

Natural Bowel Stimulants

Any of these methods can be used, but not one of them on a regular basis. Using any laxative or enema for long periods will diminish the natural action of the colon and cause more constipation. Alternate flushing, washing, balancing, and laxative methods as needed.

Colon/Liver Flush

On an Empty Stomach, first thing in the morning, in a drinking glass mix;

- 2 tablespoons of extra virgin olive oil
- ¼ teaspoon Real Salt
- Juice of one lemon

Mix well and drink, do not eat anything for 15-20 minutes. If this produces no result, take the same mixture on empty stomach before bed on the same day, and repeat first thing in the next morning with an empty stomach. This will cause bowel movement shortly thereafter.

Colon Wash

In the morning on an empty stomach prepare in glass container:

- 1 full quart (4 cups) of luke-warm (warmer than room temperature) water
- 2 slightly rounded teaspoons of **Real Salt**

mixing until all the salt is dissolved and only reddish-brown particles are at the bottom.. *Do not use ordinary sea salt or table salt.* Drink the entire quart of salt water first thing in the morning, on an empty stomach.

The salt and water will not separate and will stay intact and quickly and thoroughly wash the entire intestinal tract in about one hour (stay close to a bathroom). Nausea may be experienced and several eliminations will likely occur. The salt has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt.

If the salt water does not work the first time, the next day try adding a little more salt until the balance is corrected, or try just adding water alone *after* the salt water. This often increases the activity. This method of internal bathing can do no harm at any time. It may be repeated as often as needed. Do not take enemas or colonics at any time during this program or immediately after.

Laxative Capsule, Tea, or Extract

Cascara Sagrada bark: 4 capsules in the morning on an empty stomach or 20-30 drops of extract

Black Walnut Hull extract – 2-3 tablespoons in the morning on an empty stomach

Senna tea – 1-2 cups in the morning on an empty stomach. This herb can be very aggressive, go slowly

Colon pH Balance

Use this method between flushes, washes, and laxatives.

Thoroughly scrub 1 large organic, red skinned potato and shred with cheese grater into a quart (4 cup) glass or ceramic container with tight fitting lid. Pour 3 ½ cups steaming distilled or spring water over potatoes and cover tightly. Let stand 15-20 minutes, swirling mixture every 5 minutes. Strain, cool, and drink potato water on an empty stomach. During cooling, make sure to keep potato water tightly covered.