

The **Better Body** Book

The road to greater health
starts here!

- ❖ Learn the most basic principals to becoming and staying healthy.
 - ❖ Learn how to rid your body of gallstones, kidney stones and intestinal parasites without drugs or surgery.
 - ❖ Learn how to reduce your toxic load and reduce your chances of developing cancer.
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Disclaimer

- ❖ The information in this publication is for educational purposes only.
- ❖ The author of this publication does not, directly or indirectly, intend this publication as diagnosis, prescription, or a replacement for medical advice or treatment of any physical condition.
- ❖ Individuals having any medical condition(s) should consult a competent health practitioner who specializes in their condition.
- ❖ Anyone using this information for other than its intended use does so of their own volition.

Comprehending This Manual

- ❖ Although I have attempted to define as many unusual and key words as possible there may still be words you do not understand in this manual.
- ❖ If you come across any word you do not know the definition of make sure to look it up in a good dictionary before going any further.

The Purpose of This Manual

- ❖ To give people the ability to be at cause over their own health.
- ❖ To give people the correct information about internal cleansing.
- ❖ To give people the tools to avoid many of the most common physical conditions.

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Introduction to The Better Body Program™

Since we can't see inside our body on a day-to-day basis, we can't see when trouble's developing. Luckily the human body is equipped with an "early warning system" to let us know when something needs our attention. That warning system is known as symptoms, and different sets of symptoms alert us to different problems.

Symptoms are like a smoke detector for the human body. But just as a smoke detector is not the actual fire, symptoms are not the actual problem. They're just the messengers, not the message.

The conventional medical field knows full well what the underlying causes to most diseases are, which is good, but what they do about it is not. They "turn off" the smoke detector, or "gag" the messenger. For instance, one of the main causes of migraine headaches is hormone decline, which, depending on which hormone is low, will either dilate (enlarge), or constrict (make smaller) the blood vessels in the head. The headache is the symptom - the smoke detector, the messenger that tells you something non-optimum is happening and needs your attention.

The conventional medical field would do one of two things about it. (1) They would prescribe a pain medication that "blocks" the pain. The headache is still there - you just can't feel it any more. Or, (2) prescribe a medication that deals with the blood vessels. Although this may sound like a good idea, the correct thing to do is to replace the missing hormones. These would return the blood vessels to their normal size, thus relieving the headache. Also, those hormones perform many other functions in the body - which, when replaced, would relieve other symptoms that the person is more than likely experiencing but is unaware are related to a decline in their hormone levels.

I, myself had certain sets of symptoms over the years and spent a vast amount of money going to conventional and alternative practitioners trying to find out what was causing them, but to no avail. So I started researching medical texts and found, to my astonishment, that the cause for my symptoms was right there in those books, but the correct treatment was not. The medical textbooks just said to prescribe one drug or another to make me stop feeling the symptoms but gave no real handling for the real cause of them.

Once I realized that I had to figure out the correct handling for the underlying cause of my symptoms myself, I went back to the alternative medical field and began intensive research. Once I found the correct handling for my symptoms and corrected their cause, they went away. The next thing I knew my customers began telling me that they were experiencing the same symptoms as I had had. So I told them what I

had discovered, they did the same things that I had done and bingo, it worked!

After a large number of people had done what I did, I compiled the data into an easy-to-understand-and-follow system I've come to call The Better Body Program™, with the idea that maybe it can help others too.

How to Evaluate a Health Program

There are loads of cleansing programs on the market and before you choose one you should evaluate as many as you can find. Some of the ones I've looked at, or used, take 4-6 weeks, cost as much as \$500 per person and suggest that you repeat the whole thing every 8 weeks as maintenance. And that's just for the intestines! With The Better Body Program™ people report flushing the entire intestinal tract as clean as a whistle and clearing 100-1,000 gallstones from the gallbladder in just one day.

After doing two 8-week parasite cleanses, I found one that I liked. The only problem was its price. By the time I finished it, I had spent around \$250. It too suggested that I redo it 4 times per year with maintenance every day. The cost for that one cleanse would be over \$1,000 if I followed the instructions. So I formulated a parasite cleanse for myself and my customers and it only costs \$115, and as long as I take 4 capsules twice a week I should only have to do the full cleanse every 2-3 years.

Here are some things to take into consideration when evaluating an internal cleansing program:

- ❖ How many systems and/or organs does it clean and repair?
- ❖ What amount of time and effort is involved?
- ❖ What is the quality of the products used on the program?
- ❖ What type of maintenance is involved?
- ❖ And of course, how much does it cost?

Never Stop Eating While Cleansing

Beware of cleanses that ask you to stop eating for extended periods of time. People do lose weight while on them but, while the initial weight loss is exciting, what they're in fact losing is a lot of water, a small amount of fat, and a good amount of valuable muscle tissue. Now, the amount of muscle tissue on your body greatly determines your metabolism. The more muscle you have, the higher your metabolism. And since muscle burns calories 24 hours a day, the more muscle you have the more calories you'll burn and the easier it will be to achieve your ideal weight.

Starvation diets are the fastest way to get fatter. It's the actual cause

of that weight loss yo-yo, where you lose 20 pounds and put back on 30. Fasting for a few days (three) won't hurt much, but any longer than that will cause you to lose muscle, your metabolism to slow down and as soon as you start eating again you will put the weight you lost back on, and more!

When you deprive your body of food, it goes into starvation mode, hangs on to the fat and starts breaking down muscle to use as protein because it thinks you're not going to feed it. Your body also needs nutrients in order to cleanse itself. It needs vitamins, minerals, protein, water and oxygen. It will do a great job of cleansing itself if you give it what it needs. So don't do cleansing programs that ask you to fast for more than three days. Nor should you do long cleansing programs that don't include food and nutritional supplements.

If you are unhealthy and overweight, it's your lifestyle that's causing it and that's what you need to change. The Better Body Program™ can help you do that in about 6 weeks.

The Purpose of The Better Body Program™

- ❖ To gradually allow a person to change from an unhealthy lifestyle to a healthy one.
- ❖ To educate people about how the body works, in an easy to understand way, so that they can understand what they need to do to get and keep their body healthy.
- ❖ To flush the digestive tract of fecal material.
- ❖ To clear the gallbladder of gallstones.
- ❖ To kill parasites and expel them from the organs and tissues.
- ❖ To reestablish a high-quality, whole-food diet that is capable of maintaining ideal weight.
- ❖ To reestablish the beneficial bacteria in the intestinal tract.
- ❖ To repair the digestive process.
- ❖ To get and keep the bowel moving at least 3 times per day.
- ❖ To rebuild and supercharge the immune system.
- ❖ To rebuild the blood count to normal levels.
- ❖ To dissolve and flush kidney stones from the kidneys and bladder.
- ❖ To flush the liver of toxic material and accumulations.
- ❖ To flush the debris from the above cleansing out of the blood and lymphatic system.
- ❖ To eliminate internal yeast and fungus.
- ❖ To help you establish a routine to maintain your improved level of health.

Things You'll Need for The Better Body Program™

Desire - to change the condition of your health. No one can make you do the necessary actions to become healthy. You must make the decision for yourself and stick with it.

Persistence - It isn't necessarily easy to change years of unhealthy living, but if you persist you should end up feeling better than you have in years!

Information - Many people know that they need to change conditions in their life, but have no idea where to start. They need information that's correct and complete. Some people are just beginning their journey on the road to better health but may already have run into false information. Both types of travelers can take advantage of the years I've walked this path and not have to reinvent the wheel. The Better Body Program™ is full of information you won't find anywhere else. It'll greatly assist you in your process of changing from an unhealthy lifestyle to a healthy one.

Time - You did not get into your present state of health overnight, in a week, a month, or even a year. Your present state of health may have taken many years to develop. But, fortunately for you, when you have the correct data you can correct it in about six weeks.

Money - Yes, you will have to spend some money on this program. But the cost of this program is nothing compared to the money you will spend dealing with a sick body in the years to come if you don't take steps to change your lifestyle now.

The products on The Better Body Program™ are top quality and our customers continually tell us how much they love them. Sure, you can buy cheaper products, but you get what you pay for and therefore will not get the results you are looking for.

If you're still with me and are interested in doing The Better Body Program™ the first thing you need to do is get an understanding of what you need to do and why.

The Digestive Tract. What is it and What Does it Do?

Your body is made up of approximately 7 trillion cells and your body is tearing down and rebuilding itself on a continual basis. Millions of cells die each day and millions of new cells must be made to replace them. This process starts at conception and stops soon after you breathe your last breath.

Manufacturing millions of new cells every minute of every day requires a great deal of raw materials. It's sort of like buying a house each day, demolishing it, then buying the wood, nails, brick, cement, paint, etc. to build another one. Then you tear that one down and repeat this process over and over again for your entire life. That's a lot of raw materials!

Well, that's how it is for your body. You have to furnish it with a steady stream of raw materials, and 99% of those materials come from the ingestion and digestion of food. **Definition - food: any nourishing**

substance that is eaten or otherwise taken into the body to sustain life, provide energy, promote growth, etc., Wow, that leaves out most of the products in our grocery stores! But if you do actually ingest food that falls into the nourishment category, your body still has to convert it into usable substances and that's where your digestive tract comes into the picture.

Your digestive tract includes the mouth, teeth, salivary glands, esophagus, stomach, small intestine, large intestine, rectum, liver, pancreas and gallbladder. Its purpose is to convert ingested food into particles small enough to pass through the walls of the intestines and into the blood stream, pass out of the blood stream into the fluid surrounding the cells and then into the cells. The small particles that food is broken down into are called "nutrients." **Definition - nutrient: anything nourishing; nourish: to feed or provide with substances necessary for life and growth.** So, food is supposed to provide you with substances that nourish your body so it can live, grow and repair itself. Most people don't associate food with its fundamental purpose, they associate it with taste only. That association and lack of education about the body are a couple of the leading causes of poor health and related diseases.

To better understand the digestive process, let's use a carrot as an example. How do you get a carrot into a cell? I bet you never thought about that before. And that's exactly what your digestive system is designed to do - put a carrot into a cell. Okay, but how do you do that? Simple, you break it down into particles a bit larger than an atom. Your digestive tract can be thought of as a big juice machine. A juice machine separates the liquid from the fiber, puts the liquid into your glass and sends the fiber into a separate compartment to be disposed of. The liquid contains the nutrients, and the fiber is the package they came in. Your digestive tract does basically the same thing, only the process is a lot more complicated. Let me see if I can make it simple...

Chew, Chew, Chew Your Food!

Let's start at the beginning. You take a bite of the carrot and chew it. The action of chewing breaks the fibers open and releases the juice inside (the nutrition). The better you chew the food, the more nutrition you release. Grandma was right when she told you to chew your food 20 times. Many "old wives' tales" and "sayings" have some basis in truth.

The action of chewing mixes the carrot with saliva, which contains digestive enzymes **Definition - enzyme: a protein-like substance formed in plant and animal cells that acts as a catalyst [a substance that 'starts' something] in starting or speeding up specific chemical changes in other substances.** Pepsin, for example, is an enzyme that helps to digest proteins. The enzymes in your saliva start to break down the sugar in the carrot. If the carrot was raw when you ate it, it would also have enzymes of its own to contribute to the digestion process and they would

start working as well.

Enzymes, put very simply, are different combinations of amino acids (the end product of protein digestion) that are hooked onto different combinations of minerals and vitamins (called co-enzymes). They're substances that start and speed-up all the chemical reactions that take place in your body. Everything you eat is broken down by enzymes, and every cell of your body was manufactured with their help. The oxygen in the air you breathe could not end up in your bloodstream if it were not for enzymes.

There are two categories of enzymes, metabolic ([Definition - metabolic: having to do with metabolism - the breaking down and building up of substances in the body, including breaking down food and building it up into new cells, as well as the breakdown of dead cells to take them out of the body](#)) and digestive. Digestive enzymes help to digest the food you eat and metabolic enzymes allow your body to take the nutrients from the food and make them into the cells that make up your body.

Each of your 7 trillion cells has about 10,000 chemical reactions every minute of every day. Each of those chemical reactions has to have at least one metabolic enzyme to start it off. Digestive and metabolic enzymes are constantly being used up (like a battery) so your body needs to make a constant supply of new ones. To make the huge supply of enzymes needed each day you need good amounts of protein, vitamins and minerals, which you're supposed to get from the food you eat, and that's where digestive enzymes come into the picture. As you swallow the chewed carrot the muscles in your throat start to contract and send it down to the top part of your stomach.

A man named Dr. Edward Howell discovered that the human stomach actually works in two stages - like two stomachs. There's a muscle in the middle of the stomach that contracts and holds the swallowed food in the upper portion for 1/2 to 1 hour (now you know where the expression "let my food go down" came from) after which the muscle in the middle relaxes, and the muscles on the outside of the stomach contract and pump the food down into the hydrochloric acid in the lower portion. It's in the upper part of the stomach that the enzymes that Mother Nature put into the food (food enzymes) are supposed to do their part of the digestion process. That's why Dr. Howell named the upper part of the stomach the "food-enzyme stomach."

For an example of food enzymes, think of a time when you observed a piece of raw meat, fruit or vegetable that was spoiling. What you were observing was the breakdown of that material by the enzymes in it. Enzymes are nature's disposal system and every living organism comes with the exact kind and amount of enzymes needed to break it down. Even the human body has enzymes that decompose it after death. We use formaldehyde to inhibit the human body's enzymes from

doing their job, and we use refrigerators, preservatives and cooking to stop the enzymes in our food. All those things either slow down or kill the enzymes.

Heartburn and Acid Indigestion

Cooking kills the enzymes in food. If the enzymes are dead, the stage of digestion that's supposed to occur in the top of the stomach cannot take place and the pH (degree of acidity or alkalinity) of the food becomes more and more acid. If the enzymes are present, that stage of digestion will occur and the pH becomes more and more alkaline.

When you eat, you swallow air. The air ends up in the top of the stomach with your food. A short time after you finish eating, you burp and release the trapped air. Each time you burp, a small amount of partially digested food comes up the esophagus with the air. If the pH in the top of the stomach is alkaline, there won't be any discomfort when you burp. If the pH is acid (from the absence of digestive enzymes) you can experience a burning sensation in your chest known as "acid indigestion" or "heartburn." In fact, the word indigestion literally means "incompletely digested food" - Taber's Medical Dictionary. The acid pH of the food burns the lining of the esophagus, and if continued over time will damage the valve in the esophagus that's supposed to keep the food in the stomach. The weaker the valve, the more the acid-pH food comes up the esophagus and the more it burns. In time, this process develops into a condition known as "acid reflux." Some of my customers have had this problem but as soon as they started to use supplemental digestive enzymes it stopped! Heartburn and indigestion are both symptoms of eating food devoid of its digestive enzymes, and to eliminate them you need to address their cause.

For many years the solution was to neutralize the acid by changing the pH in the top of the stomach with calcium and magnesium products like Tums, Pepto Bismol, Maalox, Mylanta, etc. But a few years ago, a new class of drugs hit the market called "acid blockers." You've probably seen them on TV - they go by names such as Tagamet, Pepcid AC, Zantac 75, etc. These drugs stop the production of hydrochloric acid in the bottom of the stomach, which has nothing to do with what's going on at the top of the stomach. Furthermore, they keep the protein in the food you eat from being completely digested, and this causes the body to become protein deficient and it will start breaking down your muscles and tissues to get the protein it needs.

When acid blockers hit the market a few years ago, I called a friend who's been a nurse for 20 years and asked her what she knew about them. She said that they have been used for many years in hospitals, but only to stop the production of hydrochloric acid when they needed to operate on someone's stomach, and that she couldn't believe that they were out on the market for the general public to purchase and use on a

regular basis. She agreed with my observation that they would create a host of problems in the years to come.

First of all, hydrochloric acid is in the bottom of the stomach and it's the acid pH forming in the top of the stomach (from the lack of digestive enzymes) that causes the heartburn, indigestion and acid reflux. Normally, a tremendous amount of protein digestion takes place in the hydrochloric acid in the bottom of the stomach, so the last thing you want to do to is to stop its production. If anything, you want to do everything possible to strengthen its manufacture. If you stop hydrochloric acid production you can't digest your protein! If you can't digest protein, over time you'll develop diseases stemming from protein deficiency and you won't be able to make enough digestive and metabolic enzymes.

When you eat food that's devoid of enzymes and take acid neutralizers or acid blockers, two stages of digestion will be incomplete and as the food passes through the rest of the digestive process it will be two steps behind. This will cause incompletely digested food particles to be absorbed into the blood stream. Your immune system will look at them and say, "Hey, these guys aren't supposed to be here, have the bouncers throw them out!" We call this an "allergic reaction," or "food allergies." This is the reason many people think they're allergic to dairy products or that they're lactose-intolerant. In fact, there are two reasons for what's known as "lactose-intolerance:" (1) the dairy products have been pasteurized and the enzymes that allow you to digest the lactose (milk sugar) in them have been killed, and (2) there's an insufficient amount of beneficial bacteria in the intestinal tract. There are three things you can do in order to eat anything you want: clean the gallstones from your gallbladder, eat supplemental digestive enzymes with every thing you eat, and replenish the beneficial bacteria in your intestines to sufficient levels.

More Useful Data

At this point I would like to clear-up a couple of pieces of false data that have been floating around since supplemental digestive enzymes came on the market: False datum #1 - If you take supplemental digestive enzymes they will cause your body to stop producing enzymes of its own. False datum #2 - If you eat a salad or some other raw vegetables along with your cooked food, the enzymes in the salad or raw veggies will provide the missing enzymes and allow you to properly digest the cooked food. Both of these datums are totally incorrect!

Let's take #1.

Let's say that each food you eat is composed of a single 12-link chain. Chewing breaks the links apart, now you have 12 individual pieces. In the first stage of digestion the enzymes in the saliva break each of those 12 pieces into 24 pieces, the second stage breaks them into 48 pieces. It's in the fourth stage of digestion that bile from the gallbladder and

additional enzymes from the pancreas get added to the process and help break the 96 pieces into 192 pieces, at which point they are small enough to pass out of the digestive tract and into the blood stream.

If the digestive process were just one step, I could see how someone could “think” that using supplemental food enzymes would cause your body to stop making its own - but it isn't. Besides that, it would be even better to do some scientific experiments to actually find out. Over the years I have read alternative health books containing various “concepts” of how the digestive process works, but once I studied actual textbooks on the subject it was easy to see where the false data came from.

Now for #2. “If you eat a salad, or some other raw vegetables, along with your cooked food, the enzymes in the salad or raw veggies will provide the missing enzymes and allow you to properly digest the cooked food.” Each food comes with just the right kind and amount of enzymes to allow you to digest it when you eat it. For instance, an apple consists mainly of water, fiber and sugar. Therefore it contains mainly sugar-digesting and fiber-digesting enzymes. There's only a minute amount of protein in it so it will have hardly any protein-digesting enzymes. So, if you eat a cooked steak and a raw apple, the apple will digest just fine but the steak's digestion will be incomplete. The same would be true if you had some sushi - real sushi, with raw fish. It would also contain rice which has been cooked. There are mainly protein-digesting and fat-digesting enzymes in the raw fish, and to break down the rice you need mainly starch-digesting enzymes. But the enzymes in the rice have been destroyed by cooking, and as there are only negligible amounts of starch-digesting enzymes in the raw fish the rice will be incompletely digested. To digest your food properly you need to replace the correct type of digestive enzymes that cooking killed, and you can do that with a good supplemental digestive-enzyme product.

Back to the Carrot

After a while, the carrot is passed from the top of the stomach down into the lower part of the stomach where the hydrochloric acid works on it to break down any protein in it. When this stage is complete the carrot moves out of the stomach and on to the next stage of digestion.

Next it enters the first 12 inches of the small intestine where the pancreas adds additional enzymes and the gallbladder pumps bile into the mixture. These additions continue the digestive process and the already tiny particles of the carrot are broken down even smaller. The carrot that started out as a solid piece of food now has a liquid, soup-like consistency that contains various nutrients. During the carrot's journey through the digestive tract, enzymes at each step of the way have done their job breaking it down into smaller and smaller particles until it's finally the correct size for absorption - molecular.

The small intestine is lined with thousands of tiny goose-bump-like protrusions that are coated with special cells to absorb the nutrients from the carrot, pass them through the walls of the intestinal tract and into the blood stream so they can be carried on to their final destination...the cells. Once the small intestine has absorbed as many of the nutrients as possible in the time it has available, the remaining material continues on into the large intestine (which is basically the garbage disposal). There, the water is absorbed from the soup and what's left of your carrot ends up in the...flush!

This is an extremely simplified look at the digestive process, but I'm not trying to give you a college degree in anatomy and physiology, I'm merely trying to give you enough data so you can think for yourself.

So What Goes Wrong?

Your digestive tract is the beginning and end of good or bad health. The beginning because that's where the food goes in, and the end because that's where the waste from that food and metabolism is supposed to come out. There are some very good reasons why you should keep your digestive tract (and all other systems of your body) clean and in good working order. But first, let's look at how the digestive tract gets dirty in the first place - you clog it up!

There's a delicate balance of bacteria in your intestines and when that balance is thrown off by what you eat and drink, or by you deliberately not evacuating, the bowel starts to slow down. When it slows down, the trash starts to accumulate and it backs up like boxcars in a train wreck. This train wreck is actually a condition known as constipation. If you evacuate less than 3 feet of fecal material from your intestines per day... you're constipated!

Most doctors will disagree with that statement and tell you that having a bowel movement once every 2-3 days is normal. Whatever is common to the largest number of people is considered "normal" in our society. Having one bowel movement every 2-3 days may be "normal" but it isn't healthy, is still constipation and leads to colon and rectal cancer, which kill over 74,000 people needlessly each year.

Your whole digestive tract (from your mouth to your anus) is lined with a membrane that is constantly secreting mucus. The purpose of the mucus is to protect the delicate tissue from the acids and enzymes of the digestive process. It also acts as a lubricant to help the waste move along and out of the intestines. This mucus is produced on a continual basis and needs to be expelled regularly too. Mucus is a clear, sticky fluid and it's the same as the fluid that's secreted by your nose. Just think what would happen if your nose produced mucus 24 hours a day and you never cleaned it out. It would back up and fill your nasal cavities. Soon it would form a plug, the cavities would begin to swell,

bacteria would start to feed on the plug and surrounding tissue, decay would set in and soon a doctor would have to remove a portion of your face.

That may sound far-fetched but that's exactly what happens in your digestive tract. Food and mucus mix together. As the mixture travels through the large intestine the water is drawn out. If the bowel moves too slowly, less than three times per day, too much water is drawn out and the waste becomes increasingly solid and sticky, which forms a "plug" in your rectum. If this plug is not expelled, the next meal you eat will back up behind it and add to the plug, and so will the next meal and the next in turn. Soon you have what amounts to a "fecal train wreck" with a 10-meal pileup.

Parasites and harmful bacteria set up housekeeping in the food-rich environment and start having babies. Since your colon is only designed to hold about 3-4 meals at a time without destroying the muscle tone, it becomes stretched like a balloon, heavy and starts to sag. Soon, very little moves through it. The next thing you know, you're in the hospital having several feet, or all, of your colon removed, and a bag strapped to your side for you to go to the bathroom in. Sound far-fetched too? Well, thousands of people around the world have this procedure done every year - it's called a colostomy. Or, worse yet, they're given the bad news that they have colon and/or rectal cancer.

After you clean the fecal material from the intestines, you should use weekly flushes and just the right amount of herbs to stimulate it to move at least three times per day. Cleaning the bowel and making it move on a continual basis will rebuild the muscle tone in time and you will need less and less flushing and herbs.

I've heard it said that using herbs or any type of bowel stimulator on a regular basis would give a person a "lazy bowel." But I have found just the opposite to be true. Stimulating the bowel to move three times per day actually exercises the muscles and over time gives them back their ability to move without any, or very little help. But even if you did need to take a few capsules of herbs every day for the rest of your life, isn't that better than developing colon or rectal cancer?

So What's the Solution?

Clean the digestive tract, keep the bowels moving several times a day and replace your intestinal bacteria regularly. Your digestive tract is one big engine. When one end of it starts up, your mouth, the whole thing should start up. The ideal digestive tract would be that you have a good sized bowel movement after every meal. You should not eat 12 meals and then have one small bowel movement. At the very least you should evacuate about 3 feet of fecal material from your intestines throughout the day, *every day!*

I'm 52 years old, and over the years I have done many different intestinal cleansing programs. Many of these consisted of thick shakes made of different combinations of herbs, bentonite clay and ground psyllium husks, and lasted 4-6 weeks. I did these programs because I had been frightened by a book I read at age 21. It led me to believe that I had a lifetime of layered, hardened fecal material and mucus accumulating in my intestines that was poisoning me and blocking the absorption of nutrients from my food.

The shakes were supposed to 'soften up' the so-called 'hardened mucoid layers'. It was torture drinking the herbal concoctions during each program but I was under the impression that if I didn't get all that stuff out of my intestines I would die long before my time.

The fecal material I expelled during the first cleanse didn't even come close to resembling what the author described in the book. So I assumed that I had done it wrong. I spent the next 18 years doing every intestinal cleansing program I came across but never got the material out that was in the book and I never felt any different (during or after) any of the cleanses. The book I read at age 21 was called 'Tissue Cleansing Through Bowel Management' by Dr. Bernard Jensen. Dr. Jensen was a chiropractor and an opinion leader in his field. Because of that he was held as the 'authority' on the subject of intestinal cleansing and for the next 20 years every alternative health book I read on cleansing contained Dr. Jensen's opinions and basic routine on intestinal cleansing with some small variations.

There was another natural healer named Dr. Christopher who was around at the same time as Dr. Jensen and he told people the very same story. I often wonder if they were pals because they both had the same false data. I recently listened to a taped lecture from 1971 where Dr. Christopher stated that the build-up on the inside of the intestines is "hard, like a pipe". - *HOG WASH!*

About 12 years ago, another book on bowel cleansing called 'Cleanse and Purify Thyself' by Dr. Anderson became the rage. This book again told the same story as the first two and the bowel cleansing program contained in it took five weeks to complete. Still believing the data about how years of material is in the intestines I did and started selling Dr. Anderson's program and his products. That was until someone told me something that totally contradicted *all three books*...

My Eyes Were Opened

During a visit to my a good friend of mine, I told her about Dr. Anderson's bowel cleansing program and suggested she do it. She said it sounded great and wanted to know how long it would take. I told her it took five weeks. Her eyes grew wide and she looked at me with disbelief. She said, "Five weeks, I cleaned my entire digestive tract in five hours!" Then

I looked at her with disbelief and said, "That's impossible." She insisted it was possible and proceeded to tell me how she did it.

She said that she had been having pain in her lower abdomen and had gone to her doctor to get it checked out. The doctor needed to look into her intestines with a camera and needed to clean them out first. He gave her a prescription to have filled and off she went.

She filled the prescription and started the cleansing process the next morning. The instructions directed her to empty the contents of the prescription into a gallon of water, shake until dissolved and drink eight ounces (1 cup) every ten minutes until the gallon of liquid was gone. She did so. After about an hour, her bowels started moving and a large amount of fecal material came out of her intestinal tract over the next few hours.

The first few bowel movements were thick with fecal material, but the more she went, the more watery the bowel movements became. Toward the end of the fourth hour, she was expelling water that was clear and free of fecal material. No more debris!

During the five hours that it took to do the whole cleansing process her doctor's office had kept in touch with her by telephone. As soon as she was expelling clear water, she was told to go straight to the hospital, which she did. Once at the hospital, she was dressed in one of those gorgeous hospital gowns, placed on a gurney and wheeled into a room with a TV monitor, a doctor and a nurse. With my friend fully awake the doctor inserted the fiber optic camera into her intestinal tract through her rectum and they all watched the procedure on the TV screen. She told me that the intestine (as seen on the TV screen) was clean as a whistle - not a speck of debris in it anywhere. It was all pink and glistening with freshly secreted mucus.

My Mouth Hung Open!

I was astounded to say the least. All the books I had ever read on the subject of intestinal cleansing convinced me that it took weeks and weeks to clean them properly and that there were yards of hard, rubbery build-up that could only be removed through a slow and arduous process.

Well, I was thinking the same thing you probably are. What did the doctor give her? So, I asked her, she told me and I started researching. After several weeks of study in the medical library I understood what it was, how it worked, that you needed a prescription to get it, and be a doctor to dispense it. I was disappointed and thought it was back to the slow, five-week way of intestinal cleansing. That was until I discovered that there was another natural substances that cleaned just as well, is very inexpensive, and you don't have to pay for a doctor's visit or have a

prescription.

Additionally, another way to look at this is that there are times when people end up in life-threatening situations and surgery is necessary. A doctor can't open a person's intestines if there's waste material in them. If fecal material gets into the blood stream the person can become very sick and even die. Doctors can't spend five weeks feeding patients herbal shakes and giving them enemas in order to clean them out before surgery. They must have a product that works fast, which this particular product does, and that's why they've been using it since the early 1980's (I know this because I also did a patent search on it). Even though I now knew that the intestines could be cleaned in five hours, I still had some unanswered questions.

But What About That Black, Rubbery, Ropy Stuff?

In *Cleanse and Purify Thyself* Dr. Anderson talks about people who expelled up to 48 feet of hard, rubbery, ropy, mucoid material during his intestinal cleanse program. And I have had a few of my customers tell me that they too expelled several yards of this material when they did that cleanse. But because I had not experienced that in all the cleanses I had done, I found it hard to believe. I had to figure out a way to see what was in the intestinal tract before people cleansed themselves. I decided that I could do that by watching an autopsy, so I called the county coroner.

I had a long conversation with her and she told me that she had never seen a thick, rubbery, built-up layer of hardened mucus or fecal material in any person that she had ever autopsied. I asked her about this four times, in four different ways during our conversation, just to make sure she understood me, and the answer was always an emphatic, "No, never!"

Well, being the skeptic I am, I had to see this for myself. So I told her I wanted to see inside someone's intestines for myself, and the very next week I was standing in a room looking at the insides of a 73-year-old dead guy. The coroner took out the small and large intestines, laid them on the side of a large stainless steel sink, and proceeded to cut them open as I had requested.

I figured that if anyone had a built-up layer of hard dry, rubbery, ropy mucoid plaque in their intestines, a 73-year-old person was a likely candidate. But there was nothing even remotely resembling that stuff in there! The coroner took a tiny hose and gently washed away the small amount of food and mucus from the small intestine, and I stood looking at clean tissue! The large intestine still had two meals in it but there was no thick, rubbery lining around the food.

The Doctor Agrees!

One of the local chiropractors called me one day to get more data about my one-day intestinal cleansing program and when I told her what I had done and found, she said that during her medical training to become a chiropractor, she had seen about 40 autopsies and had never seen any hard, black, rubbery stuff either. She also said she had studied with Dr. Jensen and had always wondered what he was talking about. She jokingly said she used to wonder if they had cleaned out the bodies before they were autopsied.

The county coroner, a chiropractor and I have all seen the inside of the intestinal tract and none of us have ever seen this hard, black, rubbery material Dr. Jensen, Dr. Christopher, Dr. Anderson and a few of my customers spoke of. One thing I have learned over the years is never discount what people tell me - just because it didn't happen to me doesn't mean it didn't happen. So if that material isn't in the intestines, what was that stuff that came out of these people? Something was coming out of them and I wanted to know what it was.

Never Use Psyllium if You're Constipated

Don't get me wrong, there can be up to 10, or more, pounds of fecal material clogging up the intestines. That's because some people have only one bowel movement a week, or less, and continue to eat three meals a day, plus snacks. That's what causes that fecal train wreck in the first place. Those people should never attempt to cleanse an already overstuffed bowel with psyllium.

Psyllium is actually classed as a "bulking laxative" by the FDA. That means that it "bulks-up," or "expands" inside the body as it absorbs the water you drink with it. Psyllium absorbs many times its own weight when mixed into a liquid. Just like gelatin, its properties change when you add water. Gelatin expands in water and when it gets cold, it solidifies. Psyllium also expands in water but it solidifies when heated. It's room temperature when it goes in and then heats up to body temperature and goes solid.

The bulking nature of psyllium is why there is always some sort of enema on all the cleanses that use it. It forms a solid plug that backs up behind the already compacted fecal material, and that can cause major distress or even damage. That's why it takes an enema to get it and the fecal material! You could have just done an enema and gotten the same effect without having to drink the gruesome psyllium shakes.

No one ever sees the characteristics of the psyllium change because it happens inside the body - which is why no one has ever realized that all that rubbery, stringy looking stuff coming out of their intestines is actually psyllium! Dr. Jensen, the fellow who started all this "you have years of fecal material lining the walls of your intestines" stuff in the first place certainly didn't.

Neither did the authors of the other cleanses. All they, and many others like them, have done is parrot Dr. Jenson. Now there is even some guy on television making tons of money giving millions of people this same false information. I don't think their intention is to defraud the public, it's just that it never occurred to any of them to investigate this cleansing method to the depth that I have. I'm just one of those people who think outside of the box, in fact, I tend to live outside the box which makes me able to see things that others cannot.

A friend of mine and I did some very interesting experiments with psyllium-husk powder, which you can try for yourself. We put 1 teaspoon of psyllium husk powder into 8 ounces of room temperature water and left it until it had finished "bulking up" (about 1/2 an hour). When it was finished, it was the color and consistency of very thick applesauce. We scooped up a spoonful and "poured" it back into the cup. "Okay," I said, "but what happens if you add boiling water?" So we measured out the same amounts of everything, I brought the water to a boil and poured it in the cup. We got a much different result. In about one minute the whole thing had solidified and was the color of a brown paper bag. When we tried to pick up a spoonful of the mixture, we found that it was one solid, rubbery piece and we could pick it up with our hands. I realize that people don't put psyllium into boiling water before they drink it, so I put another teaspoon in "body- temperature" water and it too went solid almost immediately! It also took on the shape of the cup - which accounts for the different shapes of the psyllium when it's expelled.

When a person uses psyllium powder, they mix it into cold or room temperature liquid and drink it very quickly because they know it will thicken up in just a few minutes if they don't. When you mix psyllium with a liquid and drink it, it moves through the intestines - and as it does the psyllium absorbs the liquid, which causes it to bulk up (expand). It also heats up, and when it reaches body temperature it solidifies. Upon entering the large intestine, it's still pretty soft but as it moves along, more and more water is drawn from it and it becomes more and more solid. The longer it stays in the bowel, the more solid and rubbery it becomes. The large intestine is only 5 to 6 feet long and 2 1/2 inches in diameter. Five psyllium shakes per day can easily expand and fill it. That's why this program requires daily enemas to remove the psyllium plug that form in the intestine. As the psyllium fills the large intestine, it also takes on the shape of it, sort of like gelatin in a mold. The intestinal tract has different textures in different places so when you do an enema to remove the psyllium, it will come out in pieces that look like the walls of the area that it has solidified in. When you measure each day's psyllium pieces, you can certainly end up with several feet of what has been mistakenly called "mucoid or intestinal plaque," which is in fact nothing more than solidified psyllium.

The next thing I had to figure out was what was causing the different colors of the psyllium that came out of people. I took another look at the

pictures in the back of Dr. Jensen's book that shows close-ups of the material people expelled during his program. Now it was easy to see that the material was mainly psyllium. I could also see flax seeds that were given on the program. The colors of the psyllium in the pictures ranged from light brown to such a dark green that it almost looked black. After rereading what one takes on the cleanse, I understood that the colors come from the food and herbs taken during it. Then I remembered back to the cleanses I had done in the past, and that the color of the material that came out of me depended on what I had eaten. One cleanse told me that the way to tell if I was clean inside was to drink only the herbal cleanse powder and eat nothing but carrots for one whole day. If my bowel movements were pretty much carrots, I was done. I did it and out came the carrots - mixed with the psyllium in the cleanse powder.

Finally the mystery was solved and the truth revealed. Now I knew what was coming out of people and what Dr. Jensen, Dr. Christopher, Dr. Anderson, loads of other companies and my customers had mistaken for old fecal material - it was psyllium mixed with food and herbs - and not 20 years of old food build-up in the intestines.

Another point I want to clear up is about "dry" mucoid material lining the intestines. You can pick up any book about anatomy and physiology and read exactly how the digestive tract works. What you'll learn is that when food enters the stomach, it eventually gets mixed with the acid contained in the lower portion. This gives it a thick, fluid consistency. Upon entering the small intestine, more digestive juices are pumped into the liquid, thinning it down even more. You can hear this mixture sloshing through your intestine after a meal. Nutrients are drawn out of the liquid into the small intestine, but the digesting food is still a liquid at this point. It cannot "dry out" and "harden," because nothing can dry in the small intestine - it's too wet in there. Also, nothing can harden anywhere in the intestinal tract because the lining secretes mucus, sloughs off and is replaced every three days.

What About 'Salt Cleanses', I Hear They're Dangerous!

That's another misconception from the Cleanse and Purify Thyself book. In the cleanse instructions it states that saline (salt) cleanses are dangerous because they calcify (harden) the mucoid plaque (rubbery build-up) and intestinal mucosa (mucus membrane lining). What that is saying is that if you do any cleanse that contains any kind of salt that it will turn the mucus membrane in your intestines into a hard, stony material. Well, I thought that maybe I had misunderstood what the word calcify meant, so I looked it up in the dictionary and this is what it said: **Definition - calcify: to change into a hard, stony substance by the deposit of lime or calcium salts.** So, for mucus or the intestinal lining to become "calcified" or changed into a "hard, stony substance" it would have to

have lime or calcium salts passing through it, and those salts would have to deposit themselves on the lining and in the mucus. There are no lime or calcium salts in any saline cleanse. The “salt” cleanses that are out there use sodium chloride - table salt. Dr. Anderson, of Cleanse and Purify Thyself, has lumped all “salts” into one category...tisk, tisk! He was correct about sodium chloride (table salt) cleanses being dangerous, but it’s not for the reason he gives. They’re dangerous because sodium chloride will cause your cells to retain water and to a person with high blood pressure that can easily spell a heart attack.

Epsom salt (magnesium sulfate), on the other hand, is not actually a “salt,” it’s a sulfate. It’s used as a laxative because most of its particles are too big to pass through the intestinal tract and enter the blood stream. When you dissolve and drink it, you put a lot of dissolved particles into the digestive tract. When there are more dissolved particles inside the digestive tract than outside, the body will pull water into it (from the blood vessels) to make the amount inside and outside equal. The action of water being pulled into the bowel loosens, softens and expels the fecal material, and it only takes from 15 minutes to 8 hours to work. Not 5 weeks!

Epsom salt will not make the cells retain water and will actually cause you to excrete excess fluid lowering the blood pressure. People have been using Epsom salt for cleansing for thousands of years, including the Roman army. Epsom salt is cheap and readily available, so some companies that want to sell expensive intestinal cleanses lasting weeks at a time would rather you didn’t know about it.

Also Clean the Gallbladder

On The Better Body Program™ I killed two birds with one stone, flushing the stones from the gallbladder and liver at the same time as cleansing the digestive tract. And that cleanse only takes 24 hours!

The gallbladder is a small pear-shaped sac about three inches long and an inch and a half in diameter. It’s attached to the bottom side of the liver and lined with a mucous membrane. It functions through a series of contractions similar to the stomach. Its purpose is to store bile (**Definition - bile: the bitter yellow/brownish or greenish fluid secreted by the liver and found in the gallbladder, that helps in the digestion of fats**) and secrete it into the digestive tract at the correct time.

Bile enters the small intestine through a narrow tube called the bile duct, and consists chiefly of cholesterol and bile salts. Bile is continually being secreted by the liver and fed into the gallbladder where water and electrolytes (**Definition - electrolyte: any substance that, when in a solution, can cause an electrical current to be passed along; for example, mineral salts**) are absorbed from it, making it 5-10 times more

concentrated than when secreted by the liver.

During the digestive process, food enters the small intestine upon leaving the stomach. It's then that the gallbladder begins to contract, pumping bile into the mixture of partially digested food. Although bile contains no digestive enzymes, it plays an important role in the process by raising the pH (degree of acidity or alkalinity) of the stomach acid while the bile salts emulsify (Definition - emulsify: to make into a mixture, as oil and water, where very small particles of one stay evenly distributed throughout the other; for example, homogenized milk has been emulsified) the fats and oils. Once the fats and oils are broken down into smaller pieces, they can be broken down into "fatty acids" by enzymes secreted from the pancreas. Once broken down small enough, they can be absorbed through the walls of the intestines and enter the blood stream. The blood stream delivers them to the cells.

Too much fat is not good for you, but oils are not just good for you, they're essential! There are a number of basic substances your body requires on a daily basis and fatty acids (which we get from properly processed oils) are among them. In fact, these acids are actually termed "essential fatty acids" - "EFA's" for short. Your body can manufacture all but two of the 20 essential fatty acids you require on a daily basis to be healthy. If you don't get those two from outside sources, your body will not be able to perform some necessary functions. For a protein to be recognized by your body (as something that's supposed to be in it), it must have a molecule of fatty acid connected to it. That makes fatty acids essential for protein digestion and utilization. Fifty per cent of the material your body manufactures each day are enzymes. Enzymes are mainly composed of protein. You need hundreds of trillions of enzymes every day. So you need proper protein digestion taking place and you must have all 20 essential fatty acids for that to occur.

A large part of the cell membrane is made up of EFA's and cholesterol; you can't manufacture hormones (especially sexual hormones) without EFA's; and they're needed for many other functions throughout the body. If the gallbladder is packed with gallstones, fats and oils cannot be broken down and many important functions cannot be performed. So it's vital that you keep the gallbladder clear of stones.

A gallbladder full of gallstones is the result of a diet rich in carbohydrates. When you eat anything that your body turns into blood sugar (potatoes, rice, peas, beans, corn, pasta, cereals, breads, honey, sugars, baked goods, etc.), your liver cells manufacture loads of cholesterol. In fact, 80% of the cholesterol in your body is produced by your own liver, and only about 20% comes from outside dietary sources. So, dietary cholesterol is not actually the real villain. Some of the total cholesterol is taken into your cells, some used to make new cells, and some ends up in your arteries - but quite a bit of it ends up as gallstones in your liver. The gallstones travel into your gallbladder along with the bile, and as more

and more bile is pumped into the gallbladder, more and more stones are too. During the digestive process, a small amount of the stones are pumped from the gallbladder into the digestive tract where they mix with the food and get expelled in your fecal material. But since the majority of Americans have been on a low-fat, high-carbohydrate diet for the last 30 or so years, the amount of gallstones being produced far exceeds the amount expelled. As a result, the tiny 3 x 1½ inch gallbladder can be stretched as big as a large grapefruit and packed with gallstones. By then, if you even think about eating, you can become nauseous. That's just about the time you end up in the doctor's office begging him to cut out your gallbladder and put you out of your misery.

According to medical statistics, 20 million people in the U.S. know (because they have been diagnosed) that they have gallstones. If that figure is correct, there must be 10 times that many people who have them and don't know it. The reason I say that is because nine out of ten people who come into my shop complaining of the very symptoms that are associated with gallstones, haven't a clue what's causing them. I'm not saying their figure is wrong. Actually, I'm even amazed at how many people there are who reportedly know!

More About the Gallbladder

Here are some more reasons why it's so important to clean this 3 x 1½ inch sac on the bottom of the liver. Gallstones can be as small as a grain of rice or as big as a large marble. There can be just a few rice-sized stones or thousands of varying sizes. The stones can become compacted together and fill the gallbladder, leaving no room for bile. That means no bile is being pumped into the small intestine at the intended stage of digestion. Stones can become lodged in the bile duct and since the pancreas and gallbladder use the same passageway to the intestine, the bile can back up into the pancreas causing a condition known as pancreatitis, a life threatening infection.

An advance case of gallstones can cause you to become anything from slightly nauseous after a meal, to throwing up anything that you eat. A gallbladder attack will produce severe pain on the right side under the rib cage, can extend into the stomach area and even go up the back and into the right shoulder. When the gallbladder is packed with gallstones the bile can't get out and gets absorbed into the blood stream, causing the eyes and skin to turn a "yellow" color, a condition known as jaundice. By the time you turn yellow you've usually been experiencing digestive distress for some time, and when you can't keep food down you become weakened, and bile absorption only adds to the ill feeling.

When you end up in the doctor's office or the emergency room having a gallbladder attack you will more than likely be told that your gallbladder is "diseased" and must be removed. That's what everyone's told. But the

only time that would actually be true is if it were gangrene. If it's not, you can just clean it out, not cut it out.

So if you've been instinctively avoiding fatty or rich foods because you don't feel well after you eat them, or are experiencing any of the following: burping and belching, headaches, the feeling that your food is not going down, a stitch to excruciating pain on the right side just under the ribs, slight upset stomach to nausea and vomiting after eating, yellowing of the skin and eyes or hives - you need to clean out your gallbladder. The first thing you do on The Better Body Program™ is the Digestive Tract/Gallbladder Cleanse and Repair. This will flush the compacted fecal material from the intestines, the gallstones from the gallbladder and reestablish your beneficial intestinal bacteria.

Mother-in-Law #1 - Gallbladder Attacks

Let me tell you how I came to have this particular cleanse. My first husband's mother had been complaining of being nauseous every time she ate for about two weeks, and for the last two days before she went to the doctor, she had not been able to keep her food down. One morning she came to work and was yellow from head to toe. We took one look at her and backed away about ten feet. We told her husband to get her to a doctor. Not knowing anything about gallstones at the time, we thought she had hepatitis. She went to the doctor and returned several hours later happily reporting that it was not, as we had suspected, hepatitis but gallstones. She told us that the doctor wanted her to check into the hospital immediately to have the gallbladder removed because, in his words, "it was diseased".

My ex-mother-in-law had no intention of letting that doctor cut her open, and headed straight for her holistic doctor where she was given the gallbladder flush on this program. She did the flush as soon as possible and retrieved 250-300 good-sized gallstones from her stool. She placed them in a very large vitamin bottle and took them to the doctor who wanted to cut her open. She handed him the bottle and told him how she had gotten them out. He looked in the bottle, looked at her and shook his head. He said he wasn't sure they were gallstones and would have to send them to the lab to be analyzed. In short...he didn't believe her. I doubt if he had ever even seen a gallstone in his whole career. When people go to the hospital, a surgeon cuts out their gallbladder and sends it to pathology. They don't send it back to the general practitioner so he can eyeball it.

She did the gallbladder flush each Saturday for six weeks during which she expelled over 1,000 stones and cupfuls of gravel. Her gallbladder was not diseased. Nor was it necessary to remove it. This happened about 25 years ago and she and her gallbladder have been just fine ever since.

Mother-in-Law #2 - Dies From Gallbladder attack

During a visit from my second mother and father-in-law, I found out that she had been suffering with gallbladder attacks for quite a few years and was on some sort of medication for it. My husband convinced her to do the gallbladder flush. She expelled a ton of gallstones and felt a bit better. Knowing that was just the tip of the iceberg my husband told her she needed to do it again. She politely declined saying that it wasn't something she wanted to use her vacation with us doing. We didn't push and it turned out to be the worst mistake we could have made.

The vacation finished and they returned home. A few months later was her birthday and after a birthday dinner and cake she suffered a gallbladder attack and had to be rushed to the hospital. She went into a coma and her blood pressure was so low they could not operate on her. They tried to get the blood pressure up so they could take her gallbladder out but could not. She never came out of the coma and dies three days later. She died from pancreatitis. A gallstone became lodged in the common bile duct and the bile backed up in the pancreas and poisoned her to death.

If both mother-in-laws had known about and done gallbladder cleansing on a regular basis, the first could have avoided the weeks of illness and the second could have avoided death. So it's for three reasons that I've included this cleanse in my overall health program: (1) to clean out any stones that may be in the process of forming so that the gallbladder can do its job, (2) to give anyone who needs it, or knows of anyone who needs it, an alternative to having their gallbladder removed, and (3) so that people can avoid death from gallstones.

Remember that the gallbladder is situated between the liver and the small intestine for a reason. It's a storage compartment for the watery bile, where it thickens to the correct consistency after leaving the liver. If your gallbladder is removed, your liver is attached right to the small intestine (via the bile duct). Because the liver makes bile on a continuous basis, it's constantly pumping bile straight into the small intestine. The bile is thin and watery, and will not be the correct consistency to break down the fat and oil in your diet. If they're not broken down into fatty acids, over time you'll develop diseases whose underlying cause is fatty-acid deficiency.

Having a gallbladder even half full of stones will start you on the road to disease. So don't think that just because you're not throwing up your food, you don't need to clean your gallbladder. Anyone can have gallstones from age 9 to 90. The two youngest people who have done this cleanse were 9 and 18, the oldest was 76 and they all expelled gallstones. Gallstones begin their life in your liver, so even if you don't have a gallbladder you still need to clean the stones from your liver. One man who did the Digestive Tract/Gallbladder Cleanse and Repair didn't have a gallbladder and still expelled over 1,000 stones. We were both

amazed.

The human body is the most amazing machine on earth. It's made up of a "bunch" of different systems all connected together and every organ and part is needed to perform, in turn, a job in the daily activity of keeping the body alive. You can never, exactly duplicate Mother Nature after you take out an organ or part of the body. If you remove something, you may still be able to function, but over time other problems will develop that stem from the removal of that necessary part of your body. Sort of like taking the doors off of your car - it'll still run but rain, dirt and other things will get in, and in time ruin the car. Removing any part of your body should only be done in an actual life-threatening situation and only as a last resort. And when I say "last resort" I mean only after you've gotten ten second opinions and explored all the alternative routes you can find (which includes searching the Internet for possible information about your condition), because main-stream medicine doesn't know about all the alternative treatments available, this one about gall stones being a great example. But you should never put yourself in a position where you need to make a decision like that in the first place! And you can do that by keeping your body as clean on the inside as you do on the outside. If you do that, you should be able to keep all your body parts.

Also Replenish Your Intestinal Bacteria

There are over 400,000 "families" of organisms in your digestive tract and each of those families has about 1,000 children. At this point I'm just going to talk about the bacteria families. (Definition - bacteria: micro-organisms that usually have one cell and multiply by simple division.) Some bacteria are bad and cause disease and some are beneficial and help keep you disease-free.

You can divide the bacteria families into two main categories: beneficial bacteria (the good guys) and harmful bacteria (the bad guys). Both categories of bacteria (good and bad) feed on the food you eat as it travels through your digestive tract, and in doing so help you break it down.

The bad guys feed predominately animal products like: red meat, pork, lamb, chicken, turkey, fish, shell fish, eggs, cheese, milk, butter, yogurt, sour cream, ice cream, tofu, tempeh, whey, protein powders, etc., to name a few. Once fed, they eliminate their waste products into your intestines. Those waste products consist of five chemicals that are extremely poisonous to the human body. The longer food remains in the digestive tract, the more the bad bacteria feed on it, the more they multiply, and the more poisons they excrete.

The poisons they produce get absorbed into your blood stream and get taken straight to your liver, where they must be "neutralized." Neutralizing the poisons uses raw materials (that your body obtains from your food) that are supposed to be used to build and repair the cells of

your body. In addition, the cells of your liver can become so congested with toxins that they start dying off, which is the beginning of liver disease. The bad bacteria are called “putrefactive” bacteria because that’s what they do - they putrefy the contents of the bowel. You can tell when there is an over-abundance of putrefactive bacteria because you’ll develop gas, bloating, bad breath, a white coating on your tongue, and a yeast-like fungus infection (candida albicans); plus, when you pass that gas it will smell awful! What you’re smelling are those five poisonous chemicals the bad bacteria produce. The worse the gas smells and the whiter your tongue, the more bad bacteria you have in your intestines.

Not only do the five chemicals that the bad bacteria excrete poison you, they also kill your good bacteria! At this point you may be thinking, “Well, I’m not going to eat animal products anymore,” but that’s not the solution to the problem. Proteins are extremely important in order to have a healthy body, but they should be hormone- and antibiotic-free.

Now for the good guys. There are several families of good bacteria, but the two most familiar are acidophilus and bifidus. These bacteria break down food in the intestines too, but they feed on all categories: carbohydrates, proteins, fats, oils and fiber. Once they have eaten they too excrete their waste material, but what they excrete is very beneficial to the human body. They excrete such things as: vitamin-K (our blood clotting factor), folic acid, B-12, lactic acid, acidic acid (both of which help the bowel move), and, the biggie - anti-bodies - that keep the bad guys (putrefactive bacteria, candida albicans, etc.) down to harmless levels.

Something that’s little known about the good bacteria is that there are two categories of it, “transient” (Definition: staying only for a short period of time) and “intransient” (Definition: staying permanently.) The intransient bacteria actually stay in the intestinal tract and grow along the walls. They do not go out with the bowel movements. The transient bacteria live in the fecal material and go out with each bowel movement. The bad bacteria kill off both the intransient and the transient bacteria, which is then expelled with the fecal material. This is why they both need to be replaced on a regular basis by supplementation.

It’s a shame that it’s necessary to take supplements with our food, but we just don’t get many of the nutrients we need from it any more. That’s because they’ve been destroyed by nutrient-poor growing soils and processing. Beneficial intestinal bacteria is one such casualty of food industrialization. We used to get plenty of good bacteria until pasteurization of milk began. Pasteurization is the process of heating milk hot enough to kill the bacteria that spoil it. The trouble is that it also kills the good bacteria and the enzymes that help you digest it. All to give it a longer shelf life.

Seventy percent of your immunity is in your intestines. So keeping them clean and supplementing with beneficial intestinal bacteria and digestive

enzymes are three of the things you should do every day for the rest of your life! You should always make sure you have an extra supply of both on hand so you never run out.

How Will I Know When The Balance is Right?

You can monitor the progress of replenishing your good bacteria to healthy levels by paying attention to the smell of gas and bowel movements and inspecting your tongue every morning. If you experience foul-smelling gas and bowel movements, there is too much of the bad bacteria in your intestines and you should take steps to correct it. When the balance is back to optimum levels your tongue will be a healthy pink with no cracks, fissures or red spots on the end. The way to check this is by brushing your teeth and then brushing your tongue. The cracks and fissures are actually your taste buds clumping together. So, if after you brush your tongue you see any whitish coating, cracks or fissures, it means that the bad bacteria and fungus are overgrown.

You cannot completely rid your intestinal tract of candida or the bad bacteria, you can only keep it under control and the way to do that is to have a greater number of the good guys than the bad guys. To correct that ratio start with the first cleanse, Digestive Tract/Gallbladder Cleanse and Repair. On this cleanse you will flush the decaying fecal material from your intestines and the gallstones from your gallbladder. Then begin the process of replenishing your good intestinal bacteria. How long this process will take depends on how bad the overgrowth was to start with.

Keeping your intestinal tract working properly is one of the most important things you can do to become and stay healthy. One of the main reasons the bowel stops working properly is that you have killed off your good bacteria, and many people have done that by use of the following...

Antibiotics

Most people have taken antibiotics, but they don't fully understand what they are and what they do. If they did, I don't believe they would take them with such wild abandon. "Anti" means "operates against" and "biotic" comes from a Greek word meaning "life." (Definition - antibiotic: **destroying or stopping the growth of bacteria and other organisms.**) In plain terms, antibiotics kill other living organisms, namely bacteria. Antibiotics do not kill anything but bacteria. So they won't help you when you have a virus, like a cold or the flu.

The problem with antibiotics and antivirals (they kill viruses) is that they bypass the body's built-in system for handling the problem - the immune system. There is always a certain amount of immune cells cruising around in the blood stream. They are sort of like sentries keeping a

watchful eye on everything. As soon as they find something that should not be in the human body they spring into action and start destroying it. The increased activity creates a call for reinforcements, sort of like ringing the bell at every firehouse in town and telling the rest of the firemen to come and help.

Those additional fighters are the immune cells that are stored outside the blood stream and they need to be let in. That happens by little doors in the blood vessels swinging open and the reinforcements rush in. When this happens it creates more volume in the blood and the blood vessels dilate (increase in diameter). When the blood vessels dilate it sends them closer to the surface of the skin and the body begins to heat up, which raises the temperature. Also, the increase in blood flow and activity causes more friction, which also contributes to the temperature rise. That rise is known as a fever and is the sign that the immune system is doing its job. This is why you do not want to stop a fever unless it becomes life threatening, like 105 and above. You may have heard the saying “starve a cold, feed a fever.” Well, that means that when you have a fever you should “stoke the fire.” Take a hot bath, wrap yourself in a warm blanket and drink some hot liquid (like peppermint tea). This will help raise the temperature causing the immune activity to speed up. Soon the fever will “break” (go down) and you will begin to sweat (the body’s way of cooling down). This doesn’t mean that all is well but at least the worst is over. Sometimes you can become re-infected by a family member or colleague and have to repeat the process again. The point is that this is how the body is engineered to handle most problems. And by the way, “starve a cold” means to eat something light, like chicken soup, and drink plenty of fluids containing vitamin C.

Antibiotics will kill offending bacteria in the blood stream, but they also kill the beneficial intestinal bacteria - and about 50% of your immune cells in the process. This leaves you with a crippled immune system that has even less ability to defend you against the next invasion. Plus, the more antibiotics you take the more your body builds a resistance to them. So over time you have to take stronger and stronger ones and the cycle continues until at some point your body’s own defense system won’t work and neither will the antibiotics. Then you’re up the proverbial creek without a paddle.

You may not be using prescription antibiotics but you may still be getting antibiotics into your body by consuming commercially raised livestock. The beef, pork, chicken, etc., that you purchase in the store were fed antibiotics on a daily basis in their food as a preventative measure to keep them from getting sick and spreading it to the rest of the herd or flock. So it’s always better to eat hormone- and anti-biotic free animal products whenever possible.

The use of antibiotics has gotten way out of hand! Most people run to the doctor for a prescription at the first sign of a sniffle. I’m not saying

you should never take antibiotics, but if you'd just let nature take its course the majority of the time you'd find no need for them. If you give your body the hormones and nutrients it needs, you're less likely to become ill in the first place, but if you do, chances are it will not be as severe. It's always better to give nature's remedies a chance before resorting to drugs and unnatural methods. So please, only use antibiotics in an emergency. Also, we manufacture a product that actually forces your body to make more immune cells and doesn't kill off any good bacteria. If I get a cold or flu, which is a rare occurrence, I use it and get over it in a couple of days.

Kill the Parasites

The next thing that needs to be addressed for optimal intestinal health is parasites. (Definition - parasite: a plant or animal that lives 'on' or 'within' another from which it gets food. Examples: mistletoe (plant) and flea (animal)). The following data comes from extensive research in medical textbooks on parasites, not from hearsay or through the alternative health field.

Some parasites attach themselves to the walls of the intestinal tract with their teeth or suckers and suck the blood right from the tissue, like a baby sucks milk from its mother's breast. Some simply absorb their food from your blood. Either way they thrive off the nutrients that are meant for you, which depletes you of vitamins, minerals, and blood (which can leave you anemic). In fact, the parasites are actually healthier than you are!

For them it's like living in a grocery store. They feast on the food you provide them each day. After they digest their meals, they dispose of their waste products right into your intestines. Those waste products are as poisonous to the body as the chemicals from the bad bacteria and also end up in your liver. So you need to get rid of these uninvited intruders.

There have been a few people who were offended when I suggested they do a parasite cleanse, and as the conversation continued I discovered that they thought that only people who lived in filthy conditions would have parasites. Since they didn't live in filth, they assumed they were parasite-free. At one time I too thought there may be people who didn't have parasites and that the only way to be sure was to do a test. So I started looking around for a home sample-collection kit that could be sent to a lab for parasite testing. I did find a couple of them but the sticker price was \$250-\$350, depending on which lab you sent it to. Also, it tested for several amoebas (one-celled animals such as Giardia, Salmonella, E. coli, etc.) and only one worm. That wasn't what I was looking for and it sure wasn't in a price range the majority of people could afford.

Also each medical text I read said that fecal testing for parasites was inconclusive. The test could say you didn't have any when you actually did, so what good is the test? If testing can't tell people conclusively whether or not they have parasites, how are they supposed to find out? The answer to that is in how these critters get into the body in the first place, which is through food, soil, water and contact with animals. Since everyone eats food, drinks water, and most people have contact with animals, it's pretty obvious that we don't need to spend \$250-\$350 to tell if we have worms.

Hookworms (Roundworm Family)

Hookworms are at the top of the three most common parasites found in the human body. They enter through contact with contaminated food, soil, water and animals. The eggs are excreted onto the ground by animals, through their feces, where they hatch and get distributed when it rains. When you walk around outdoors without shoes or in sandals they burrow through the feet and enter the blood stream. Eating vegetables and drinking water that contain the newly hatched larvae (plural of "larva": the immature form of an insect) also allows them to gain access to the blood stream through the intestinal tract. Once in the blood, they're carried to their habitats (habitat: the place where a living organism is usually found) throughout the body.

Cats are a host for hookworms. They lick their anus, then their fur, then you pet the cat and get the larvae on your hands, and in through your skin they go. The same goes for dogs, except they don't lick their fur after their anus - they lick your hands, face, mouth, etc., and in go the larvae. Never let an animal lick your face or mouth and always wash your hands after petting any animal. Make sure that you de-worm your pets with herbs (and keep them on maintenance) or take them to the vet every three months. Don't get freaked out and get rid of the pets, just make sure you know what is needed to keep their parasites under control and out of you and your family.

The members of the hookworm family range in size from 1/100th the size of a red blood cell to almost three inches long. They go through four stages of growth, and reach full maturity in just six days, after which the female is fully capable of laying 5,000-10,000 eggs per day without the assistance of a male, and each worm can stay attached to the internal organs for up to five years.

Hookworms have a jagged-toothed mouth, with which they attach themselves to the organs or blood vessels of their host and suck the blood and tissue-juices. They do this by drawing a chunk of flesh into their mouths and sucking much the way a baby suckles its mother's breast. They need a constant supply of blood to survive so they "gnaw" on the tissue they're attracted to, which stimulates the secretion of an anticoagulant (**Definition - anticoagulant: a substance that prevents**

blood clots from forming) from the base of each tooth into the blood stream to keep the blood flowing. This ensures they have a constant supply of food-rich blood. The gnawing also irritates the tissue, which brings immune cells to the area in a futile attempt to heal the damage from the worm's teeth.

Hookworms infest the blood stream, lymph glands, heart, lungs and intestines. When they infest the lungs, they cause the host to be very susceptible to lung infections, colds and flu, pneumonia, asthma and even cancer. Even if a person with hookworm infestation does not develop a serious disease, the presence of these worms overtaxes the immune system and greatly reduces the amount of oxygen being taken in through the lungs.

Over time, hookworms cause anemia due to the draining of blood. A large infestation can be responsible for over four ounces of blood loss per day. The anemia becomes apparent as the skin becomes pale and dull and the energy level of the person drops. The more worms, the weaker the person, and eventually exhaustion ensues. People suffering from hookworm infestation tend to be labeled as "couch potatoes," "lazy," mentally "slow" or "stupid."

Intestinal hookworms cause intermittent to chronic diarrhea, dehydration, loss of precious electrolytes (minerals), gas and abdominal discomfort. Not only do they irritate the bowel by attachment but after feeding they excrete substances that tend to keep the pH in the bowel too acidic so it's constantly trying to evacuate its irritating contents. Blood loss also occurs due to hemorrhaging and can be seen in the stool.

They also cause irritation to the organs by causing a bacterial infection not only at the site of attachment but by bacteria entering the blood stream and spreading throughout the body. As the bacteria spreads, it can cause infections in other organs and areas of the body.

Pregnancy complications can also arise for an infested, expectant mother. Miscarriage and stillbirths are the most common occurrences. Because mom's body is so depleted of iron, and many other nutrients, the developing fetus is not supplied with its raw materials and so cannot develop properly. Miscarriage is the body's way of getting rid of a fetus that has not developed properly.

The lymphatic system contains small spheres called "lymph nodes." These nodes contain immune cells, which are virtually little clean-up crews. When fluid from the blood enters the nodes the clean-up cells "eat" the garbage and send the clean fluid back out to pick up more trash and bring it back for disposal. Hookworms live in the lymph nodes and clog them up. Once clogged, the nodes are diverted from their job of cleaning to trying to rid themselves of the unwanted intruders and their excrements. This greatly reduces the body's immune power.

Hookworms in the heart can lead to: breathlessness after slight exertion, enlargement and palpitations of the heart, weak and irregular pulse, heart blockages, and even heart failure. These parasites find the heart a bountiful home as it's filled with nutrient-rich blood, their favorite food.

The most general symptoms are paleness, tiredness, weakness, flabby and tender muscles, edema (water retention) that causes the face to become puffy, reduced perspiration, intermittent fever, and drastic and frequent changes in the appetite. Often the host will chew on odd substances such as pencils or wooden objects, eat dirt or have odd cravings. These cravings and odd habits are an attempt to replace lost vitamins and minerals - iron in particular. Close to 90% of the world's population is infested with this insidious invader and suffer the symptoms which almost one for one go "un"- or "mis"- diagnosed.

It has also become increasingly common for our vegetables to be contaminated with hookworm larvae (not to mention E. coli). When America signed the North American Free Trade Agreement (NAFTA) with Mexico, Mexican farmers took over the American tomato market (which, incidentally, put many of our tomato farmers out of business). Six months after that signing, I watched a documentary which showed the standards under which food crops are grown in Mexico. It showed two large fields with an irrigation canal running through the middle of them. Along one side of the canal were outhouses that dumped human waste right into the canal. Women were washing clothes in this water, children were swimming in it, and huge sprayers were irrigating the crops on either side of the canal with that same fecal-contaminated water. I have never bought produce grown in Mexico since.

Ever so often I catch a news report about an outbreak of illness and deaths from eating food contaminated with E. coli (which comes from fecal contamination) and the precautions that should be taken. These reports are becoming more and more frequent. I have seen whole cooking shows devoted to the safe preparation of fruits and vegetables grown on the ground. It used to be that the only thing we had to worry about was making sure we got the pork roast cooked through to the center. Now just about anything we buy has to be sterilized once we get it home to make it safe for human consumption, due to its growing conditions.

Not all stores tell you where the produce they carry comes from so always ask and make sure not to buy anything grown in Mexico. You have less control over your food in a restaurant, which is why I pretty much avoid them (plus, I've worked in them and know what goes on behind the scenes).

Flukes (Flatworm Family)

Flukes are an oval-shaped flatworm. The male is a little over 1/4 to 1/2 inch long, and the female can be two to three times that length. The flukes that inhabit the human body can be divided into four groups: blood flukes, lung flukes, liver flukes and intestinal flukes. Flukes live for many years, laying several eggs at a time. This parasite goes through a few changes of host during its life cycle and since the second-to-last host for this parasite is a snail, fluke larvae will often be found in lakes and ponds. The larvae are often ingested with infected water or burrow into the body through the skin while a person swims. They can also enter the body by swimming into the urinary passages of men and women, as well as a woman's vagina. If ingested with water, they burrow through the skin in the mouth and intestinal tract to enter the blood stream. If they enter by way of the urinary tract, they often end up in the bladder.

Fluke larvae can also enter the body through eating raw fish. Lox is raw salmon and much of sushi is made with raw fish. If flukes enter through the digestive tract, they can soon burrow through the tissue and enter the abdominal cavity. Once there, the female starts to lay her eggs on the "outside" of the organs - the liver, bladder, lungs, vagina, ovaries, small intestine, large intestine, etc.

The eggs have little spiny hairs on them that allow them to burrow through the tissue of the organ, which irritates it. In response to the irritation the immune system builds a little fiber casing around the egg to stop its migration and soon the parasite inside dies. The encysted eggs then becomes blackened and calcified. After several months the tissues of the organ becomes inflamed, thickened and fibrous due to the encasement of numerous eggs. This condition gets worse as more and more eggs get permanently embedded.

In the intestines this leads to digestive disorders such as constipation, occasional diarrhea, appendicitis, polyps, ulcerations and often cancer. The depositing of eggs in the liver leads to fibrous tumors and a gradual shrinking of the liver. As the liver shrinks, the spleen enlarges and the abdomen becomes bloated while the rest of the body becomes emaciated. Remember seeing pictures of children in foreign countries who were starving and had huge bellies? They were infested with liver flukes.

The lungs and heart can also be affected by eggs migrating through them. Some flukes even manage to get into the general circulation and find their way to the brain.

When fluke eggs, burrowing from the outside of the intestines, reach the inside, they encase themselves in tissue to complete their development. The small nodules they form are known as "polyps." When the polyps hatch, they bleed. This is one of the reasons some people experience blood in their stool. People have bled to death due to large numbers of

polyps hatching in their intestines. When the eggs hatch in the bladder, you can experience irritation and blood in the urine. Prostate problems can develop from an infestation of parasites in a man's urinary tract. When they complete development in the vagina, the egg casings are called "fibroids" (this does not mean that all fibroids are flukes, just the very small ones), and in the liver they can create cirrhosis. One medical book shows a brain tumor, caused by flukes, that killed the person. Flukes that make their way into the lymphatic system feed on your immune cells which greatly reduces your immune defense and can lead to cancer of the lymph system.

Pin Worms (Roundworm Family)

Pinworm females are 3/4 to 1 1/2 inches in length and the males are about 1/4 inch. They are little white worms that can be seen wriggling in the stool after bowel movements, an internal flush or an enema. They live in the blind-end pouch (the cecum) where the small and large intestines connect, and in the appendix which hangs off the cecum. The pregnant females (containing about 11,000 eggs each) migrate to the rectum and leave through the anus.

Contact with the air stimulates the female to give birth and a trail of little black eggs is left behind as the worm crawls. They lay their eggs on the skin surrounding the anus and head back to re-enter the intestine. If the female doesn't make it back into the intestine, she will dry out and explode showering her eggs into the air. The eggs take 4-5 weeks to hatch and grow to full maturity.

Pinworm eggs gain access to people in various ways but most commonly via air or the hands. The movement of pinworms in and around the anal area causes intense itching, which results in scratching and the eggs getting caught under the fingernails and eventually reaching the mouth. The eggs are propelled into the air when sheets and clothing contaminated with eggs are shaken or moved. They can be inhaled at that point or settle with the dust and be inhaled at some later time. Eggs in an infected household can be found not only on the hands and bed clothing, but on towels, washcloths, soap, floor, furniture, light fixtures, window sills, ceiling fans, moldings over doors, etc.

The migration of the pinworms through tissue can cause allergic reactions, loss of sleep, restlessness, nervousness and sexual disorders. In women, the worms can cause vaginitis and can even get into the fallopian tubes or the abdominal cavity, where they become encysted. Burrowing worms may cause inflammation in the region where the small and large intestine meet which can cause abdominal pain and digestive disturbances. Young pinworms are often found in removed appendices.

When one member of the family is found to have pinworms, the whole family should rid themselves at the same time, taking care to thoroughly

clean the house from top to bottom to avoid re-infestation.

Why Doesn't My Immune System Kill the Parasites?

A few people have told me that they didn't have parasites because they had a healthy immune system. It seemed logical until I watched a documentary on the immune system one day, and lo and behold there was our friend the hookworm happily swimming around in someone's blood vessels. The narrator explained that the immune system can't even see them, let alone kill them.

Everything that enters your body wears a sign of sorts that tells the immune system what it is. The immune system has a list of the things that are okay to be there. If it's not on the list, out it goes! Over the evolutionary life of the worm, they have developed a sign that says that they are human protein so the immune system thinks they're part of the body and doesn't kill them. An even simpler way to look at it would be that if the immune system did kill them they would not be there in the first place and we would never have known of their existence.

You will never be 100% free of parasites because they're as much a part of life as breathing. You'll always pick up new ones, you just need to deal with them routinely so they don't make you and your family ill.

Dissolve Kidney Stones

Kidney stones are very painful and the most common disorder of the urinary tract. More than 10 million cases of kidney stones are diagnosed each year. The number of persons diagnosed with kidney stones has been increasing over the past 20 years, and it's estimated that 10 percent of all people in the United States will have one or more kidney stone at some time in their life. Although stones occur more frequently in men, the number of women who develop kidney stones has been increasing over the past 10 years. This ancient health problem has tormented people throughout history. Scientists have even found evidence of kidney stones in an Egyptian mummy estimated to be more than 7,000 years old.

Most kidney stones pass out of the body without any intervention, but some can cause lasting symptoms or other complications, most of which do not involve major surgery.

The Urinary Tract

The urinary tract consists of the kidneys (two bean-shaped organs located below the ribs toward the middle of the back), two ureters (narrow tubes that carry urine from the kidneys to the bladder), the bladder (the storage compartment for urine waiting to be expelled), and the urethra (the tube that allows men and women to expel urine from the bladder).

The kidneys remove water and wastes from the blood, converting them to urine; keep a stable balance of salts and other substances in the blood; and contribute to the formation of red blood cells. Like a balloon, the bladder's elastic walls stretch and expand to store urine and flatten together when urine is emptied from the body.

There are three types of kidney stones. The most common contains calcium, urine salts and phosphates (chemicals which are part of a person's normal diet and make up important parts of the body such as bones and muscles). A less common type of stone is caused by infection in the urinary tract and is called an "infection stone." Even less common are the uric acid stones and the rare cysteine (a sulfur-containing amino acid found in many proteins and is a valuable source of sulfur to the body) stones. Gallstones and kidney stones are not related and form in totally separate areas of the body. If a person has gallstones, he or she is not necessarily more likely to develop kidney stones, but once a person develops one kidney stone, he or she is likely to develop more.

Fatty acids must be combined with dietary phosphates to be expelled by the kidneys. A low-fat, high-carbohydrate diet will bring about a deficiency in fatty acids, causing the retention of phosphates and the formation of kidney stones. Stones also form when the body absorbs too much calcium from food and dietary supplements, and empties the surplus into the urine. This high level of calcium in the urine causes calcium crystals to form stones in the kidneys and/or urinary tract. Kidney stones also develop from other crystals that can't be fully dissolved into the urine and carried from the body. They settle out of the urine and build up on the inner surfaces of the kidneys or develop into kidney stones. Some kidney stones are small enough to travel through the urinary tract and pass out of the body with the urine without being noticed, but others will grow larger and larger and become too big to pass, which causes intense pain.

Symptoms of Kidney Stones

Symptoms of kidney stones can be anything from a dull ache in the lower back to a sharp, cramping pain in the back and side area of the kidney or in the lower abdomen. The pain can begin very suddenly if a stone moves into the urinary tract, causing irritation or blockage. Sometimes nausea and vomiting occur with this pain. Later the pain can spread to the groin. If the stone is too large to pass easily, the pain continues as the muscles in the wall of the tiny ureter (the tube that allows urine to flow from the kidneys to the bladder) try to squeeze the stone along into the bladder. As the stone moves down the ureter, closer to the bladder, blood may be found in the urine and a person may feel the need to urinate more often or feel a burning sensation during urination. If fever and chills accompany any of these symptoms, an infection may be present. Sometimes "silent stones" (those which produce no symptoms) are found on x-rays taken during a general health exam and usually pass

unnoticed. A simple and important change that can be made to prevent kidney stones from forming is to drink more liquids. A recurrent stone former should try to drink enough liquids throughout the day to produce at least two quarts of urine in a 24-hour period.

The Kidney/Bladder step of The Better body Program™ will provide the herbs to aid your body in dissolving any stones or “build-up” in the kidneys.

There are two different colors of kidney stones, almond colored and purple. When you start dissolving either of these stones they can turn the urine either of these colors. Many people have reported their urine becoming very cloudy, or looking like they were urinating soy milk, as they passed the dissolved stones. One person reported passing very dark purple urine that progressively lightened over a two-week period of time. So watch for this during your cleanse.

Once you have completed the Kidney/Bladder cleanse, you can make a few changes in your diet and help yourself prevent more stones from forming.

Clean and Strengthen the Liver, Blood and Lymphatic Systems

Your liver is the largest organ on the inside of your body and the most diverse because of its many jobs. Some of these are: receiving nutrients from the intestines (via the blood stream), converting and storing sugars, breaking down incoming amino acids and assembling them into proteins, making fatty acids, converting ammonia into urea, neutralizing toxic substances in the blood, manufacturing clotting and anti-clotting factors, manufacturing bile for storage in the gallbladder, making red blood cells for the fetus in pregnant moms, making blood proteins, and storing vitamins and minerals such as: B-12, A, D, E, K (the blood clotting factor) and iron. It's the main source of heat for the body, helps regulate how much blood you have, and kills bacteria in the blood stream. Wow, the liver does a lot of stuff!

The liver is filled with tiny blood vessels, which are lined with big immune cells that eat the toxins out of the blood brought to it. These same kind of immune cells filter and clean toxins from the blood at several points in the body, but they can eat so much that they die from toxic overload. Then the toxins can't get filtered from the blood and reenter the blood stream. If this process goes on too long your body can start to develop different diseases.

The thing to do about this situation is to make sure the bowels keep moving so poisons don't develop in the intestines and end up in the liver, clean the immune cells of all the organs that filter blood, make the body manufacture loads of new ones, and clean the liver. You don't want toxins you have cleaned from your organs to circulate in the blood

stream and lymphatic system, so you need to flush them from the body at the same time. That's why I have combined cleansing the liver, blood and lymphatic system into one step of the program, which lasts two weeks.

Now Maintain It!

Once you've gone through the time and expense of cleansing and repairing your body, you should keep it that way. You can make a big mistake at this point by thinking that because you've completed the program you're finished dealing with your body - your not - it's just the beginning. You must maintain the work you've done to keep it in its current state of health. This is where the maintenance step of the program comes in. It prompts you to use the information you've obtained from The Better Body Program™ to maintain your newfound state of health and avoid getting into an unhealthy condition again. Although there are additional benefits from doing The Better body Program™, the data in this booklet covers the main areas it can help you with.

No Other Programs Please...

If after evaluation you do decide to put yourself through The Better body Program™, you should not combine it with any other program at the same time. Through the years people have called to ask questions about something that was or was not occurring during their program, and with questioning I found that they were actually using other products and doing other programs during this one. Every person is an individual and can respond differently to the herbs and nutrients on this program, and if you are mixing programs and products outside this one it makes it almost impossible to tell what's causing the problem.

I have spent a lot of time and effort researching what can go wrong in the body, what to do about it, and developing products that will help remedy it. I know what results you will get from The Better body Program™ if you use the products as recommended, but I cannot predict the results if you choose to use substitute products. Look at it this way: you're spending a lot of time and money to handle something very important - your health. Why take a shot in the dark to save a dollar or two? You're doing this program because you want results and you want to handle your body. With the products on this program you can get what you're looking for. So enjoy the program and call us if you have any questions.

Keeping Track of the Program

Even though the steps of this program are laid out individually, they overlap. Therefore it can be a bit difficult keeping track of what you need to do each day. To help solve that problem I have provided a reminder chart. You will still need to refer to the individual steps for their details but the chart will help you in making sure you don't leave anything out each day and remind you of what you need to do.

Digestive Tract/Gallbladder Cleanse & Repair

Upon rising:

- ❖ Put 1 heaping tablespoon of Epsom Salt and 1 rounded teaspoon of Super Chlorides in a clear, 12-ounce glass.
- ❖ Add 6 ounces of warm water and stir until dissolved. Make sure you can see that it's dissolved.
- ❖ Once dissolved, add 6 ounces of your favorite juice.
- ❖ Stand over a sink and drink the mixture straight down.
- ❖ Chase it with a couple mouthfuls of water.

1/2 hour later you may eat breakfast:

- ❖ Eat a light protein-rich breakfast.
- ❖ Take 1 Super Strength Enzyme capsule with the first mouthful of food.
- ❖ Take 1 Provide multi-vitamin-mineral capsule.

Lunch:

- ❖ Eat a light protein-rich lunch.
- ❖ Take 1 Super Strength Enzyme capsule with the first mouthful of food.
- ❖ Take 1 Provide multi-vitamin-mineral capsule.

Dinner:

- ❖ Eat a fruit salad (any kind of fruit) with at least (you can eat more if you like) 8 ounces (½ pint) of heavy whipping cream. Do not whip the cream! You may add sweetener to the fruit salad if you like.
- ❖ Take 1 Super Strength Enzyme capsule with the first mouthful of food.
- ❖ Take 1 Provide multi-vitamin-mineral capsule.
- ❖ No solid food the rest of the night.

For the next 4 hours:

- ❖ Do everything you need to do before going to bed. Wash the dishes, walk the dog, shampoo the rugs, build a new house, etc.
- ❖ Go to the bathroom as needed.

Exactly 4 hours after dinner:

- ❖ Put 2/3 cup organic olive oil and 1/4 cup grapefruit, orange, lemon or lime juice in a jar, shake well and drink. You can use a straw if you like. If it separates while drinking it put the lid back on and shake it again.
- ❖ As soon as you finish the oil and citrus mixture, go to bed!
- ❖ Lie on your right side with your right knee drawn up for 1/2 hour, this allows the oil to drain from the stomach.
- ❖ DO NOT get out of bed unless you absolutely have to. Read, watch TV, or just go to sleep.

Upon rising the next morning:

- ❖ Put 1 heaping tablespoon of Epsom Salt and 1 rounded teaspoon of Super Chlorides in a clear, 12-ounce glass.
- ❖ Add 6 ounces of warm water and stir until dissolved. Make sure you can see that it's dissolved.
- ❖ Once dissolved add 6 ounces of your favorite juice.
- ❖ Stand over a sink and drink the mixture straight down.
- ❖ Chase it with a couple mouthfuls of water.

1/2 hour later you may eat breakfast:

- ❖ Take 1 Super Strength Enzyme capsule with the first mouthful of food.
- ❖ Take 1 Provide multi-vitamin-mineral capsule.
- ❖ Once you start having bowel movements, watch for gallstones (roundish objects that are yellow, green, rust color, or black, and float) in your stool. You may have only a few actual stones and a lot of what is called "gravel." It looks sort of like chewed-up pistachios nuts. Sometimes they come out later in the day.
- ❖ As needed: if you expel at least 20 gallstones and/or 30 pieces of gravel, you should repeat this flush in one week and each week (at one week intervals) until you stop expelling stones and/or gravel.

Following your flush:

- ❖ Flush with the Epsom Salt and Super Chlorides one to two times per week.
- ❖ Take 1-4 Bowel Mover capsules before bed when bowel movements become less than 3 per day.

Products used on this cleanse:

Products purchased from BonVida:

Super Chlorides
Super Strength Enzyme
Bowel Mover
Provide multi-vitamin-mineral

Products purchased from your local health food or grocery store:

Epsom Salt
Fruit salad
Heavy cream
Olive oil
Juices

	Morning	Afternoon	Evening
	Digestive Tract/Gallbladder Cleanse and Repair		
Day 1	Follow instruction for this cleanse		
Day 2	Complete the Digestive Tract/Gallbladder Cleanse		
Week 1 of Parasite/Kidney Cleanse			
Day 3	<p>1/2 capful Clarks minerals 10 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 1 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1 Parasite 1-4 Bowel Movers</p>
Day 4	<p>1/2 capful Clarks minerals 10 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 1 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1 Parasite 1-4 Bowel Movers</p>
Day 5	<p>1/2 capful Clarks minerals 10 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 1 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1 Parasite 1-4 Bowel Movers</p>

Parasite & Kidney Cleanse

Week #1

Each morning upon rising, on an empty stomach:

- ❖ Mix together; 1/2 capful of Clark's Original Mineral Formula, 10 drops of Lugol's Iodine*, 2 teaspoons of Super Chlorides Concentrate, 4 ounces of water, 4 ounces of juice, and drink it.

***DO NOT USE THE LUGOL'S IF YOU ARE ALLERGIC TO IODINE!**

- ❖ Take 1 Parasite capsule with the above mixture.
- ❖ Wait at least 1/2 hour before eating anything.

With every meal:

- ❖ Take 1 Super Strength Enzyme capsule with the first mouthful of food.
- ❖ Take 1 Provide multi-vitamin-mineral capsule.
- ❖ Take 2 Grapefruit Seed Extract capsules.

At the end of every meal:

- ❖ Take 2 Pro-Biotic 12 capsules.

Each day, 30 minutes before bed:

- ❖ On an empty stomach, take 1 Parasite capsule and 1 to 4 Bowel Mover capsules (as many as it takes for you to evacuate the entire contents of the bowel the next day).

Week #2

Each morning upon rising, on an empty stomach:

- ❖ Mix together; 1/2 capful of Clark's Original Mineral Formula, 5 drops of Lugol's Iodine*, 2 teaspoons of Super Chlorides Concentrate, 4 ounces of water, 4 ounces of juice, and drink it.
- ❖ Take 2 Parasite capsules with the above mixture.
- ❖ Wait at least 1/2 hour before eating anything.

With every meal:

- ❖ Take 1 Super Strength Enzyme with the first mouthful of food.
- ❖ Take 1 Provide multi-vitamin-mineral capsule.
- ❖ Take 2 Grapefruit Seed Extract capsules.

At the end of every meal:

- ❖ Take 2 Pro-Biotic 12 capsules.

Each day, 30 minutes before bed:

- ❖ On an empty stomach, take 2 Parasite capsule and 1 to 4 Bowel Mover capsules (as many as it takes for you to evacuate the entire contents of the bowel the next day).

For the next 30 days:

- ❖ Each morning upon rising, on an empty stomach:

- ❖ Mix together; 1/2 capful of Clark's Original Mineral Formula, 3 drops of Lugol's Iodine*, 2 teaspoons of Super Chlorides Concentrate, 4 ounces of water, 4 ounces of juice and drink it.
- ❖ Take 3 Parasite capsules with the above mixture.
- ❖ Wait at least 1/2 hour before eating anything.

With every meal:

- ❖ Take 1 Super Strength Enzyme capsule with the first mouthful of food.
- ❖ Take 1 Provide multi-vitamin-mineral capsule.

At the end of every meal:

- ❖ Take 2 Pro-Biotic 12 capsules.

Each day, 30 minutes before bed:

- ❖ On an empty stomach, take 3 Parasite capsules and 1 to 4 Bowel Mover capsules (as many as it takes for you to evacuate the entire contents of the bowel the next day).

Note: If you have any kidney discomfort while taking 3 Parasite capsules per day, drop down to 2 capsules until it's gone and then go back up to 3 per day.

Products used on this cleanse:

Clark's Liquid Trace Minerals
Lugol's Iodine

***DO NOT USE THE LUGOL'S IF YOU ARE ALLERGIC TO IODINE!**

Super Chlorides
Parasite
Super Strength Enzymes
Provide multi-vitamin-mineral
Grapefruit Seed Extract
Pro-Biotic 12
Bowel Mover

	Morning	Afternoon	Evening
Day 6	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 10 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 1 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1 Parasite 1-4 Bowel Movers
Day 7	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 10 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 1 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1 Parasite 1-4 Bowel Movers
Day 8	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 10 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 1 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1 Parasite 1-4 Bowel Movers

	Morning	Afternoon	Evening
Day 9	<p>1/2 capful Clarks minerals 10 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 1 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1 Parasite 1-4 Bowel Movers</p>
Week 2 of Parasite/Kidney Cleanse, now adding the Liver-Blood-Lymph Cleanse			
Day 10	<p>1/2 capful Clarks minerals 5 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 2 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture 2 Parasite 1-4 Bowel Movers</p>
Day 11	<p>1/2 capful Clarks minerals 5 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 2 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture 2 Parasite 1-4 Bowel Movers</p>

Liver-Blood-Lymph Cleanse

For the next 7 days:

Each morning upon rising, on an empty stomach:

- ❖ Mix together; 1/2 capful of Clark's Original Mineral Formula, 5 drops of Lugol's Iodine*, 2 teaspoons of Super Chlorides Concentrate, 4 ounces of water, 4 ounces of juice, and drink it.
- ❖ Wait at least 1/2 hour before eating anything.

With every meal:

- ❖ Take 1 Super Strength Enzymes capsule with the first mouthful of food.
- ❖ Take 1 Provide multi-vitamin-mineral capsule.
- ❖ Take 2 Grapefruit Seed Extract capsules.

At the end of every meal:

- ❖ Take 2 Pro-Biotic 12 capsules.

3 times a day:

- ❖ Drink 1/2 cup of Triple Cleanse Tea with 2 full droppers of Triple Cleanse Tincture in it.

Preparing the Triple Cleanse Tea:

- ❖ You will be making this herbal tea twice during this cleanse. This tea is very bitter so you may want to add some type of sweetener.
- ❖ To make the tea put 1/2 of the Triple Cleanse Tea herb mixture into a pan.
- ❖ Add 6 cups of purified water and cover with a tight-fitting lid.
- ❖ Bring the mixture to a boil.
- ❖ Remove from heat and let stand until cool.
- ❖ When cool, strain out the herbs, put the tea into a jar and add your sweetener.
- ❖ 30 minutes after each cup of tea: drink 8 ounces of purified water. DO NOT drink water that comes in or has been stored in soft plastic bottles, or jugs like the ones milk comes in.

30 minutes before bed:

- ❖ On an empty stomach, take 1 to 4 Bowel Mover capsules (or as many as it takes for you to evacuate the entire contents of the bowel).

Products used on this cleanse:

Clark's Liquid Trace Minerals

Super Chlorides

Lugol's Iodine

(DO NOT USE THE LUGOL'S IF YOU ARE ALLERGIC TO IODINE!)

Parasite

Super Strength Enzymes

Provide multi-vitamin-mineral

Grapefruit Seed Extract

Pro-Biotic 12

Bowel Mover

Triple Cleanse Tea

Triple Cleanse Tincture

	Morning	Afternoon	Evening
Day 12	<p>1/2 capful Clarks minerals 5 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 2 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 2 droppers of Triple Cleanse Tincture</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 2 droppers of Triple Cleanse Tincture</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 2 droppers of Triple Cleanse Tincture 2 Parasite 1-4 Bowel Movers</p>
Day 13	<p>1/2 capful Clarks minerals 5 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 2 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 2 droppers of Triple Cleanse Tincture</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 2 droppers of Triple Cleanse Tincture</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 2 droppers of Triple Cleanse Tincture 2 Parasite 1-4 Bowel Movers</p>
Day 14	<p>1/2 capful Clarks minerals 5 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 2 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 2 droppers of Triple Cleanse Tincture</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 2 droppers of Triple Cleanse Tincture</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 2 droppers of Triple Cleanse Tincture 2 Parasite 1-4 Bowel Movers</p>

	Morning	Afternoon	Evening
Day 15	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 5 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 2 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture 2 Parasite 1-4 Bowel Movers
Day 16	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 5 drops Lugol's Iodine 2 teaspoons of Super Chlorides concentrate 2 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Grapefruit Seed Extract 2 Pro-Biotic 12 1/2 cup of Triple Cleanse Tea 4 droppers of Triple Cleanse Tincture 2 Parasite 1-4 Bowel Movers
Next 30 days of Parasite/Kidney Cleanse, now adding the Immune-Blood-Lymph Repair			
Day 17	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 3 Parasite 1-4 Bowel Movers

Immune-Blood-Lymph Repair

For the next 7 days:

Each morning upon rising, on an empty stomach:

- ❖ Mix together: 1/2 capful of Clark's Original Mineral Formula, 2 teaspoons of Super Chlorides concentrate, 4 ounces of water, 4 ounces of juice, and drink it.
- ❖ Wait at least 1/2 hour before eating anything.

With breakfast:

- ❖ Take 1 Super Strength Enzymes capsule with the first mouthful of food.
- ❖ Take 1 Immune Booster capsules.
- ❖ Take 2 Super Bio-C capsules.
- ❖ Take 2 Strong Blood capsules.
- Take 1 Provide multi-vitamin-mineral capsule.

With lunch and dinner:

- ❖ Take 1 Super Strength Enzymes capsule with the first mouthful of food.
- ❖ Take 1 Immune Booster capsules.
- ❖ Take 2 Super Bio-C capsules.
- ❖ Take 2 Strong Blood capsules.
- ❖ Take 1 Provide multi-vitamin-mineral capsule.

At the end of every meal:

- ❖ Take 2 Pro-Biotic 12 capsules.

1/2 hour before bed:

- ❖ Take 1 to 4 Bowel Mover capsules (as many as it takes for you to evacuate the entire contents of the bowel)
- ❖ Take 3 parasite caps

	Morning	Afternoon	Evening
Day 18	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 3 Parasite 1-4 Bowl Movers
Day 19	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 3 Parasite 1-4 Bowl Movers
Day 20	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 3 Parasite 1-4 Bowl Movers

	Morning	Afternoon	Evening
Day 21	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 3 Parasite 1-4 Bowel Movers
Day 22	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 3 Parasite 1-4 Bowel Movers
Day 23	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1 Immune Booster 2 Super Bio-C 2 Strong Blood 3 Parasite 1-4 Bowel Movers

	Morning	Afternoon	Evening
Day 24	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 25	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 26	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>

	Morning	Afternoon	Evening
Day 27	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 28	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 29	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>

	Morning	Afternoon	Evening
Day 30	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers
Day 31	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers
Day 32	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers

	Morning	Afternoon	Evening
Day 33	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 34	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 35	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>

	Morning	Afternoon	Evening
Day 36	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers
Day 37	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers
Day 38	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers

	Morning	Afternoon	Evening
Day 39	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 40	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 41	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>

	Morning	Afternoon	Evening
Day 42	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers
Day 43	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers
Day 44	<ul style="list-style-type: none"> 1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 	<ul style="list-style-type: none"> 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers

	Morning	Afternoon	Evening
Day 45	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 46	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 47	<p>1/2 capful Clarks minerals 2 teaspoons of Super Chlorides concentrate 3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12</p>	<p>3 Parasite 1 Super Strength Enzyme 1 Provide multi-vitamin-mineral 2 Pro-Biotic 12 1-4 Bowel Movers</p>
Day 48	Now add Maintenance Program		

Maintenance Program

At least three times per week, upon rising:

On an empty stomach:

1. Mix together; 1/2 capful of Clark's Original Mineral Formula, 5 drops of Lugol's Iodine*, 2 teaspoons of Super Chlorides Concentrate, 4 ounces of water, 4 ounces of juice, and drink it.
2. Wait at least 1/2 hour before eating anything.

Each day with breakfast:

3. Take 1 Super Bio-C capsule.
4. Take 1 Provide multi-vitamin-mineral capsules.

With every meal:

5. Swallow 1 Super Strength Enzymes capsule with the first mouthful of food.
6. Take 1 Provide multi-vitamin-mineral capsule.

Every other day:

7. Take 2 Strong Blood capsules with each meal.
8. Take 2 Pro-biotic 12 capsules at the end of each meal.

1-3 times a week:

9. Flush with Epsom Salts and Super Chlorides.

Between flushes, to cause at least 3 bowel movements a day:

10. Take 1-4 Bowel Mover capsules before bed.

2 times a week:

11. Drink 1/2 cup Triple Cleanse Tea with 4 full droppers of Triple Cleanse Tincture in it 2 times a day.
12. Take 3 Parasite capsules morning and night.

3 times a week:

13. Take 1 Immune Booster capsules.

Every 6 months:

14. Do the Digestive Tract/Gallbladder Cleanse.

Products used on this cleanse:

Clarks Liquid Trace Minerals
Super Chlorides
Lugol's Iodine
Super Strength Enzymes
Provide Multi-Vitamin-Mineral
Strong Blood
Pro-Biotic 12
Super-C
Bowel Mover
Triple Cleanse Tea
Triple Cleanse Tincture
Parasite capsules
Immune Booster capsules

Maintenance Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Do # 1, 2, 3, 4, 5, 6, 10, 13,	Do # 3, 4, 5, 6, 7, 8, 9, 11,	Do # 1, 2, 3, 4, 5, 6, 10, 12,	Do # 3, 4, 5, 6, 7, 8, 9, 13,	Do # 1, 2, 3, 4, 5, 6, 10,	Do # 3, 4, 5, 6, 7, 8, 8, 11,	Do # 3, 4, 5, 6, 12, 13,
Do # 1, 2, 3, 4, 5, 6, 10, 13,	Do # 3, 4, 5, 6, 7, 8, 9, 11,	Do # 1, 2, 3, 4, 5, 6, 10, 12,	Do # 3, 4, 5, 6, 7, 8, 9, 13,	Do # 1, 2, 3, 4, 5, 6, 10,	Do # 3, 4, 5, 6, 7, 8, 8, 11,	Do # 3, 4, 5, 6, 12, 13,
Do # 1, 2, 3, 4, 5, 6, 10, 13,	Do # 3, 4, 5, 6, 7, 8, 9, 11,	Do # 1, 2, 3, 4, 5, 6, 10, 12,	Do # 3, 4, 5, 6, 7, 8, 9, 13,	Do # 1, 2, 3, 4, 5, 6, 10,	Do # 3, 4, 5, 6, 7, 8, 8, 11,	Do # 3, 4, 5, 6, 12, 13,
Do # 1, 2, 3, 4, 5, 6, 10, 13,	Do # 3, 4, 5, 6, 7, 8, 9, 11,	Do # 1, 2, 3, 4, 5, 6, 10, 12,	Do # 3, 4, 5, 6, 7, 8, 9, 13,	Do # 1, 2, 3, 4, 5, 6, 10,	Do # 3, 4, 5, 6, 7, 8, 8, 11,	Do # 3, 4, 5, 6, 12, 13,
Do # 1, 2, 3, 4, 5, 6, 10, 13,	Do # 3, 4, 5, 6, 7, 8, 9, 11,	Do # 1, 2, 3, 4, 5, 6, 10, 12,	Do # 3, 4, 5, 6, 7, 8, 9, 13,	Do # 1, 2, 3, 4, 5, 6, 10,	Do # 3, 4, 5, 6, 7, 8, 8, 11,	Do # 3, 4, 5, 6, 12, 13,
Do # 1, 2, 3, 4, 5, 6, 10, 13,	Do # 3, 4, 5, 6, 7, 8, 9, 11,	Do # 1, 2, 3, 4, 5, 6, 10, 12,	Do # 3, 4, 5, 6, 7, 8, 9, 13,	Do # 1, 2, 3, 4, 5, 6, 10,	Do # 3, 4, 5, 6, 7, 8, 8, 11,	Do # 3, 4, 5, 6, 12, 13,

Products Used on The Better Body Program™

Product	Size	How Many	Price
Bowel Mover	100 caps	1 bottle	19.00
Clarks Liquid Trace Minerals	32 oz.	1 bottle	23.50
Grapefruit Seed Extract	60 caps	2 bottles	36.00
Immune Booster	90 caps	1 bottle	22.50
Lugol's Iodine	1 oz.	1 bottle	20.00
Parasite	300 caps	1 bottle	95.00
Pro-Biotic 12	60 caps	6 bottles	114.00
Provide Multi-Vitamin-Mineral	180 gels	1 bottle	45.70
Strong Blood	100 caps	1 bottle	15.00
Super Bio-C	250 caps	1 bottle	26.90
Super Chlorides	8 oz.	1 bottle	20.00
Super Strength Enzyme	120 caps	2 bottles	46.00
Triple Cleanse Tea	7.5 oz.	1 container	35.00
Triple Cleanse Tincture	4 oz.	1 bottle	32.00
Organic olive oil	12.6 oz.	1 bottle.	23.70
Gourmet Tahitian Vanilla	4 oz.	1 bottle	23.00
Total:			\$597.30

Juicing, Smoothies and Protein Shakes

As I said earlier, the body needs nutrients. It needs vitamins, major and trace minerals, proteins, carbohydrates, fats and oils, and fiber. These can all be gotten through food and dietary supplementation.

You can also lose some weight while on The Better Body Program™ by substituting one or more meal or snack with some of the following recipes.

Juicing

Freshly made juice is a great thing to have in the morning with breakfast. Make sure to always use organic fruits and vegetables when juicing. If you do not have a juicer you really should get one. They are relatively inexpensive these days. When I first opened my shop I used the 'Mr. Juice' juice machine to make juice for my customers. It worked very well and I think I paid about \$30 for it. You can go to your local Walmart or go on-line and find great bargains.

Use the recipes below, make up your own or buy a recipe book.

Juice Recipes		
1 green apple 1 sweet apple 2 sticks of celery 4 carrot 1 small beet 1 inch of ginger	6 carrots 2 stocks of celery 1 small beet 1 small cucumber 1 inch of ginger	1/2 pineapple 2 green apple 4 carrots 1 inch ginger
1 green apple 1 large pear 2 peaches 1/4 pineapple	1/4 red cabbage 1 sweet apple 2 carrots 1 inch ginger	4 Kiwi 1/4 cataloupe 3 carrots 1 inch ginger
3 bunches grapes 1/4 honeydew melon 4 Kiwi 3 sticks celery 1 inch ginger	3 medium tomatoes 3 carrots 2 sticks celery 1 handful spinach 1 small bunch water cress 6 stocks parsley	4 cups watermelon 1/4 pineapple 4 Kiwi 1 green apple 1 inch ginger
6 carrots 1 small beet 3 sticks celery 1 large potato 10 stocks parsley 1 large clove garlic 1 inch ginger	1 large cucumber 4 sticks celery 4 carrots 1 small beet 10 leaves Nappa cabbage 1 inch ginger	8 carrots 2 handfuls spinach 3 sticks celery 1 medium tomato 1 clove garlic 2 inch ginger

Smoothies

Smoothies are great to have as healthy snacks between meals as they provide energy and valuable nutrients. Below are some recipes to get you started in the art of making smoothies. For this you will need a blender. Any inexpensive blender will do.

If you freeze your fruit you will not need to use ice cubes. All the recipes below are made with frozen fruit.

Prepare your organic fruit ahead of time. Clean and cut all your fruit into small pieces. Place it on a cookie sheet to freeze it as individual pieces. You can then put each fruit into separate bags or make different combinations for different types of smoothies.

Also pour yogurt into ice cube trays, freeze and put in plastic bag. The same can be done with any juices used in the protein shakes.

Smoothie Recipes		
1 cup Kiwi 1 cup strawberries 1 banana 1/2 cup blueberries 1/2 cup plain yogurt 1/2 cup orange juice Put all ingredients in blender and blend until smooth	2 ripe bananas 1 cup half & half 1/2 cup orange juice 1/2 tsp. Vanilla extract 1 tlb. honey Put all ingredients in blender and blend until smooth	2 ripe bananas 1/2 cup coconut milk 1/2 cup pineapple juice 2 tlb. honey Put all ingredients in blender and blend until smooth
1 cup blueberries 1 cup raspberries 1 cup plain yogurt 1/2 orange juice 1/2 tsp. vanilla extract Put all ingredients in blender and blend until smooth	2 cups papaya 1 banana 1/2 cup strawberries 1 cup milk 1/2 cup plain yogurt 2 tlb. honey Put all ingredients in blender and blend until smooth	2 banana 1 tlb cocoa powder 1/2 tsp. vanilla extract 1 cup milk Put all ingredients in blender and blend until smooth
2 cups pineapple 1 cup plain yogurt 2 tlb. honey 1/2 cup half & half 1/2 tsp. vanilla extract Put all ingredients in blender and blend until smooth	2 cups mango 1 banana 1 cup plain yogurt 1/2 cup orange juice 2 tlb. honey Put all ingredients in blender and blend until smooth	3 cups peaches 1 cup half and half 2 tlb. honey Put all ingredients in blender and blend until smooth

Protein Shakes

Protein shakes are great as a meal replacement or for snacks between meals. But they are especially great when you are working on weight loss. They are a great way to get protein and good oils into your diet. They also provide energy and valuable nutrients. Below are some recipes to get you started in the art of making Protein shakes. For this you will need a blender. Any inexpensive blender will do.

If you freeze your fruit you will not need to use ice cubes. Buy your organic fruit and clean and freeze it ahead of time. Also you can pour yogurt into ice cube trays, freeze and put in plastic bag. The same can be done with any juices used in the protein shakes. Cut all your fruit into small pieces and place it on a cookie sheet to freeze it in individual pieces. You can then put each fruit into separate bags or make different combinations for different types of smoothies. Make sure all ingredients are organic.

Protein Shake Recipes		
2 cups plain frozen yogurt 2 cups raspberries 1 tlbs cocoa powder 1 scoop protein powder 2 tlbs olive oil 1 cup 2% milk Put all ingredients in blender and blend until smooth	2 ripe bananas 2 tlbs peanut butter 1 tlbs. cocoa powder 1 scoop protein powder 2 tlbs olive oil 2 cups 2% milk Put all ingredients in blender and blend until smooth	2 cups mandarin oranges 1/2 cup half & half 1/2 cup pineapple juice 1 scoop protein powder 2 tlbs olive oil Put all ingredients in blender and blend until smooth
2 cups plain frozen yogurt 1 tlbs cocoa powder 1/2 tsp. vanilla extract 1 cup 2% milk 1 scoop protein powder 2 tlbs olive oil Put all ingredients in blender and blend until smooth	2 cups papaya 1 banana 1 cup frozen yogurt 1 cup 2% milk 1 scoop protein powder 2 tlbs olive oil 2 tlb. honey Put all ingredients in blender and blend until smooth	2 banana 1 cup 2% milk 1/2 cup plain frozen yogurt 1 tlbs cocoa powder 1/2 tsp. vanilla extract 1 scoop protein powder 2 tlbs olive oil Put all ingredients in blender and blend until smooth
2 cups pineapple 2 cups plain frozen yogurt 2 tlb. honey 1/2 cup 2% milk 1 scoop protein powder 2 tlbs olive oil Put all ingredients in blender and blend until smooth	2 cups mango 1 banana 1 cups plain frozen yogurt 1/2 cup orange juice 2 tlb. honey 1 scoop protein powder 2 tlbs olive oil Put all ingredients in blender and blend until smooth	3 cups peaches 2 cups plain frozen yogurt 1/2 cup half and half 2 tlb. honey 1 scoop protein powder 2 tlbs olive oil Put all ingredients in blender and blend until smooth

Salads

Salads are a great way to eat low calorie while being able to feel full for a long time.

When you eat salads you must put some protein in them and make sure to eat enough so that you are not hungry in an hour.

Below are some salad recipes that contain enough protein to make a hearty meal of. Make sure all ingredients are organic.

Salads and Dressing Recipes

1 package mixed baby salad greens
Tomato
Purple onion
Feta cheese
Hard-boiled eggs
Mandarin oranges
Pecan halves
Raspberry vinaigrette dressing
Organic olive oil

Put greens in a large salad bowl. Add the rest of the ingredients in the proportions to suit your family. Add vinegar and oil to taste, toss until well coated and serve.

Raspberry Vingette Dressing

Raspberry concentrate
Large piece fresh ginger
8 garlic cloves
1 medium, yellow onion
Balsamic vinegar

Peel, garlic, onion and ginger, chop finely in a food processor and put into a quart jar. Fill jar 3/4 way with balsamic vinegar and 1/3 with raspberry concentrate. Let sit overnight before using. Keep refrigerated.

Nappa Salad

Nappa cabbage
Purple onions
Grape tomatoes
Cilantro
Chicken breasts
Salt & Pepper
Cumin
Lemon juice
Organic olive oil

Chop cabbage, slice onions, cut tomatoes in half, cube chicken, Chop cilantro. Mix all in a large salad bowl. Add lemon juice, olive oil, salt, pepper and cumin to taste. Toss until well coated and serve.

Ceaser Salad

Romaine lettuce
Sliced hard-boiled eggs
Caesar salad dressing

Clean and dry lettuce leaves. Break them into bite-sized pieces into a large salad bowl, put them into the refrigerator for 30 minutes, tossing every 10. If they need to stay in the fridge any longer than 30 minutes, place a clean, dry towel over the bowl.

Make dressing, pour some onto the lettuce when ready to serve it and toss until well coated. Sprinkle a bit more finely shredded cheese on each salad. Top with sliced, hard-boiled eggs and/or cooked shrimp and serve.

Ceaser Salad Dressing

1 blanced esgg
4 cloves garlic
1 fresh lemon
2 ounces Parmesan cheese
3 cups Organic olive oil

Drain oil from anchovies, peel garlic, juice lemon, finely grate cheese. Blend all ingredients in a blender or food processor. Keep refrigerated.

Avocado Salad

Romaine lettuce
Avocado
Grape tomatoes
Hard-boiled eggs
Salad peppers
Cooked shrimp
Cilantro
Salt & pepper
Cumin
1 lemon
Organic olive oil

Cut all veggies into bite-sized pieces and put in a large salad bowl. 1/4 eggs and all to bowl along with shrimp. Add lemon juice, olive oil, salt, pepper and cumin to taste. Toss until well mixed and serve.

Super Salad

Mixed baby greens
Shredded fresh beets
Shredded carrots
Celery
Bean sprouts
Purple onions
Chickpeas (garbanzos)
Black olives

Feta cheese
Mega-Food mix (available at BonVida)
5-herb dressing (see recipe below)
Organic olive oil

Chop all ingredients and put into a large salad bowl. Put 5-herb dressing and olive oil in and toss until well coated. Put on plate, shake on about 2-3 tbsp. Mega-Food mix and serve.

5 Herb dressing

Equal amounts of fresh:
1 large handful of fresh parsley
1 large handful of fresh oregano
1 large handful of fresh basil
6 large garlic cloves
The leaves from 10 stocks of fresh thyme
1 1/2 cups apple cider vinegar
3 cups Organic olive oil

Puree all herbs in a blender with the olive oil. Put herb mixture and olive oil into a container. Shake before using.

Turkey and Swiss Salad

Iceberg lettuce
Black olives
Tomatoes
Turkey
Swiss cheese
Hard-boiled eggs
Black pepper
Blue cheese dressing

Break lettuce into bite-sized pieces and put into a large salad bowl. Slice cheese into strips and add to the bowl. Cut all other veggies and eggs and add. Pour dressing over mixture and toss until well coated. Put on plate, lay turkey strips on top and serve.

Blue Cheese Dressing

2 packets crumbled blue cheese
2 cups plain yogurt
2 cups sour cream
1/4 teaspoon paprika

Blend all ingredients in a blender. Add milk if the dressing is too thick.

Pineapple Salad

Romaine Lettuce
Tomatoes
Feta cheese
Purple onions
Pineapple chunks
Cilantro
Whole blanched almonds
Raspberry vinaigrette
Organic olive oil

Cut tomatoes in half, slice onion, chop cilantro and celery. Put all ingredients into a large salad bowl with raspberry vinaigrette and olive oil, toss until well-coated and serve.

Italian Salad

Iceberg lettuce
Tomatoes
Cucumber
Purple onions
Dried oregano
Dried basil
1 lemon
Organic olive oil
Salt & pepper

Break, chop and slice all ingredients and put into a large salad bowl. Juice lemon. Pour lemon and olive oil on top, toss until well-coated. Add salt and pepper to taste, toss again and serve.

Mediterranean Salad

Radishes
Grape tomatoes
Cucumber
Black olives
Green onions
Garbanzo beans
1/2 bunch fresh mint
1/2 bunch fresh parsley
1 lemon
Organic olive oil
Salt & pepper

Cut all veggies into bite-sized pieces and put into a large salad bowl. Chop mint and parsley. Add lemon and olive oil and toss until well-coated. Add salt and pepper to taste, toss again and serve.

Granola Protein Bars

Granola Protein Bars

These granola bars are packed with fiber and protein. They also contain complex carbohydrates for energy. They will keep you going between meals. Make sure all the ingredients are organic.

2 ounces rolled oats
2 ounces rolled rye
2 ounces rolled wheat
2 ounces rolled barley
1/2 ounce raw sunflower seeds
1/2 ounce raw pumpkin seeds
1/2 ounce sesame seeds
1 1/2 ounces pecan halves
1 1/2 ounces slivered almonds
1 1/2 ounce shredded coconut

6 ounces of your favorite chopped, dried fruit
2 ounces protein powder
8 ounces honey
1 3/4 ounces dark brown sugar
1 ounce salted butter
2 teaspoons vanilla extract
1/2 teaspoon salt

Butter a 9 by 9 inch glass baking dish and set aside. Preheat oven to 350 degrees F.

Spread the rolled oats, rye, wheat and barley flakes, sunflower and pumpkin seeds, pecans and almonds on a cookie sheet. Put in the oven and toast for 15-20 minutes or until golden brown, stirring occasionally.

While that's toasting, combine the honey, brown sugar, butter and salt in a saucepan and place over medium heat. Cook until the brown sugar is dissolved. Once the sugar has dissolved, remove from heat and stir in the vanilla and protein powder.

When the toasted mixture is done, remove it from the oven and turn the heat down to 300 degrees F.

Add the toasted mixture to the liquid mixture, add the dried fruit, and stir. Put the mixture into the buttered baking dish and press down, making sure all edges are even. Bake for another 25 minutes. Remove from oven, place on a cooling rack and allow to fully cool before cutting into bars. Place in an airtight container and store in a cool place.



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10-5, M-F, eastern time

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