

Dr. Foster's Essentials

4-Day Simplified Stone Cleanse

(with One Week Prep)

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List of formulas needed: Vibrant Colon, Colon Detox Caps, Stone Buster, Stone Dissolve Tea, Peaceful Nerves/ Nerve Calm

Stone Dissolving Herbs: The Stone Buster Formula is famous for its action as a dissolvent for calculi. Used as directed, it can dissolve stones in the kidneys and entire urinary tract. It can also assist in the removal of gallbladder stones. It is soothing to inflamed tissue and assists smooth and painless release of the stones. For years I recommended liver cleanses, and noticed that some people had gallbladder pains during liver cleansing due to silent gallstones they didn't even know they had – even young people in their thirties. At that time, I began to recommend using a stone-dissolving herbal tea *BEFORE* liver cleansing to avoid these occasional gallbladder pains that can occur during liver cleansing. Generally speaking, liquids are better absorbed than capsules and this may explain why I've noticed that the Stone Dissolve Tea works faster than stone-dissolving herbs in capsules. To make the tea even more powerful, I recommended soaking the tea herbs overnight. This worked well, however, it wasn't until I added the Stone Buster concentrated extract to this tea that I saw the fastest results. When I started recommending the two formulas together, people experienced results in days instead of weeks.

Antispasmodic Herbs: The Peaceful Nerves Formula/ Nerve Calm is taken as a precaution. It consists of antispasmodic herbs to help relax smooth muscles (bile ducts and ureters are lined with smooth muscle). Smooth muscle relaxing herbs can help release stones that are already stuck, and can help avoid the rare problem of getting a stone stuck during a cleanse. Not everyone needs this formula for pain, cramps or spasms, but it's a good idea to take it anyway since some people can feel anxiety or nervousness during an herbal cleanse and this formula can help people to relax and sleep better.

Colon Cleansing Herbs: This cleanse stirs up toxins, and if you're not having bowel movements, they're not going to come out quickly, and you're more likely to feel detox symptoms. The colon herbs make the process smoother by absorbing toxins stirred up by this cleanse and increasing the speed of their elimination. Preparing for the cleanse one week ahead is going to really help you feel better during the cleanse.

How Long Does it Take? Usually only one cleanse is necessary, but it may be repeated until all stones are dissolved. Around 95% of all stones are usually gone after 8 days of taking the Stone Buster/Stone Dissolve Tea combination. Remember, one large stone will dissolve more slowly than 20 small ones. In difficult cases, it may be necessary to repeat this routine 2 or 3 times. You can do the routine for 8 days in a row, but remember to finish out the cleanse for a few days afterwards with Vibrant Colon and Colon Detox Caps to help absorb and eliminate any remaining toxins stirred up during the cleanse.

Symptoms: This stone-dissolving process is mostly painless and most people are not aware of when they pass the stones until the urine stream suddenly becomes stronger (in the case of kidney stones) near the end of the cleanse. Some people use a colander to catch bowel movements and see dark green/red gallstones – but this is not required. During this cleanse, the liver may unload toxins, causing headaches, fatigue, and generalized aches and pains. If you feel achey or cranky, it's a good sign that you stirred up lots of toxins – very good! Also remember that headaches may be caused by caffeine withdrawal.

(If the situation is urgent): Some people are in pain now and can't wait to do a one week prep. If so, start the Vibrant Colon Formula, Stone Dissolve Tea and Stone Buster formulas immediately. Be prepared to feel some detox symptoms, and make sure you drink a lot of juices and water to help minimize this. The Colon Detox Caps can be constipating without the Vibrant Colon, so if you are constipated, you may not be able to

take the Colon Detox Caps during the cleanse. As soon as you have 2 bowel movements per day, start the Colon Detox Caps.

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One Week Before (The One Week Prep):

Take the Vibrant Colon formula, starting with 1 capsule with dinner. You're going to find the dose you need to have 2 to 3 bowel movements per day.

If this doesn't happen the 2nd day, then increase by one more capsule each night with dinner until you get 2 to 3 bowel movements the next day. Continue taking this dose for one week. There's no special diet during this time, but it's best to consume a dairy-free diet. If you're one of those few people who has colitis, irritable bowel or other reason to have diarrhea every day, then you do not need to take the Vibrant Colon Formula, and you can skip the one week prep and follow the routine as written, omitting the Vibrant Colon Formula. See the instructions for the Intestinal Rejuvenation Program for more detailed information.

The Night Before:

1 Quart fresh apple juice (any type apple)

1 Quart distilled water

Add ½ bag of the 5 oz. bag of Stone Dissolve Tea to the 2 quart mixture

Let sit overnight, refrigerated.

Food Program:

The diet should be animal-free (Vegan) and best if the person fasts on fresh juices for 1 to 4 days. If fasting is not done, then a raw food diet is suggested consisting of only fruits, fruit juices, vegetables, and vegetable juices. If candida or blood sugar is an issue, replace the one quart apple juice with one quart distilled water, and do not consume fruit juices. Fruit juices should always be diluted with an equal amount of water regardless.

Contra-indications:

Absolutely no other liquids are allowed, especially alcoholic beverages, sodas, or any carbonated beverages (even the natural ones), black tea or herb tea unless prescribed, coffee (decaf or regular), dairy products (no milk, buttermilk, yogurt, butter, cheese, etc.) and NO minerals.

Best juices are orange, distilled water with lemon and/or lime juice, cranberry, watermelon, and vegetable combination (with carrot, parsley, garlic and ginger root.)

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Days 1 through 4:

Upon awakening: Take first dose of Colon Detox Caps – 4 to 6 caps with 8 to 12 ounces distilled water. Then do your usual morning routine (shower, shave, get dressed, etc.) This allows enough time for the formula to be taken on an empty stomach. Do not take additional fiber formulas – the Colon Detox Formula has plenty.

Bring the Stone Dissolve Tea/ apple/water mixture out of the fridge and pour into a large saucepan. Bring mixture to the boiling point and let simmer for 5 to 15 minutes. Remove from heat, strain, then **add 4 ounces Stone Buster Formula**. Reserve ½ quart to drink today, and refrigerate the rest.

Gradually sip ½ Quart of this herbal tea mixture, spacing it out throughout the day.

At any time throughout the day, you can take 2 droppers full of Peaceful Nerves or Nerve Calm to relax any spasms or cramps felt due to kidney stones or gallstones. 3 times a day is usually enough. Mix Peaceful Nerves or Nerve Calm with a few ounces boiling water to evaporate alcohol from the dose. If you are in severe pain with stones, you can take from 4 to 8 droppers at once. This can be a sedating formula for some people, so start first with just one dropper full to see how it affects your mental alertness.

Wait about ½ hour, then consume breakfast or other juices if you are on a juice fast.

Mid afternoon – take the 2nd dose of Colon Detox Caps – 4 to 6 caps with 8 to 12 ounces distilled water on an empty stomach

With dinner: take the number of Vibrant Colon Caps you established during Week 1 of the Intestinal Rejuvenation Program + 1 more if needed. So, if you were taking 2 caps daily during Week One, your new dose this week is 3 capsules. If you have diarrhea, reduce dose of Vibrant Colon or increase Colon Detox Caps. If you are constipated, increase dose of Vibrant Colon or decrease Colon Detox Caps.

Before bed: take the 3rd dose of Colon Detox Caps – 4 to 6 caps with 8 to 12 ounces distilled water on an empty stomach

On all four days, drink an additional 32 ounces of distilled water and 32 ounces of fresh juice if possible. Liquids consumed should be only distilled water and freshly squeezed juices during this program.

Days 5 through 7: optional

Finish out the rest of the week with just Vibrant Colon and Colon Detox Caps. Or, you could repeat the 4 day routine again, but add a few days at the end with the colon formulas. What this does is to absorb any remaining toxins out of the system.

Follow Up: If you had gallstones, it's a good idea to follow up with one round of the Liver Regeneration Program to help cleanse the liver, and if you had kidney stones, it's good to do one round of the Kidney Revitalization Program to fully cleanse the urinary tract. You don't have to go right into the next cleanse – it's ok to take a week or two off.

If you have additional questions, please contact us at Healing@DrFostersEssentials.com