

The Intestinal Rejuvenation Program

Dr. Foster's Essentials Customized Digestive Cleansing System

1. **Step One/Week One:** Take a Step One Formula (Vibrant Colon, Colon Starter Plus, Colon Activator)
 - Choose only one Step One Formula and start with **one capsule ONCE A DAY** with dinner (or with any meal or with juice if juice fasting.) around 6 - 7 PM.
 - This formula takes 12 to 14 hours to produce a result. If the next morning, you have one bowel movement for each meal eaten throughout the day, then continue this dose for the rest of the cleanse. If 3 meals are eaten during the day, then 3 bowel movements should occur during the day. They might all occur in the morning due to the once daily dosing of the formula.
 - If you didn't get this effect the first morning, then each night, continue to **increase by one more capsule until the bowels are moving at least once for each meal eaten during the day.**
 - Continue at *this new* dosage for one week.
 - **Cautions: Skip this step/week if you have chronic or active diarrhea.** Do not increase dose further unless constipated! Reduce dose or stop taking this formula if watery diarrhea occurs. In the rare case of diarrhea occurring with a Step One Formula at any time during the 1st week, do not wait for the 2nd week, but immediately begin taking a Step Two Formula. This slows down the diarrhea, and then both formulas can be taken together.

2. **Step Two/Week Two:** Continue Step One Formula, add Step Two Formula (Colon Detox Caps, Colon Soothe)
 - Take both (Step One and Step Two) Formulas for the duration of the 2nd week.
 - **A Step Two Formula should be taken on a fairly empty stomach.** Step Two Formulas are absorptive – they absorb toxins. They can also absorb nutrients from your meal and medications. To avoid this, please allow 30 minutes or longer before meals or an hour or longer after meals before taking a Step Two formula. Also, allow 1 hour before or after medications before taking a Step Two formula.
 - **Take 4 to 6 capsules of the Colon Detox Caps 3 to 4 times daily.** Follow this sheet & ignore the product label directions. Taking more than 8 caps at a time can be constipating. Take with a full glass of water (8 to 12 ounces) or diluted juice. If you feel too bloated, reduce to 3 capsules 3 times daily. Another option is to do a slower cleanse by taking 2 caps twice daily for 1 month.
 - Or, if taking the Colon Soothe Formula, take 1 heaping teaspoon, place in a jar with a lid. Add water or juice or diluted juice to fill up an 8 ounce jar, screw lid on tight, shake the jar, set jar down, open the lid and drink the liquid solution. Follow with an additional glass of water.
 - If constipated during this week, increase dose of Step One Formula, reduce dose of Step Two Formula, and/or drink more water with the Step Two Formula. Not drinking enough water or skipping the Step One Formula can cause constipation.
 - During the 2nd week, any other formulas can be added such as the Stone Buster, AntiParasite Formula, Kidney Revitalization Program, Liver/Gallbladder Caps, etc.
 - The cleanse can be extended out to the 3rd week if desired, especially if doing the AntiParasite Cleanse. For a very thorough bowel cleansing, continue taking both formulas for a total of one month.
 - After the cleanse is over, A Step One Formula can be continued if needed in order to have one bowel movement per day for each meal eaten. Alternatives to Step One Formulas are listed below.
 - The Liver Regeneration Program or Kidney Revitalization Program should be repeated every 3 months to maintain health.

What is a normal bowel movement? The consistency of a normal bowel movement is like that of smooth peanut butter. It should *not* be “formed” as the medical doctors say. *They are wrong!* Formed bowel movements are a clear indication of constipation, which often leads to colon/rectal disease. We know that in infants and in those who have never eaten processed foods, the bowels move around 20 - 30 minutes after each meal eaten. The unformed stool should easily break up when flushed down the toilet. We have found that most Americans are constipated, and often interpret a normal bowel movement as diarrhea. Diarrhea is a watery bowel movement. People who have the typical one bowel movement daily can be severely toxic in the intestines and can be heavily infested with parasites.

What if I'm severely constipated? Will it work? Can I take too much of these Step One capsules?: I've had clients who took as many as twenty capsules because they had only one bowel movement per month. (They worked up to that dose gradually). I've also had people who only had one bowel movement per month finally have a bowel movement after taking one Colon Starter Plus capsule for the first time. Everyone is different. I've even seen people who had missing nerves to the colon or had spinal cord injuries to respond to the Step One Formulas. In the rare case of extreme constipation, the herbs may produce nausea and even an episode of vomiting before the bowels finally unblock. This is to be expected and is actually easier on people than the hospital treatment. (“Rocket Booster” enema with mineral oil.) In rare cases, a Step One Formula has caused constipation where there was none before. In each case, the person did not know that they actually had parasites, and when they continued to increase the dosage, the parasites broke loose and the bowels began moving again. The parasites will not be killed if the formula is stopped in the middle of this process.

Is it Safe to Take a Step One Formula over the long term?

Many people ask us if there is any danger with taking a Step One Formula on a regular basis. Anthraquinone and emodin-containing herbs (cape aloe, aloe vera, rhubarb, senna & cascara sagrada), if taken over the long term (longer than 9 months to one year), can cause a temporary and harmless stain of the colon lining called pseudomelanosis coli. This can be seen during a colonoscopy. Using colonoscopy, it is almost impossible to see a difference between this type of harmless staining and the dark coloration of a rare genetic disease called Peutz-Jeghers syndrome or inflammatory bowel disease, both of which are associated with colon cancer.

Unlike these colon diseases, pseudomelanosis coli (the temporary staining of the colon due to taking colon herbs) is completely harmless and goes away if the herbs are stopped. It is not associated with cancer^{2,3}. In fact, research has demonstrated that these herbs have *protective* effects against cancer such as colon cancer¹, hepatoma, osteosarcoma, and human pharyngeal squamous cell carcinoma.⁷ The active ingredient of these herbs, emodin, has been used alongside cancer chemo drugs and has been shown to increase the ability of these drugs to kill cancer cells, including human tongue cancer⁶, pancreatic cancer⁵, gallbladder cancer⁸, colon cancer, and non-small cell lung cancer⁹. It has been used with 5-FU against colon cancer, gemcitabine against pancreatic cancer⁵, cis-platin against gallbladder cancer⁴, and other chemotherapy drugs. (See references below). In summary, these herbs are very safe, are protective against a wide variety of gut issues, and do not cause health problems.

Bowel function can vary from day to day depending on your physical activity, water intake, your diet (a large steak or chicken breast is more likely to cause constipation than a plant-based diet). Taking a long road trip or airline flight can also be very constipating. Therefore, your dose of Vibrant Colon, Colon Start Plus or Colon Activator could also vary from day to day. Dr. Christopher, the father of Modern American Herbalism, used to say when taking herbs long term it's best to take off one day a week, and one month every 6 months. This prevents the body from developing a tolerance to the herbs and needing a higher dose. The herbal bowel-stimulating formulas can also be rotated with other formulas such as Flora-G Plus which can be taken on the off days. This is similar to the way many pharmaceuticals are prescribed (for example for Parkinson's disease) which is called a "drug holiday" – or a short break from the drug every several months to prevent a tolerance from developing.

Colon stimulating herbs are not taken simply for constipation, but also for their antiparasitic action, bowel muscle strengthening effects, and their cleansing effect on the liver, gallbladder and spleen. It is better to take something natural to keep the bowels going than it is to stay constipated and invite serious or life-threatening colon/ rectal diseases such as colon polyps, colorectal cancer, bleeding hemorrhoids, diverticulosis and diverticulitis. Good health depends not only on regular bowel movements, but also the state of the other detoxifying organs as well. This is why the Foster Method – used to heal from chronic health issues and maintain excellent health, includes doing a cleanse every 3 months – the Liver Regeneration Program, The Kidney Revitalization Program, the Simplified Stone cleanse or the AntiParasite Cleanse. All of these cleanses include the Step One and Step Two Colon cleansing formulas.

Some have taken a Step One Formula for 10 years, then tapered and stopped and their bowels worked perfectly. During this time, though, they took great care with eating an organic pesticide-free plant-based diet, drinking at least 1 quart of water daily, doing castor oil packs over the belly area (see instructions on the instructions page), exercising on a consistent basis & doing the Liver Regeneration Program every 3 months (liver & gallbladder toxins are a significant cause of constipation). Regular massage &/or reflexology may also be needed to help eventually normalize bowel function. If all goes well, over time, one should be able to switch to milder and milder formulas (i.e. Colon Starter Plus → Vibrant Colon, and then to L/GB Formula or Lobelia Tincture and then perhaps a Ginger or Cayenne tincture to help stay regulated if needed. The L/GB, Cayenne and Ginger are tonic herbs that are safe to take on a daily basis for long periods of time.

If you're concerned about what your doctor might say about herbal staining of your colon during a colonoscopy, consider having a double contrast barium enema done instead as an alternative colon cancer screening test. Another option is to take the Flora-G Plus which does not stain the colon. For maintaining colon health after the cleanse, please see http://www.drfostersessentials.com/store/ph_bal.php#lifestyle

Step One Formulas

Regular strength formulas: Most people take the Vibrant Colon if they have daily bowel movements.

Extra strength formulas: Colon Starter Plus and Colon Activator are extra strength formulae for people who do not have daily bowel movements without taking a laxative. These are people who have only 1 bowel movement every 2 to 3 days or less. Extra strength formulas should not be taken by underweight individuals who weigh less than 120 pounds.

Step Two Formulas

Benefits: These are drawing and detoxifying formulas. They absorb literally hundreds of different kinds of chemicals from the bowels, including pharmaceutical residues, waste products from parasites, toxins from harmful bacteria, heavy

metals such as aluminum, lead, copper, mercury, and radioactive residues. To counteract food poisoning, they may be taken at double the normal dose. This formulas may be taken by those with colostomies, portions of or the entire colon removed, (do NOT take the Step One Formulas if there is diarrhea), and those who have had the gallbladder removed. This formula cleanses both the small intestines as well as the large intestines.

Additional Fiber During the Cleanse: If you take a daily fiber formula or psyllium, *do not take it* during the second week; this is too much fiber and it may cause constipation. The Step Two Formulas contain *more than enough* fiber for your daily needs.

Change in color and smell of stools: Step Two Formula can temporarily turn the bowel movements dark due to the black charcoal content. This is harmless and NORMAL. Stools can also be covered with a mucous covering and/or can be multi-colored. While taking this formula, there is sometimes an increase in gas or foul-smelling stools. Terrific! These are all good signs and mean that the formula is working to cleanse toxic residues from the bowel.

Coated tongue: very good sign if it develops during a cleanse! It means the body is releasing intestinal toxins.

Energy levels during the cleanse: Some feel tired while others feel energized. Sometimes fatigue is felt because coffee, tea, alcohol, drugs, or medications have been stopped. Rather than feeling sick from the herbal formula, many people are simply in withdrawal from caffeine and other drugs. Fatigue may also result when juice fasting, especially if there are lots of toxins in the body to clean out, and this is a good sign that the body is responding to the cleanse.

What to eat during this cleanse:

Choose one of the four options below.

1. Juice fasting - best results. For more detailed information on juice fasting, please see the article on The Power of Juicing at <http://drfostersessentials.com/store/juicing.php>. If diabetic, it is best not to juice fast, but follow option #2.
2. Raw vegan diet – excellent results. No cooked foods. Eat only fruits, vegetables, sprouted grains, bean sprouts (lentil sprouts, chickpea sprouts, mung bean sprouts, etc.) seed sprouts (sunflower sprouts), nuts and seeds. For optimal digestion, soak seeds or nuts in a bowl of water overnight (8-12 hrs.) before eating the next day.
3. Vegan diet – really good results. No animal products: meat, chicken, turkey, fish, seafood, venison, pheasant, duck, eggs, dairy, milk, yogurt, cheese, pudding, butter, gelatin, jello, whey, dairy protein drinks, etc. Eat fruits, vegetables, beans, grains, nuts and seeds. (Couscous, hummus, tabouli, salads, tofu, veggie burgers, almond butter, etc.)
4. Dairy-Free Diet – any food except dairy. Dairy products can create mucus in the GI tract & interfere with the cleanse.

Note for Children: Step One Formulas may be too strong for children unless there is severe constipation or the child weighs > 120 lbs. For very young children age 2 and over, the liquid Colon Cleanse Syrup or Can-G are milder and is the best choice. Kids can also take the L/GB Formula or Ginger Tincture (dose adjusted according to body weight) which are nonaddictive. The Iron From Herbs Formula contains tonic herbs that can also help children's bowel function.

Good Luck and Good Health To You!

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Scientific References:

1. **Antitumor effects of emodin on LS1034 human colon_cancer_cells in vitro and in vivo: roles of apoptotic cell death and LS1034 tumor xenografts model.**

Ma YS, Weng SW, Lin MW, Lu CC, Chiang JH, Yang JS, Lai KC, Lin JP, Tang NY, Lin JG, Chung JG. Food Chem Toxicol. 2012 May;50(5):1271-8. Epub 2012 Feb 1.

Conclusions:

In an in vitro study, emodin reduced the percentage of viable cancer cells, triggered apoptosis (cell death) and induced G2/M phase arrest of cancer cells. In an in vivo study, emodin effectively suppressed tumor growth in tumor nude mice xenografts bearing LS1034 (human colon cancer cells). Overall, the potent in vitro and in vivo antitumor activities of emodin suggest that it might be developed for treatment of colon cancer in the future.

2. Is senna laxative use associated to cathartic colon, genotoxicity, or carcinogenicity?

Morales MA, Hernández D, Bustamante S, Bachiller I, Rojas A. J Toxicol. 2009;2009:287247. Epub 2009 Sep 10.

Conclusions:

(1) there is no convincing evidence that the chronic use of senna has, as a consequence, a structural and/or functional alteration of the enteric nerves or the smooth intestinal muscle, (2) there is no relation between long-term administration of a senna extract and the appearance of gastrointestinal tumors or any other type in rats, (3) senna is not carcinogenic in rats even after a two-year daily dose of up to 300 mg/kg/day, and (4) the current evidence does not show that there is a genotoxic risk for patients who take laxatives containing senna extracts or sennosides.

3. Melanosis coli--a harmless pigmentation or a precancerous condition?

Nusko G, Schneider B, Ernst H, Wittekind C, Hahn EG.

Z Gastroenterol. 1997 May;35(5):313-8.

Methods:

In 2,229 consecutive patients we retrospectively analyzed the association of melanosis coli and laxative use with colorectal neoplasia.

Conclusions:

There appears to be no association between colorectal cancer and melanosis coli or laxative use. Colorectal adenomas are more frequently found in patients with melanosis coli. Colorectal adenomas do not contain the melanin-like pigmentation. The association of adenomas with melanosis coli can be explained by the ease of detection of even tiny polyps as white spots within a dark-colored colonic mucosa. (Adenomas are more likely to be missed in colons without melanosis coli, but are more likely to be spotted against the dark background of a colon with melanosis coli.)

4. Emodin potentiates the anticancer effect of cisplatin on gallbladder cancer cells through the generation of reactive oxygen species and the inhibition of survivin expression.

Wang W, Sun Y, Li X, Li H, Chen Y, Tian Y, Yi J, Wang J.

Oncol Rep. 2011 Nov;26(5):1143-8. doi: 10.3892/or.2011.1390. Epub 2011 Jul 14.

5. Emodin potentiates the antitumor effects of gemcitabine in pancreatic_cancer_cells via inhibition of nuclear factor- κ B.

Liu A, Chen H, Tong H, Ye S, Qiu M, Wang Z, Tan W, Liu J, Lin S.

Mol Med Report. 2011 Mar-Apr;4(2):221-7. doi: 10.3892/mmr.2011.414. Epub 2011 Jan 3.

Conclusions:

Emodin potentiated (increased) the antitumor effects of gemcitabine (chemotherapy drug) in pancreatic cancer, which was related to the down-regulation of NF- κ B.

6. Emodin, aloe-emodin and rhein inhibit migration and invasion in human tongue_cancer_SCC-4 cells through the inhibition of gene expression of matrix metalloproteinase-9.

Chen YY, Chiang SY, Lin JG, Ma YS, Liao CL, Weng SW, Lai TY, Chung JG.

Int J Oncol. 2010 May;36(5):1113-20.

Conclusions:

Our results provide new insight into the mechanisms by which emodin, aloe-emodin and rhein inhibit tongue cancers. In conclusion, these findings suggest that molecular targeting of MMP-9 mRNA expression by emodin, aloe-emodin and rhein might be a useful strategy for chemo-prevention and/or chemo-therapeutics of tongue cancers.

7. Destabilization of CARP mRNAs by aloe-emodin contributes to caspase-8-mediated p53-independent apoptosis of human carcinoma cells.

Lin ML, Lu YC, Su HL, Lin HT, Lee CC, Kang SE, Lai TC, Chung JG, Chen SS.

J Cell Biochem. 2011 Apr;112(4):1176-91. doi: 10.1002/jcb.23031.

Conclusions:

Aloe-emodin induces growth arrest and apoptosis of FaDu (human pharyngeal squamous cell carcinoma), Hep3B (hepatoma), and MG-63 (osteosarcoma) cells.

8. Emodin enhances sensitivity of gallbladder_cancer_cells to platinum drugs via glutathion depletion and MRP1 downregulation.

Wang W, Sun YP, Huang XZ, He M, Chen YY, Shi GY, Li H, Yi J, Wang J.

Biochem Pharmacol. 2010 Apr 15;79(8):1134-40. Epub 2009 Dec 11.

Conclusions:

The experiments on tumor-bearing mice showed that emodin/cisplatin co-treatment inhibited the tumor growth in vivo via increasing tumor cell apoptosis (cell death) and downregulating MRP1 expression. In conclusion, emodin can work as an adjunct to enhance the anticancer effect of platinum drugs in gallbladder cancer cells via ROS-related mechanisms.

9. Role of Rad51 down-regulation and extracellular signal-regulated kinases 1 and 2 inactivation in emodin and mitomycin C-induced synergistic cytotoxicity in human non-small-cell lung cancer cells.

Su YJ, Tsai MS, Kuo YH, Chiu YF, Cheng CM, Lin ST, Lin YW.

Mol Pharmacol. 2010 Apr;77(4):633-43. Epub 2009 Dec 30.

Conclusions:

Emodin is a tyrosine kinase inhibitor and has anticancer effects on lung cancer. We conclude that suppression of Rad51 expression or a combination of emodin with chemotherapeutic agents may be considered as potential therapeutic modalities for lung cancer.