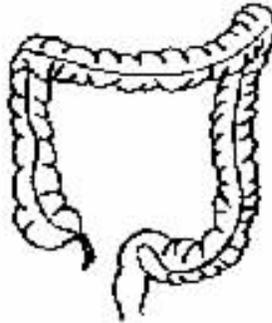


# The Royal Flush\*

8 ounces of organic Apple Juice  
8 ounces of Pure Drinking Water  
1 Teaspoon Mineral Chi Tonic  
1 Heaping Tablespoon Psyllium Hulls

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1 Capsule Bifidophilus (good bacteria)  
2 Capsule Slippery Elm  
1 Tablespoon Bragg's AC Vinegar  
1 Capsule of Artemisia Combination  
2 Capsules of Cascara Sagrada  
Other (see other optional ingredients below).



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*Note: If your bowel movements are too watery, take less of, or back off on the Cascara Sagrada.*

**Step 1)** Fill a 16-ounce shaker cup with **8 oz of Organic Apple Juice, 8 oz of Purified Water, 1 Teaspoon of Mineral Chi Tonic** and **1 heaping Tablespoon of Psyllium Hulls**. Shake 3 or 4 times and drink fast. The Psyllium starts to gel fast. You want it gelling inside the intestines, not the shaker cup.

**Step 2)** Fill the shaker cup again with 16 oz of pure water – no juice or Psyllium this time. Add **1 Tablespoon of Bragg's Apple Cider Vinegar** (Bragg's is the best) or **1 Tablespoon of organic lemon juice**. As you drink the second glass take **1 Capsule of Bifidophilus** (must be enteric coated), **2 Capsules of Slippery Elm**, and **1 Capsule of Artemisia Combination**. Do not take any other non-essential supplements.

**Options:** Add to the second glass **2 Chickweed** (for fat burning) and **½ tsp Vit. C Ascorbates** (supports the Immune system). To help the body heal wounds, add a **tablespoon each of Liquid Chlorophyll** and **Aloe Vera Juice**. If you currently have indigestion, take **1 capsule of Food Enzymes** to support digestion.

**THE INGREDIENTS:** The *Apple Juice* is great for the liver and it also taste great. The *Mineral Chi Tonic* is a full spectrum of minerals to support the body during the detoxification process. The *Psyllium Hulls* is the heart of the Royal Flush, it bulks up and scrubs the colon. The *Bifidophilus* is good bacteria to reestablish good intestinal flora that supports the body's immune system. The *Slippery Elm* will help pull mucus from the body and also soothe the intestinal tract. The *Bragg's Apple Cider Vinegar* helps to dissolve hard matter in the colon, supports the kidneys in draining acids, and helps your joints feel better. *Artemisia* kills and expels parasites that may be in your body. The *Cascara Sagrada* stimulates bile and gets the colon moving.

**WHAT CAN I EXPECT?** You will be having 3 to 4 bowel movements a day. Do not be surprised at anything you may pass! In addition to parasites, some have passed hard rubber and other unidentifiable masses of varying shapes, colors, and sizes. Most everyone, though, will pass mucus. You will be amazed at the strange things you unknowingly possessed. What's great is the way you feel after the flush! Your energy level will be higher and your skin will look better. Grouchy people are less grouchy. You owe it to yourself to feel good again. Get started on the Royal Flush today.

**WHAT CAN I EAT ON THE FLUSH?** Once you drink the two big glasses of juice, water, Psyllium and vinegar, you are not going to be hungry. The Psyllium swells and fills you up. It is physically impossible to put anything else in you mouth for 2 or 3 hours. You can do the flush every 2 to 3 hours. The more you do it, the faster you will feel the accumulated undigested food and mucus in you body crumble and exit. If you are hungry, eat raw fruit. **NO BANANAS**, though – they're binding and we are trying to loosen up things! You can eat fiber-based foods (manna breads, hummus, green drinks, bowel buddies, wasa bread, etc.).

**HOW LONG DO I DO THE FLUSH?** Most do the flush for 10 days to two weeks; doing 3 to 5 flushes a day. Some continue on the flush as a breakfast to keep things moving. If your mind seems to focus on food all day, do the flush 3 to 4 times that day.

**WHAT DO I DO WHEN I AM DONE WITH THE FLUSH?** We suggest taking an enzyme supplement with your foods to insure that you are digesting and absorbing the nutrients in your foods. Incorporate good eating and chewing habits. A good multiple vitamin and mineral from a health store is also a way to improve your health.

**SOME FINAL DETAILS:** The Royal Flush does not cause diarrhea. When the pockets of old food crumble, there will be huge bowel movements. You will lose from 3 to 25 pounds of dead food that was stuck in your body. Once your intestines are flushed, you will notice that "morning breath" has disappeared, and you can kiss breath mints and chewing gum good-bye!

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