



## FREQUENTLY ASKED QUESTIONS



## **Questions and Answers**

### ***I don't think I can do Seven Days without eating...***

Many people think they cannot live without eating for 7 days, but you will not die if you do not eat for that time. In fact, all throughout history of mankind, food has been a fairly scarce commodity - so that man lived in a state of either feast or famine. Compare that to what has happened in only the last 100 years when food has become so abundant. People eat three meals a day and snack between meals. So it has only been in the last century that we have had such a plentiful supply of food. Keep in mind, however, you are "cleansing", not "fasting" - meaning that you are taking nutritional supplementation during the program that help support the bloodstream to nourish the cells of the body. These supplements do not require a lot of digestion and, therefore, do not interrupt the cleansing process. If you truly feel that you cannot possibly last the full 7 days, you can start out slowly by trying our 3 ½ day semi-cleanse program. When you feel comfortable that you can go without food for 3 days, you can then add on extra days.

### ***I'm concerned about LOSING too much WEIGHT on The Cleanse.***

Most people find that their weight stabilizes quite nicely after a cleanse. How much WEIGHT do most people lose after fasting/cleansing for 7days? The average weight loss is about 3~5



kilo's. (3 ½ day SEMI-FAST about 1~3kg's)

***What's in the HERBS I'm taking during the cleanse ?***

All of the herbs given are in a Vegetarian capsule - not Gelatine. The INTESTINAL CLEANSERS contain: Plaintain, Cascara Sagrada, Barberry, Peppermint, Sheep Sorrel, Fennel, Ginger, Myrrh Gum, Red Raspberry, Rhubarb, Golden Seal & Lobellia. The HERBAL NUTRITION contain: Alfalfa, Dandelion, Chickweed, Marshmallow Root, Yellow Dock, Rosehips, Hawthorne, Licorice root & Irish Moss.

The FLORA GROW contains:

BifidoBacterium:

Infantis/Bifidum/Longum Lactobacillus:

Acidophilous DDS-

1/Casei/Plantarum (Other ingredients all

Vegetarian: Maltodextrin,

Fructooligosaccharides, Lemon grass, Methyl Cellulose)

***Will this program get rid of PARASITES ?***

While this program is not specifically designed as a parasite cleanse, many people experience the removal of parasites from their bodies. Parasites and the harmful bacteria that are in a dirty colon live in the old mucous lining and retained fecal matter. When this debris is washed and eliminated from the body, the parasites and bacteria will be washed out.

***Can I take the liver, kidney or parasite products while on the Cleanse Program?***

No, this is not at all recommended. It is much better to let the cleanse prepare



your body for working with these products after you cleanse. You can do the Parasite 'Zapper' whilst on the fast.

***Can I still drink COFFEE, SOFT DRINKS & SMOKE while on the cleanse?***

You should not drink anything other than water or the diluted fruit juice used in the Detox Drink. These types of drinks (above) are what is contributing to many of your ailments and health problems. This cleanse is a process of detoxification, and the body cannot effectively detoxify if you are continuing to take in toxins such as these. In fact, many people who want to quit such habits as smoking and alcoholism, find that the Cleansing Program eases their withdrawal symptoms and makes it easier for them to quit. If you can't quit smoking entirely, then at least try to cut back to just 1 or 2 per day. You may have some herbal tea (not black tea) once or twice a day.

***Can I take my VITAMINS when I am on your Cleansing Program?***

Our Cleansing Program works with the specific assortment of the products we provide. Any substitutions may limit your results. You should be especially aware of the fact that all the supplied products are from natural food sources - nothing is synthetic or man-made. 90% of all vitamins supplements are synthetic - and they do NOT work in the body to nutritionally build the bloodstream - like natural food supplements do. If you do have high quality - natural food source supplements then these should be fine to take. For example: If your vitamin C says 250 mg (or greater) (or ascorbic acid) then it is synthetic. The same is



true if your Vitamin E product says 5,000 IU or greater.)

### ***What about working out & other EXERCISE while on the Cleanse Program?***

You can work out lightly during your cleanse. However, one should tend towards non-aerobic forms of exercise like light Yoga, Tai Chi, walking or gentle swimming. Jogging, rebounding or any activity that creates a bouncing of the intestine is not recommended. Remember that when you exercise vigorously you are using electrolyte minerals which you may need for cleansing. In general cleansing is a good time to rest and tune into your body and spirit in other ways. When you complete your cleanse you can return to your normal workout with renewed vitality.

### ***When do I know I am COMPLETELY CLEANED-OUT?***

Remember, it took you years to build up all the toxins, mucous and debris in your body. You can't expect in one or two weeks to get you completely cleaned out. There are certain plateau points that are reached in your results. So you may eliminate a lot of material for a few days during the cleanse and not eliminate any more for the remaining few days. This is normal, because most people will clean out the colon in stages. Once one blockage is passed, it may take time to loosen and expel the next blockage. There is no hard-and-fast rule as to when you have fully cleaned out your colon. It will be different for each person. Signs that show you are getting close include the ability to take water all the way over to the right side of the body with ease (when doing a coloma), the absence of kinked or twisted fecal matter, and



successive cleanses (3-5 in succession) that produce little or no good results. Furthermore, you will feel different. Your energy will increase, you will require less sleep, you will be free of all aches, pains, allergies, and other ailments; your skin will be a young, healthy color; and you will feel young again!. In a clean body and a properly cleaned and nourished bloodstream, these types of symptoms do not present themselves. Also, you may go on 2 or 3 successive cleansing programs and pass no more of the mucous and plaque. But, be aware, that the mucous is constantly created when we eat foods such as: refined flours and sugar, processed foods, foods that contain natural toxins, and bad food combinations (i.e. mixing starches and proteins at the same meal). Realize, though, that if you continue to disobey Nature's Laws of food combining and eating natural, unprocessed foods, the mucous will be created and will build up again. Raw foods in proper combinations is the best way to ensure health during the cleansing process and after you are fully cleaned out. Health Problems...

***If a person may have a condition of DIABETES, multiple sclerosis or a lung condition, what precautions should be taken while detoxifying and deep cleansing?***

People with health problems should work with a qualified practitioner while cleansing. Diabetes, multiple sclerosis and lung conditions are serious conditions. WE ARE NOT DOCTORS HERE - if one is in doubt PLEASE consult your medical authority before starting any Cleanse Program!

***Can I start a cleanse if I suspect I have an ULCER?***



We strongly recommend that you do not proceed with a cleanse if you suspect an ulcer. Other conditions that preclude doing a cleanse are the following: ulcerative colitis, bleeding hemorrhoids, fissures and any suspected internal bleeding. We recommend working with a health care practitioner that uses raw juice and similar therapies to heal the condition first and only when full healing is established, proceed with a mild cleanse program.

***Will a cleanse help a person with IRRITABLE BOWEL or ULCERATIVE COLITIS? Can a cleanse be started if the person still has some MUCOUS, BLOOD in STOOL and a lot of flatulence?***

It is possible; you must remember that we cannot treat, diagnosis or claim to cure anything. Testimonies indicate that people benefit greatly from a cleanse. If a person is generally in good health and has the conditions stated above they can start a cleanse. They should pace themselves and be observant that they do not cleanse too fast. Irritable bowel and colitis are caused by what? Think! There has to be a cause! Most of the time there are specific pathogenic microorganisms, including Candida, various bacteria, and often protozoan parasites. Medical doctor's antibiotics are not always effective and when they are not, they don't know what to do. Medical doctors can do some amazing things sometimes, but they flunk when it comes to chronic and degenerative disease. Follow the advice of a medical doctor when it comes to treating bowel problems and some day you'll probably have bowel cancer. Why is it that conventional medicine cannot successfully treat these bowel conditions? Simply because their drugs do not always work and they do not understand natural healing or cleansing. It is foreign to them. And, just in case



you forgot, a good vegetarian diet, full of fresh fruits and vegetables and lots of fresh vegetable juices. And you know what? This treatment works wonders on just about anything. What a blessing to know about these simple natural things.

***What special measures do you take when cleansing someone without a GALLBLADDER ? Especially when there's chronic diarrhea present?***

This is a horrible disaster and over 99% of the time, the gallbladder did not need to be removed. But once it is, it is very difficult to maintain good health. These people will usually start gaining weight. Their bowels will become a weaker and more and more polluted. Many will develop sugar problems. Some may end up with diabetes. So what would I do? It is not easy to grow back a gallbladder, but I would try. But I would take great care of my body. I would feed it only the most perfect clean foods. I would work diligently in removing my bad food desires and I would cleanse. I would expect to do a full Cleanse at least 2 times a year and do a mini-cleanse in between. I would do juice fasting about one week per month, every month. And then I would water fast for 2 or 3 days once a month. And I would also practice meditation and if it felt right, practice yoga. I would learn to visualize and breathe. In my visualization, I would see myself filled with vibrant health, enthusiasm for life, joy and love being expressed to everyone.

***Can pregnant or nursing mothers go on the cleanse?***

Ideally, the cleansing program should been done before becoming pregnant. We do not recommend cleansing while





pregnant. Nursing mothers may be able to start with a 3 day cleanse (and work up to a 7 day cleanse) after the baby is a few months old and eating. Also, take EXTRA Herbal Nutrition to increase milk production. DURING THE CLEANSE.

***While on the cleanse, I experienced fatigue, weakness, a cloudy mind...***

Since the body is in a cleansing mode, you are stirring up poisons in the body. If these poisons are reabsorbed into the bloodstream, they can create any number of ailments, such as the ones you may be experiencing. This is why doing the Colema's is so important when you are on a cleansing program. This procedure flushes these poisons out of the body before they are absorbed by the bloodstream. If you are feeling weak, you should take our Veggie Broth Mineral soup twice a day. Coconut water is also an excellent source of minerals whilst fasting. Vegetable juice such as Carrot Juice (max. 1 /day) gives the Liver good support if you suspect it is going to have a hard time after all the years of abuse you may have given it! The point of the Seven Day Cleansing Program is to shut down the digestive system for the seven days , so that the body can concentrate on the healing process.

***I feel so BLOATED; what causes it and what can I do?***

Make sure you are having a full glass of water after every Detox drink. As the herbs begin to work on the plaque, the plaque itself "plumps up" and can cause the feeling of being bloated. Sometimes Parasites can become disturbed and also produce this sensation; if individuals suspect parasites and find their bloat intolerable, it is an option to do a Parasite Program for a while and



then resume cleansing. Sometimes, a bacterial imbalance is responsible: many customers have reported positive results after taking large amounts of Probiotics (Flora Grow) for 4-5 days. We recommend 2-3 capsules of Probiotics before sleep each night.

***If I FORGET a set of HERBS, what do I do?***

Just skip the herbs and continue with your cleansing schedule.

***What if people VOMIT after eating herbs?***

These people should try taking only one capsule at a time. Wait for 5 minutes and take another one. They also may find that hot ginger or peppermint tea assists greatly with nausea. After a few days, they probably will not have this problem any more. Usually the only people who have this problem are those who are environmentally ill and this is what they need to do. If necessary, they can reduce the amount of capsules. If after a few days, they still have a problem, then they should stop the cleanse and go back on a Pre-Cleanse diet for a few more days and also consider that they may have a sensitivity to one of the herbs. Since 1987, we have never found one person who had to stop using herbs.

***What about people who say they are allergic to psyllium and/or don't want to take the DETOX drinks?***

In the early days of the cleanse, we didn't use the shakes. It was only the herbs. However, most people feel much better using the shakes. A person can do a cleanse without the shakes if



necessary. But they are approximately four times more likely to experience toxic cleansing reactions. They should do two colemas daily, especially if they feel bad and continue with as many Detox drinks as possible.

***I've been NAUSEOUS for a few days but I should just push on, right?***

Generally, it is best to try the standard approaches of doing your Colemas and if no lasting relief is experienced and you really feel sick all the time, then slow down the cleansing process by eating some cooked vegetables or a baked potato and/or cutting back on the amount of herbs one is taking. The cleansing program was designed to be gentle but effective without serious discomfort. When nausea occurs for more than a few hours, many people go back to a pre-cleanse. Afterwards, they usually have no more nausea while cleansing. Always do what feels best for you.

***So, it's ok to take the DETOX DRINK with JUICE?***

Yes, however this is mostly a choice for taste as the absorptive properties of bentonite will limit the amount of nutrition that you can receive from the juice taken as part of the shake. Those with sugar sensitivities (including Candida) should make their shakes with water - no juice. Also, for all cleansers, too much fruit juice can lead to blood sugar instability while fasting. Consider using more vegetable juice. For those fighting CANDIDA, then taking the Detox Drinks without juice is the best thing you can do - (even if only for 3 days straight, say for example days 3,4 & 5)



***I have a heavy BITTER TASTE in my mouth and a COATED TONGUE.***

It is not unusual to have a bad taste in one's mouth during cleansing. Notice how the tongue becomes coated when toxins are leaving. On my second cleanse my tongue was black for 6 days and I had the worst metallic taste in my mouth the entire time. I think it was metals exiting my system. The tongue is a wonderful gauge to help determine how clean we are. If you finish a cleanse and your tongue is still coated and/or your mouth tastes and smells like a sewer, than you know that you still have a ways to go. The gray coating is the breakdown of toxic metabolic waste. It is rot, fermenting, decaying rot. It is what makes people sick. This is what needs to come out.

***I have a HEADACHE - what can I do for it?***

It's a normal/usual Detox reaction that some people get...Wait till you next do a Colema (make sure it's Coffee as this works 95% off the time) ... if that doesn't work put up with it as long as you can (they only usually last for 12~24hrs) - if you really can't stand it, then take some sort of pain-killer as a last resort.

***How important is it to drink a lot of WATER and does it have to be distilled?***

It is very important. Distilled water is preferable to purified water because of its ability to remove inorganic waste from the body. If one is unable to get distilled, purified water is the next best choice (even a combination of the two is all right). Do not drink or take baths in water with chlorine or fluoride in it, as chlorine has been proven to cause



cancer in people. There is extensive research showing that fluoride is very toxic, as well. The Spa Resorts uses non-fluoride, filtered natural water.

***Muscle mass vs. fat mass: cleansing seems to reduce muscle rather than fat. How come? How do we reduce the fats?***

No. This is not the norm. Muscle should not be coming off people when they are cleansing. The fat under the skin comes off and they look thinner, but this is not muscle. Fat around the abdomen takes longer to remove. If someone is truly losing muscle mass while cleansing, then this could be a liver or an electrolyte problem. If it is the liver, they could be deficient in glutathione. The body then breaks down muscle to retrieve glutamine and then glutamic acid to combine with l-cysteine to make glutathione which is used for important liver enzymes which are necessary for life. This can be compensated by taking L-Glutamine and antioxidants. Cleansing reduces the fats.