

The Colon Cleanse

The Colon Cleanse is a 6-Day Program

Supplies Needed for The Colon Cleanse

- 4-6 gallons of distilled or purified water for making the Colon Cleanse Cocktail
- 8 ounces of [Apple Cider Vinegar](#) (preferably organic, raw)
- 3 lemons (preferably organic or locally grown)
- Healthy foods and fresh fruit (preferably organic or locally grown)
- 1 bottle of [Oxy-Powder®](#)
- 1 bottle of [Latero-FloraĬ](#)
- *(Optional, for even better results) - 16 ounces of [Aloe Vera Juice](#) (preferably organic, without added sugars)

What You Should Drink During the The Colon Cleanse

For the Colon Cleanse you'll need to make the Colon Cleansing Cocktail. You'll be drinking 1/2 your body weight (in ounces) of the cocktail each day during the cleanse.

Example: If you weigh 150 pounds you should drink 75 ounces daily.

Instructions for making the the Colon Cleansing Cocktail:

- Start with 1 gallon (128 ounces) of distilled or purified water, preferably stored in a glass container.
- Pour out 4 ounces of water from the gallon if space is needed to add the additional ingredients listed below.
- Add 3 tablespoons of Apple Cider Vinegar.
- Add the juice of 1/2 a lemon.
- If you're using Aloe Vera Juice add 2 ounces of it.
- Mix well and keep refrigerated.

Note: Make 1 gallon at a time.

What You Should Eat During The Colon Cleanse?

There are 2 dietary options for you to choose while performing the Colon Cleanse.

Option #1: Eating fruit only. (For more advanced cleansing)

Option #2: Following a healthy food diet. (For the average person)

Option #1: Fruit Only Diet

- Eat only fruit for 6 days
- Eat whenever you are hungry. Every hour if you want
- Eat only one type of fruit per meal
- Eat as much fruit as you like per meal (ex. Eating 6 bananas for a meal)

During the Colon Cleanse, it's ideal to feed the body adequate amounts of fresh organic or locally grown fruit. It is best to eat only fruit during the cleanse. Not only does fruit supply the body with the right kind of energy to draw out unwanted substances, it also ensures the small intestine and colon remain well hydrated so it's an ideal environment to support the cleansing and toxin elimination process. Fresh fruit supports the elimination process by providing water, oxygen, live fiber, pectin, and many vital nutrients. Below is a list of great intestinal cleansing fruits:

- Apples
- Avocados
- Bananas
- Blackberries
- Blueberries

- Grapefruit
- Oranges
- Papaya
- Pineapples
- Raspberries

- Strawberries
- Tomatoes
- Watermelon
- White Grapes

Also, fruit is easy to carry with you wherever you go (even in your purse or briefcase), making it easy for you to perform the Colon Cleanse during work hours or other daily activities. Fruits provide you with the energy you will need during your colon cleansing regimen. Fruits also break down easily and prevent the body from expending too much energy. You should eat fruit whenever you are hungry during the cleanse. This might sound difficult, but when you think about it, it really only takes about 2 minutes to peel and enjoy a banana or eat an apple or a bunch of grapes.

It is best to keep a little variety in the fruits you eat throughout the day and the week. If the fruits recommended are not in season or you have a difficult time finding them, you can use apples or bananas (which are typically available year round) as a replacement or as a last resort frozen fruit.

Option #2: Eating a Healthy Diet

If you choose this option, try to purchase organic or locally grown. Conventionally grown foods bought from regular grocery stores are usually not as "healthy" as you might believe due to over-processing, early picking, pesticide spraying, or being grown in nutrient-depleted soil. Below are general instructions for you to follow during the Colon Cleanse:

- Eat healthy foods for 6 days straight.
- Eat 5 small portion meals daily (breakfast, mid-morning snack, lunch, mid-afternoon snack, dinner).
- Eat lots of salads, vegetable soups, raw nuts and seeds, and fruits
- Limit meat intake to one portion every other day for lunch. Eat fish or chicken, avoid red meat.
- Chew each bite of food 25 times or until liquefied before swallowing to help rapid digestion.
- Do not cook any food using a microwave as this will reduce the effectiveness of cleansing.
- Eat your dinner meal at least one hour before bedtime.
- Try to include healthy oils in your diet such as coconut, hemp, flaxseed or olive.
- Avoid cow's milk and cheese during the cleanse, try having almond or hemp milk.
- Avoid the following gluten containing foods: cereal grains, wheat, barley, white flour, pasta, bread, couscous, flour tortillas, cakes, crackers, cookies, pastries, chips, imitation fish, hot dogs and all fried foods.
- Avoid all alcoholic beverages.
- Avoid artificial sweeteners: artificial sweeteners are contained in diet sodas, other diet products. The most dangerous are: saccharin, aspartame, neotame, acesulfame potassium, and sucralose. Substitute with natural sweeteners such as honey, stevia, or coconut sugar.
- Avoid the following label ingredients: high fructose corn syrup, corn syrup, molasses, white sugar, dextrose, sorbitol, processed fructose and sucrose.
- Avoid table salt (sodium chloride) which is dangerous to consume. Replace with [himalayan salt](#) which is a healthier option.
- Avoid soy products. Soybeans are high in Phytic acid which is damaging to the digestive tract and can block the absorption of nutrients and essential minerals like copper and calcium. Also, most soy contains pesticide residue and is genetically modified

Daily Instructions For The Colon Cleanse

Repeat Instructions for All 6 Days

UPON WAKING

1. Make your Colon Cleansing Cocktail and drink 12-20 ounces.
2. Repeat the following affirmation 9 times: *I Am Clean and Healthy.*

BREAKFAST

1. Take 3 capsules of [Latero-Floraï](#) 20 minutes before eating.
2. Eat breakfast. Follow your dietary option (see above Option #1 Eating fruit only, or Option #2 Following a healthy diet)
3. Drink another 12-20 ounces of the Colon Cleansing Cocktail.
4. Repeat the following affirmation 9 times: *I Am Clean and Healthy.*

MID-MORNING SNACK (halfway between breakfast & lunch)

1. Eat a snack. Follow your dietary option.
2. Drink another 12-20 ounces of the Colon Cleansing Cocktail.
3. Repeat the following affirmation 9 times: *I Am Clean and Healthy.*

LUNCH

1. Eat Lunch. Follow your dietary option.
2. Drink another 12-20 ounces of the Colon Cleansing Cocktail.
3. Repeat the following affirmation 9 times: *I Am Clean and Healthy.*

MID-AFTERNOON SNACK (halfway between lunch & dinner)

1. Eat a Snack. Follow your dietary option.
2. Drink another 12-20 ounces of the Colon Cleansing Cocktail.
3. Repeat the following Affirmation 9 times: *I Am Clean and Healthy.*

DINNER

1. Eat Dinner. Follow your dietary option.
2. Drink another 12-20 ounces of the Colon Cleansing Cocktail
3. Repeat the following affirmation 9 times: *I Am Clean and Healthy.*

BEFORE BEDTIME

1. Repeat the following affirmation 9 times: *I Am Clean and Healthy.*
2. Take 6 capsules of Oxy-Powder® with 8 ounces of the Colon Cleansing Cocktail.

Note: If you do not achieve 3 to 5 bowel movements the following day, increase your serving of [Oxy-Powder®](#) by 2 capsules until you achieve 3 to 5 bowel movements the following day. Take this same serving every night before going to bed for the remaining days of the Colon Cleanse. If you experience 6 or more bowel movements the following day, **reduce** your serving by 2 capsules each night until you achieve the recommended 3 to 5 daily bowel movements.

MUST READ! Oxy-Powder® will cause watery, extremely soft and easily passed stools similar to diarrhea. The watery and soft stools are the result of the oxygen in Oxy-Powder turning the solid waste and bowel compaction into a liquid or semi liquid form.

This is a **NORMAL** reaction and a sign that you are cleansing properly. This is **NOT** diarrhea, which is usually the result of an infection or laxative and is associated with dehydration and electrolyte deficiencies. **Oxy-Powder® is completely safe and will not cause dehydration or an electrolyte deficiency.**

For You to Know: Temporary abdominal cramping may occur in individuals performing their first colon cleanse. Cramping is a sure sign your digestive tract is not functioning at optimal levels and you need to continue the Colon Cleanse. This should subside by the 3rd day. To help relieve temporary cramping we recommend you get up from bed, drink 8 ounces of distilled or purified water and walk around for about 15 minutes to increase your blood flow and let gravity help move the Oxy-Powder® and toxins down through the intestinal tract.

Oxy-Powder Maintenance Dosing

Continuing with a maintenance dose of [Oxy-Powder®](#) helps keep your intestinal tract clean and prevents toxins from being absorbed into your body on a regular basis. It also provides your body with a steady supply of beneficial oxygen. Use the same serving you used for the Colon Cleanse 2-3 times per week or as needed. **Your maintenance serving is the number of Oxy-Powder capsules you used to achieve 3- 5 watery, extremely soft and easy to pass bowel movements the following day.** This serving can be taken indefinitely without it becoming habit forming or harmful to your body. To reduce the need for maintenance dosing we suggest you adopt a healthy diet and active lifestyle along with a cleaner environment (see [The Green Body Cleanse](#)).

Other Tips for Enhancing The Colon Cleanse

- To assist in the cleansing process, we recommend chiropractic adjustments, massage, deep breathing exercises, plenty of sleep, acupuncture, and far infrared saunas.
- Learn how to analyze your stools by using the [Bristol Stool Scale](#) or [analyzing the color of your stool](#).

Have a Happy and Healthy Day,

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