

Herbal Bowel Cleanse Instructions

Part 1 / Part 2 Kit

Please read carefully before you start.

The information that follows is not intended to replace medical advice. Incorrect self-diagnosis can be harmful to your health. Should you have symptoms that persist, you should consult your GP or healthcare professional.

Suitability

This detox method is not suitable for the following people.

1. *If you are pregnant or breastfeeding*
2. *If you have ulcerative colitis or crohns disease*

If you suffer from irritable bowel there is no reason for you not to do this cleanses, however, you are likely to experience the symptoms that are familiar to the condition.

3 good reasons to detoxify

1. ***To remove internal parasites and worms.***

Your body has some excellent mechanisms to resist parasites and worms. If however your diet leaves matter coated over these defences then parasites and worms have no difficulty in taking up residence inside your bowel. The colon cleanse can eliminate them.

2. ***Allow the food you eat to be of increased value.***

The intestines and the colon absorb nutrients, vitamins, minerals, water and all of the goodness from the food you eat. If you have become furred up with mucoid plaque then this absorption will not be working at optimum.

3. ***Promote improved health.***

If you remove toxic matter from your insides, if you eliminate parasites and worms, if you increase the goodness obtained from the food you eat, this may lead to an improvement in overall health.

Milk / Meat

Parasites and worms find their way into your body constantly through the food you eat. Meat/dairy products are the major carrier of these. The majority of us were brought up on dairy products. Perhaps you had milk provided at school. Or "top of the milk" on our cereals, tea and coffee? Then there are the cheese sandwiches, sauces, ice cream and yoghurt. I am not referring only to what you ate last week or last month, but everything you have eaten in your entire lifetime.

Basic digestion

I would now like to take a few moments to remind you how your body digests food.

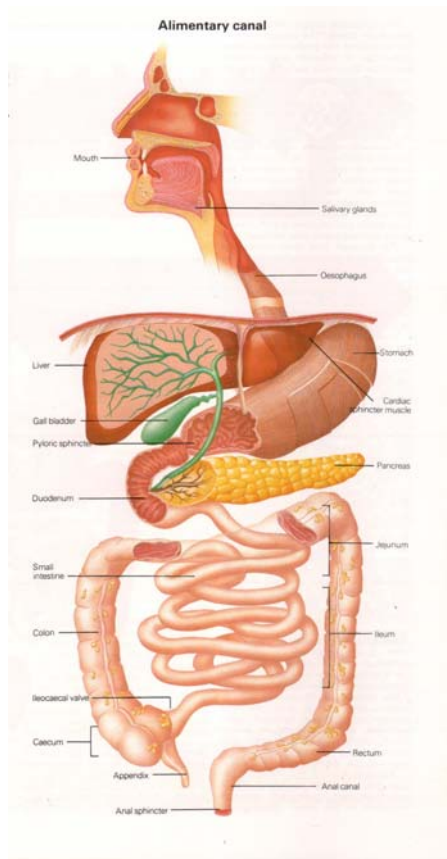
Food is taken into the mouth and chewed. We break it from large lumps into small lumps (*If you wish to ensure proper digestion chew until the material becomes liquid*). Saliva starts breaking down the food and sugars are absorbed immediately. The food goes down to the stomach. The stomach churns the food with hydrochloric acid. The type of food that you eat determines the length of time spent in the stomach. After the acid has broken down the food into a gloopy liquid called "chyme", it is passed to the duodenum. Here it is neutralised and bile from the liver is mixed with it. 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 intestine 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 diarrhoea. When we have diarrhoea 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.

The importance of enzymes

Enzymes do many different things. In the process of digestion they assist in the breaking down of the food in the bowel to its smallest components. An example of an enzyme working correctly is as follows. 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 the protein builds up. This inability to correctly process the galactose may lead to symptoms that we would call intolerance to milk. If I asked whether a fresh apple or a stewed apple was the most nutritious, most would correctly say the fresh one was most nutritious. Heating the apple will destroy the vitally important enzymes it contains.



Dairy Question?

Are you aware of any other animals on this planet that make milk from another species a major part of their diet?

Casein

Cows milk is for baby calves. It is designed to take a baby cow through the weaning period. A calf's 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 cow's 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.

Cow's milk is pasteurised 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. In fact, if you take milk that has been pasteurised and feed it to calves they invariably die. It is the enzymes in the milk that are so vital for the baby calf. Destroying those enzymes destroys the milk, which the calf needs.

If a mother who was breast feeding left some breast milk she had expressed for a babysitter, would she consider it necessary to pasteurise it before feeding to the baby or would gently warming the bottle in hot water be sufficient? Freezing or trying to store her milk for long periods would not be appropriate. Milk should be consumed fresh from mother to infant for best effect.

If we were to 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 the glue from that. If you go to the Loctite superglue website www.loctiteproducts.com/glossary you will find listed all the materials they make

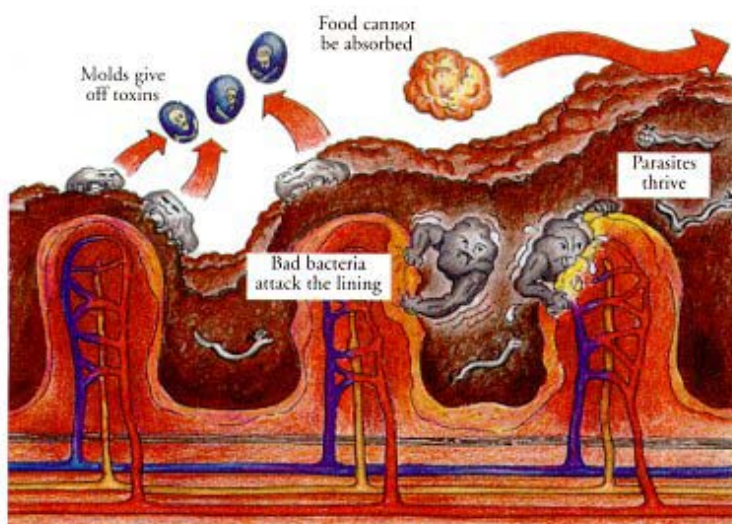
commercial adhesives out of. The seventh one listed is casein and if you highlight it, it states, "...an adhesive made from a protein isolated in milk...." You have almost certainly come across it because it is the glue that holds the labels onto beer bottles. It is strong, it will stick to glass (a very smooth surface) it 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 and crochet hooks.

Mucus forming food

The human body has some natural defence systems. Mucus is one of these natural defence mechanisms. 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 we ingest a poison the body will do its best to reduce the harmful effects by vomiting and also by producing mucus in the intestinal linings. The mucus will be triggered to coat 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 intestine you will observe the membrane and running beneath it the blood vessels waiting 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 to increase the area of absorption and small hairs called microvilli. These act like a non-stick surface and keep parasites and material from sticking to the surface. The food we should be eating contains roughage, these are the prickly bits and they stimulate the peristaltic muscles to squeeze the material through the bowel from stomach to anus.



If we eat lots of processed and refined food, like white bread, the roughage is removed and there is less stimulation of the peristaltic muscles. Refining food can also remove the nutrients.

If we have milk on our cereal in the morning we are stimulating mucous production. A layer of mucus is laid down in the bowel. This may be followed by milk in tea and coffee, more mucus, cheese sandwiches at lunch, more mucus, tea and coffee in the afternoon, cheese sauce, lasagne, custard, ice cream, yoghurt, milk, drinking chocolate. It is very easy to be consuming dairy products all day.

The problem really starts to occur 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 is left behind. When it is 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 is dried out and hardens it becomes mucoid plaque. It is tough as old boots, does not dissolve in water and coats the surface in a thin layer with glue like ability. If we have milk based food and drinks throughout the day we can be constantly be stimulating production of the mucus and the layers build up. Instead of the colon being 4 inches in diameter and nice 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 30lbs instead of 6lbs. This increase is reflected in a larger waistline.

Soaking and scrubbing

Imagine you have just made a delicious lasagne or casserole by baking it in the oven. After the meal is over you have a dish with hard baked on material to clean. Running it under a tap is not very effective. We normally fill it with water and leave it to soak for a period of time. When the material has softened we then take a spatula and scrape off the larger pieces and finish off with a scourer.

Removing mucoid plaque is done in a remarkably similar method.

Soak it and then mechanically scrub it out. We do not have a brush the same shape as our insides and so you are going to use a method that is very old but highly effective.

First week

The kit comes in two parts, 50 capsules and 150g of powder. The capsules consist of a mixture of natural herbs. The ingredients are Senna and Cascara which are natural laxatives, Pepper and Ginger to release mucus, Aloe Vera to soothe digestive tract and Garlic which is a natural antiseptic that creates an environment hostile to the parasites.

In order to soak our insides you are going to speed up your digestive system and decrease the length of time that material is spending in the colon. This means less water will be extracted and the material will be wetter. This increased moisture will soak the mucoid plaque. Just like soaking wallpaper before you strip it. You need to find a level of capsules that is right for your own individual system.

Treatment Programme

Take 1 capsule before going to bed each night, allow a couple of days to allow it to work, you are looking to create soft stools and a regular bowel movement. *This is an indication that they contain more liquid.* You are not trying to create screaming diarrhoea. If one capsule each night does not do this then increase to 2 capsules on the 4th night before going to bed. Again if you do not achieve soft stools increase to 3 capsules on the 8th night. You continue in this manner until you find the correct number for you. Everyone is different, some have a strong reaction with one capsule, and others may need 5.

In my experience, between one and 3 is the number the majority need. The capsules can be split into two if you wished to create a half capsule. It usually takes 2 – 5 days to identify a balance. Once you have identified the correct number for your system you are ready to begin the detox cleanse. **This is DAY 1.** Continue with the capsules at bedtime throughout the remainder of the programme, which **will now take approximately 14 days.** The first 7 days starting from day 1 you will be taking capsules only, this will be soaking your colon. Like soaking the lasagne dish.

Second week Day 7

The second part of the kit is a powder. It consists of Bentonite clay to stick to the plaque, charcoal to stimulate the peristaltic muscles and to absorb toxins and gas. Slippery Elm Bark and Fenugreek to soothe the gastric tract and expel mucus. Apple Pectin to bind to toxic metals and Fennel to strengthen digestion, which also gives it a taste of liquorice.

Put 130ml or half a mug of a drink of your choice, I suggest apple juice into a sealed or screw topped container, add a heaped teaspoon of the powder into the juice and screw on the top, shake for approximately 15 seconds and drink it immediately. You can have a larger amount of liquid if desired but I have found that the smaller the quantity the easier it is to drink (*it's actually not that bad and you get use to it after a couple of times.*) The mixture will pass through the stomach with no real effect and it will form into a ball in the bowel. As more liquid is removed it becomes a sticky ball of clay with gritty charcoal mixed through it. This will act as the scouring pad. When this sticky ball comes into contact with the pre-soaked mucoid plaque it sticks. As the peristaltic muscles propel it down the bowel, it strips off the top layer rather like picking at wallpaper that has been pre-soaked. These come off and roll themselves up and become hidden in the stool. When removed from a stool they look just like potato

peelings. (see photographs). You make the drink up **six times a day**. Breakfast, mid morning, lunch, mid afternoon, tea time and bedtime. Do not pre make the powder.

How do I know its is working?

The best way of finding out if it is working for you is to check what is coming out. I am aware that many people will not do this. In my experience of guiding others through this detox, those who got most out of the experience were those who checked for them selves.

My own personal experience of this was when I did my first detox. Having paid to do it, and having a very questioning mind I decided to see if it was true. In a short space of time I found myself holding what looked like torn up chamois leather pieces. They were really thick. I was left feeling horrified and pleased both at the same time. I found myself looking at something I knew with certainty that 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. What happened for me was that dairy products became less attractive and I reduced consumption of them significantly. I also changed shape on my waistline.

I am not saying don't consume dairy products. If you find your self as I did holding the plaque, you may wish to not put it back. If you are interested in alternatives, goat's milk and ewe's milk is much better for you than cows. They still contain casein but not in such large quantities. Soya milk/products would be best if you want to avoid casein all together.



I recommend you check after the first week on the powder you will know because your stools turn grey. Put on a pair of rubber gloves and go fishing! (*for those who are not squeamish*)! You are looking 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 the plaque. I also recommend checking on the last day before the powder runs out. If you are still finding plaque on the last day, it is still there.

We are regularly asked if one kit will suffice. Realistically, the answer to that is "no" for most people. How long does it take to clean an oven? It may be a case of a quick spray, wipe and hey presto it's clean. This assumes that the oven was basically clean in the first place. If however it was a student flat and the oven had not been cleaned in years then you are being hopelessly optimistic. This is the reason for checking.

When you come to the end of your powder you may be very pleased to have finished. Some people find that they are on a roll, if they found the plaque, and realise it is still there, or they have seen a change in their shape they sometimes wish to continue. Instead of starting again, most people have plenty of capsules left over. If you stay on the capsules and give me a call I can supply just the powder. This will save the week of capsules only to do the soaking.

What am I likely to experience? I feel it is important to make you aware of several factors. On a positive note you may feel an increase in energy. Some people feel bits breaking away and a tingling inside as they clear.

Queasiness possibility. 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 will 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 and midmorning, 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 recycled into the body. It is recommended that you drink plenty of water every day. If you do not already do that then I recommend for the duration of the cleanse, you buy a 2 litre bottle of water every day and endeavour to drink throughout the day. It will make the detox cleanse much easier. If you still get a headache it means your body needs more water.

None-reaction to the capsules. A very small percentage of people find that the capsules do not loosen up their bowel; in fact they became constipated. **It is potentially harmful to take Bentonite clay without a softener.** 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 call the clinic.

Memories of Past illnesses & strong emotions Memories of past illnesses get trapped in the layers of plaque. Residue from prescribed, and illegal drugs may re-emerge and have the potential to release and react again. A lady who had thrush found that as the layers stripped back she was subjected to a bout of thrush again. A man was sprayed in his youth with pesticides from a crop sprayer and fell ill. Decades later he did a detox and found that a milder form of the symptoms of the original illness in his teens reappeared. This was ascribed to the residue trapped in the layers. A lady spent 2 days crying, later she told me that it was the same feeling she had experienced during most of being pregnant.

Another lady felt really angry and had hidden herself away in her room away from her husband, politely warning him to keep away from her. He made the mistake of going in to try and "fix" her. She then proceeded to bite his head "metaphorically". After the detox was over she recognised that she had spent most of her twenties feeling like this. These events if they occur can give you an idea of how far back in time you are. This is quite normal and will pass out of your system. If strong emotions occur whilst detoxing look back over your past and see if this is a feeling that you can recognise.

The ingredients of the detox are unlikely to make you unwell. Some people can have a roller coaster ride due to the release of trapped toxins and emotions. If you have not effects it's a definite plus.

Crayons and marbles. People have passed crayons and even marbles that they consumed when they were toddlers. If they were on a high dairy diet they could have a build up of sticky plaque. If a crayon or marble that the youngster had eaten struggled to get round one of the corners in the colon and subsequently stuck. It is easy to see that subsequent layers might be painted over the surface and to continue in this fashion until it was completely 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.

Large worms

On lady called me up during her detox and said "I have just got to tell someone but cannot tell anyone else, I have just passed an enormous worm". I am both horrified and delighted. Horrified it was there and delighted that it has now gone. "I can believe it was in me. It was so healthy"

How do 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 only a little water it quickly becomes very dirty, washing up in a bigger bowl with a lot of water will help, but fresh water running into the bowl will keep the water quite clean.

Friendly bacteria

There are lots of bacteria or flora in the bowel. While they are not essential to digestion they are believed to be highly beneficial. In a healthy person they maintain a balance of approx 80% friendly and 20% of the yeast like bacteria. The cleanse will knock out everything on the surface. It can help remove overgrowth of *Candida albicans*. Nature will naturally replace the flora that inhabits the gut.

I now encourage giving nature a helping hand to promote the friendly bacteria. There are many acidophilus types of yoghurt you can buy from the supermarket such as Actimel or Yakult that will promote this growth. We can supply these if required.

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.

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

It takes approx 2 ½ weeks to complete. 2- 5 days to work out the number of capsules, then about 2 weeks. If you were going to a wedding or on holiday within that period, wait until you get back before starting your detox. I recommend you leave 3 weeks to do this bowel detox.

Do I have to change my diet or stop eating?

No, you are not required to change your diet. You eat as normal.

Do I have to give up milk?

No, there is no requirement for you to give up dairy products. You may find that if you find the mucoid plaque coming out of yourself, observe a shape change or start to feel better and cleaner it will probably motivate you to cut down or stop because you do not wish to put it back.

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, i.e. organic

What if I miss a drink?

There is no requirement to double up. You are simply extending the time that it will take to complete the cleanse.

What if I want to carry on?

Stay on the capsules and I can send you the powder only.

If you have questions that I have not covered I am happy to hear from you. I am always interested in how people have got on if you wish to let me know.

I hope you enjoy your detox experience and I wish you well in the future.

Regards,

Sarah Cooper and Paul Chambers

Stress Matters Health Clinic
9, Benjamin Lee Drive, Raymond Terrace, NSW, 2324 Australia
Tel: 02 49832953 email stressmatters@hotmail.com website www.stressmatter.com.au