

Healing Waters Clinic and Herb Shop Presents

The Two Week Herbal Home Colonic Program
As originated by Dr. John Christopher, herbalist and naturopath



Bowel health is of enormous importance. Anyone attempting to cleanse or utilize a natural program for ridding the body of toxins should focus on the large intestines first or as an integral part of the process.

This brings us to the topic of colon cleanses. The object of cleansing the colon is to make sure that there is regular bowel movement as part of digestion (peristalsis), removal of toxins that have accumulated as a result of sluggishness, creation of an optimal environment for healthy microorganisms, foster muscular tone to the bowel tissues, and insure adequate blood supply, and nervous system control.

After the colon is cleansed, a bowel tonic may be taken if there is not sufficient resiliency, and neuromuscular function, that meets the description of "healthy." Healthy in our way of thinking is no symptoms, feeling normal, and having a sense of wellness.

With this introduction, we will now present the Two Week Herbal Colonic Program developed by Dr. John Christopher. Colonic hydrotherapy is a method in which water is introduced into the colon to remove toxins, and cleanse the bowel tissues. Colonics are also know as high enemas, and function as such, but in a more thorough way. Dr. Christopher created two herbal formulas that act like a colonic at home without using complicated equipment or visiting a practitioner.

This program can be used as part of a larger protocol of detoxification, or used as a standalone treatment. It can be followed by using Dr. Christopher's Lower Bowel Tonic should the muscular tone and function of the bowels need further training.

Two Week Herbal Home Colonic Program

Day #1: Start with one capsule of Quick Colon #1 during or just after dinner. This formula works best when mixed with food.

Day #2: This morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. It has taken most of us years to create a sluggish bowel so let's be patient and only increase by one capsule each day.

By the end of week #1 you should know what your dosage is. If not, then remain on this formula for an additional week to get regulated before you go on to the next step.

Week #2: At the beginning of week two we begin to start Quick Colon #2. You will take this formula 3 times each day beginning in the morning. One hour after your morning nutritional drink. Mix 1 rounded teaspoon of Quick Colon #2 powder with 4-6 ounces of diluted juice. Do the same 1-2 hour before lunch and 1-2 hour before dinner so that you are consuming a total of 3 rounded teaspoons each day.

During or after dinner take your Quick Colon #1 as usual but increase the dosage you discovered the first week by 1 additional pill. If you feel a bit bound by the #2 formula you can increase your dosage of the #1 formula even more.

Helpful Hints: Drink plenty of distilled water, herb teas and diluted fruit and vegetable juices during this two-week cleanse. A good amount is between 64 and 128 ounces (8-16cups) of liquid each day. This makes the program more effective.

Find more at www.healingwatersclinic.com
Full credit to www.drchristopher.com