



Crystal Star™
whole herbs for the whole person™



Colon Detox Kit

NUTRITION PLAN

Congratulations!

You've decided to commit to a colon detox program! Yes, it takes a commitment because you will be changing your lifestyle for a period of time. I understand that challenge, and I have created a special Detox Kit to help. Each custom Detox Kit contains items that I recommend to specifically address your cleanse, along with my detailed Nutrition Plan. Keep the plan handy during your detox, because it has important information about how to get the best results from your program. If you're like most people, you will refer to it often. Good luck on this health adventure. A safe, gentle detox can keep your body functioning at peak levels. You'll look better and feel better!

The Colon Detox Kit includes:

- **BWL-Tone I.B.S.™ caps (60 caps, a 10 day supply)**
- **Herbal Laxa™ caps (60 caps, a 10 day supply)**
- **Dr. Enzyme™ (90 caps, a 15 day supply)**
- **FREE Nutrition Plan**

How to use the products in the The Colon Detox Kit:

BWL-Tone I.B.S.™ capsules: Helps eliminate discomfort while restoring colon health. Soothes and protects irritated & inflamed internal tissue. Directions: Take 2 caps 3 times daily for 1 to 2 months, then as needed.

Herbal Laxa™ caps: A formula featuring soluble fiber with a powerful blend of supporting herbs designed to maintain daily regularity. Helps eliminate sleepiness, indigestion, gas and bloating, while promoting total colon health. Directions: Take 2 caps, 3 times daily for 1 month.

Dr. Enzyme™: Powerful anti-inflammatory, blood cleansing enzyme blend. Directions: Take 1-2 capsules 3 times daily between meals.

The suggested program for this Kit is approximately 3-5 days following the steps outlined on this information sheet. Use the nutrition plan and bodywork techniques to get the greatest benefit from this kit.

Colon Detox Nutrition Plan: Start with this 3 to 5 day diet plan.

The 4 keys: 1) high chlorophyll plants for enzymes; 2) fruits and vegetables for fiber; 3) cultured foods for probiotics; 4) eight glasses of water a day.

The night before your colon cleanse: Take your choice of gentle herbal laxatives like **Herbal Laxa™ caps**. Also, soak dried figs, prunes and raisins in water to cover; add 1 tbs. molasses, cover, leave over night.

The next 3-5 days...

On rising: take a cleansing and flushing booster supplement, like **Herbal Laxa™ caps**. Add 1000mg of vitamin C with bioflavonoids 3x a day to raise body glutathione levels.

Breakfast: discard dried fruits from soaking water and take a small glass of the liquid with **BWL-Tone I.B.S. caps™**.

Mid-morning: Take **Dr. Enzyme™ caps** with glass of juice or water.

Lunch: take a small glass of potassium drink; or a glass of fresh carrot juice. **Take your Herbal Laxa™ caps and BWL-Tone I.B.S.™ caps.**

Mid-afternoon: take a large glass of fresh apple juice and **Dr. Enzyme™**.

(continued)

[click here to order the Colon Detox Kit now](#)

(continued)

About 5 o'clock: take another small glass of potassium drink, or a glass of aloe vera juice.

Supper: take a glass of apple or papaya juice. (Note: On the last night, take a small raw foods salad.)

Before Bed: repeat the herbal cleansers, and take a cup of mint tea.

Pointers for best results from your colon cleanse:

- Drink 6 to 8 glasses of water daily during your colon cleanse to flush the released toxins out quickly.
- Take a brisk walk for an hour every day to help keep your colon elimination channels moving.
- Take several long warm baths during your cleanse. A lower back and pelvis massage, and dry skin brushing will help release toxins coming out through your skin.

Continuing diet notes:

After the initial cleanse above, the second part of a colon health system is rebuilding healthy tissue and body energy. This stage takes 1 to 2 months for best results. Your diet should emphasize high fiber from fresh vegetables and fruits, cultured foods to replenish healthy intestinal flora, green foods for enzyme activity, and alkalizing foods to prevent irritation while healing. Avoid refined foods, saturated fats, fried foods, red meats, caffeine and pasteurized dairy foods. Drink plenty of water.

Bodywork Techniques:

Bodywork and relaxation techniques accelerate and round out your detox.

1. Irrigate: Take a colonic irrigation 2 to 3 times during your cleanse. Enemas can be an important part of a colon and bowel detox program.
2. Exercise: take a brisk walk for an hour every day to help keep your elimination channels moving.
3. Bathe: take several long warm baths during your cleanse. Dry brush your lower back, abdomen, hips and thighs to help release colon toxins coming out through the skin. Lemon Detox Bath: add into warm bath - 5 drops lemon and 2 drops geranium essential oil.
4. Massage Therapy: get one good lower back and pelvis massage during your cleanse
5. Reduce stress: Deva Flower Remedies Stress and Tension or Cleansing Remedy.
6. Visualize: Close your eyes; inhale and exhale long and slowly. As you exhale, visualize toxins dislodging and leaving your colon. As you inhale, visualize pure, nourishing nutrients rebuilding your vibrancy.

If you dedicate yourself to this program I'm sure you will be pleased with the results. Everyone is different, so the directions I've outlined are guidelines. Go at your own pace if you like, checking your results as you go.

To learn more about my whole herb detoxification kits, please visit my website, healthyhealing.com, or call 800-736-6015.

[click here to order the Colon Detox Kit now](#)



Crystal Star[™]
whole herbs for the whole person[™]



* This document is not intended as a substitute for the medical recommendations of physicians or other healthcare providers. Rather, it is intended for educational and informational purposes only. Please see a qualified healthcare professional if you have questions regarding your health. The statements in this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Copyright © 2008 Healthy Healing[™] Enterprises LLC. All rights reserved. [™] denotes trademarks owned by Healthy Healing[™] Enterprises LLC