

Dr. Foster's Essentials
Juice Fasting Program
- Cynthia Foster, M.D.



What is a Juice Cleanse?

A juice cleanse is a liquid, nourishing diet consisting of solely juices and water. Many natural healers have combined periods of juice cleansing with certain supplements which potentiate and speed up the benefits of the cleanse. The Vibrant Colon and Colon Detox Caps are mandatory during this program.

Phase I: Prepare the Elimination Organs – one to two days up to one week

To prepare for the juice fast, the bowels must be moving. To do this, start taking 1 capsule of the Vibrant Colon, Colon Activator, or Colon Start Plus Formula according to the Intestinal Rejuvenation Program flyer (scroll down to see this flyer). At this point, you are still eating a normal diet and taking the Vibrant Colon. As soon as the bowels are moving at least once for each meal eaten through the day, you can start Phase II.

Phase II: Raw Food Preparation Diet – one day or more

Unless in a disease crisis, begin with a day or more of all raw foods – fruits, vegetables, soaked nuts and seeds, and sprouts. To soak nuts/seeds: put nuts/seeds in a shallow dish and cover with water. Let sit 8 to 12 hours or overnight. No need to refrigerate. After 8 to 12 hours, or the next morning, pour off the water and the nuts/seeds are ready to eat. Soaked nuts/seeds contain 1/3 to 1/2 less fat content than the dry nuts/seeds and are much easier to digest. You are still taking the Vibrant Colon

Phase III: The Juice Fast – one week or longer

- Drink any fruit or vegetable juice - the following are especially recommended:
 - **Greens** - parsley, kale, beet greens, chard, spinach, dandelion leaf, cabbage
 - **Cruciferous vegetables** - broccoli, cabbage
 - **Root vegetables** - carrots, beets, sweet potatoes, turnips
 - **Fruits** - dark grapes, apples, citrus
 - **Herbs** - yucca root (especially good for arthritis and other inflammation in the body), fennel, basil, ginger, garlic, green onion, chili pepper
 - **Wheatgrass juice**

- Since juices are concentrates, dilute all juices with an equal amount of water. This is especially important for fruit juices and carrot and beet juice as they are high in carbohydrates. I do not recommend an all-fruit juice fast. Diabetics should juice fast on vegetable juices only, omitting carrot juice and beet juice.
- Michael Murray's The Complete Book of Juicing contains many recipes for delicious juices. If you've made a vegetable combination that doesn't taste good, add carrot and/or apple juice to it. Most of the time, that will make the juice palatable enough to drink.
- Drink as much juice as you possibly can. After the first day or two, you should not feel hungry. Every time you feel hunger, drink more juice. This is NOT a starvation cleanse. Drink at least a gallon per day, or more if you are hungry.
- Begin taking 2 Tablespoons once to twice daily of the Earth's Nutrition or Essential Nutrients Formula stirred in a glass of juice or water. Please scroll down to near the end to see recipes for these two formulas.
- Begin taking the Colon Detox Caps and continue throughout the length of your juice fast and a few days afterwards. You can take anywhere from 4 capsules once daily to 8 capsules 5 times daily. Average is 6 capsules 3 times daily. The more Colon Detox Caps you take, the more toxins you can absorb. However, at a certain dose, the formula can become constipating, so more is not better. **If you're constipated, lower the dose of Colon Detox Caps.** For more information about Colon Detox Caps, please see the Intestinal Rejuvenation Program instructions (Please scroll down to see this flyer).
- During a juice fast, the bowels are only going to move once or twice daily at the most. This is because you are not eating any solid food. That's ok. They should move at least once daily in order to eliminate the toxins that are being released, otherwise, you might feel pretty terrible. Two very small bowel movements per day is ideal.
- Begin taking the Cider Blaster Formula at 1 dropper full 3 times daily. This dose is adjustable according to how well you feel it is working in your body. Too high of a dose can act as a strong laxative, so go easy at first. Take the formula with juice if you have a sensitive stomach.
- You might feel a little colder than usual. It's normal for a juice fast. Wear an extra layer, sweater or jacket when you go out. Put on socks and/or wear a hat.
- **Stabbing Pains:** if you get stabbing pains that move around, those are typically **gas pains**. You've dumped a lot of toxins that have been stored in your liver, pancreas and other digestive organs and it came out with a lot of gas. You can be sure it was something toxic that needed to come out of your system. This can happen at any time during a juice fast. To relieve the gas pains, apply a hot compress on your stomach area for around 15 minutes or get in a hot bath. You can also bring your knees into your chest or do yoga postures. If you don't know how to do yoga postures, alternate doing situps with stretching out your stomach. Lie flat on the floor, face-down, place your palms at shoulder level against the floor and push the top half of your body up and hold there for several seconds to stretch out your stomach area. If you alternate stretching out your stomach for a few minutes with curling up and bringing your knees into your chest for a

few minutes, you will eventually get out all the gas pains. You can also use around 15 to 30 drops of Lobelia tincture to release the gas pains and that will usually take around 5 minutes for the formula to work.

- **When to stop juice fasting:** typically when you begin a juice fast, you experience hunger for the first few days. This is followed by the loss of hunger for many days. At one point, after a period of not feeling hungry, you will start to feel VERY hungry and like it's very important to chew and eat again. On average, it usually happens around day 21 through 30. When you get to this point, stop the juice fast, and move to Phase IV – the Transition Diet

Phase IV: The Transition Diet: one day or more

After the juice fast, have the first piece of food you eat be fruit. It's also acceptable to stop this cleanse with grated carrots. Others prefer a bit of avocado. Depending on how long you've been juice fasting, follow the transition diet for 1 day to 1 week. One day should be sufficient for fasts that last for one week or less. Eat small meals frequently and don't overeat. If you're really hungry, have high fat plant foods like avocados, coconut, or olives.

When you begin to eat solid food again, remember to chew any food especially well for the next few days in order to help your body to adjust to solid food again. If you don't chew your food thoroughly, you will get stomach cramps (you can release these with Lobelia Tincture, deep foot reflexology or several yoga postures). Pay close attention to chewing your food thoroughly for one week afterwards. Chew double the time you normally would. Give your digestive tract time to readjust to solid food.

Continue to take the Vibrant Colon and Colon Detox Caps for the next 2 days in order to absorb any remaining toxins that were released during the juice fast. Good luck and let us know your experience!

More info below about the Intestinal Formulas, Detox Chai Spice and Essential Nutrients

Detox Chai Spice Tea:

2 cups tea can be made fresh each time, or 6 cups made be made at one time with the remainder refrigerated for later in the day. The tea will last up to around 7 days in your fridge.

Unless it's a hot day outside or you are overheated, it's best to warm the tea back up and drink it hot, or at least lukewarm if possible. Your body needs to use a little extra digestive energy to warm up cold foods and beverages, so it's best to drink teas warm or hot, but it's not required. If cold tea right out of the fridge is all you can do, then do that.

Follow directions on package, tripling the recipe: use 3 to 6 tablespoons Detox Chai Spice Tea in 60 ounces of distilled water. Simmer (covered) for 20 minutes, then strain. Let cool slightly before drinking.



The tea herbs can be reused up to 3 times. Simply save the herbs after you strain off the tea and add an additional Tablespoon or more to make the next batch. After the third batch, throw out the tea herbs and start over. This will help your bag of Detox Chai Spice last 2 to 3 times longer.

More Info Below About the Colon Cleansing Formulas

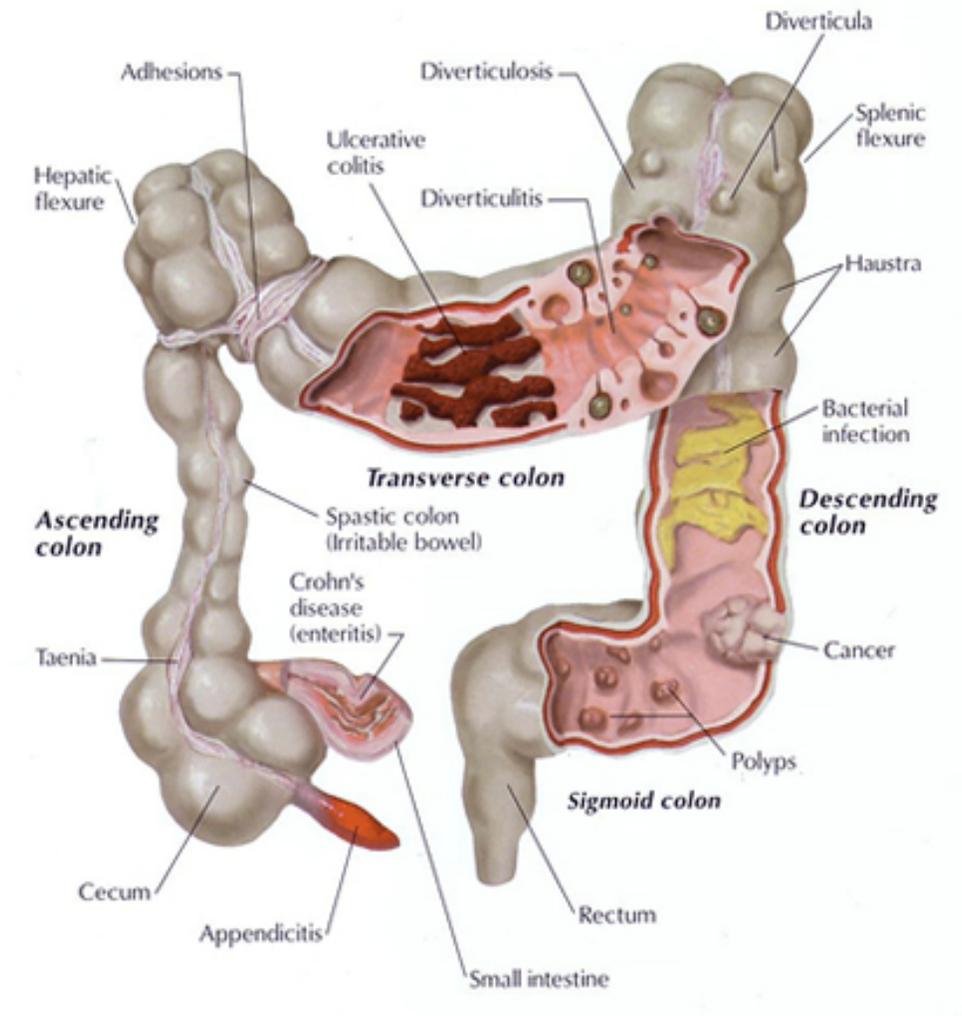
The Intestinal Rejuvenation Program

Dr. Foster's Essentials Customized Digestive Cleansing System

DrFostersEssentials.com • Cynthia Foster, MD

This Flyer Includes:

- How Your Toxic Colon Causes Health Problems All Over Entire Body
- Am I Too Sick to Do This Cleanse? (pg. 9)
- Detailed Product Info – What They Do and What They're Good For (pg 11)
- **Instructions (pg. 13) and a Daily Schedule (pg. 17)**
- Colon Soothe Recipes (pg. 15)
- Recommended Diet During This Cleanse (pg. 16)
- What Supplements You Can Mix Together, Can I Take Too Many Capsules? How to Handle Symptoms During the Cleanse, Taking Medications with the Cleanse, is it Gluten-Free, Leaky Gut, SIBO & More Questions (pg. 18)
- Long Term Use and Protective Effects of The Colon Formulas (pg. 21)
- Scientific References (pg. 24)

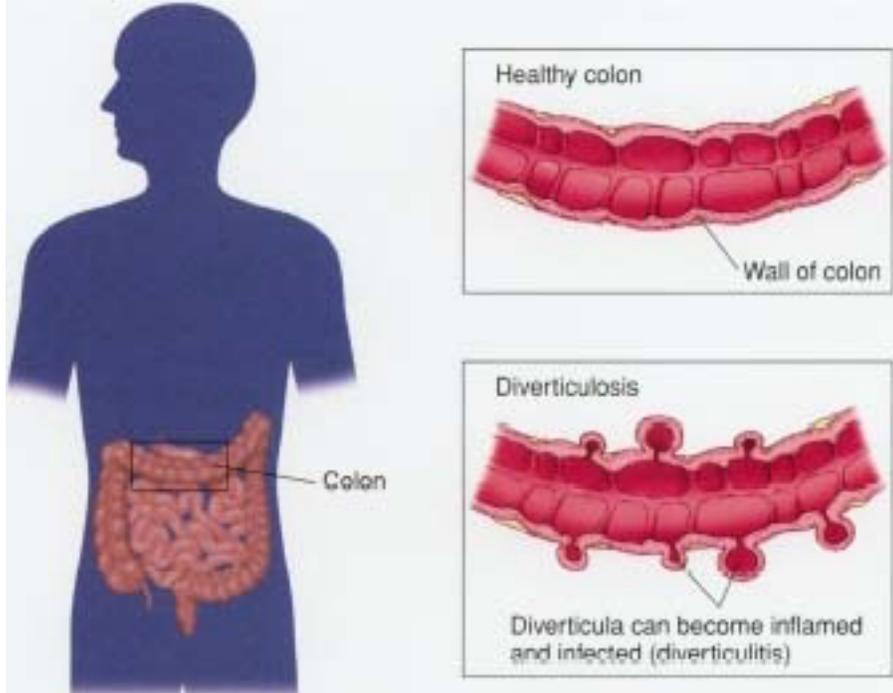


Your Toxic Colon – This is What it Looks Like and This is Causing All Kinds of Diseases and Health Problems All Over Your ENTIRE BODY – even ones that your doctor says are incurable.

How Your Colon Has Made You Sick All Over Your ENTIRE BODY:

Please read this whole flyer so that you understand your body and how it works. It's going to give you a fighting chance of getting off all of your medications and even avoid some surgeries, and if I explain it well enough to you, you'll be able to avoid medical professionals throughout your life. Some of this information can be shocking because your doctor has no clue what has happened to you inside your colon or why. I thought my one-a-day bowel movement was normal. It was not.

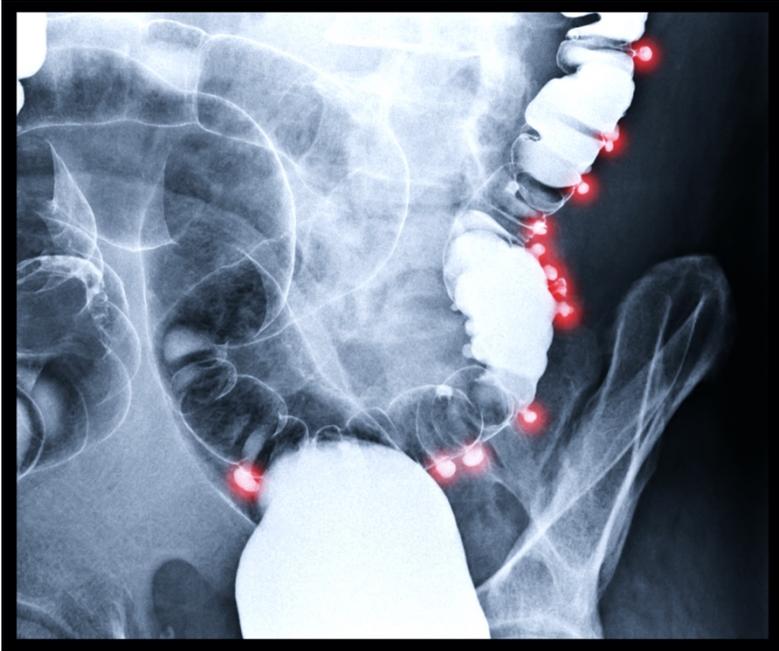
I've listened to medical school professors rehash the same nonsensical advice that it doesn't matter what you eat or how often you have a bowel movement for health. When I got to my first natural healer (a holistic RN), she immediately informed me that I was constipated and that was contributing to the epileptic seizures that I was having at that time. Then she told me that most of the civilized world is constipated too! When she healed people's colons, many health issues would diminish or even go away. Yes, the RN was teaching the MD – and saving my life with her natural healing knowledge!



Due to chronic constipation (Yes, everyone who has one bowel movement or less per day), Americans suffer from very high rates of colon disease. Diverticulosis is common, hemorrhoids are common, and colon cancer is becoming more common. As you miss a bowel movement you were supposed to have (you should have one bowel movement per day for every main meal that you eat – that means 3 bowel movements per day if you are eating 3 square meals per day), pressure builds up in your colon and begins to cause hemorrhoids. Parts of your colon may begin to expand and balloon out to accommodate the extra stool that is left inside of you. As the pressure builds up in your colon, it can push up against your stomach, causing the valve between your esophagus and stomach to

malfunction, causing acid reflux. Your entire GI tract is overly pressurized and backed up!

This pressure, as it builds up, also causes tiny pockets in your bowel wall to form called diverticuli. These diverticuli result from a weakening of the muscles of the bowel wall and these weak muscles cannot empty out their waste.



Barium Enema Showing Bowel Pockets Highlighted in Red

Therefore, food collects there, rots, ferments and causes inflammation and infection (otherwise known as diverticulitis). As those areas further weaken, the bowel wall can literally rupture and that fecal material can leak into your belly and cause overwhelming infection and even lead to death! These bowel pockets **cannot be seen during colonoscopy**, but they are often seen with a barium enema test.

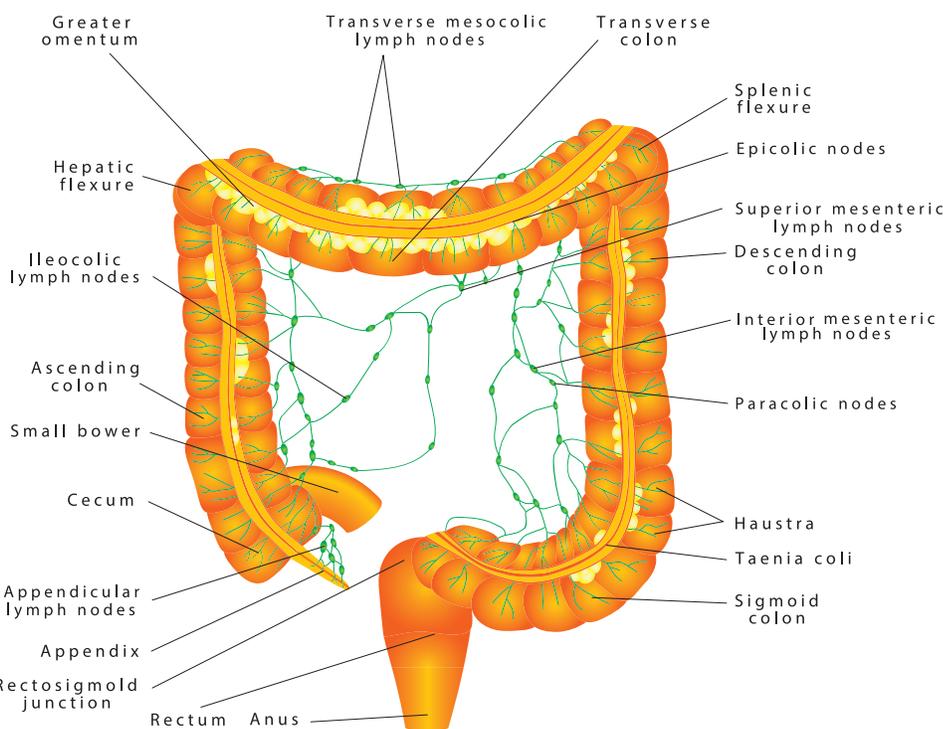
As this food rots and ferments and stays inside your gut and also inside those bowel pockets for prolonged periods of time, inflammation can develop in the lining of your colon – that shows itself as “irritable bowel,” spastic colon, inflammation of the colon (“colitis), polyps in the colon and even colon cancer.

To make matters worse, the colon can bulge out so much it starts to droop and even fall down onto the reproductive organs (this is called a “prolapsed colon”). It can also seep toxins into the bladder, uterus, ovaries, prostate and the entire surrounding area. Now you’ve got prostate problems, uterus problems, heavy periods (your body trying to rid itself of the toxins), infertility, bladder problems and other issues of your reproductive organs. When the colon drops, it creates too much space under the stomach and the stomach will also fall down a little, resulting in pooling of the acid at the bottom of the stomach with resulting indigestion and other stomach problems.

Now on top of that, as you eat processed foods, your colon secretes mucus in order to protect you from the toxins in these foods, including various pesticides, and petroleum-based artificial colors and flavors and other additives. With each meal of the wrong foods, more and more mucus is produced and covers the intestinal lining, and over the years, it hardens and turns into what is called the “Mucoid Plaque Layer.” ***Even if you are currently eating organic whole foods, that doesn’t change the layer of hardened mucus that has accumulated over many years inside your colon – it’s still there.*** The mucoid plaque layer can be removed (and the results can be life-changing), but it takes specific herbs that soften, swell up and expand against the walls of the intestines to do it, and it also must absorb that rotten material from the bowel pockets as well.



Mucoid Plaque Layer That Was Eliminated During a Strong Herbal Colon Cleanse. It’s one huge hardened piece in the shape of your intestines.



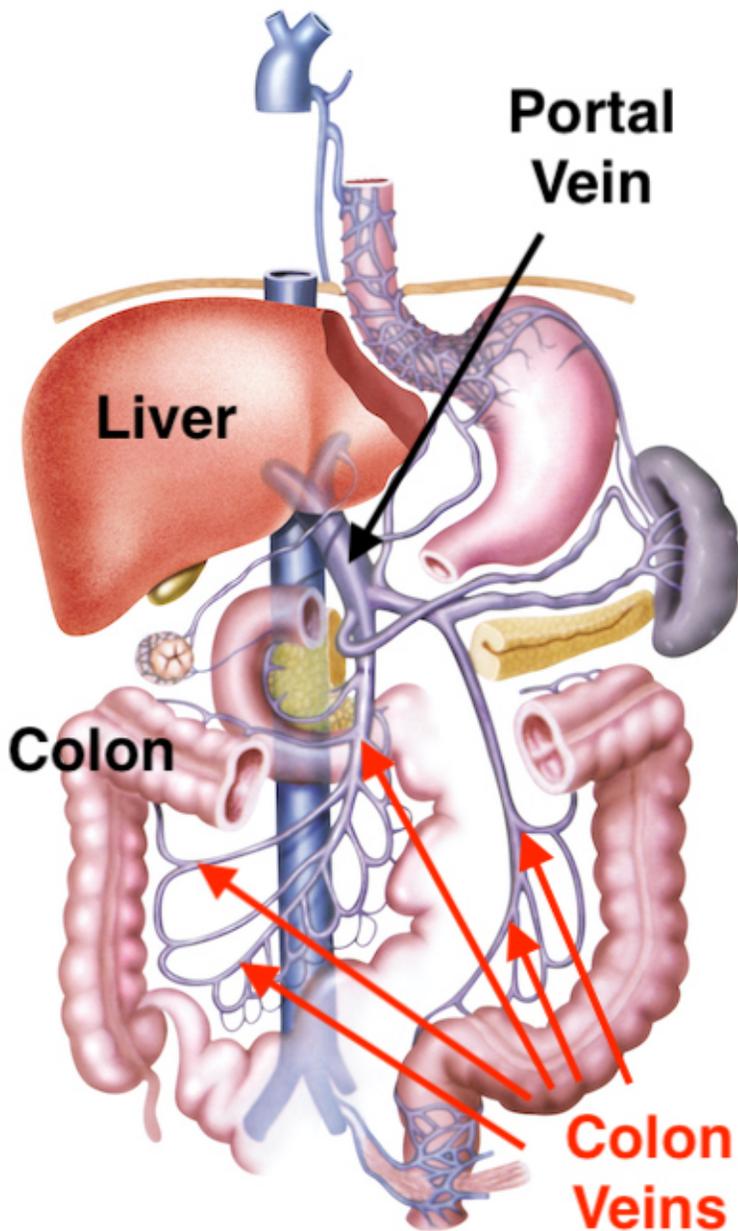
LYMPHATIC VESSELS AND NODES OF THE COLON

Your colon has lymph vessels taking away wastes every day from your colon. If you have an excess of toxic buildup, it’s going into your lymph system and your lymph system will travel various places throughout your body and end up in your veins and eventually into your kidneys.

The lymph can easily become

overloaded if you are carrying around a lot of backed up bowel movements or if you continually eat processed foods with artificial ingredients. In addition, lymph vessel require that you exercise – move around in order for them to circulate these fluids, and many people are sedentary, which make the entire lymph system congested. This lymph congestion results in swollen lymph nodes, headaches,

sinus congestion, acne, rashes, skin disorders, coughs, colds, flu, and many other health problems.



There is also something called the “Portal Vein” that takes substances from your colon to your liver, so when you have a lot of toxins in your colon, they go directly to your liver. Your liver will try as best it can to detoxify what goes into it, but it can become overloaded. Your liver will store the excess toxins – whatever it could not detoxify - because these toxins are not being eliminated through your colon.

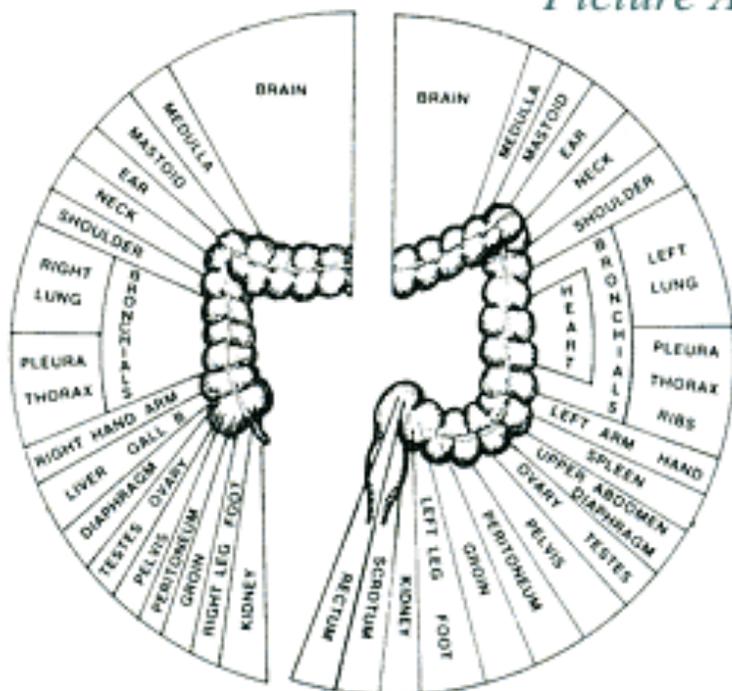
Now your liver is toxic and you’re suffering from hormonal imbalance, chronic fatigue, chronic infections, blood sugar problems, sinus problems, bile sludge, bile stasis, fatty liver, weight gain and numerous other health problems throughout your entire body. Now your liver is plugged up and cannot produce enough bile and the result is high cholesterol as well as more constipation (bile helps your body process cholesterol and also acts as a natural laxative). You can see this is a vicious cycle with no

end unless you clean up the colon.

When your liver is full of toxins, your body will try as hard as it can to re-route them through your kidneys to eliminate them through your urine because your body is trying really hard to survive at this point. As your kidneys are filtering out your rotten old fecal material that went into your lymph and blood system, your kidneys will also fill up with toxins and now you’ve got urinary tract infections, kidney diseases, cysts and tumors in the kidneys, kidney stones, joint pain, high blood pressure, and many other health issues. (This is one of the reasons why

you should also do liver cleanses and kidney cleanses and take herbs to clean out your blood and lymph after you've cleaned out your colon).

Picture A



Bowel chart indicating reflex reference to the organs in the iris

By Dr. Bernard Jensen, USA

Great natural healers and doctors made bowel reflex charts to show the association between each section of your colon and other parts of your body (see chart to the left).

Each area of your colon is associated with another organ in your body and depending on the location where your colon is toxic, you could have toxins leaking into the thyroid, breast, lungs, brain, reproductive organs, neck, shoulder and any number of other areas.

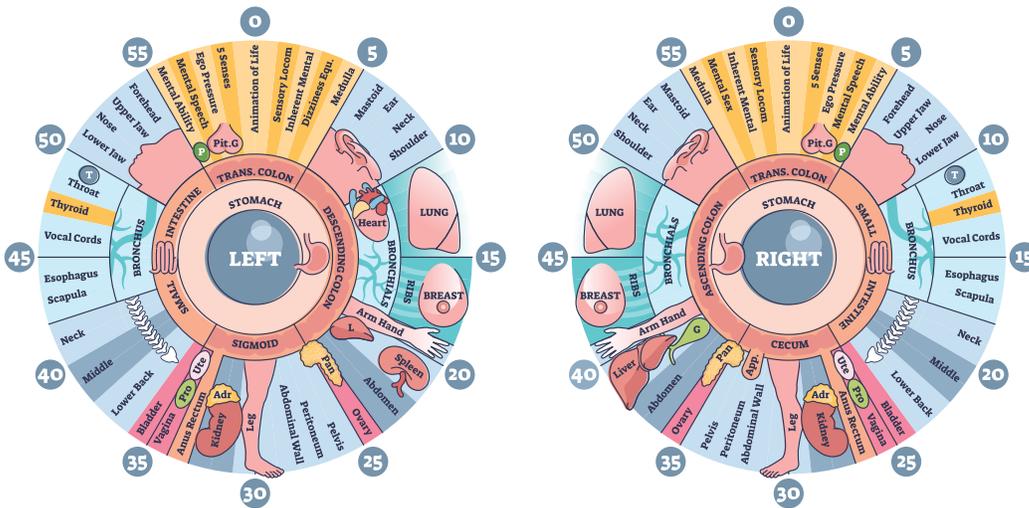
These toxins in the colon can be so severe that you develop cancer **SOMEWHERE ELSE** in your body – even **OUTSIDE** of your colon.

Toxic Portions of the Gut Linked to Full Body Diseases:

Sir Arthur Arbuthnot (surgeon to the British crown in the 1800's) found that if he removed a toxic portion of the colon, the associated health issue would also disappear. After removing a portion of a little boy's diseased colon, the boy's rheumatoid arthritis completely disappeared after around 2 months. After years of performing surgeries, Dr. Arbuthnot left his surgical practice and started teaching people how to eat and how to properly care for their colon to **avoid the colon disease in the first place**.

Many of you are literally **ROTTING** from the inside out because of chronic constipation. It's like throwing trash in a trash can but only emptying it out every two weeks. It's going to stink, smell bad and literally cause body odor.

IRIDODOLOGY



Intestines are always in the center of all iridology charts and all organs are on the periphery, affected by the intestines.

What is a Normal Bowel Movement?

The consistency of a normal bowel movement is like that of smooth peanut butter. It should *not* be “formed” as the medical doctors say. *They are wrong!*

Formed bowel movements are a clear indication of constipation, which often leads to colon/rectal disease.

We know that in infants and in those who have never eaten processed foods, the bowels move around 20 - 30 minutes after each meal eaten.

The unformed stool should easily break up when flushed down the toilet.

We have found that most Americans are constipated, and often interpret a normal bowel movement as diarrhea. Diarrhea is a watery bowel movement. People who have the typical one bowel movement daily can still be severely toxic in the intestines and can be heavily infested with parasites.

You want to aim for Type 3 or 4 on the Bristol Stool Chart (below) and have that consistent and daily for the rest of your life. If you've been constipated for years, you may need to wipe a little more than you're used to. **That's OK. That's NOT diarrhea.** That's actually healthy. You can use wipes, you can get a bidet or use natural toilet paper spray. If you want a "clean pinch every time" with no need to wipe, then get ready for severe colon disease, parts of your colon being cut out, a colostomy bag, and a whole slew of health problems.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Can it Be Fixed? Yes! Can it Be Done Overnight? No!

People can have amazing shifts in their health after just one colon cleanse and especially if they do the juice fasting with it that really helps to remove this mucoid plaque layer. I've seen huge transformations in people who have had the mucoid

plaque layer removed – rashes can go away, pain in the colon can go away, and the color can come back into their face, and up to 25 pounds of accumulated fecal matter can come out in one cleanse. But one colon cleanse does not necessarily fix the ballooned-out areas, the scar tissue (adhesions), the fistulas, and the bowel pockets.

You may need a few cleanses, more juice fasting, a diet change, some thyroid healing, and some abdominal massage work in order to permanently change the state of your colon. If your colon is *extremely toxic* or you've already had parts cut out, you may need to be on this cleanse for up to 2 months. What's most important is that you *avoid having constipation from this point* forward and allow your colon to recover from the damage done by the years of chronic constipation. It's one of the reasons why with every herbal cleanse I offer you, **there's always a colon cleanse that's included with it.** There is a reason why fasting is mentioned in every holy book on our planet, and that is because your colon needs a rest from food periodically in order to be healthy.

These herbal colon-cleansing formulas originate with great natural healers such as Dr. Harvey Kellogg, Dr. Henry Lindlar, Dr. John Tilden, Paavo Airola, Dr. Norman Walker, Dr. John R. Christopher and Dr. Bernard Jensen who all used a version of these formulas to remove the mucoid plaque layer and help to restore the bowel back to health. They healed not only leaky gut, but also things FAR WORSE than leaky gut with these formulas, including colon cancer.

You'll also need to undo the damage caused to your other organs, especially your liver and kidneys. The good news is that these organs will begin to dump some of their toxins into your bowel as soon as you've removed the mucoid plaque layer. Liver cleanses and kidney cleanses are very important after you've done a colon cleanse.

Am I Too Sick To Do This Cleanse?

No! In a lot of cases, your life **DEPENDS** on doing this cleanse. This is where your disease actually started and it is the original point that needs to be healed. This is one of the most important cleanses you can do in your entire lifetime. If you have diarrhea, skip the Vibrant Colon Formula and start taking the Colon Detox Caps by itself. Even if you're taking a prescription blood thinner or other medications, you can still do this cleanse. If you have diabetes, you can still do this cleanse. Just don't drink fruit juice or eat dried fruits during this cleanse.

I've been taking people through this cleanse for over 20 years. There is no herb in these formulas that I do not thoroughly understand. Every herb in these formulas has a specific purpose and is there for a reason and they are custom formulas based on the results my patients were getting over the years. If you've found a medical website that debunks any one of these herbs, it is MISINFORMATION. The pharmaceutical industry hires "shills" daily to write online articles disproving herbs and showing that they cause harm.

Don't listen to the noise! It may look intimidating. They may cite research articles to prove their point. (There are plenty of research articles showing herbs DO work and I've listed them at the end of this flyer.)

I have seen it happen personally where research studies were funded by the pharmaceutical industry with the intent to DISCREDIT an herb and they have no interest in discovering if it actually works or not. They want you dependent on their system to the tune of thousands and thousands of dollars over your lifetime – thousands for prescription drugs, thousands for mostly unnecessary surgeries and thousands for many other procedures, hospitalizations, office visits and insurance. It is a multibillion-dollar industry that thrives on your ignorance. They make billions of dollars off of making you a helpless, passive victim with no knowledge of how to care for yourself. And they spend millions on their fake scientific-looking propaganda to convince you that herbs are scary, dangerous and could hurt you.

Listen to the healers throughout the ages who have been healing their patients naturally for centuries. ***I have six bookcases not only of regular medical books, but also of books on herbs, supplements, and natural healing, including some very rare books*** by natural healers and eclectic medical doctors from this country and from other countries as well – and I've learned from some of them in person or gone through their trainings as well. Their CLINICAL RESULTS, the pictures they've taken, the videos they've made, the books they've written - all speak for themselves – and their knowledge is actually common sense.

You've been talked out of using your God-given common sense by the Medical Profession who has convinced you that disease is complicated, unexplainable, random and incurable and the only answer is to have parts of your body cut out or take a synthetic patented chemical combination that they "invented" last year and hasn't yet been thoroughly tested.

It's time you trusted your own feelings and gut instincts and start going into action to do everything possible to heal yourself so that you don't need them anymore. Here's where to start:

What the Herbs Do: Therapeutic Actions

Step One Formulas: (Vibrant Colon, Colon Start Plus, Colon Activator)

Regular Strength Formula: Most people take the Vibrant Colon if they have daily bowel movements. Can-G is sometimes recommended for people who have a history of inflamed colon or diarrhea. It has a mild colon stimulating effect as well as an anti-inflammatory effect on the colon that is usually healing for colitis and inflamed colon. It also kills candida overgrowth.

Extra Strength Formulas: Colon Starter Plus and Colon Activator are extra strength formulae for people who do not have daily bowel movements without taking a laxative. These are people who have only 1 bowel movement every 2 to 3 days or less. Extra strength formulas should not be taken by underweight individuals who weigh less than 120 pounds.



Benefits:

- These are colon-stimulating formulas that also have cleansing and detoxifying effects on the liver, gallbladder and spleen as well as some mild antiparasitic effects.
- Note: Taking a synthetic magnesium supplement (most magnesium supplements are synthetic, even if the label says “natural.”) to have bowel movements can mask underlying health conditions such as liver/gallbladder problems, parasites, low thyroid and retained toxins (mucoid plaque layer) in the intestines.
- So, cleaning out the bowel with Step One and Step Two Formulas are quite important to address some underlying root causes if you have previously been relying on magnesium or coffee to have a bowel movement.

Step Two Formulas: (Colon Detox Caps, Colon Soothe)

Benefits:

- These are drawing and detoxifying formulas. They absorb and chelate literally hundreds of different kinds of chemicals from the bowels, including pharmaceutical residues, pesticides, waste products from parasites, toxins from harmful bacteria, candida die-off, heavy metals such as aluminum, lead, copper, mercury, and radioactive residues.
- Most practitioners do not give high enough of a dose to detoxify the colon. This formula needs to swell up against the walls of your intestines to absorb the toxins out of the bowel pockets and to remove the mucoid



plaque layer and to remove candida die-off, parasite die-off, infection die-off and the heavy metals lodged in the intestines. Try to take the maximum recommended amount for maximum effectiveness.

- To counteract food poisoning, they may be taken at double the normal dose. Again, most practitioners will tell you to take just a few charcoal caps. That's **not enough** to counteract food poisoning. You need around 1 to 2 TBS to absorb all the toxins from food poisoning.
- This formula cleanses both the small intestines as well as the large intestines.
- If you have a stomach or esophagus issue, you need this formula in direct contact with your esophagus and stomach. To do this:
 - Twist open the capsules of Colon Detox Caps and mix the contents with around 2 ounces of water and sweeten with stevia or monkfruit as desired.
 - Or, take the Colon Soothe Formula which you can mix with water or juice (it is mostly the same formula as Colon Detox Caps but in powdered form).
 - In this way, it can help heal the esophagus and stomach, which helps gastritis, stomach ulcers, h. pylori, and acid reflux. It can also help absorb the helicobacter bacteria that causes stomach ulcers and can act on food poisoning more quickly than the encapsulated formula.
- Helps remove the mucoid plaque layer, especially if you do juice fasting with this program. See photo above to see what the mucoid plaque layer looks like. It's typically all stuck together and comes out in one long piece, in the shape of your intestines.



Product Instructions Below...

Product Instructions:

Step One:

Take a Step One Formula (Vibrant Colon, Colon Starter Plus) for ~ One Week

- **Cautions: Skip this step/week if you have chronic or active diarrhea.** Do not increase dose further unless constipated! Reduce dose or stop taking this formula if watery diarrhea occurs. In the rare case of diarrhea occurring with a Step One Formula at any time during the 1st week, do not wait for the 2nd week, but immediately begin taking a Step Two Formula. This slows down the diarrhea, and then both formulas can be taken together.
- Choose only one Step One Formula and start with **one capsule ONCE A DAY** with dinner (or with any meal or with juice if juice fasting.) around 6 - 7 PM. Do NOT take additional fiber such as psyllium. This formula already contains enough fiber.
- If you suspect parasites in the stomach, twist open the capsules and mix them in a couple of ounces of water. It will taste bitter, so add a little stevia or monkfruit to sweeten it up to your taste. Or, leave it bitter.
- This formula takes 12 to 14 hours to produce a result. If the next morning, you have one bowel movement for each meal eaten throughout the day, then continue this dose for the rest of the cleanse. If 3 meals are eaten during the day, then 3 bowel movements should occur during the day. They might all occur in the morning due to the once daily dosing of the formula.
- If you didn't get this effect the first morning, then each night, continue to **increase by one more capsule until the bowels are moving at least once for each meal eaten during the day.**
- Continue at *this new* dosage for one week.



Step Two:

Continue Step One Formula

Add Step Two Formula (Colon Soothe OR Colon Detox Caps)

- Take both (Step One and Step Two) Formulas for the duration of the cleanse. This could be anywhere from a few days to two months, depending on your results.
- **A Step Two Formula should be taken on a fairly empty stomach.** Step Two Formulas are absorptive – they absorb toxins. They can also



absorb nutrients from your meal and medications. To avoid this, please allow 30 minutes or longer before meals or an hour or longer after meals before taking a Step Two formula. Also, allow 1 hour before or after medications before taking a Step Two formula.

- **When taking Colon Detox Caps - take 4 to 8 capsules 3 to 4 times daily.** Follow this sheet & ignore the product label directions. (The reason is because the FDA controls what's on a product label and they literally have no idea how to use these formulas. They also have an incentive to discourage their use, literally scaring you out of taking them.) Taking more than 8 caps at a time can be constipating. Take with a full glass of water (8 to 12 ounces) or diluted juice. This formula will expand a little in the intestines as it's absorbing toxins, softening up the mucoid plaque layer for removal.

You may or many not feel a temporary bloated sensation only while you're taking the formula. That means it's working in your gut to absorb toxins! If you feel too bloated, reduce to 3 capsules 3 times daily. Another option is to do a slower cleanse by taking 2 caps twice daily for 1 month. If you have difficulty swallowing capsules, you can twist these capsules open and mix them with water. We take great pains to ensure that there are no synthetic chemicals added to our products, so this is a 100% natural product with NO CHEMICAL EMULSIFIERS OR MIXING AGENTS ADDED. Therefore, if you twist open the capsules and mix with water, it may clump a little. You will need to use a jar with a lid to shake the powder up with the water before consuming. You can feel safe knowing you have purchased a completely natural product unlike any other on the market.

- **If taking the Colon Soothe Formula, take ½ to 1 tsp of the Colon Soothe Formula 1 to 3 times daily.** Since this is a formula that helps absorb toxins from the body, we take great pains to ensure that NO CHEMICAL EMULSIFIERS ARE ADDED TO OUR HERBS and that Colon Soothe is 100% natural! This makes Colon Soothe a totally unique product unlike any other. Because there are no chemical emulsifiers in it, you'll notice that it may clump when you try to add it to a liquid. To help it mix better, take 1 heaping teaspoon, place in a jar with a lid. Add water or juice or diluted juice to fill up an 8-ounce jar, screw lid on tight, shake the jar, set jar down, open the lid and drink the liquid solution. Follow with an additional glass of water. Taking more than 1 tsp per dose can be constipating, so you may need to drink an additional 4 to 8 ounces of water with it. You can also reduce the dose to ¾ or ½ tsp if it's too constipating. This formula expands in the gut while it is absorbing toxins, so it may temporarily make you feel a little bloated, but rest assured it is actively working to absorb toxins as well as gas. You can decrease the dose if it feels too uncomfortable.



- **If Constipated During this Week, Increase Dose of Step One Formula,** reduce dose of Step Two Formula, and/or drink more water with the Step Two Formula. Not drinking enough water or skipping the Step One Formula can cause constipation.
- **During the 2nd week, if You are Doing a Different Cleanse, It Can Be Added at this Time.** For example, any other formulas can be added such as the Stone Buster, AntiParasite Formula, Kidney Revitalization Program, Liver/Gallbladder Caps, etc.

- **The Cleanse Can Be Extended Out to the 3rd Week if Desired**, especially if doing the Anti-Parasite Cleanse or up to 2 months if you suffer from colitis. For a very thorough bowel cleansing, continue taking both formulas for a total of one month, or if you are severely ill in your colon, you could extend this cleanse out to 2 months.
- **If Parts of Your Colon Have Been Removed:** These formulas can be taken by those who have had the gallbladder removed, those with colostomies or portions of or the entire colon removed, (in these cases where the bowel movements are loose, runny or liquid, simply avoid taking the step one formulas and focus on the step two formulas instead.)

***Daily Schedule and Frequently Asked Questions
Below...***

Daily Schedule:

Week 1:

Transition to a raw vegan diet.

Take Vibrant Colon to establish one bowel movement for each major meal eaten throughout the day. (3 meals = 3 bowel movements daily). If a stronger colon formula is needed, use Colon Activator or Colon Start Plus instead.

Week 2:

Continue taking same formula begun during Week 1 (Vibrant Colon, Colon Activator or Colon Start Plus Formula)

Take Colon Detox Caps

Take any additional optional formulas as desired or as needed.

Pre-Breakfast ½ hr. before breakfast	BreakfastTime	Pre-Lunch ½ hr. before lunch	LunchTime	Pre-Dinner ½ hr. before dinner	DinnerTime	Evening
4 to 6 caps Colon Detox Caps	Optional formulas such as Flora-G Plus, Can-G, Anti-Par, Essential Nutrients or other formulas	4 to 6 caps Colon Detox Caps	Optional formulas such as Flora-G Plus, Can-G, Anti-Par, Essential Nutrients or other formulas	4 to 6 caps Colon Detox Caps	Vibrant Colon, Colon Activator or Colon Start Plus Optional formulas such as Flora-G Plus, Can-G, Anti-Par other other formulas	4 to 6 caps Colon Detox Caps

Is This Cleanse Gluten-Free?

Yes, the formulas are gluten-free. There are no grains in any of the formulas, not even oats or oat bran. Pharmaceutical grade alcohol, because it's distilled, is completely gluten-free since gluten molecules are too large to pass through the distillation process. If you want a completely gluten-free cleanse, then make sure the foods and beverages you consume are also gluten-free. A gluten-free diet can help with inflammation, liver problems, joint discomfort and other symptoms. Of course, you do not have to follow a gluten-free diet to do this cleanse.

Can I Do This Cleanse While I'm Taking Medications?

Yes. A Step Two formula contains charcoal and clay that can absorb doctor-prescribed medications, but it will not affect you if you take the formulas as follows. Do not take your medications ***in the same dose*** as your medications. Simply allow one hour before and after taking a Step Two Formula (Colon Detox Caps or Colon Soothe) before taking your medications. This means if you're taking your medications, allow one hour afterwards before you take Colon Detox Caps or Colon Soothe. It also means that if you are taking a dose of Colon Detox Caps or Colon Soothe, allow at least one hour afterwards before you take your medications. This one-hour window allows enough time for your medications to be absorbed into your body and to work the way they are intended to work.

Can I Take My Other Supplements While I'm Doing This Cleanse?

Yes, unless they're synthetic, harmful or nonessential. If you believe a supplement that you're taking is absolutely essential to your well-being, then keep taking it. Allow one hour after taking it before taking Colon Soothe or Colon Detox Caps. Or Take Colon Soothe or Colon Detox Caps first and then allow one hour before taking your important supplements. Digestive enzymes and proteolytic enzymes can actually help the effectiveness of this cleanse and can be taken if desired.

Many supplements are synthetic and are actually harming you. This includes certain types of calcium/ magnesium formulas, multi-vitamin and mineral supplements and certain types of Vitamin C. Please see the website for more information on synthetic calcium (<http://drfostersessentials.com/store/natural-calcium.php>) and synthetic supplements (<http://drfostersessentials.com/store/truth.php>).

Can I Mix My Supplements Together in the Same Dose To Save Time?

Yes, except for the Colon Soothe or Colon Detox Caps. These two formulas should always be taken on an empty stomach with water or diluted juice, and by themselves without any other supplements or medications taken with them in the same dose.

Can I Take Too Many Step One Capsules? What if I'm Severely Constipated?

I've had clients who took as many as twenty capsules of a Step One Formula because they had only one bowel movement per month. (They worked up to that dose gradually). I've also had people who only had one bowel movement per month finally have a bowel movement after taking one Colon Starter Plus capsule for the first time. Everyone is different.

I've even seen people who had missing nerves to the colon or had spinal cord injuries to respond to the Step One Formulas.

In the rare case of extreme constipation, the herbs may produce nausea and even an episode of vomiting before the bowels finally unblock. This is to be expected and is actually easier on people than the hospital treatment. ("Rocket Booster" enema with mineral oil.)

In rare cases, a Step One Formula has caused constipation where there was none before. In each case, the person did not know that they actually had parasites, and when they continued to increase the dosage, the parasites broke loose and the bowels began moving again. The parasites will not be killed if the formula is stopped in the middle of this process.

I Have Difficulty Swallowing Capsules. Could I Open Up the Capsules and Mix Them With Water Before I Take Them?

Sure, yes! The Step One Formulas tend to be bitter when you open them up, so you may want to add a few stevia drops to sweeten it up and you can even add a little coconut milk powder to cover up the taste. Or you could leave the herbs bitter and experience that bitter taste which can be very helpful for liver/gallbladder function. The Colon Detox Caps can also be twisted open and mixed with water or diluted apple juice.

Because this is a completely pure and natural formula, there are NO SYNTHETIC EMULSIFIERS OR MIXING AGENTS. Because of this, the formula may clump when you mix it with a liquid. It's best if you put the formula in a jar with a lid, add the water and formula to the jar, cover the jar tightly with the lid and then shake the jar for several seconds to thoroughly mix the contents with a minimum of clumping. Half and half apple juice and water goes well with this formula, or if using just water, you can add a few drops of liquid stevia to sweeten it up.

Can I Take the Colon Detox Caps Without a Step One Formula? (Vibrant Colon, Colon Start Plus or Colon Activator)?

Yes, you can take it without a Step One formula but it may be constipating. The Step One formulas counteract this effect so that the formulas fully expand and cleanse the intestines without the constipating effect. Most people will feel uncomfortable taking Colon Detox Caps or Colon Soothe without a Step One Formula unless they're taking only one dose per day or unless they have diarrhea and are trying to slow it down. Four capsules once a day can be a good maintenance dose of Colon Detox Caps after your cleanse is over if you suffer from frequent diverticulitis, or other colon diseases.

Taking Additional Fiber or Psyllium During the Cleanse:

If you take a daily fiber formula or psyllium, **do not take it** while taking a Step Two Formula; this is too much fiber and it may cause constipation. The Step Two Formulas contain **more than enough** fiber for your daily needs.

What if I Have SIBO (Small Intestinal Bacterial Overgrowth?)

The cleanse should be fine to take if you have SIBO. The formulas may kill some of the harmful organisms and you may experience improvement. SIBO can sometimes be more stubborn to heal and to heal at a deeper level, we recommend Taking the Echinacea Premium or Blood Detox Formula or some oregano oil diluted in olive oil for around 90 days or doing the 90-Day Kick The Candida Challenge. The cleanses can be extended beyond the two-week period for as long as needed. We've had a few people do the colon cleanse for several months and at the end of that time, various health complaints went away. Antibiotics have very harmful side effects on the gut as well as on the kidneys and your hearing. They can even cause ringing in the ears. Deeply contemplate whether or not you want to use them again unless it is for something life-threatening. We can heal many types of infections without antibiotics, including food poisoning, bladder infections, sinus infections, ear infections, bronchitis, and sometimes even pneumonia.

What if I Have Leaky Gut?

This formula, with its mucilaginous herbs – despite the psyllium seed, is actually soothing, anti-inflammatory and helps heal leaky gut. You're not taking psyllium *by itself*, so this is different. You're taking psyllium with special herbs that soothe and heal the bowel. The marshmallow root, slippery elm and flax seed all coat and soothe the intestines and counteract any abrasiveness caused by the psyllium. The psyllium needs to be in the formula because it fills the gut and expands out to the walls to draw out toxins from your bowel pockets and to remove the mucoid plaque layer. Odds are you've got leaky gut because you have had this toxic mucoid plaque layer lining your intestines for so many years.

Change in Color and Smell of Stools During the Cleanse:

Step Two Formula can temporarily turn the bowel movements dark due to the black charcoal content. This is harmless and COMPLETELY NORMAL. Stools can also be wrapped in mucus and/or can be multi-colored. While taking this formula, there is sometimes an increase in gas or foul-smelling stools. Terrific! These are all good signs and mean that the formula is working to cleanse toxic residues from the bowel. If it smells old or vile or rotten, you're getting toxins out.

Black Stools:

The activated charcoal in the Colon Detox Caps and Colon Soothe often turns the stools black. It's normal for this formula and does NOT indicate a disease. After you finish taking the formula, the stools should soon return to their pre-cleanse color.

Green Stools:

If you took the Earth's Nutrition formula or the Essential Nutrients formula with your cleanse, or if you've been juicing green vegetables, your stools may turn a greenish color. This color is due to the pigments in the vegetables and is completely harmless.

Red/ Purplish Stools:

If you drank beet juice or ate a lot of beets, it can turn your stool a dark purple/ reddish color. This color is caused by the pigments in the beets and is also harmless.

White Stools:

If you have ever had a barium GI test, the barium (a white chalky liquid) you swallowed during the test can remain lodged in the diverticula (bowel pockets) of the colon for years. During the intestinal cleanse, this white chalky material can come out. It's usually only one or two bowel movements that come out this way and then stool color returns to normal when all of the barium has been eliminated. If you have never had a white stool before, and you had a barium imaging test done in the past, then you can rest assured that this temporary white color is not a sign of disease.

Coated Tongue:

Very good sign if it develops during a cleanse! It means the body is releasing intestinal toxins. It sometimes means you're eliminating excess candida.

Energy Levels During the Cleanse:

Some feel tired while others feel energized. Sometimes fatigue is felt because coffee, tea, alcohol, drugs, or medications have been stopped. Rather than feeling sick from the herbal formula, many people are simply in withdrawal from caffeine and other drugs. Fatigue may also result when juice fasting, especially if there are lots of toxins in the body to clean out, and this is a good sign that the body is responding to the cleanse.

Note for Children:

Step One Formulas may be too strong for children unless there is severe constipation or the child weighs > 120 lbs. For very young children age 2 and over, the liquid Colon Cleanse Syrup or Can-G are milder and is the best choice. Kids can also take the L/GB Formula or Ginger Tincture (dose adjusted according to body weight) which are non-addictive. The Iron From Herbs Formula contains tonic herbs that can also help children's bowel function.

After the Cleanse is Over:

- The cleanse can be discontinued at the end of two weeks, or for people who have more severe gut issues, it can be extended out for longer periods of time. Up to 2 months are recommended for anyone with colitis.
- After the cleanse is over, A Step One Formula may be continued, if needed, in order to have one bowel movement per day for each meal eaten. Alternatives to Step One Formulas are listed below.
- The Liver Regeneration Program, Parasite Cleanse, Cholesterol Busters Cleanse, Simplified Stone Cleanse or Kidney Revitalization Program should be repeated every 3 months to maintain health. This is the Foster Method.

Signs of Healing:

After you've finished your cleanse, it's important to check for signs of healing. If you have had any improvements in your skin, reduction of a rash, less flatulence, reduction of headaches, less sinus problems, less food sensitivities, less intestinal cramping or discomfort, reduced inflammation in the body, better breathing/ lung function, improvements in menstrual cramping or lighter menstrual periods, it's a good sign that you've eliminated the toxins that were causing or contributing to these problems.

Give yourself a pat on the back and congratulate yourself for a job well done! If you eliminated an extra long bowel movement all stuck together, you most likely eliminated the mucoid plaque layer – kudos! You may have saved yourself from a much worse bowel problem in the future such as colon polyps, colitis or even colon cancer. If you passed parasites, congratulations! (You may want to follow up with the Parasite Cleanse Kit to make absolute sure you've killed all stages of the parasite.)

Is it Safe to Take a Step One Formula Over the Long Term?

(YES!!!)

Harmless Staining of the Colon:

Many people ask us if there is any danger with taking a Step One Formula on a regular basis. Anthraquinone and emodin-containing herbs (cape aloe, aloe vera, rhubarb, senna & cascara sagrada), if taken over the long term (longer than 9 months to one year), can cause a temporary and harmless stain of the colon lining called pseudomelanosis coli. This can be seen during a colonoscopy. Using colonoscopy, it is almost impossible to see a difference between this type of harmless staining and the dark coloration of a rare genetic disease called Peutz-Jeghers syndrome or inflammatory bowel disease, both of which are associated with colon cancer.

Unlike these colon diseases, pseudomelanosis coli (the temporary staining of the colon due to taking colon herbs) is completely harmless and goes away if the herbs are stopped. It is not associated with cancer ^{2,3}.

Protective Effects Against Cancer:

In fact, research has demonstrated that these herbs have *protective* effects against cancer such as colon cancer ¹, hepatoma, osteosarcoma, and human pharyngeal squamous cell carcinoma.⁷ The active ingredient of these herbs, emodin, has been used alongside cancer chemo drugs and has been shown to increase the ability of these drugs to kill cancer cells, including human tongue cancer ⁶, pancreatic cancer ⁵, gallbladder cancer ⁸, colon cancer, and non-small cell lung cancer ⁹. It has been used with 5-FU against colon cancer, gemcitabine against pancreatic cancer ⁵, cis-platin against gallbladder cancer ⁴, and other chemotherapy drugs. (See references below). In summary, these herbs are very safe, are protective against a wide variety of gut issues, and do not cause health problems.

Bowel Function and Dose Can Vary Over Time:

Bowel function can vary from day to day depending on your physical activity, water intake, and your diet (a large steak or chicken breast is more likely to cause constipation than smaller 4 oz. portions of meat or a plant-based diet). Taking a long road trip or airline flight can also be very

constipating. Therefore, your dose of Vibrant Colon, Colon Start Plus or Colon Activator could also vary from day to day.

Herb/ Drug Holidays:

Dr. Christopher, the father of Modern American Herbalism, used to say when taking herbs long term it's best to take off one day a week, and one month every 6 months. This prevents the body from developing a tolerance to the herbs and needing a higher dose. The herbal bowel-stimulating formulas can also be rotated with other formulas such as Flora-G Plus, which can be taken on the off days. This is similar to the way many pharmaceuticals are prescribed (for example for Parkinson's disease) which is called a "drug holiday" – or a short break from the drug every several months to prevent a tolerance from developing.

Antiparasitic, Liver/Gallbladder Health and Other Benefits:

Colon stimulating herbs are not taken simply for constipation, but also for their antiparasitic action, bowel muscle strengthening effects, and their cleansing effect on the liver, gallbladder and spleen. It is better to take something natural to keep the bowels going than it is to stay constipated and invite serious or life-threatening colon/ rectal diseases such as colon polyps, colorectal cancer, bleeding hemorrhoids, diverticulosis and diverticulitis.

The Foster Method and Other Cleanses That Help the Colon:

Good health depends not only on regular bowel movements, but also the state of the other detoxifying organs as well. This is why the Foster Method – used to heal from chronic health issues and maintain excellent health, includes doing a cleanse every 3 months – the Liver Regeneration Program, The Kidney Revitalization Program, the Simplified Stone cleanse or the AntiParasite Cleanse. All of these cleanses include the Step One and Step Two Colon cleansing formulas. Some cases of constipation are due to parasites, gallstones or a liver clogged with toxins. You may also need to kill candida overgrowth. See the 90-day Kick the Candida Program.

Long Term Use of the Herbs:

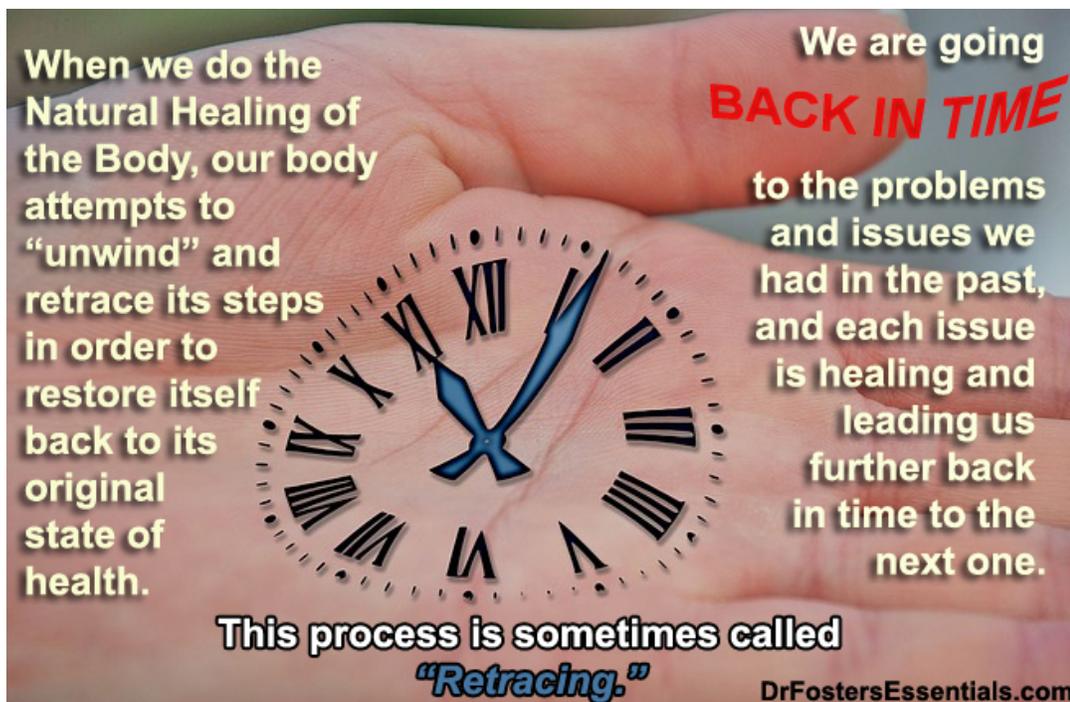
Some have taken a Step One Formula for 10 years, then tapered and stopped and their bowels worked perfectly. During this time, though, they took great care with eating an organic pesticide-free plant-based diet, drinking at least 1 quart of water daily, doing castor oil packs over the belly area (see instructions on the instructions page), exercising on a consistent basis & doing the Liver Regeneration Program every 3 months (liver & gallbladder toxins are a significant cause of constipation).

Additional Aids For Constipation:

Regular massage &/or reflexology may also be needed to help eventually normalize bowel function. If all goes well, over time, one should be able to switch to milder and milder formulas (i.e. Colon Starter Plus → Vibrant Colon, and then to L/GB Formula or Lobelia Tincture and then perhaps a Ginger or Cayenne tincture to help stay regulated if needed. The L/GB, Cayenne and Ginger are tonic herbs that are safe to take on a daily basis for long periods of time.

If you're concerned about what your doctor might say about herbal staining of your colon during a colonoscopy, consider having a double contrast barium enema done instead as an alternative colon cancer-screening test. Another option is to take the Flora-G Plus, which does not stain the colon. For maintaining colon health after the cleanse, please see

http://www.drfostersessentials.com/store/ph_bal.php#lifestyle



When doing any natural healing routine, you may experience any symptom you've ever had in the past. This phenomenon is called "Retracing" or sometimes a "Healing Crisis". This occurs because the natural healing is healing buried unhealed issues in your body that were NOT healed with antibiotics and medical treatment. They've remained in your system for years and even decades because the medical treatments you received, although they relieved your symptoms, were only a partial treatment and did not heal everything.

If you did not read the [Mandatory "How to Take Your Herbs Flyer"](#), please read it now so that you fully understand the healing crisis and why sometimes things feel

worse when you're healing the root causes, doses for children and pets, customized doses, what to do if you feel worse during a cleanse, and much more.

Scientific Research Showing the Proven Benefits of the Herbs in These Formulas.

See Below.....

Scientific References:

1. Antitumor effects of emodin on LS1034 human colon_cancer_cells in vitro and in vivo: roles of apoptotic cell death and LS1034 tumor xenografts model.

Ma YS, Weng SW, Lin MW, Lu CC, Chiang JH, Yang JS, Lai KC, Lin JP, Tang NY, Lin JG, Chung JG. Food Chem Toxicol. 2012 May;50(5):1271-8. Epub 2012 Feb 1.

Conclusions:

In an in vitro study, emodin reduced the percentage of viable cancer cells, triggered apoptosis (cell death) and induced G2/M phase arrest of cancer cells. In an in vivo study, emodin effectively suppressed tumor growth in tumor nude mice xenografts bearing LS1034 (human colon cancer cells). Overall, the potent in vitro and in vivo antitumor activities of emodin suggest that it might be developed for treatment of colon cancer in the future.

2. Is_senna_laxative use associated to cathartic colon, genotoxicity, or carcinogenicity?

Morales MA, Hernández D, Bustamante S, Bachiller I, Rojas A. J Toxicol. 2009;2009:287247. Epub 2009 Sep 10.

Conclusions:

(1) there is no convincing evidence that the chronic use of senna has, as a consequence, a structural and/or functional alteration of the enteric nerves or the smooth intestinal muscle, (2) there is no relation between long-term administration of a senna extract and the appearance of gastrointestinal tumors or any other type in rats, (3) senna is not carcinogenic in rats even after a two-year daily dose of up to 300 mg/kg/day, and (4) the current evidence does not show that there is a genotoxic risk for patients who take laxatives containing senna extracts or sennosides.

3. Melanosis coli--a harmless pigmentation or a precancerous condition?

Nusko G, Schneider B, Ernst H, Wittekind C, Hahn EG. Z Gastroenterol. 1997 May;35(5):313-8.

Methods:

In 2,229 consecutive patients we retrospectively analyzed the association of melanosis coli and laxative use with colorectal neoplasia.

Conclusions:

There appears to be no association between colorectal cancer and melanosis coli or laxative use. Colorectal adenomas are more frequently found in patients with melanosis coli. Colorectal adenomas do not contain the melanin-like pigmentation. The association of adenomas with melanosis coli can be explained by the ease of detection of even tiny polyps as white spots within a dark-colored colonic mucosa. (Adenomas are more likely to be missed in colons without melanosis coli, but are more likely to be spotted against the dark background of a colon with melanosis coli.)

4. Emodin potentiates the anticancer effect of cisplatin on gallbladder cancer cells through the generation of reactive oxygen species and the inhibition of survivin expression.

Wang W, Sun Y, Li X, Li H, Chen Y, Tian Y, Yi J, Wang J.

Oncol Rep. 2011 Nov;26(5):1143-8. doi: 10.3892/or.2011.1390. Epub 2011 Jul 14.

5. Emodin potentiates the antitumor effects of gemcitabine in pancreatic cancer cells via inhibition of nuclear factor- κ B.

Liu A, Chen H, Tong H, Ye S, Qiu M, Wang Z, Tan W, Liu J, Lin S.

Mol Med Report. 2011 Mar-Apr;4(2):221-7. doi: 10.3892/mmr.2011.414. Epub 2011 Jan 3.

Conclusions:

Emodin potentiated (increased) the antitumor effects of gemcitabine (chemotherapy drug) in pancreatic cancer, which was related to the down-regulation of NF- κ B.

6. Emodin, aloe-emodin and rhein inhibit migration and invasion in human tongue cancer SCC-4 cells through the inhibition of gene expression of matrix metalloproteinase-9.

Chen YY, Chiang SY, Lin JG, Ma YS, Liao CL, Weng SW, Lai TY, Chung JG.

Int J Oncol. 2010 May;36(5):1113-20.

Conclusions:

Our results provide new insight into the mechanisms by which emodin, aloe-emodin and rhein inhibit tongue cancers. In conclusion, these findings suggest that molecular targeting of MMP-9

mRNA expression by emodin, aloe-emodin and rhein might be a useful strategy for chemo-prevention and/or chemo-therapeutics of tongue cancers.

7. Destabilization of CARP mRNAs by aloe-emodin contributes to caspase-8-mediated p53-independent apoptosis of human carcinoma cells.

Lin ML, Lu YC, Su HL, Lin HT, Lee CC, Kang SE, Lai TC, Chung JG, Chen SS.
J Cell Biochem. 2011 Apr;112(4):1176-91. doi: 10.1002/jcb.23031.

Conclusions:

Aloe-emodin induces growth arrest and apoptosis of FaDu (human pharyngeal squamous cell carcinoma), Hep3B (hepatoma), and MG-63 (osteosarcoma) cells.

8. Emodin enhances sensitivity of gallbladder cancer cells to platinum drugs via glutathion depletion and MRP1 downregulation.

Wang W, Sun YP, Huang XZ, He M, Chen YY, Shi GY, Li H, Yi J, Wang J.
Biochem Pharmacol. 2010 Apr 15;79(8):1134-40. Epub 2009 Dec 11.

Conclusions:

The experiments on tumor-bearing mice showed that emodin/cisplatin co-treatment inhibited the tumor growth in vivo via increasing tumor cell apoptosis (cell death) and downregulating MRP1 expression. In conclusion, emodin can work as an adjunct to enhance the anticancer effect of platinum drugs in gallbladder cancer cells via ROS-related mechanisms.

9. Role of Rad51 down-regulation and extracellular signal-regulated kinases 1 and 2 inactivation in emodin and mitomycin C-induced synergistic cytotoxicity in human non-small-cell lung cancer cells.

Su YJ, Tsai MS, Kuo YH, Chiu YF, Cheng CM, Lin ST, Lin YW.
Mol Pharmacol. 2010 Apr;77(4):633-43. Epub 2009 Dec 30.

Conclusions:

Emodin is a tyrosine kinase inhibitor and has anticancer effects on lung cancer. We conclude that suppression of Rad51 expression or a combination of emodin with chemotherapeutic agents may be considered as potential therapeutic modalities for lung cancer.

Good Luck and Good Health To You!

Cynthia Foster, MD • Healing@DrFostersEssentials.com

DrFostersEssentials.com Copyright © 2003-2023 Cynthia Foster, MD. All rights reserved

Earth's Nutrition

VITAMIN and MINERAL Food Concentrate

For Energy, Weight Loss, Emotional Balance, Healthy Blood, and Rapid Healing of Injuries

Dr. Foster's "Earth's Nutrition" Can Help All Types of Health Issues:

Alzheimer's disease, Anemia, Attention Deficit Disorder, Autoimmune disorder, Burns, Cancer (all types), Cancer chemotherapy – Speed up recovery, Cirrhosis, Concentration difficulties, Depression, Fatigue, Diabetes, Hepatitis, Hypoglycemia, Immune weakness, Injuries, Intestinal disease, Manic Depression, Menopause, Mood Swings, Osteoarthritis, Obesity (use as meal replacement for 1-3 meals daily), Multiple sclerosis, Myasthenia gravis, Nerve weakness, Neuralgia, Surgery - Speed up recovery, Ulcers, or for anyone who wishes to maintain their good health.

Spirulina, chlorella, wheatgrass and barley grass are the most nutritious greens on the planet. They contain many more times chlorophyll, beta carotene, vitamins and minerals than leafy greens. Their protein content and utilization factors are much higher than beef, eggs, milk and other animal proteins.

They can make an enormous difference in your energy level, ability to concentrate and brain food. Some research suggests these green "superfoods" can stimulate metabolism and help people lose weight. This formula can be used as a meal replacement as part of a natural weight loss program.

Are Your Vitamins Natural or Not?

The Earth's Nutrition Formula is completely natural and derived from *nutrient-dense foods only*. Unfortunately, most commercial grade vitamin and mineral concentrates are synthesized by the big pharmaceutical and chemical industries from the same starting material that prescription drugs are made from (coal tar, petroleum products, animal by-products/animal waste, ground rocks, stones, shells and metal). They are then wholesaled out to the various "natural" nutrient manufacturers. The manufacturers simply mix these ingredients together into formulas and label them. Most of them have no idea how these various vitamins and minerals are made.

Everyone simply assumes a vitamin is a vitamin, regardless of where it comes from. Many people don't realize the horrifying materials from which common supplements are made.

For example, melatonin is a hormone produced by the pineal gland in the brain. The supplement is often obtained from cow brains (extremely high risk for mad cow disease). Chondroitin sulfate (chondro = cartilage) is obtained from chicken cartilage. Animals produce vitamin B-12 in their intestines, and their fecal material is often used to make vitamin B-12 supplements. Enzymes may come from ox bile (full of cholesterol, pesticides and other fat-soluble wastes) or pancreas tissue of animals. Vitamin E is

obtained from **photo chemical** processing plants, while B vitamins have a **coal tar** base and commonly contain petrochemicals - substances known to cause cancer. Vitamin C is produced by only one or two labs in the country. This vitamin is completely synthetic and acidic, and can irritate the intestinal and bladder lining as well as the prostate. Most calcium pills are made from ground up **oyster shells** or even **limestone** (calcium carbonate), substances that would never be eaten, much less absorbed. They can worsen joint pain in arthritics, cause calcium to deposit in the tissues, causing pain & fibromyalgia symptoms, and also contributing to kidney stones. Vitamin A comes from **fish juices** toxic with mercury, arsenic and industrial waste chemicals such as polychlorobiphenyls (PCB's), which can cause cancer. Fish oil is also loaded with the same toxins, can make the blood too thin, and has been linked to hemorrhagic stroke. And the so-called natural vitamin niacin is commonly made by **boiling sulfur in the presence of asbestos**. Isn't it time we get back to consuming foods instead of chemicals?

Two level tablespoons of Earth's Nutrition, added to your favorite fruit or vegetable juice or power blender drink, gives you 2 to 5 times the vitamins you need for the entire day. When used as a meal replacement one to three times daily, a significant amount of healthy weight loss can occur. Because these foods are so easily absorbed and used by the body, their effects can be felt in as little as 15 minutes. This one formula can easily replace commercially available multivitamin/mineral tablets, antioxidants, and protein powders.

Directions:

For the average 150-pound person, take 2 to 4 TBS per day, mixed with water or juice. Can double the dose during any period of stress, or as extra support before or after strenuous exercise/ training regimens. This formula can be stirred into liquid, but it can clump a little due to the lack of any chemical emulsifiers (we keep this formula SUPER natural). It's best when shaken up with the powder in a jar with a lid or a cup with a lid that seals shut so that you can shake the content. You could also use a smoothie mixing cup. More recipes are listed below after the list of ingredients.

Mixing With Other Formulas/ Medication Interactions:

Earth's Nutrition Powder can be mixed with any Dr. Foster's Essentials Extracts. Do not mix in the same dose as Colon Soothe or Colon Detox Caps – allow ½ hour after taking Colon Soothe or Colon Detox Caps before consuming Earth's Nutrition. There are no known medication reactions except for warfarin/ Coumadin – because this formula contains naturally-occurring vitamin K in the greens (like all green veggies do). Vitamin K is used to reverse the effects of warfarin/ Coumadin.

Earth's Nutrition Ingredients:

Earth's Nutrition is high in potassium, plant-iron (non-constipating), silica, vitamin E, vitamin B complex essential fatty acids, antioxidants, & numerous trace minerals. This food-based formula does not interfere with medications.

Spirulina Blue Green Algae

Spirulina is the most concentrated, nutritious food available. It supplies as much calcium, gram for gram, as milk (135 mg/kg). Of all foods, it contains the highest amount of complete protein (75%), making it a much better protein source than beef (only 22% protein). It is also a rich source vitamin B-12. It also contains high concentrations of vitamins A (as beta-carotene), B-1, B-2, B-6, D, E and K. It also contains high amounts of chlorophyll, ferredoxins and other pigments. It has a soft cell wall, so it is absorbed, digested and utilized very rapidly. Food cravings are often just cravings for minerals. This may explain spirulina's appetite suppressant effects. Research also shows a positive effect on blood sugar regulation, anemia, and ulcers. Many people believe algae is the perfect food.

Chlorella Algae

An extremely concentrated source of nutrition, Chlorella algae is second only to spirulina in nutritional content. It is rich in vitamins, minerals, calcium and chlorophyll. Japanese research proves its effectiveness for anemia, hepatitis, and accelerating healing of wounds and burns. The cell wall has been cracked to make the nutrients more available and increase its digestibility. More Japanese research shows its ability to remove environmental toxins (such as hydrocarbons, dioxins, PCB's, cadmium and lead) from the body through the urine.

Alfalfa, Barley and Wheat Grasses

These cereal grasses are the highest source of vitamins and minerals grown on land. All are rich sources of chlorophyll. Harvested before they sprout into grains, these are the tender green shoots that are much higher in nutrients than the grains themselves. Very high in chlorophyll, they have mild cleansing effects on the body. Barley grass is very high in the antioxidant superoxide dismutase (SOD), which magnifies its healing abilities.

Purple Dulse Seaweed

Seaweeds are among the richest source of minerals in the world. They contain all the minerals and trace minerals that are found in the oceans and the earth's crust. Rich in iodine, dulse supports proper thyroid function. Many seaweeds taste fishy, therefore, we chose Purple Scandinavian Dulse because it is the blandest-tasting of all the seaweeds.

Astragalus

Stimulates the immune system, spleen, liver, circulatory and urinary systems. Lowers blood pressure. Calms the immune reaction in allergies. It aids adrenal gland function, relieving stress. Astragalus increases metabolism, promotes healing and energy to combat fatigue while increasing stamina.

Nettle Leaf

Nettle contains vital vitamins and minerals such as Vitamins A & C and iron (plant-based, nontoxic, nonconstipating iron). Nettles are potent blood builders and have been traditionally used for hayfever, allergic disorders, and arthritis. Clears toxins and controls bleeding. Nutritive, builds blood. Nettles also improve lung function and many inflammatory conditions.

Beet Root

Dissolves and eliminated acid crystals from the kidneys, reduces blood toxemia that can cause varicose veins and builds strong blood by enriching the red corpuscles. Cleanses the liver and is a rich source of nitric oxide.

Spinach Leaf

One of nature's best antidotes for lower bowel stagnation, detoxifying the digestive tract and restoring pH balance, soothing intestinal inflammation and providing minerals to repair and maintain a healthy colon. Spinach is also a potent blood builder. High in vitamin A, it is valuable for the eyes. Spinach is a rich source of calcium, nontoxic, plant-based, nonconstipating iron and vitamin K.

Rose Hips

Help control infections, promotes healing. Used for colds, especially at the first sign of a cold or flu.. One of the best sources of natural Vitamin C complex.

Lemon Peel

Anti inflammatory and diuretic. Improves peripheral circulation. Contains a balanced Vitamin C complex. Lemon Peels contain bioflavonoids, rutin, hesperidin, calcium and all of the trace minerals necessary to assimilate Vitamin C. Ascorbic Acid is simply the outer protective shell of the vitamin C complex, and while it can be beneficial to the body, our bodies were designed to benefit from the whole vitamin C complex with its attendant co-factors, buffers and synergistic phytochemicals. Also high in pectin, which assists in removing heavy metals from the body.

Orange Peel

Revered as one of the best sources of Vitamin C. These fruits also contain a balanced C-complex. They contain bioflavonoids, rutin, hesperidin, calcium and all of the trace minerals necessary to assimilate vitamin C. Citrus peels are also one of the highest sources of pectin, which has been proven to remove heavy metals from the body.

Non-Active Saccharomyces Cerevisiae Nutritional Yeast

One of the most valuable antidotes against acid or toxic bile. Contains vitamins that unclog the liver and helps to oxidize fats properly. This yeast is also beneficial for the skin. It is the second highest source of complete protein in nature (50%), and the richest source of the B Vitamins. The B vitamins are essential for a healthy nervous system. This source of B Vitamins will help to balance and stabilize the nervous system, having both calming or stimulating effects depending on what is needed. It is completely non active and considered safe for patients with candida albicans overgrowth or on yeast-free diets.

Absorbability/ Bioavailability

To make a tablet requires a great deal of heat to compress as many ingredients as possible into a single pill. These compressed pills are so tightly packed that they are very difficult to break down in the stomach and intestines. Because of this, most vitamin/mineral tablets pass through the digestive system without being absorbed at all. Unlike tablets, which cannot be broken down by elderly people and those with weak digestion, foods are very easily absorbed and

utilized by the body. This formula is in powdered form, which, when mixed with liquid, makes it more easy to absorb than tablets, caplets, capsules and pills.

Low Heat Processing to Preserve Enzymes

With the exception of the *Saccharomyces cerevisiae* yeast, all foods in this formula are processed with low heat (below 112 degrees Fahrenheit) in order to preserve vital enzymes.

1. **[Studies on the constituents of green juice from young barley leaves. Antiulcer activity of fractions from barley juice]**, Ohtake H, Yuasa H, Komura C, Miyauchi T, Hagiwara Y, Kubota K. *Yakugaku Zasshi*. 1985 Nov;105(11):1046-51. Japanese.
2. **A review of recent clinical trials of the nutritional supplement *Chlorella pyrenoidosa* in the treatment of fibromyalgia, hypertension, and ulcerative colitis.** *Altern Ther Health Med*. 2001, May-Jun;7(3):79-91. Review. Merchant RE, Andre CA.
3. **Nutritional supplementation with *Chlorella pyrenoidosa* for patients with fibromyalgia syndrome: a pilot study.** *Phytother Res*. 2000 May;14(3):167-73. Merchant RE, Carmack CA, Wise CM.
4. **Effects of stabilized rice bran, its soluble and fiber fractions on blood glucose levels and serum lipid parameters in humans with diabetes mellitus Types I and II.** *J Nutr Biochem*. 2002 Mar;13(3):175-187. Qureshi AA, Sami SA, Khan FA.

Earths Nutrition/ Essential Nutrients Recipes:

You can mix this formula with 4 to 8 ounces of water and drink as is but some people will not enjoy the taste as is, but with a few minor additions including foods and sweeteners from your kitchen, we can make the taste pretty enjoyable!

The secret to getting these greens to taste good is in the recipe. Use apples, bananas, nondairy milks and natural sweeteners. Citrus can add a nice tang, and Coconut milk powder can also add to the enjoyment of this formula.



Please See Green Smoothie and Juice Ideas Below:

Stevia Sweet Greens:

- 2 TBS [Earths Nutrition Powder](#)
- 7 to 8 ounces purified or filtered water
- Liquid Stevia to taste.

You can add a little stevia (around 4 drops of liquid stevia can work wonders for this formula – I like berry-flavored liquid stevia, but chocolate, chocolate raspberry, English Toffee, Hazelnut, Orange flavors work well, too)

Green Delight:

- 6 ounces Purified or Filtered Water
 - 4 to 6 drops Liquid Stevia (good flavors are chocolate, chocolate raspberry, hazelnut, berry, English Toffee)
 - 1 to 2 tsp Coconut Milk Powder or around 2 TBS or more of unsweetened nondairy milk
 - 2 TBS [Earths' Nutrition Powder](#)
1. Place all ingredients in a smoothie shaker cup.
 2. Close the lid on the smoothie shaker and shake for several seconds until ingredients are well-mixed.

Orange Creamsicle:



- 4 oz. orange juice
- 4 oz nondairy milk (soy, almond, or rice milk)
- 2 TBS **Earth's Nutrition**
- Optional: 1/4 cup frozen peaches
- Optional: stevia or natural sweetener to taste if your nondairy milk is unsweetened

Very tasty!

Virgin Pina Colada:

- 4 oz. purified/ filtered water
- 4 oz. Bottled Pineapple/coconut juice combo (available at health food stores)
- 2 TBS **Earth's Nutrition**

Blend on high until smooth or use:

- 4 oz. Fresh Pineapple Juice
- 4 oz. Purified/ Filtered Water
- 2 TBS Organic Flaked Coconut
- 2 TBS **Earth's Nutrition**
- optional: Stevia or other Natural sweetener



Green Lemonade:

- Juice of 1/2 Lemon
- 6 ounces Purified or Filtered Water
- 12 drops Liquid Stevia (any flavor, but especially lemon, Valencia orange, stevia clear, or mixed berry)
- 2 TBS [Earths Nutrition Powder](#)

1. Place all ingredients in a smoothie shaker cup.
2. Close the lid on the smoothie shaker and shake for several seconds until ingredients are well-mixed.
3. Or use a blender and blend on high speed just until blended.

Carrot Juice:

Some people love **Earth's Nutrition** with carrot juice because carrot juice is sweet.



- 4 oz. Fresh carrot juice
- 4 oz. purified/ filtered water
- 2 TBS **Earth's Nutrition**

If you have Candida or blood sugar issues, dilute carrot juice with an equal amount of water as written or use a blend of just a little carrot with other veggies like cucumber, zucchini, parsley, spinach, beet, ginger.

Chocolate Mint Greens:

- 2 TBS Earth's Nutrition or Essential Nutrients
- 7 to 8 ounces Purified or Filtered Water
- 1 drop Dr. Foster's Essentials Peppermint Oil
- 12 drops Liquid Stevia (Chocolate Flavor)

1. Place all ingredients in a smoothie shaker cup.
2. Close the lid on the smoothie shaker and shake for several seconds until ingredients are well-mixed.
3. Or use a blender and blend on high speed just until blended.

Pineapple/ Grapefruit Juice blend

This is my favorite juice blend recipe:



- 3 oz. Fresh Pineapple juice
- 3 oz. Fresh Grapefruit juice
- 3 oz. Purified/ Filtered water
- 2 TBS **Earth's Nutrition**



1. Place all ingredients in a smoothie shaker cup.
2. Close the lid on the smoothie shaker and shake for several seconds until ingredients are well-mixed.
3. Or use a blender and blend on high speed just until blended.

Fruit Smoothie Recipe:



- 3 to 4 oz. Apple Juice
- 3 to 4 oz. Purified or Filtered Water
- 1 to 2 TBS **Earth's Nutrition** (Start with 1 TBS)
- 1/4 cup Frozen fruit (strawberries are great, but also any other berries, bananas, mangoes, peaches, etc.)
- 1/4 to 1/2 cup Soy, rice or almond milk (gives it a creamy taste)
- Optional: Maple syrup or stevia if needed or if nondairy milk is unsweetened



Place in blender, blend on high for a few minutes and turn it into smoothie. I can't even taste the Earth's Nutrition powder when I make it up this way. As long as there are no diabetes or Candida problems, this would be a tasty option.

Veggie Juice Combo:

- Several Carrots
- 1 stalk Celery
- 1/2 Beet
- Handful Parsley
- 2 TBS [Earths Nutrition Powder](#)

Juice the veggies and add to a jar with a lid. Add Essential Nutrients, screw the lid on and shake jar for a few seconds until thoroughly mixed. Since there are no fillers or emulsifiers in this formula, shaking it helps prevent clumps from forming in your drink. The carrots and beets make it sweet.

Variation for diabetics, Candida sufferers or purists: Leave out the carrots and beets and add Zucchini or green onion if you want a non-sweet drink.

Good Luck and Good Health To You!

Dr. Foster's Essentials • Healing@DrFostersEssentials.com
Copyright © 2023 Cynthia Foster, MD All rights reserved
"Do Herbs Not Drugs"