

Herbal Bowel Cleanse Program

Contact Eoin (021) 4357887 (evenings)

The herbal bowel cleanse is based on formulae devised by Dr Richard Schulze (USA) and used in deep tissue cleanse routines on patients with serious chronic disease. It is therefore a powerful cleansing routine with significant health benefits, but can be used by all as a preventive measure to keep the bowels clean and free from obstruction. It should be performed over three or four weeks.

The program is delivered in two parts.

- 1) Intestinal Formula 1 (IF1):** This formula was created to relieve chronic constipation. It contains herbs that are powerful purgatives and laxatives. It is not for long-term use, but is of great value in kick-starting a lazy or seized-up bowel. If you currently have less than one bowel movement daily, you should start the program by taking ONE capsule of IF1 with your main meal of the day. If this does not produce an increase in either force or frequency of motion, then take another capsule (can be done at the same meal or, more usually, at the next biggest meal). You can go up to four capsules daily, but if no action is seen, or if there is any discomfort, refer to your practitioner for advice.

If you currently have one or more bowel motions per day, you may proceed straight to the next stage. If you are using the IF1 formula, do this for one week before commencing the next stage (IF 2).

- 2) Intestinal Formula 2 (IF2):** This formula contains herbs that actively clean and “recondition” the inner surface of the bowel. Some of the ingredients in this formula can absorb many times their own weight in toxic matter, including heavy metals, and mucoid sludge generated by too much animal produce (meat and dairy), refined and denatured foods, and highly processed foods. Take the formula as follows:

Week 1: 1 rounded teaspoon blended into a tumbler (8oz) of water. Drink, then refill the glass with water and drink that too immediately. Do this twice daily *between meals*.

Week 2 - 3: increase the dose to a heaped teaspoon, and take three or four doses daily.

Start taking the IF 1 capsules as described above as soon as you begin the routine. You will not need more than one a day to start with, but may find as time goes on that there is a tendency to slow down a little and may wish to increase. If you find the capsules too strong, refer to your practitioner: we do also stock a milder version if required (IF3).

Very Important Note:

Please make sure you are drinking at least the required two litres of water daily, *additional to the water taken with the formula*. This is for two reasons: 1) the large bowel (colon) absorbs water, and many cases of constipation and retention are in fact due to dehydration. 2) The formula itself absorbs water, and if there is not sufficient it will tend to dry the system out, thereby potentially making the problem worse. Please note that you must drink water for this purpose, not tea, coffee, or other beverages. Even herb teas and juices may tend to dehydrate.

Finally, remember that the ultimate cure for bowel problems is correct diet. If you have not already taken advice as to what this is for you (it is different for everyone) then now may be a good time to do so. Certainly whilst on this program it is best to eat a clean, healthy diet, preferably vegetarian, and to avoid junk food, sweets and pastries, and dairy foods. Please contact us on the number above, or email, if you need advice.

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