
 Continue to take these  
 until they are all gone.

**Right  
 Before  
 Dinner**

Digestive  
 Stimulator  
 your number

**1 hour  
 Before Bed**  
 and at least 2 hours after  
 Digestive Stimulator

Toxin  
 Aborber  
 1 packet

**Important Note**  
 Mix in 8 fl. oz. (½ Shaker Jar)  
 of organic apple juice and follow  
 immediately with 16 fl. oz. (one  
 full Shaker Jar) of distilled,  
 filtered or pure water

ENJOY LIFE

colon facts

taking **Friendly Bacteria Replenisher** every  
 day is your first line of defense against harmful  
 bacteria and unwanted guests in the colon\*

**REMEMBER!**

6–8 glasses of water today

STEP ONE

GOOD OPTION

I

Pre-Cleanse

*getting the bowels moving*

109 Barre Plains Road  
Oakham, MA 01068  
800.489.4372  
[www.blessedherbs.com](http://www.blessedherbs.com)

**BLESSED HERBS®**

# DAILY BOWEL MOVEMENTS A DAILY REQUIREMENT

ELIMINATION IS THE PRIMARY way that the body gets rid of wastes and toxins. The success of any good cleansing program depends on elimination; specifically, daily bowel movements. You also get rid of wastes through exhaling, sweating, (both perceptible and non-perceptible) and urinating.

That said, having daily bowel movements is often challenging for many people, yet **it is vital that you have at least one, and preferably three, bowel movements every day of your cleanse.**

During this cleanse, you will be taking **Digestive Stimulator** every night to promote daily bowel

movements.\* Even so, you may occasionally become constipated and find you need additional support to have a bowel movement. On these days you can help yourself by taking an enema, colemas or colonic. **You should never, ever go a whole day without at least one bowel movement.**

If you get to the end of a day and have not had a bowel movement, **don't wait until the next day.** Take an enema or colemas before bed that very same day and **also** increase "your number" of **Digestive Stimulator** capsules that evening (see pp 11-12 of **Users Guide**) or split up your dosage of

**Digestive Stimulator** and take three times a day (see p. 20 of **Users Guide**).

If you do an enema or colemas, you should only use distilled, filtered, or purified water, fresh brewed coffee, or peppermint tea, but nothing else (see pp. 29–30 of **Users Guide**). It is perfectly alright to do this every evening, if you need to, while cleansing. If you are using a one quart enema bag, you may repeat as many quarts as needed until you feel you have had a good bowel movement. A colemas uses five gallons of liquid for a very thorough and complete emptying of the colon.

## THREE ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6–8 glasses of pure water daily. Without enough water you can easily get "backed up" in your intestines.
2. Increase "your number" of **Digestive Stimulator** caps, each evening, or split up "your number" to take three times a day.
3. Take an enema or colemas, before bed, on any day that you do not have a bowel movement. See pp. 29–30 of **Users Guide** for more details.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# STEP 1

# DAY 1 of 3

GOOD OPTION

<b>Breakfast</b>	All dietary changes optional.		<p><b>VERY IMPORTANT</b></p> <p>-----</p> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p>
<b>Lunch</b>	All dietary changes optional.		
<b>Right Before Dinner</b>	<p><u>Digestive Stimulator</u> your number</p>	<p>To find “your number”, see Users Guide pp. 11–12.</p>	
<b>Dinner</b>	All dietary changes optional.		
<p><b>I hour Before Bed</b> and at least 2 hours after Digestive Stimulator</p>	<p><u>Toxin Absorber</u> 1 packet</p>	<p>For instruction on how to take Toxin Absorber, see Users Guide p. 13.</p>	
<p>colon facts</p>	<p>I easily release that which I no longer need. The past is over and I am free. — Louise Hay</p>		<p><b>REMEMBER!</b></p>
			<p>6–8 glasses of water today</p>

# STEP I

# DAY 2 of 3 GOOD OPTION

<b>Breakfast</b>	All dietary changes optional.
<b>Lunch</b>	All dietary changes optional.
<b>Right Before Dinner</b>	<u>Digestive Stimulator</u> your number
<b>Dinner</b>	All dietary changes optional.
<b>I hour Before Bed</b> and at least 2 hours after Digestive Stimulator	<u>Toxin Absorber</u> I packet

**VERY IMPORTANT**

-----

**Toxin Absorber** must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.

colon facts

sometimes as mucoid plaque is removed, forgotten incidents with emotional trauma will be remembered and also released

**REMEMBER!**

6-8 glasses of water today

# STEP 1

# DAY 3 of 3

GOOD OPTION

<b>Breakfast</b>	All dietary changes optional.	<p><b>VERY IMPORTANT</b></p> <hr/> <p><b>Toxin Absorber</b> must be mixed with liquid when taken. We highly suggest 8 fl. oz. of organic apple juice. It is also important that you follow it with 16 fl. oz. of distilled, filtered or pure water.</p>
<b>Lunch</b>	All dietary changes optional.	
<b>Right Before Dinner</b>	<u>Digestive Stimulator</u> your number	
<b>Dinner</b>	All dietary changes optional.	
<b>I hour Before Bed</b> and at least 2 hours after Digestive Stimulator	<u>Toxin Absorber</u> I packet	

colon facts	the colon is a little more than five feet long	<b>REMEMBER!</b>
		6–8 glasses of water today

STEP TWO  
GOOD OPTION

2

Main-Cleanse  
*revitalizing the digestive system*

109 Barre Plains Road  
Oakham, MA 01068  
800.489.4372  
[www.blessedherbs.com](http://www.blessedherbs.com)

**BLESSED HERBS®**

# STEP 2

# DAYS 1-27

GOOD OPTION

**Right  
Before  
Dinner**

Digestive  
Stimulator  
your number

To keep track, check off each day

- |                                |                                 |                                 |                                 |
|--------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Day 1 | <input type="checkbox"/> Day 8  | <input type="checkbox"/> Day 15 | <input type="checkbox"/> Day 22 |
| <input type="checkbox"/> Day 2 | <input type="checkbox"/> Day 9  | <input type="checkbox"/> Day 16 | <input type="checkbox"/> Day 23 |
| <input type="checkbox"/> Day 3 | <input type="checkbox"/> Day 10 | <input type="checkbox"/> Day 17 | <input type="checkbox"/> Day 24 |
| <input type="checkbox"/> Day 4 | <input type="checkbox"/> Day 11 | <input type="checkbox"/> Day 18 | <input type="checkbox"/> Day 25 |
| <input type="checkbox"/> Day 5 | <input type="checkbox"/> Day 12 | <input type="checkbox"/> Day 19 | <input type="checkbox"/> Day 26 |
| <input type="checkbox"/> Day 6 | <input type="checkbox"/> Day 13 | <input type="checkbox"/> Day 20 | <input type="checkbox"/> Day 27 |
| <input type="checkbox"/> Day 7 | <input type="checkbox"/> Day 14 | <input type="checkbox"/> Day 21 |                                 |

**I hour  
Before Bed**

and at least  
2 hours after  
Digestive Stimulator

Toxin  
Absorber  
1 packet

**Important Note**  
Mix in 8 fl. oz. (½  
Shaker Jar) of organic  
apple juice and follow  
immediately with  
16 fl. oz. (one full  
Shaker Jar) of distilled,  
filtered or pure water

- |                                |                                 |                                 |                                 |
|--------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Day 1 | <input type="checkbox"/> Day 8  | <input type="checkbox"/> Day 15 | <input type="checkbox"/> Day 22 |
| <input type="checkbox"/> Day 2 | <input type="checkbox"/> Day 9  | <input type="checkbox"/> Day 16 | <input type="checkbox"/> Day 23 |
| <input type="checkbox"/> Day 3 | <input type="checkbox"/> Day 10 | <input type="checkbox"/> Day 17 | <input type="checkbox"/> Day 24 |
| <input type="checkbox"/> Day 4 | <input type="checkbox"/> Day 11 | <input type="checkbox"/> Day 18 | <input type="checkbox"/> Day 25 |
| <input type="checkbox"/> Day 5 | <input type="checkbox"/> Day 12 | <input type="checkbox"/> Day 19 | <input type="checkbox"/> Day 26 |
| <input type="checkbox"/> Day 6 | <input type="checkbox"/> Day 13 | <input type="checkbox"/> Day 20 | <input type="checkbox"/> Day 27 |
| <input type="checkbox"/> Day 7 | <input type="checkbox"/> Day 14 | <input type="checkbox"/> Day 21 |                                 |

colon facts

As I release the past, the new, fresh and vital enter  
— Louise Hay

**REMEMBER!**

6-8 glasses of water everyday

# Congratulations!! You have finished the GOOD OPTION.

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**Digestive Stimulator** and  
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Before  
Dinner**

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Stimulator  
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