

Intestinal Cleanse #1 & #2

IMPORTANT NOTE: Intestinal Cleanse #1 stimulates peristalsis or the muscular movement of the colon. If a person has Colitis, an ulcerated colon, Crohn's Disease, an irritated, aggravated, or inflamed bowel or 3 or 4 bowel movements a day with some diarrhea, they do not need to stimulate peristalsis so they do not need to use Intestinal Cleanse #1. They want to soothe and clean so they do Intestinal Cleanse #2 ONLY. This formula will firm up the feces and give great relief to the bowel. Possibly at some future date, Intestinal Cleanse #1 may be needed by the above people.

Intestinal Cleanse #1

Therapeutic action:

This stimulating tonic is both cleansing, healing and strengthening to the entire gastro-intestinal system. It stimulates your peristaltic action (the muscular movement of the colon) and over time strengthens the muscles of the large intestine, halts putrefaction and disinfects, soothes and heals the mucous membrane lining of your entire digestive tract. This herbal tonic also improves digestion, relieves gas and cramps, increases the flow of bile which, in turn, cleans the gallbladder, bile ducts and liver, destroys Candida albicans overgrowth and promotes a healthy intestinal flora, destroys and expels intestinal parasites, increases gastrointestinal circulation and is anti-bacterial, anti-viral and anti-fungal.

Ingredients:

Curacao and Cape Aloe leaf (Aloe spicata and ferox), Senna leaves and pods (Cassia officinalis), Cascara Sagrada aged

bark (Rhamnus purshiana), Barberry rootbark (Berberis vulgaris), Ginger rhizome (Zingiber officinalis), Garlic bulb (Allium sativum) and African Bird Pepper (Capsicum africana). Intestinal Cleanse #1 Plus also contains Wormwood, and Black Walnut hulls.

Contra-indications:

Do not use during pregnancy without the guidance of a health care professional.

Dosage:

Start with only one capsule of this formula during or just after dinner. This Formula works best when taken with food, The next morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. There is no limit. Most people need only 2-3 capsules but a few have needed over 30 capsules. It has taken most of us years to create a sluggish bowel, so let us be patient for a few days and increase by one capsule each day only.

This formula can be taken for a week, a month or the rest of your life. Continue to use this formula until you are having one bowel movement each day for every meal you eat, between 2 and 4 bowel movements a day are normal. Considering all the disease and death we have because of retained fecal matter, I wouldn't worry about taking too much of this formula. Take this formula for one week before you start Intestinal Cleanse #2. (See important note above for exceptions.) Most people

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will get the desired result on 1-5 capsules, however, there are cases where it took over 30 capsules to achieve a bowel movement for every meal. For those people who need over 5 capsules, continue to add 1 capsule each day and when you find your dosage, continue that number for 2-3 days before starting Intestinal Cleanse #2. This way you will be certain that your #1 dosage is correct. Note: You continue on your Intestinal Cleanse #1 when you start Intestinal Cleanse #2.

Intestinal Cleanse #2

Therapeutic Action:

This cleansing and soothing formula is to be used in conjunction with Intestinal Cleanse #1. This formula is a strong purifier and intestinal vacuum that will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals such as mercury and lead, and even remove 3,000 known drug residues and radioactive material such as strontium 90. Its natural mucilaginous properties will soften old hardened fecal matter for easy removal and also make it an excellent remedy for any inflammation in the stomach and intestines.

Ingredients:

Organic Flax seed (*Linum usitatissimum*), Apple Fruit Pectin, Pharmaceutical Grade Bentonite Clay, Psyllium seed and husk (*Plantago Species*), Wildcrafted Slippery Elm inner bark (*Ulmus flilva*), Organic Marshmallow root (*Althea officinalis*), Organic Fennel seed (*Foeniculum vulgare*) and Activated Willow charcoal (*Salix alba*).

Dosage:

Take this formula 5 to 6 times each day (every 3 hours on the average) for 5 to 6 days (finish the jar of powder and/or bag of capsules within the week). One hour after your morning

nutritional drink (SuperFood), mix 1 heaping teaspoon (= 8 capsules) of Intestinal Cleanse #2 powder with 8 ounces of diluted juice or take 8 capsules with your 8 oz. of juice. The powder mixes best if you shake it in a small jar. Do the same « hour before lunch, between lunch and dinner, « hour before dinner and 1 hour before bed, so that you are consuming a minimum total of 5 heaping teaspoons (40 capsules) each day. DURING OR AFTER DINNER, TAKE YOUR INTESTINAL CLEANSE #1 CAPSULES AS USUAL. WHEN YOU START INTESTINAL CLEANSE #2 INCREASE YOUR REGULAR DOSAGE OF INTESTINAL CLEANSE #1 BY 1 ADDITIONAL CAP, OR MORE IF NECESSARY TO HAVE SUFFICIENT BOWEL MOVEMENTS. It is helpful to drink additional liquid after each dose of Intestinal Cleanse #2, at least 8 ounces. You will notice parasites being removed, casing of old fecal matter coming out, and mucus. If you take the number two formula erratically or once or twice a day, this will not happen. Do it exactly as above.

Intestinal Cleanse # 3

Equal parts by volume of the following all organic ingredients:

1. Fig Syrup
2. Prune Syrup
3. Senna Leaf (powdered)
4. Ginger Root (powdered)
5. Fennel Seed (powdered)
6. Cherry Bark (powdered)
7. Turkey Rhubarb Root (powdered)
8. Cascara Sagrada Bark (powdered)
9. Whatever volume you arrive at with the above mixture, use again as much of

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50% Organic Maple Syrup and 50% Pure Vegetable Glycerin by volume. Let sit for two weeks and then strain (press). Best is to make on the New Moon then strain and press on the Full.

Dosage for a small new born baby would be to start off with 5 drops with his evening meal and then increase by 5 drops on a daily basis until you get the desired effect of 3 to 4 easy bowel movements a day. On an older child, start with 1 dropperful (goes half way up the tube) and increase daily until individual dosage is reached. You don't even have to have a nerve supply to your bowel and this formula will make you poop!

Much love,

Doc

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Intestinal Cleanse #1 Formula

One part by volume of each of the following:

Curacao Aloe Leaf (Aloe Spicata)
Cape Aloe Leaf (Aloe Ferox)
Senna Leaf and Pod
Cascara Sagrada Aged Bark
Barberry Root Bark
Ginger Root
Garlic Bulb
Habanero Pepper
Wormwood
Black Walnut Hulls

All of the above should be finely powdered, thoroughly mixed and encapsulated.

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(Sometimes the Aloe Spicata or Ferox are hard to come by and each of these can be substituted with 1 part Buckthorn Bark or 2 parts Turkey Rhubarb)

Intestinal Cleanse #2 Formula (each part by volume)

2 parts Flax Seed (course ground)
2 parts Apple Fruit Pectin
2 parts Bentonite Clay (Aztec)
3.5 parts Psyllium Seeds
3.5 parts Psyllium Husks
1 part Fennel Seed
1 part Activated Willow Charcoal
1 part Marshmallow Root
1 part Slippery Elm Inner Bark

All the above are finely powdered with the exception of the Flax seeds, then well mixed and put in a jar.

Love,

Doc

Basic Cleansing and Detoxification Program
by Dr. Richard Schulze.

Digestive system and colon health have reached an-all-time low in the United States and Canada. Diseases of the digestive tract are on the rise. In 1994 the #1 Cancer among men and women was Colon Rectal.

Modern lifestyle has taken its toll on our digestive/elimination organs. Refined, processed, low fiber foods, animal fats, a lack of exercise and an ever-increasing level of stress all contribute to our current

gastrointestinal health crisis.

The frequency at which a normal, healthy person should move their bowels has been a great misconception among the public and most medical professionals. For years, doctors have thought that anywhere between 1 bowel movement a day and 1 a week was normal. In the examination of more primitive peoples, we find that their bowels move much more frequently, 2 to 3 times daily on the average. This is due to the fact that these people eat better, get more exercise and have much less stress. What we have learned is that it is normal to have 1 bowel movement a day for each meal you eat, (if you eat 3 meals you should have 3 bowel movements).

The Merck Manual, the medical industry's standard text for the diagnosis and treatment of disease, tells us that colon degeneration is on the rise. The incidence of diverticulosis has increased dramatically over the last 40 years. It states, that in 1950, only 10% of adults over the age of 45 had this disease, in 1955 15%, in 1972 30% and in 1987 almost 50%. The latest edition states that the incidence "increases rapidly" over age 40 and that "every person will have many" if they live long enough. Every American adult will have herniation of the large intestine.

Diverticula are saccular herniations that protrude through the wall of the colon. These "bowel pockets" are almost always asymptomatic, (you can't feel them). They are caused by a sluggish constipated bowel. These pockets fill with old fecal material which can be reabsorbed back into the bloodstream. This can infect the entire body causing all types of toxic reactions.

A sluggish bowel can retain pounds of old, toxic and poisonous fecal matter. Many times the real cause behind sickness and disease is this retention and reabsorption of this toxic waste.

The first step in everyone's health program should be stimulating, cleaning and toning all the elimination organs, and the bowel is the best place to begin.

Day #1: Start with only one capsule of Intestinal Cleanse #1 during or just after dinner. This formula works best

when mixed with food.

Day #2: This morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. It has taken most of us years to create a sluggish bowel so let's be patient for a few days and increase by one capsule each day only.

By the end of the first week you, should know what your dosage is. If not, then remain on this formula alone for an additional week to get regulated before you go on to the next step.

Week #2: At the beginning of week two is when we begin to start the Intestinal Cleanse #2. We will take this formula 5 times each day beginning in the morning. One hour after your morning nutritional drink, mix 1 heaping teaspoon (=eight capsules) of Intestinal Cleanse #2 powder with 8 ounces of diluted juice (mix the powder with the juice or just take the capsules with the juice). The powder mixes best if you shake it in a small jar. Do the same « hour before lunch, between lunch and dinner, « hour before dinner and 1 hour before bed, so that you are consuming a total of 5 heaping teaspoons or 40 capsules each day.

During or after dinner, take your Intestinal Cleanse #1 as usual but increase the dosage you discovered the first week by 1 additional capsule. If you feel a bit bound by the #2 formula, you can increase your dosage of the #1 formula even more.

Helpful Hints: It is helpful to drink additional liquid after each dose of Intestinal Cleanse #2, at least 8 more ounces. Drink plenty of pure water, herb teas and diluted fruit and vegetable juices during this two-week colon cleanse. A good amount is between 64 and 128 ounces of liquid each day. This makes the program more effective.

Ingredients: Intestinal Cleanse #1

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Contra-indications:

Do not use during pregnancy without the guidance of a health care professional.

Ingredients: Intestinal Cleanse #2

Organic Flax seed (*Linum usitatissimum*), Apple Fruit Pectin, Pharmaceutical Grade Bentonite Clay, Psyllium seed and husk (*Plantago Species*), Wildcrafted Slippery Elm inner bark (*Ulmus flilva*), Organic Marshmallow root (*Althea officinalis*), Organic Fennel seed (*Foeniculum vulgare*) and Activated Willow charcoal (*Salix alba*).

Best regards,

Ian