

# Healthy Habits

## 10-Day Intestinal Cleansing Regimen

### Items Needed:

Colon Toddy  
Digestive Enzymes  
Greenergy  
Aloe Aid  
ParaTox

### 3-Day Pre-Cleanse:

Drink 2 oz of **Aloe Aid** with 8 oz of reverse-osmosis water on an empty stomach at bedtime. (NOTE: Very soft or loosened stools are common. You may adjust the dose, if necessary.) Repeat for two more nights.

### 10-Day Cleanse:

Drink daily at least 1 oz reverse-osmosis water per 2 lbs of body weight, no more than 4 oz. per 30 minutes. The gastro-intestinal tract will need extra moisture to aid in the cleansing/detoxification process. If, at any time, you feel uncomfortable, experience excess gas or bloating, you may skip one day then resume the regimen. A feeling of fullness is to be expected. Many people report weight loss as a result of reduced appetite during the 10-Day Cleanse.

### BREAKFAST:

One hour BEFORE or AFTER your meal, mix the following:

- 1 level tbsp. **Colon Toddy**
- 3 oz. **Aloe Aid**
- 6 oz. reverse-osmosis water or juice of your choice.
- 2 capsules **Liver Super Cleanse**

Mix well and drink immediately! Then drink 8 oz of **Greenergy** made with reverse-osmosis water. Your gastro-intestinal tract needs the additional moisture for the detoxification and cleansing process.

### LUNCH:

One hour BEFORE or AFTER your meal follow the same instructions as above.

### AFTER DINNER:

2-3 hours after your last meal, take 2 capsules **Liver Super Cleanse**, 2 capsules of **ParaTox** and 3 **Digestive Enzymes** with an 8-oz. glass of **Greenergy** made with reverse-osmosis water.

**\*\*\* Obtain your doctor's approval before starting this regimen. \*\*\***