



# Colon Relief

## Amended Fast

Take 4 capsules daily 2 in morning 2 in the evening for 5 days. If no complications increase to 6 capsule daily 3 morning & evening.

On 6<sup>th</sup> day when you start the increase of the Colon Cleanse Capsules, begin the amended fast

**6th Day:** Raw food, Juice and water all you want to eat. **This Means Fresh made Juice.** Preferably Greens & Leafy Vegetables and Cabbage, Carrots, Celery. **MAYBE ADD ONE APPLE OR PEAR TO TASTE**

**7th Day:** Juice and Water all you want. If you become weak take in food this day also.

**8th Day:** Water and lemon and orange Essential oils, unless you have weakness. Eat some Raw Vegetables

**9th Day:** Juice and Water all you want

**10th Day:** Raw food, Juice and Water all you want.

Look on ALKALINE FOOD CHART FOR BEST VEGETABLES TO INCLUDE IN JUICE.  
Juice refers to fresh made juice. Limit the amount of fruit juice.

If you experience weakness, **or are diabetic and experience any difficulty**, eat some food and contact me.

*Increase water intake especially around the time that you are taking the capsules.*

*Cellular Defense is a good cleansing agent. I would recommend it highly, it can be started at any time, but during the paracite cleanse is the be time to do it.*

*Take Lemon and Orange Oil in water daily.*

**Colon Relief:** A proprietary Blend of: Food Grade Charcoal, Bentonite Clay, Psyllium Seed Husk, Organic Flax Seed, Cascara Segrada, Slippery Elm Bark, Organic Lemon Peel, Organic Orange Peel. Licorice Root.