

# 90 Day Colon Cleanse

*“90-95% of all illnesses come from a unhealthy Colon”*

**-Dr. Bernard Jensen**

The following program helps clean and keep the bowels moving. Once a day for at least 3 months.

- 1) 8 ounces of apple juice, unfiltered.  
(Sensitive to sugar? Just use pure water.)
- 2) 1-2 Tbsp of Pysllium Hulls or Nature's Three.
- 3) 1 ounce of Aloe Vera Whole Leaf.
- 4) 1-2 Tsp. of Liquid Chlorophyll.

Mix ingredients together. Drink before it thickens.

- 5) Follow with 2-4 LBS II or Cascara Sagrada and 10-12 ounces of room temperature water.

## Six important tips for healthy bowels are:

- Good Water
- Stress Management
- Fiber
- Good Diet
- Good Bacteria
- Exercise

## Benefits of Colon Cleansing:

With colon cleansing, your well being is often dramatically improved. You feel lighter and more energetic. The body can again assimilate food and better defend itself against disease. Natural peristalsis, tone and regularity are restored and many serious diseases may be averted through this gentle, sterile, all natural technique. Colon Cleansing is a key factor in the restoration of the glittering health we all can and should have!



1205 N. Saginaw Blvd.  
Saginaw, TX 76179  
**817-232-4372**



\* If you have serious colon problems, consult your nutritionally aware licensed medical doctor before beginning this cleanse. Your colon problems have probably come from lack taking care of your colon. This cleanse can be a new beginning.