

Healthy Habits

10-Day Intestinal Cleansing Regimen

Items Needed:

Colon Toddy
Enzymes LGI
Greenergy
KinoTox Tonic
ParaTox

3-Day Pre-Cleanse:

Drink 2 oz of **KinoTox Tonic** 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. **KinoTox Tonic**

6 oz. reverse-osmosis water or juice of your choice.

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 of **ParaTox** and 3 **Enzymes LGI** with an 8-oz. glass of **Greenergy** made with reverse-osmosis water.

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