

Dr. Foster's Essentials Kidney Bladder Revitalization Program

DrFostersEssentials.com · Cynthia Foster, MD

**Prep Week and Five-Day Cleanse
Recommended Diet, Dosing, Signs of
Healing, Frequently Asked Questions,
Daily Schedule, Concerns About the
Cleanse**



Daily Schedule:

Pre-Breakfast ½ hr. before breakfast time	BreakfastTime	Pre-Lunch ½ hr. before lunchtime	LunchTime	Pre-Dinner ½ hr. before dinnertime	DinnerTime	Evening
4 to 8 Colon Detox Caps – if needed, you can skip this dose and take evening dose instead	Kidney Flush Drink – (scroll down to see recipe) <u>15 minutes later:</u> 2 cups K/B Tea 2 droppers Kidney/Bladder Formula <u>Optional:</u> 2 droppers Echinacea Premium	4 to 8 Colon Detox Caps –	2 droppers full Kidney/Bladder Formula 2 cups K/B tea <u>Optional:</u> 2 TBS Earth's Nutrition and/or 2 droppers Echinacea Premium	Colon Detox Caps – 4 to 8 caps	Vibrant Colon 2 cups K/B tea 2 droppers Kidney/Bladder Formula <u>Optional:</u> 2 droppers Echinacea Premium	4 to 8 Colon Detox Caps - this 4 th dose is optional.

Preparation for the 5-Day Program:

Vibrant Colon Formula: You should be regulated on this formula before attempting this program. The Colon Activator or Extra Strength Colon Start Plus Formula can be substituted for Vibrant Colon. Begin with one capsule of Vibrant Colon with dinner. If needed, increase each day by one

additional capsule at dinnertime until bowels are moving once for each major meal eaten in a day. (2 meals = 2 bowel movements, 3 meals = 3 bowel movements). Since no two people have the same colon function, the dose of Vibrant Colon that each person will take to get to this point is going to be different. The average number of capsules that people work up to is 3 caps per dose, but if it's 6 or more, that's completely fine. At this point, when you've gotten up to 2 or more bowel movements per day, you can begin the five day cleanse.

If you already have loose bowels or have active diarrhea: skip this prep week. Do not take the Vibrant Colon, Colon Start Plus or Colon Activator formulas at any time unless you get constipated, and then use the mildest formula, Vibrant Colon. Start the Five-Day Liver Regeneration Program. If you continue to have loose bowels, cut out garlic and cayenne.

If you have more serious constipation: for people who do not have at least one bowel movement per day, the stronger Colon Start Plus Formula can be substituted for Vibrant Colon, or you can simply raise the dose of Vibrant Colon higher until you get the desired effect.

If you already did the Stone Cleanse: you can skip this prep week and go directly into the Kidney Revitalization Program.

The Five-Day Program/ Cleanse:

Vibrant Colon Formula: Continue taking at the dose needed in order to maintain 2 to 3 bowel movements per day. Skip this formula if you are experiencing diarrhea or if you suffer from chronic diarrhea.

Colon Detox Caps: Take 4 to 8 capsules 3 times daily with 1½ to 2 glasses of water or diluted fruit or vegetable juice. Do not mix in with other herbs in the same dose such as Kidney/Bladder, Echinacea Premium, Essential Nutrients, etc. This formula needs to be taken on an empty stomach (1/2 hour or longer *before* a meal OR 1 hour or longer *after* a meal.) If on a fluid restricted diet, reduce doses of all formulas to half doses or less.

Earth's Nutrition Powder – (Optional): Add 2 TBS to juice, a fruit smoothie drink, or sprinkle on food such as salad. Do not cook. This formula is rich in naturally-occurring potassium as it occurs naturally in food, so not take this formula if you are on dialysis, if you have abnormally high potassium levels or have been diagnosed with renal failure. If you are not on a potassium-restricted diet, then it's fine, and it's also part of this program because it's energizing and the energy helps a lot when you're doing a cleanse.

K/B Herbal Tea: Make 2 cups each time or all 6 cups made be made at one time with the remainder refrigerated for later in the day. Follow directions on package, tripling the recipe: use 3 to 6 tablespoons K/B tea in 48 ounces of distilled water. Simmer for 5 minutes, strain. Let cool slightly before drinking. If on a fluid restricted diet, reduce to 2 cups daily.

Kidney/Bladder Formula, Echinacea Premium Formula, Lobelia: to eliminate the tiny bit of alcohol content in the liquid formulas, add 1 to 2 ounces of boiling water to 2 droppers full of the



liquid formula in a mug and let sit for 5 minutes while the alcohol evaporates. The Echinacea Formula and/or the Lobelia can be added to intensify the cleanse for severe or stubborn cases. The Echinacea Premium helps kill infection and also cleans the bloodstream, which can help in the case of growths and cysts in the kidneys (Blood Detox can also be used for this purpose). The Echinacea Premium can also help clear up a rash if you have a tendency towards rashes.

The Lobelia stimulates urination, so it's good for people who are not making enough urine, but it also helps dilate the ureters so that when you're dissolving a stone, the stone comes out easily. Take anywhere from 15 drops to one dropper full 3 times per day. For most people who are NOT taking any herbs at all, stones can get stuck when the smooth muscles in your ureters lock into a spasm, and lobelia is an antispasmodic – it relaxes and dilates. For most small stones, the herbs slowly dissolve them and they can pass easily – usually without any discomfort. You don't need the lobelia for the small stones, but for the large ones, or if you have a lot of stones, it can be a great help. It's also very calming if you feel anxious, (having a kidney stone and the pain that comes with it can provoke a lot of anxiety). So, the Lobelia and Echinacea Premium are optional – they are not required to do this cleanse, but if you have the issues noted above, they can be very useful additions.

Kidney Flush Drink



Place the following ingredients in a blender & blend on high until smooth.

- 16 to 32 ounces **Distilled Water** (or filtered water)
- Juice of 2 **Lemons** or Limes. Fresh squeezed is best. (Can add 1 drop lemon essential oil)
- **Maple Syrup** to taste. This is optional. Diabetics can leave it out.
- Pinch of **Cayenne Powder** or 5 drops Cayenne Tincture or 15 drops Ginger Tincture. Do not use Cayenne if you are experiencing diarrhea or suffer from chronic diarrhea. Instead, use the Ginger tincture.

Shake well & Drink Immediately. Make Fresh every day.

Reusing K/B Herbal Tea Herbs: After straining off the tea, the K/B tea herbs can be used two more times to make another batch. Simply add more water to them and an additional tablespoon or more of new K/B tea herbs and make the next batch. After straining off the herbs from the second batch, you can set aside the herbs again, add more water and another tablespoon or so of fresh new K/B tea herbs and make the third batch. After straining off the tea from the third batch, throw out the used K/B tea herbs and start over with fresh, new K/B tea herbs. This will also help your bag of K/B Herbal Tea last longer.

Continued below....

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 www.StartTheHealing.com/juicing.html. If you are diabetic or you are on a fluid restricted diet, 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. Homemade salad dressing can be made from avocado, apple cider vinegar (or lemon juice) and spices.
3. **Vegan diet** – 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, bean burritos (no cheese), rice cakes, rice and beans, etc.) Try to stay away from refined sugar, enriched flour and artificial colors and flavors.
4. **Standard American Diet** - The formulas will have beneficial effects and is enough for some people. Some people fool themselves into thinking there is some exotic herb from across the country that can compensate for a poor, nutritionally unbalanced diet composed of processed foods. Then, when they don't get well, they are disappointed. Based on the astronomically high rates of heart disease, strokes, diabetes, high blood pressure, colon disease and cancers, all of which are known to be caused by a diet high in animal fats and low in fiber/antioxidants, we strongly urge our customers to reduce their intake of animal foods. Antioxidants are found in all vegetables, fruits, herbs and plant foods, but there are no antioxidants found in meat.



Concerns/Problems with the Kidney Revitalization Program:

It is very important to realize that many of these issues have to do with dosing, which you can easily change yourself, and are actually a HEALING and NOT an allergic reaction. Please see the Mandatory Instruction Sheet "[How to Take Your Herbs](#)" for more detailed information about the Unwinding/ Retracing Process, why it happens, and what to do to support this healing process while you're in it.

Also, please keep in mind that elevated BUN and creatinine and kidney stones can be caused by using antibiotics, cancer chemotherapy drugs, getting a CAT scan where radiocontrast dye was used, or taking certain prescription or over-the-counter medications, and you may need to stop using painkillers or certain prescription medications in order to completely heal your kidneys and bladder.

Please look up any prescription medications you're taking to check for kidney damage, nephrotoxicity, ototoxicity or elevated BUN/creatinine as a side effect. You can heal your kidneys with kidney cleanses, but you may need to find natural alternatives to most or all of your prescription medications and other injections you get in a doctor's office in order to completely heal your kidneys and maintain your kidney health.

Diabetes and autoimmune disorders can also cause kidney damage, so if you've been diagnosed with either of these, you should also address the underlying causes of these disorders as well (which could include changing your diet, doing some liver cleanses, using some immune system herbs, blood sugar balancing essential oils, etc.)

Burning on Urination/ Looks Like a Urinary Tract Infection:

If a person is carrying a large amount of toxins in their urinary tract, the toxins can cause a burning sensation as they are being urinated out; however, this is most likely not a sign of infection. It may seem like a urinary tract infection, but it is not. It's stored, accumulated toxins that are acidic that are coming out from deep within your kidneys. These acids can cause a burning sensation when they are urinated out. These acidic toxins can include residues from antibiotics you have taken in the past or any other medication that went through your kidneys. It could include heavy metals or any other synthetic chemical you have been exposed to, including food additives, pesticide residues and chemicals in your household products such as laundry detergent, dishwashing liquid, cosmetics, perfumes, lotions, shampoo, hair dyes, etc.

There may also be strands of mucous or crystals passed in the urine. You could pee out remnants from a past urinary tract infection with old pus and your urine may even look cloudy. Again, it may look like a UTI, but it is actually a healing 99% of the time. The vast majority of people do not experience burning urine during this cleanse – only people with severe kidney toxicity. It is usually only an issue during the first kidney cleanse, and further kidney cleanses typically do not cause burning on urination (because you've gotten those toxins out during the first cleanse). If the burning becomes too intense, lower your doses of K/B Herbal Tea and Kidney/Bladder Formula to half the recommended dose, or stop taking them for a day or two. Drink flax seed tea or chia seed tea to help soothe the urinary tract lining before restarting the kidney cleanse herbs. Keep trying but with lower doses and don't give up.

Urinating Large Volumes of Urine:

You will definitely urinate more, although it may not be that noticeable. These herbs stimulate urination, and their use is supposed to cause the elimination of urine. So, this is normal for

this cleanse. The herbs are high in naturally-occurring minerals, so this typically does not cause any problems with electrolytes. In 20+ years of taking people through this, I've never known this to cause a problem.

Diarrhea:

All of the following formulas can stimulate the bowel: Vibrant Colon, Colon Start Plus, Colon Activator, Ginger, and Cayenne. If diarrhea develops, reduce dose of Vibrant Colon, Turkey Rhubarb, Colon Activator, Ginger and/or Cayenne.

Constipation:

When constipation occurs, it means the dose of Vibrant Colon is too low, or the Colon Detox Caps dose is too high for your particular body type. Raise the dose of Vibrant Colon or lower the dose of Colon Detox Caps.

Blood in the Stool:

This does not happen during a cleanse unless someone has large internal hemorrhoids or old blood already in their colon before starting the cleanse. The vast majority of the time, a red color in the stool is due to the consumption of beets and/or beet juice that colors the stool red and looks like blood, but it is not really blood. Many people can have internal hemorrhoids (internal hemorrhoids can bleed even if a person is not taking any herbs), but they don't know they have them because they can't feel them.

Sometimes the cleansing process can stir up stagnant energy in the intestines and cause a cleansing effect on hemorrhoids. In this case, lower the dose of Colon Detox Caps to 2 capsules per dose or lower and allow a more gradual cleansing. People can have old blood stuck in diverticula (abnormal pockets) of the bowel, and the Colon Detox Caps cleanses these pockets. If there is blood and pus in the pockets, they can be cleansed out with the formula. This is a temporary beneficial healing effect, is not harmful and should pass in a few days. A few drops of blood from hemorrhoids can change the color of the toilet bowl water and look dramatic when it's actually not so bad.

Bloating/Gas:

This is a sign that toxins are being released from the intestines and liver. It is a positive sign that healing is taking place. It typically disappears when the cleanse is stopped. A bloated sensation is normal during this cleanse due to the intestinal formulas absorbing a large amount of toxins and clearing off the toxic mucoid plaque lining from the gut. It's part of the healing and will help your gut work better in the future, but if it's too uncomfortable, you can lower the dose of Colon Detox Caps.

Headache:

This is an indication that the dose of Kidney/Bladder Formula and K/B tea is too high, and too many toxins are being released at once. Not harmful, but uncomfortable. Continue taking Vibrant Colon and Colon Detox Caps, but reduce doses of Kidney/Bladder and K/B tea. Or stop taking Kidney/Bladder and K/B tea for one day before starting again at a lower dose.

Hot Flushes/ Feeling of Heat:

This is a normal effect of taking cayenne in a strong tincture. Cayenne stimulates blood flow to the head and brain area. Many people need this beneficial effect to heal their head area. The effect should be temporary and normally does not last past 15 minutes after taking cayenne. If intolerable, reduce dose of cayenne.

Signs of Healing to Look For:

After you've finished your cleanse, it's important to check for signs of healing. If you have had any improvements in your skin, reduction of a rash, less flatulence, reduction of headaches, less sinus problems, less food sensitivities, less intestinal cramping or discomfort, reduced inflammation in the body, better breathing/ lung function, improvements in menstrual cramping or lighter menstrual periods, less discomfort when urinating, urinating with less hesitancy or urgency, joints are less achey, it's a good sign that you've eliminated the toxins that were causing or contributing to these problems.

Give yourself a pat on the back and congratulate yourself for a job well done! If you eliminated an extra long bowel movement all stuck together, you most likely eliminated the mucoid plaque layer – kudos! You may have saved yourself from a much worse bowel problem in the future. If you passed parasites, congratulations! (You may want to follow up with the Parasite Cleanse Kit to make absolute sure you've killed all stages of the parasite.)

I want you to really take inventory of your body. If you had joint pain before, and you experience some joint pain during this cleanse, that means that joint (or joints) is/are cleaning out. Try to make the connection between what you feel during the cleanse and any previous health problem. Any previous health problem can temporarily re-surface for just a few days during the healing process and it's a good thing – it's a part of the healing process.

Frequently Asked Questions:

Is This Cleanse Gluten-Free?

Yes, the formulas are gluten-free. There are no grains in any of the formulas, not even oats or oat bran. Pharmaceutical grade alcohol, because it's distilled, is completely gluten-free since gluten molecules are too large to pass through the distillation process. If you want a completely gluten-free cleanse, then make sure the foods and beverages you consume are also gluten-free. A gluten-free diet can help with inflammation, liver problems, joint discomfort and other symptoms. Of course, you do not have to follow a gluten-free diet to do this cleanse.

Can I Do This Cleanse While I'm Taking Medications?

Yes. A Step Two formula contains charcoal and clay that can absorb doctor-prescribed medications, but it will not affect you if you take the formulas as follows. Do not take your medications ***in the same dose*** as your medications. Simply allow one hour before and after taking a Step Two Formula (Colon Detox Caps or Colon Soothe) before taking your medications. This means if you're taking your medications, allow one hour afterwards before you take Colon Detox Caps or Colon Soothe. It also means that if you are taking a dose of Colon Detox Caps or Colon Soothe, allow at least one hour afterwards before you take your

medications. This one-hour window allows enough time for your medications to be absorbed into your body and to work the way they are intended to work.

If you have time, I suggest you look into why all of your prescription medications contain harmful and cancer-causing petrochemicals. Research the term "[Rockefeller Medicine](#)" on DuckDuckGo.com or Bitchute.com. Do some research and try to find alternatives to all of your prescription medications. It could be a gradual process of getting off one medication at a time while you are improving, but it is well worth it. You should also watch "[Lethal Injection – the Story of Vaccination](#)" on bitchute.com – parts 1 and II – it will explain to you why the shots you get in your office can damage your health and can cause a wide variety of autoimmune disorders, chronic infections, brain and neurologic damage, food allergies, cancer, blood clots, and more health issues.

Can I Take My Other Supplements While I'm Doing This Cleanse?

Yes, unless they're synthetic, harmful or nonessential. If you believe a supplement that you're taking is absolutely essential to your well-being, then keep taking it. Allow one hour after taking it before taking Colon Soothe or Colon Detox Caps. Or Take Colon Soothe or Colon Detox Caps first and then allow one hour before taking your important supplements. Digestive enzymes and proteolytic enzymes can actually help the effectiveness of this cleanse and can be taken if desired.

Many supplements are synthetic and are actually harming you. This includes certain types of calcium/ magnesium formulas, multi-vitamin and mineral supplements and certain types of Vitamin C. Please see the website for more information on synthetic calcium (<http://drfostersessentials.com/store/natural-calcium.php>) and synthetic supplements (<http://drfostersessentials.com/store/truth.php>).

Can I Mix My Supplements Together in the Same Dose To Save Time?

Yes, except for the Colon Soothe or Colon Detox Caps. These two formulas should always be taken on an empty stomach with water or diluted juice, and by themselves without any other supplements or medications taken with them in the same dose.

Can I Take Too Many Step One Capsules? What if I'm Severely Constipated?

I've had clients who took as many as twenty capsules of a Step One Formula 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.

I Have Difficulty Swallowing Capsules. Could I Open Up the Capsules and Mix Them With Water Before I Take Them?

Sure, yes! The Step One Formulas tend to be bitter when you open them up, so you may want to add a few stevia drops to sweeten it up and you can even add a little coconut milk powder to cover up the taste. Or you could leave the herbs bitter and experience that bitter taste which can be very helpful for liver/gallbladder function. The Colon Detox Caps can also be twisted open and mixed with water or diluted apple juice.

Because this is a completely pure and natural formula, there are NO SYNTHETIC EMULSIFIERS OR MIXING AGENTS. Because of this, the formula may clump when you mix it with a liquid. It’s best if you put the formula in a jar with a lid, add the water and formula to the jar, cover the jar tightly with the lid and then shake the jar for several seconds to thoroughly mix the contents with a minimum of clumping. Half and half apple juice and water goes well with this formula, or if using just water, you can add a few drops of liquid stevia to sweeten it up.

Can I Take the Colon Detox Caps Without a Step One Formula? (Vibrant Colon, Colon Start Plus or Colon Activator)?

Yes, you can take it without a Step One formula but it may be constipating. The Step One formulas counteract this effect so that the formulas fully expand and cleanse the intestines without the constipating effect. Most people will feel uncomfortable taking Colon Detox Caps or Colon Soothe without a Step One Formula unless they’re taking only one dose per day or unless they have diarrhea and are trying to slow it down. Four capsules once a day can be a good maintenance dose of Colon Detox Caps after your cleanse is over if you suffer from frequent diverticulitis, or other colon diseases.

Taking Additional Fiber or Psyllium During the Cleanse:

If you take a daily fiber formula or psyllium, **do not take it** while taking a Step Two Formula; this is too much fiber and it may cause constipation. The Step Two Formulas contain **more than enough** fiber for your daily needs.

What if I Have SIBO (Small Intestinal Bacterial Overgrowth?)

The cleanse should be fine to take if you have SIBO. The formulas may kill some of the harmful organisms and you may experience improvement. SIBO can sometimes be more stubborn to heal and to heal at a deeper level, we recommend Taking the Echinacea Premium or Blood Detox Formula or some oregano oil diluted in olive oil for around 90 days or doing the 90-Day Kick The Candida Challenge. The cleanses can be extended beyond the two-week period for as long as needed. We've had a few people do the colon cleanse for several months and at the end of that time, various health complaints went away. Antibiotics have very harmful side effects on the gut as well as on the kidneys and your hearing. They can even cause ringing in the ears. Deeply contemplate whether or not you want to use them again unless it is for something life-threatening. We can heal many types of infections without antibiotics, including food poisoning, bladder infections, sinus infections, ear infections, bronchitis, and sometimes even pneumonia.

What if I Have Leaky Gut?

This formula, with its mucilaginous herbs – despite the psyllium seed, is actually soothing, anti-inflammatory and helps heal leaky gut. You're not taking psyllium *by itself*, so this is different. You're taking psyllium with special herbs that soothe and heal the bowel. The marshmallow root, slippery elm and flax seed all coat and soothe the intestines and counteract any abrasiveness caused by the psyllium. The psyllium needs to be in the formula because it fills the gut and expands out to the walls to draw out toxins from your bowel pockets and to remove the mucoid plaque layer. Odds are you've got leaky gut because you have had this toxic mucoid plaque layer lining your intestines for so many years.

Change in Color and Smell of Stools During the Cleanse:

Step Two Formula can temporarily turn the bowel movements dark due to the black charcoal content. This is harmless and COMPLETELY NORMAL. Stools can also be wrapped in mucus 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. If it smells old or vile or rotten, you're getting toxins out.

Black Stools:

The activated charcoal in the Colon Detox Caps and Colon Soothe often turns the stools black. It's normal for this formula and does NOT indicate a disease. After you finish taking the formula, the stools should soon return to their pre-cleanse color.

Green Stools:

If you took the Earth's Nutrition formula or the Essential Nutrients formula with your cleanse, or if you've been juicing green vegetables, your stools may turn a greenish color. This color is due to the pigments in the vegetables and is completely harmless.

Red/ Purplish Stools:

If you drank beet juice or ate a lot of beets, it can turn your stool a dark purple/ reddish color. This color is caused by the pigments in the beets and is also harmless.

White Stools:

If you have ever had a barium GI test, the barium (a white chalky liquid) you swallowed during the test can remain lodged in the diverticula (bowel pockets) of the colon for years. During the intestinal cleanse, this white chalky material can come out. It's usually only one or two bowel movements that come out this way and then stool color returns to normal when all of the barium has been eliminated. If you have never had a white stool before, and you had a barium imaging test done in the past, then you can rest assured that this temporary white color is not a sign of disease.

Coated Tongue:

Very good sign if it develops during a cleanse! It means the body is releasing intestinal toxins. It sometimes means you're eliminating excess candida.

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 is a Normal Bowel Movement?

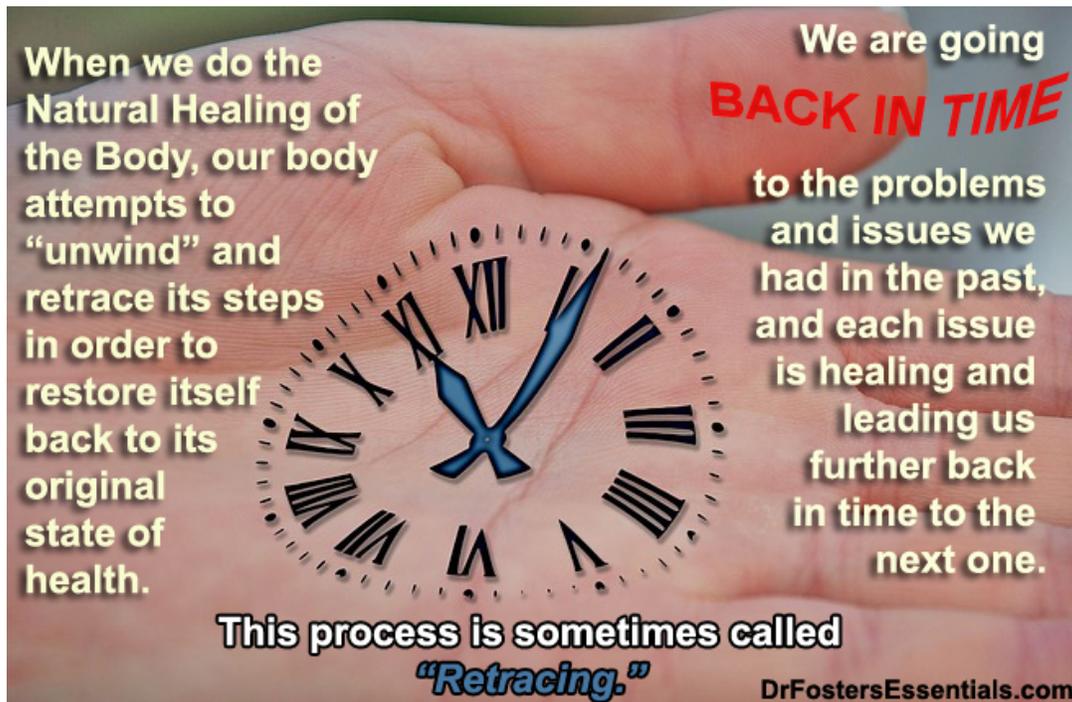
The consistency of a normal bowel movement is like that of smooth peanut butter. It should *not* be "formed" as the medical doctors say. *They are wrong!*

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 to 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.



When doing any natural healing routine, you may experience any symptom you've ever had in the past. This phenomenon is called "Retracing" or sometimes a "Healing Crisis." This occurs because the natural healing is healing buried unhealed issues in your body that were NOT healed with antibiotics and medical treatment. They've remained in your system for years and even decades because the medical treatments you received, although they relieved your symptoms, were only a partial treatment and did not heal everything.

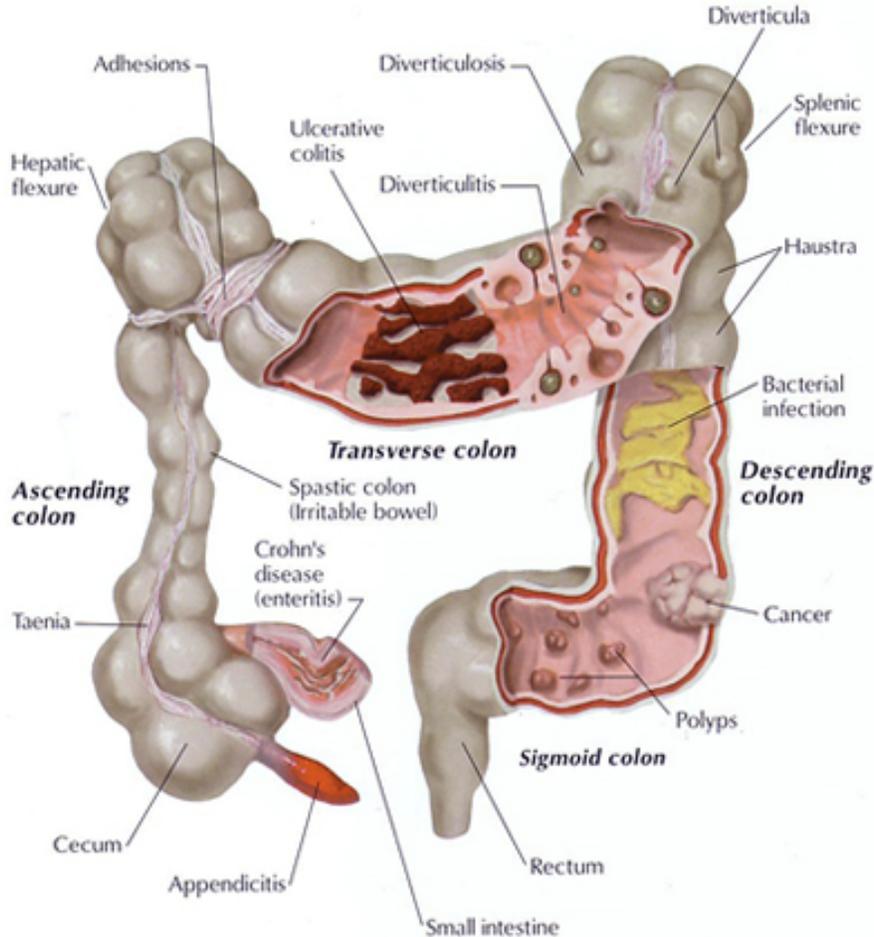
If you did not read the [Mandatory "How to Take Your Herbs Flyer"](#), please read it now so that you fully understand the healing crisis and why sometimes things feel worse when you're healing the root causes, doses for children and pets, customized doses, what exactly to do (step-by-step) if you feel worse during a cleanse, and much more.

**Information about the Intestinal Cleansing Formulas
Provided Below at Our Customer's Request:**

The Intestinal Rejuvenation Program
DrFostersEssentials.com • Cynthia Foster, MD

This Flyer Includes:

- How Your Toxic Colon Causes Health Problems All Over Entire Body
- Am I Too Sick to Do This Cleanse? (pg. 19)
- Detailed Product Info – What They Do and What They're Good For (pg 21)
- **Instructions (pg. 23) and a Daily Schedule (pg. 27)**
- Colon Soothe Recipes (pg. 25)
- Recommended Diet During This Cleanse (pg. 26)
- What Supplements You Can Mix Together, Can I Take Too Many Capsules? How to Handle Symptoms During the Cleanse, Taking Medications with the Cleanse, is it Gluten-Free, Leaky Gut, SIBO & More Questions (pg. 28)
- Long Term Use and Protective Effects of The Colon Formulas (pg. 31)
- Scientific References (pg. 34)



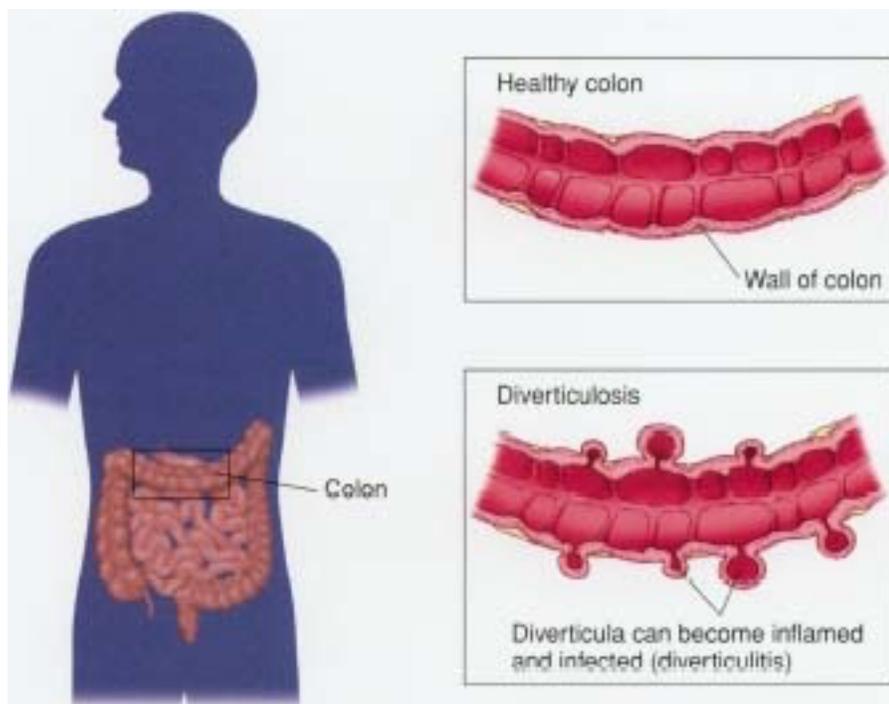
Your Toxic Colon – This is What it Looks Like and This is Causing All Kinds of Diseases and Health Problems All Over Your ENTIRE BODY – even ones that your doctor says are incurable.

How Your Colon Has Made You Sick All Over Your ENTIRE BODY:

Please read this whole flyer so that you understand your body and how it works. It's going to give you a fighting chance of getting off all of your medications and even avoid some surgeries, and if I explain it well enough to you, you'll be able to avoid medical professionals throughout your life. Some of this information can be shocking because your doctor has no clue what has happened to you inside your colon or why.

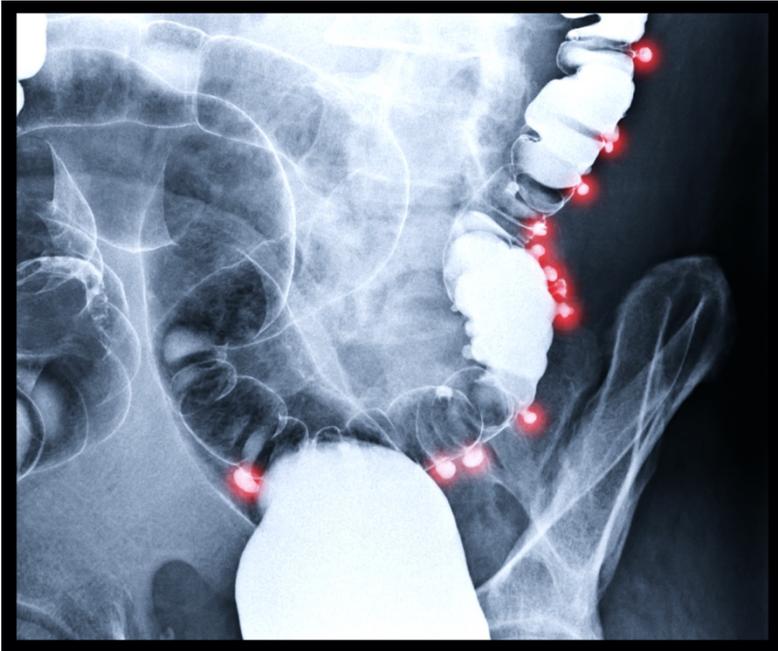
I thought my one-a-day bowel movement was normal. It was not. I've listened to medical school professors rehash the same nonsensical advice that it doesn't matter what you eat or how often you have a bowel movement for health.

When I got to my first natural healer (a holistic RN), she immediately informed me that I was constipated and that was contributing to the epileptic seizures that I was having at that time. Then she told me that most of the civilized world is constipated too! When she healed people's colons, many health issues would diminish or even go away. Yes, the RN was teaching the MD – and saving my life with her natural healing knowledge!



Due to chronic constipation (Yes, everyone who has one bowel movement or less per day), Americans suffer from very high rates of colon disease. Diverticulosis is common, hemorrhoids are common, and colon cancer is becoming more common. As you miss a bowel movement you were supposed to have (you should have one bowel movement per day for every main meal that you eat – that means 3 bowel movements per day if you are eating 3 square meals per day), pressure builds up in your colon and begins to cause hemorrhoids. Parts of your colon may begin to expand and balloon out to accommodate the extra stool that is left inside of you. As the pressure builds up in your colon, it can push up against your stomach, causing the valve between your esophagus and stomach to malfunction, causing acid reflux. Your entire GI tract is overly pressurized and backed up!

This pressure, as it builds up, also causes tiny pockets in your bowel wall to form called diverticuli. These diverticuli result from a weakening of the muscles of the bowel wall and these weak muscles cannot empty out their waste.



Therefore, food collects there, rots, ferments and causes inflammation and infection (otherwise known as diverticulitis). As those areas further weaken, the bowel wall can literally rupture and that fecal material can leak into your belly and cause overwhelming infection and even lead to death! These bowel pockets **cannot be seen during colonoscopy**, but they are often seen with a barium enema test.

As this food rots and ferments and stays inside your gut and also inside those **Barium Enema Showing Bowel Pockets Highlighted in Red** bowel pockets for prolonged periods of time, inflammation

can develop in the lining of your colon – that shows itself as “irritable bowel,” spastic colon, inflammation of the colon (“colitis”), polyps in the colon and even colon cancer.

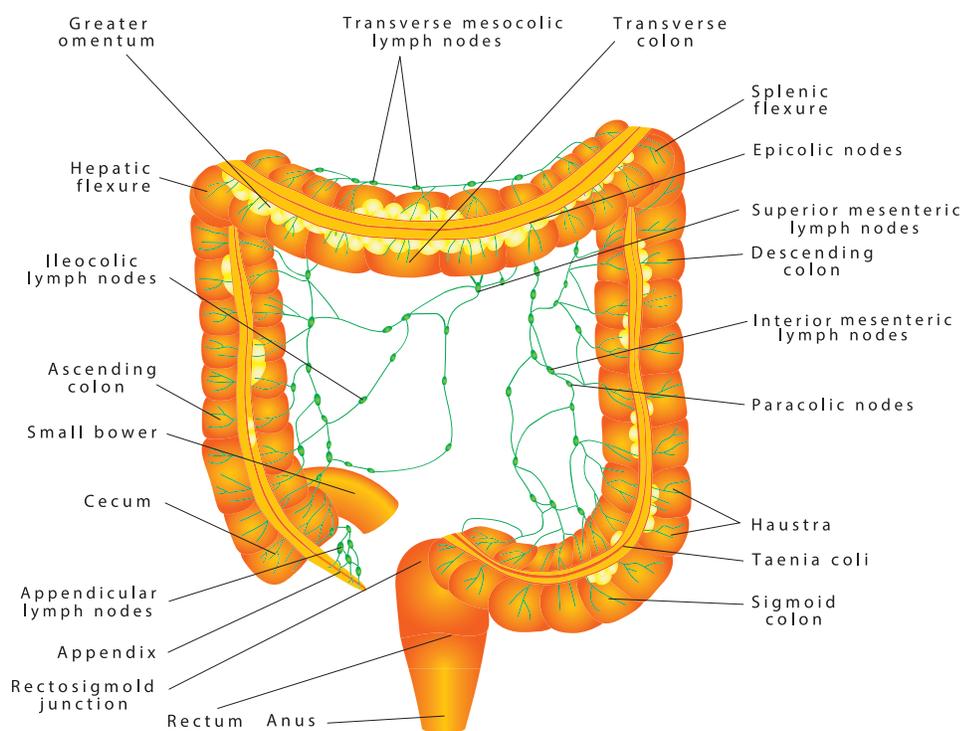
To make matters worse, the colon can bulge out so much it starts to droop and even fall down onto the reproductive organs (this is called a “prolapsed colon”). It can also seep toxins into the bladder, uterus, ovaries, prostate and the entire surrounding area. Now you’ve got prostate problems, uterus problems, heavy periods (your body trying to rid itself of the toxins), infertility, bladder problems and other issues of your reproductive organs. When the colon drops, it creates too much space under the stomach and the stomach will also fall down a little, resulting in pooling of the acid at the bottom of the stomach with resulting indigestion and other stomach problems.



Mucoid Plaque Layer That Was Eliminated During a Strong Herbal Colon Cleanse. It’s one huge hardened piece in the shape of your intestines.

Now on top of that, as you eat processed foods, your colon secretes mucus in order to protect you from the toxins in these foods, including various pesticides, and petroleum-based artificial colors and flavors and other additives. With each

meal of the wrong foods, more and more mucus is produced and covers the intestinal lining, and over the years, it hardens and turns into what is called the “Mucoid Plaque Layer.” ***Even if you are currently eating organic whole foods, that doesn’t change the layer of hardened mucus that has accumulated over many years inside your colon – it’s still there.*** The mucoid plaque layer can be removed (and the results can be life-changing), but it takes specific herbs that soften, swell up and expand against the walls of the intestines to do it, and it also must absorb that rotten material from the bowel pockets as well.

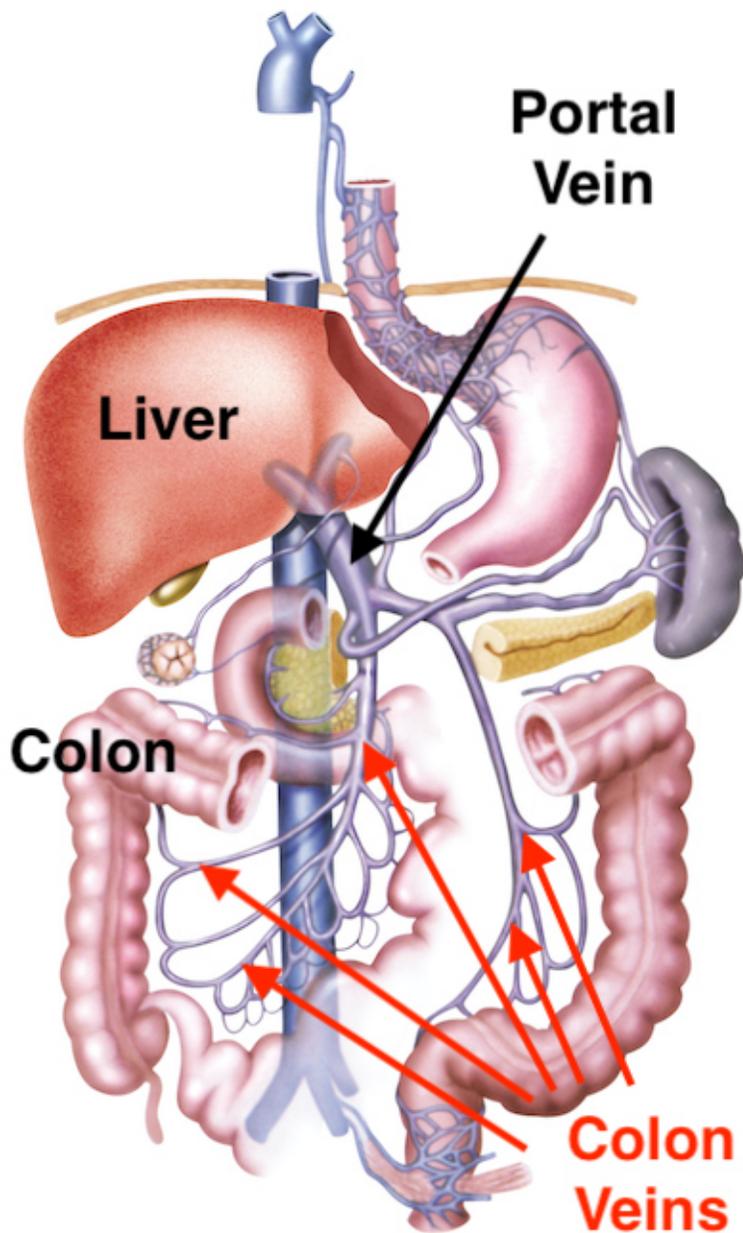


LYMPHATIC VESSELS AND NODES OF THE COLON

Your colon has lymph vessels taking away wastes every day from your colon. If you have an excess of toxic buildup, it’s going into your lymph system and your lymph system will travel various places throughout your body and end up in your veins and eventually into your kidneys.

The lymph can easily become overloaded if you are carrying around a lot of backed up bowel movements or if you continually eat processed foods with artificial ingredients. In addition, lymph vessel require that you exercise – move around in order for them to circulate these fluids, and many people are sedentary, which make the entire lymph system congested. This lymph congestion results in swollen lymph nodes, headaches, sinus congestion, acne, rashes, skin disorders, coughs, colds, flu, and many other health problems.

More below....



There is also something called the “Portal Vein” that takes substances from your colon to your liver, so when you have a lot of toxins in your colon, they go directly to your liver. Your liver will try as best it can to detoxify what goes into it, but it can become overloaded. Your liver will store the excess toxins – whatever it could not detoxify - because these toxins are not being eliminated through your colon.

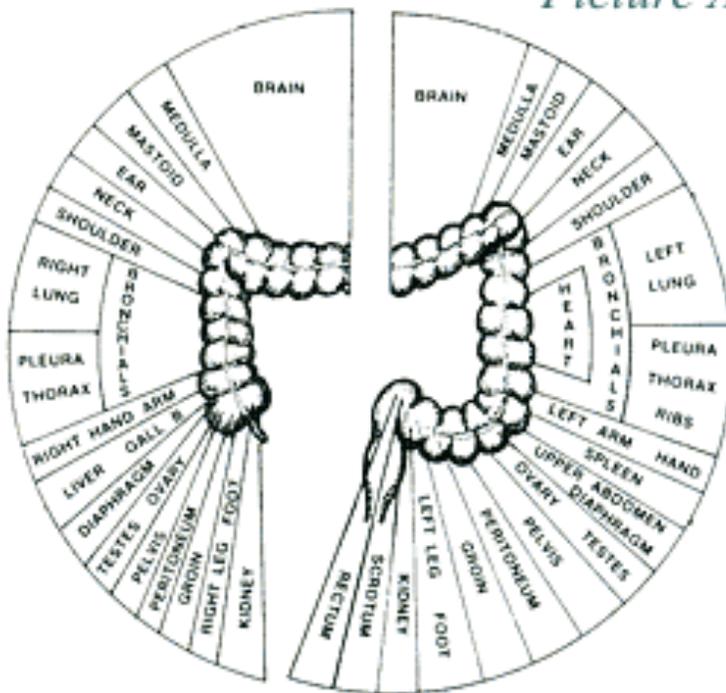
Now your liver is toxic and you’re suffering from hormonal imbalance, chronic fatigue, chronic infections, blood sugar problems, sinus problems, bile sludge, bile stasis, fatty liver, weight gain and numerous other health problems throughout your entire body.

Now your liver is plugged up and cannot produce enough bile and the result is high cholesterol as well as more constipation (bile helps your body process

cholesterol and also acts as a natural laxative). The blood also begins to thicken and you see more of a tendency for the blood to form abnormal clots. You can see this is a vicious cycle with no end unless you clean up the colon.

When your liver is full of toxins, your body will try as hard as it can to re-route them through your kidneys to eliminate them through your urine because your body is trying really hard to survive at this point. As your kidneys are filtering out your rotten old fecal material that went into your lymph and blood system, your kidneys will also fill up with toxins and now you’ve got urinary tract infections, kidney diseases, cysts and tumors in the kidneys, kidney stones, joint pain, high blood pressure, and many other health issues. (This is one of the reasons why you should also do liver cleanses and kidney cleanses and take herbs to clean out your blood and lymph after you’ve cleaned out your colon).

Picture A



Great natural healers and doctors made bowel reflex charts to show the association between each section of your colon and other parts of your body (see chart to the left).

Each area of your colon is associated with another organ in your body and depending on the location where your colon is toxic, you could have toxins leaking into the thyroid, breast, lungs, brain, reproductive organs, neck, shoulder and any number of other areas.

Bowel chart indicating reflex reference to the organs in the iris

By Dr. Bernard Jensen, USA

These toxins in the colon can be so severe that you develop cancer

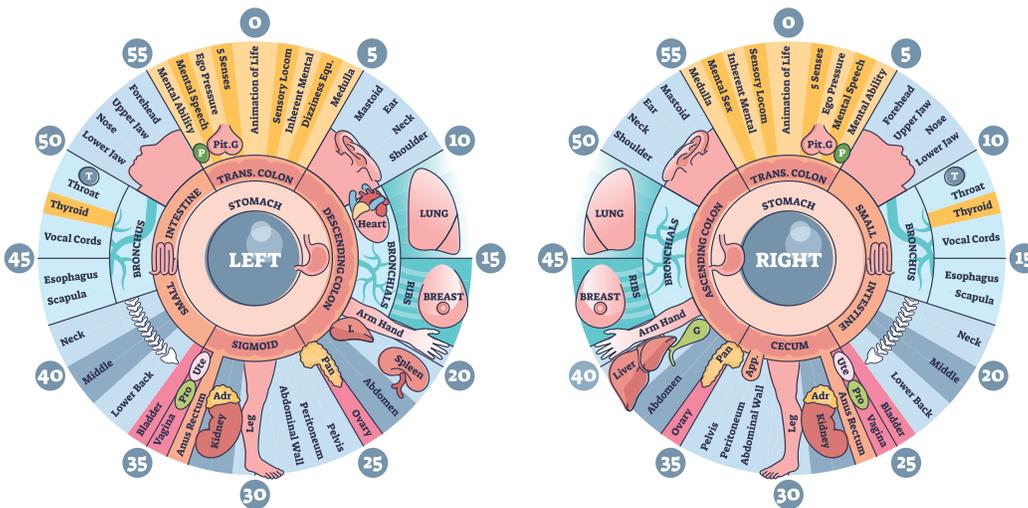
SOMEWHERE ELSE in your body – even OUTSIDE of your colon.

Toxic Portions of the Gut Linked to Full Body Diseases:

Sir Arthur Arbuthnot (surgeon to the British crown in the 1800's) found that if he removed a toxic portion of the colon, the associated health issue would also disappear. After removing a portion of a little boy's diseased colon, the boy's rheumatoid arthritis completely disappeared after around 2 months. After years of performing surgeries, Dr. Arbuthnot left his surgical practice and started teaching people how to eat and how to properly care for their colon to **avoid the colon disease in the first place.**

Many of you are literally ROTTING from the inside out because of chronic constipation. It's like throwing trash in a trash can but only emptying it out every two weeks. It's going to stink, smell bad and literally cause body odor.

IRIDOLOGY



Intestines are always in the center of all iridology charts and all organs are on the periphery, affected by the intestines.

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 still be severely toxic in the intestines and can be heavily infested with parasites.

You want to aim for Type 3 or 4 on the Bristol Stool Chart (below) and have that consistent and daily for the rest of your life. If you’ve been constipated for years, you may need to wipe a little more than you’re used to. That’s OK. That’s NOT diarrhea. That’s actually healthy. You can use wipes, you can get a bidet or use natural toilet paper spray. If you want a “clean pinch every time” with no need to wipe, then get ready for severe colon disease, parts

of your colon being cut out, a colostomy bag, and a whole slew of health problems.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Can it Be Fixed? Yes! Can it Be Done Overnight? No!

People can have amazing shifts in their health after just one colon cleanse and especially if they do the juice fasting with it that really helps to remove this mucoid plaque layer. I've seen huge transformations in people who have had the mucoid plaque layer removed – rashes can go away, pain in the colon can go away, and the color can come back into their face, and up to 25 pounds of accumulated fecal matter can come out in one cleanse. But one colon cleanse does not necessarily fix the ballooned-out areas, the scar tissue (adhesions), the fistulas, and the bowel pockets.

You may need a few cleanses, more juice fasting, a diet change, some thyroid healing, and some abdominal massage work in order to permanently change the state of your colon. If your colon is *extremely toxic* or you've already had parts cut out, you may need to be on this cleanse for up to 2 months. What's most important is that you *avoid having constipation from this point forward* and allow your colon to recover from the damage done by the years of chronic constipation. It's one of the reasons why with every herbal cleanse I offer you, **there's always a colon cleanse that's included with it.** There is a reason why fasting is mentioned in every holy book on our planet, and that is because your colon needs a rest from food periodically in order to be healthy.

These herbal colon-cleansing formulas originate with great natural healers such as Dr. Harvey Kellogg, Dr. Henry Lindlar, Dr. John Tilden, Paavo Airola, Dr. Norman Walker, Dr. John R. Christopher and Dr. Bernard Jensen who all used a version of these formulas to remove the mucoid plaque layer and help to restore the bowel back to health. They healed not only leaky gut, but also things FAR WORSE than leaky gut with these formulas, including colon cancer.

You'll also need to undo the damage caused to your other organs, especially your liver and kidneys. The good news is that these organs will begin to dump some of their toxins into your bowel as soon as you've removed the mucoid plaque layer. Liver cleanses and kidney cleanses are very important after you've done a colon cleanse.

Am I Too Sick To Do This Cleanse?

No! In a lot of cases, your life **DEPENDS** on doing this cleanse. This is where your disease actually started and it is the original point that needs to be healed. This is one of the most important cleanses you can do in your entire lifetime. If you have diarrhea, skip the Vibrant Colon Formula and start taking the Colon Detox Caps by itself. Even if you're taking a prescription blood thinner or other medications, you can still do this cleanse. If you have diabetes, you can still do this cleanse. Just don't drink fruit juice or eat dried fruits during this cleanse.

I've been taking people through this cleanse for over 20 years. There is no herb in these formulas that I do not thoroughly understand. Every herb in these formulas has a specific purpose and is there for a reason and they are custom formulas based on the results my patients were getting over the years. If you've found a medical website that debunks any one of these herbs, it is **MISINFORMATION**. The pharmaceutical industry hires "shills" daily to write online articles disproving herbs and showing that they cause harm.

Don't listen to the noise! It may look intimidating. They may cite research articles to prove their point. (There are plenty of research articles showing herbs DO work and I've listed them at the end of this flyer.)

I have seen it happen personally where research studies were funded by the pharmaceutical industry with the intent to DISCREDIT an herb and they have no interest in discovering if it actually works or not. They want you dependent on their system to the tune of thousands and thousands of dollars over your lifetime – thousands for prescription drugs, thousands for mostly unnecessary surgeries and thousands for many other procedures, hospitalizations, office visits and insurance. It is a multibillion-dollar industry that thrives on your ignorance. They make billions of dollars off of making you a helpless, passive victim with no knowledge of how to care for yourself. And they spend millions on their fake scientific-looking propaganda to convince you that herbs are scary, dangerous and could hurt you.

Listen to the healers throughout the ages who have been healing their patients naturally for centuries. ***I have six bookcases not only of regular medical books, but also of books on herbs, supplements, and natural healing, including some very rare books*** by natural healers and eclectic medical doctors from this country and from other countries as well – and I've learned from some of them in person or gone through their trainings as well. Their CLINICAL RESULTS, the pictures they've taken, the videos they've made, the books they've written - all speak for themselves – and their knowledge is actually common sense.

You've been talked out of using your God-given common sense by the Medical Profession who has convinced you that disease is complicated, unexplainable, random and incurable and the only answer is to have parts of your body cut out or take a synthetic patented chemical combination that they "invented" last year and hasn't yet been thoroughly tested.

It's time you trusted your own feelings and gut instincts and start going into action to do everything possible to heal yourself so that you don't need them anymore. Here's where to start:

Specific Product Information and Instructions Below...

What the Herbs Do:

Step One Formulas: (Vibrant Colon, Colon Start Plus, Colon Activator)

Regular Strength Formula: Most people take the Vibrant Colon if they have daily bowel movements. Can-G is sometimes recommended for people who have a history of inflamed colon or diarrhea. It has a mild colon stimulating effect as well as an anti-inflammatory effect on the colon that is usually healing for colitis and inflamed colon. It also kills candida overgrowth.

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.



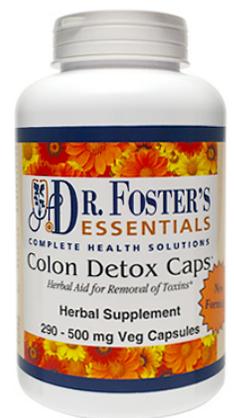
Benefits:

- These are colon-stimulating formulas that also have cleansing and detoxifying effects on the liver, gallbladder and spleen as well as some mild antiparasitic effects.
- Note: Taking a synthetic magnesium supplement (most magnesium supplements are synthetic, even if the label says “natural.”) to have bowel movements can mask underlying health conditions such as liver/gallbladder problems, parasites, low thyroid and retained toxins (mucoid plaque layer) in the intestines.
- So, cleaning out the bowel with Step One and Step Two Formulas are quite important to address some underlying root causes if you have previously been relying on magnesium or coffee to have a bowel movement.

Step Two Formulas: (Colon Detox Caps, Colon Soothe)

Benefits:

- These are drawing and detoxifying formulas. They absorb and chelate literally hundreds of different kinds of chemicals from the bowels, including pharmaceutical residues, pesticides, waste products from parasites, toxins from harmful bacteria, candida die-off, heavy metals such as aluminum, lead, copper, mercury, and radioactive residues.
- Most practitioners do not give high enough of a dose to detoxify the colon. This formula needs to swell up against the walls of your intestines to absorb the toxins out of the bowel pockets and to remove the mucoid plaque layer and to remove candida die-off, parasite die-off, infection die-off and the



heavy metals lodged in the intestines. Try to take the maximum recommended amount for maximum effectiveness.

- To counteract food poisoning, they may be taken at double the normal dose. Again, most practitioners will tell you to take just a few charcoal caps. That's **not enough** to counteract food poisoning. You need around 1 to 2 TBS to absorb all the toxins from food poisoning.
- This formula cleanses both the small intestines as well as the large intestines.
- If you have a stomach or esophagus issue, you need this formula in direct contact with your esophagus and stomach. To do this:
 - Twist open the capsules of Colon Detox Caps and mix the contents with around 2 ounces of water and sweeten with stevia or monkfruit as desired.
 - Or, take the Colon Soothe Formula which you can mix with water or juice (it is mostly the same formula as Colon Detox Caps but in powdered form).
 - In this way, it can help heal the esophagus and stomach, which helps gastritis, stomach ulcers, h. pylori, and acid reflux. It can also help absorb the helicobacter bacteria that causes stomach ulcers and can act on food poisoning more quickly than the encapsulated formula.
- Helps remove the mucoid plaque layer, especially if you do juice fasting with this program. See photo above to see what the mucoid plaque layer looks like. It's typically all stuck together and comes out in one long piece, in the shape of your intestines.



Product Instructions Below...

Product Instructions:

Step One:

Take a Step One Formula (Vibrant Colon, Colon Starter Plus) 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.
- 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. Do NOT take additional fiber such as psyllium. This formula already contains enough fiber.
- If you suspect parasites in the stomach, twist open the capsules and mix them in a couple of ounces of water. It will taste bitter, so add a little stevia or monkfruit to sweeten it up to your taste. Or, leave it bitter.
- 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.



Step Two:

- **Continue Step One Formula**
- **Add Step Two Formula (Colon Soothe OR Colon Detox Caps)**
- Take both (Step One and Step Two) Formulas for the duration of the cleanse. This could be anywhere from a few days to two months, depending on your results.



- **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.

- **When taking Colon Detox Caps - take 4 to 8 capsules 3 to 4 times daily.**

Follow this sheet & ignore the product label directions. (The reason is because the FDA controls what's on a product label and they literally have no idea how to use these formulas. They also have an incentive to discourage their use, literally scaring you out of taking them.) 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. This formula will expand a little in the intestines as it's absorbing toxins, softening up the mucoid plaque layer for removal.

You may or many not feel a temporary bloated sensation only while you're taking the formula. That means it's working in your gut to absorb toxins! 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. If you have difficulty swallowing capsules, you can twist these capsules open and mix them with water. We take great pains to ensure that there are no synthetic chemicals added to our products, so this is a 100% natural product with **NO CHEMICAL EMULSIFIERS OR MIXING AGENTS ADDED**. Therefore, if you twist open the capsules and mix with water, it may clump a little. You will need to use a jar with a lid to shake the powder up with the water before consuming. You can feel safe knowing you have purchased a completely natural product unlike any other on the market.

- **If taking the Colon Soothe Formula, take ½ to 1 tsp of the Colon Soothe Formula 1 to 3 times daily.**

Since this is a formula that helps absorb toxins from the body, we take great pains to ensure that **NO CHEMICAL EMULSIFIERS ARE ADDED TO OUR HERBS** and that Colon Soothe is 100% natural! This makes Colon Soothe a totally unique product unlike any other. Because there are no chemical emulsifiers in it, you'll notice that it may clump when you try to add it to a liquid. To help it mix better, 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. Taking more than 1 tsp per dose can be constipating, so you may need to drink an additional 4 to 8 ounces of water with it. You can also reduce the dose to ¾ or ½ tsp if it's too constipating. This formula expands in the gut while it is absorbing toxins, so it may temporarily make you feel a little bloated, but rest assured it is actively working to absorb toxins as well as gas. You can decrease the dose if it feels too uncomfortable.



- **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, if You are Doing a Different Cleanse, It Can Be Added at this Time.** For example, 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 Anti-Parasite Cleanse or up to 2 months if you suffer from colitis. For a very thorough bowel cleansing, continue taking both formulas for a total of one month, or if you are severely ill in your colon, you could extend this cleanse out to 2 months.
- **If Parts of Your Colon Have Been Removed:** These formulas can be taken by those who have had the gallbladder removed, those with colostomies or portions of or the entire colon removed, (in these cases where the bowel movements are loose, runny or liquid, simply avoid taking the step one formulas and focus on the step two formulas instead.)

Colon Soothe Recipes

Apple Juice Recipe:

- 6 oz. Apple juice, fresh pressed if possible (takes about 1 1/2 apples)
- 6 oz. Purified Water
- 1 scoop or 1 tsp of Colon Soothe Powder

Place all ingredients in a jar with a lid. Fasten the lid and shake the contents for a few seconds. If no jar is available, use a blender. Drink immediately. If you let it sit for several minutes, it will thicken which may make it a little more difficult to swallow. Good for kids as well as adults. It has a black color, but it tastes really good!

Keto Sweet Recipe:

- 12 oz. Filtered or Distilled Water
- 7 drops Liquid Stevia (You can use Stevia clear, or flavors such as Hazelnut, Berry, Valencia Orange, Lemon, Vanilla, Chocolate, Chocolate Raspberry, English Toffee)
- 1 scoop or 1 tsp of Colon Soothe Powder

Place all ingredients in a jar with a lid. Fasten the lid and shake the contents for a few seconds. If no jar is available, use a blender. Drink immediately. This is really good for Candida sufferers or diabetics, or anyone who cannot handle sugar.

Carrot Juice Recipe:

- 6 oz. Carrot Juice (fresh pressed is best)



- 6 oz. Filtered or Distilled Water
- 1 scoop or 1 teaspoon of Colon Soothe Powder

Place all ingredients in a jar with a lid. Fasten the lid and shake the contents for a few seconds. If no jar is available, use a blender. Drink immediately. The carrot juice is also very soothing to the stomach.

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 non-addictive. The Iron From Herbs Formula contains tonic herbs that can also help children's bowel function.

After the Cleanse is Over:

- The cleanse can be discontinued at the end of two weeks, or for people who have more severe gut issues, it can be extended out for longer periods of time. Up to 2 months are recommended for anyone with colitis.
- After the cleanse is over, A Step One Formula may 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, Parasite Cleanse, Cholesterol Busters Cleanse, Simplified Stone Cleanse or Kidney Revitalization Program should be repeated every 3 months to maintain health. This is the Foster Method.

Signs of Healing:

After you've finished your cleanse, it's important to check for signs of healing. If you have had any improvements in your skin, reduction of a rash, less flatulence, reduction of headaches, less sinus problems, less food sensitivities, less intestinal cramping or discomfort, reduced inflammation in the body, better breathing/ lung function, improvements in menstrual cramping or lighter menstrual periods, it's a good sign that you've eliminated the toxins that were causing or contributing to these problems.

Give yourself a pat on the back and congratulate yourself for a job well done! If you eliminated an extra long bowel movement all stuck together, you most likely eliminated the mucoid plaque layer – kudos! You may have saved yourself from a much worse bowel problem in the future such as colon polyps, colitis or even colon cancer. If you passed parasites, congratulations! (You may want to follow up with the Parasite Cleanse Kit to make absolute sure you've killed all stages of the parasite.)

Is it Safe to Take a Step One Formula Over the Long Term?

(YES!!!)

Harmless Staining of the Colon:

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}.

Protective Effects Against Cancer:

In fact, research has demonstrated that these herbs have *protective* effects against cancer such as colon cancer ¹, 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 cancer ⁶, pancreatic cancer ⁵, gallbladder cancer ⁸, colon cancer, and non-small cell lung cancer ⁹. It has been used with 5-FU against colon cancer, gemcitabine against pancreatic cancer ⁵, cis-platin against gallbladder cancer ⁴, 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 and Dose Can Vary Over Time:

Bowel function can vary from day to day depending on your physical activity, water intake, and your diet (a large steak or chicken breast is more likely to cause constipation than smaller 4 oz. portions of meat or 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.

Herb/ Drug Holidays:

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.

Antiparasitic, Liver/Gallbladder Health and Other Benefits:

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.

The Foster Method and Other Cleanses That Help the Colon:

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 cases of constipation are due to parasites, gallstones or a liver clogged with toxins. You may also need to kill candida overgrowth. See the 90-day Kick the Candida Program.

Long Term Use of the Herbs:

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).

Additional Aids For 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



**Scientific Research Showing the Proven Benefits
of the Herbs in These Formulas.
See Below...**

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 glutathione 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.

Good Luck and Good Health To You!

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