

# Dr. Foster's Essentials Weight Loss Program

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## Weeks 1 and 2: Vibrant Colon & Digestive Formula first, then add Colon Detox Caps, Adrenal Support, Ess. Nutr, Cayenne

If you experience loose bowels, do not take the Vibrant Colon, Colon Start Plus or Colon Activator and skip the Vibrant Colon. For those with more serious constipation, the Extra Strength Colon Start Plus Formula can be substituted for Vibrant Colon. Begin with one capsule Vibrant Colon with dinner. Begin taking Digestive Formula with each meal. For the Vibrant Colon, increase each day by one additional capsule at dinnertime until bowels are moving once for each major meal eaten in a day. (2 meals = 2 bowel movements, 3 meals = 3 bowel movements). When this happens, you can begin the Colon Detox Caps, Essential Nutrients, Adrenal Support and Cayenne Tincture. Always take Cayenne with meals – never on an empty stomach. Note: if juice fasting, only one small bowel movement will occur daily – you don't have to have more than that to continue the program. Continue all of the above herbs up to the end of the 2<sup>nd</sup> week.

## Weeks 3 & 4 – Continue above routine and add liver cleanse routine – L/GB Formula, Detox Chai, liver flush drink

Pre-Breakfast ½ hr. before breakfast	Breakfast	Snack Around 10 AM	Pre-Lunch ½ hr. before lunch	Lunch	Snack Around 3 PM	Pre-Dinner ½ hr. before dinner	Dinner
*Colon Detox Caps  Appetite Calmer	*Liver flush drink <u>15 minutes later:</u> *2 cups Detox Chai  *2 droppers L/GB Formula  2 droppers Digestive Formula  5 drops Cayenne  1 dropper Adrenal Support	2 cups Detox Chai	Colon Detox Caps  Appetite Calmer	2 TBS Ess. Nutr.  2 droppers L/GB Formula  2 droppers Digestive Formula  1 dropper Adrenal Support  5 drops Cayenne	*2 cups Detox Chai	*Colon Detox Caps  Appetite Calmer	Vibrant Colon  *2 cups Detox Chai  *2 droppers L/GB Formula  *2 droppers Digestive Formula

### Rest Days:

During weeks 3 and 4, you are going to have rest days on days 6 and 7 of the week. During this time, temporarily stop taking Adrenal Support, L/GB Formula, liver flush drink, and Detox Chai. These are rest days to help the body incorporate the changes made during the liver cleansing routine.

**Note:** this flyer is a suggested guideline for example purposes. It can be adjusted according to results. If nothing seems to be happening, raise doses. However, if any healing reactions appear, reduce doses of all liquid formulas by at least ½ of what is suggested on the product label or stop for a few days and begin again at ½ doses of liquid formulas.

**Colon Detox Caps:** Wait at least ½ hour after taking this formula before taking any food, herbs or medications. Dose can be reduced to 4 caps 3 times daily for those with constipation or bloating.

### Liver Flush Drink:

(Mix well and Drink  
Immediately  
Make fresh every day)

Place the following ingredients in a blender and blend on high speed until smooth:

8 ounces juice (use only these juices: lemon, lime, grapefruit, orange, tangerine, apple, dark grape or any combination of these. Fresh squeezed is best.)

8 ounces distilled water

1 inch chunk fresh ginger or 15 – 30 drops ginger tincture or 1 drop ginger essential oil

1 to 3 tablespoons organic sesame oil or extra virgin olive oil. Start with 1 TBS.

**Optional:** 1 - 2 drops Dr. Foster's Essentials organic/ therapeutic grade lemon essential oil

**Optional:** 1 large garlic clove, peeled, or 10 – 20 drops garlic tincture

**Detox Chai Spice:** All 6 cups can be made at one time with the remainder refrigerated for later in the day. Follow directions on package, tripling the recipe: use 3 to 6 Tablespoons Detox Chai herbs in 60 ounces distilled water. Simmer for 20 minutes, strain. Let cool before drinking. The most important and mandatory dose of the day is the morning dose of Detox

Chai Spice. It is important to drink the tea right after the liver flush drink to help digest it. It can be taken with meals or between meals.

**L/GB Formula:** to eliminate the tiny bit of alcohol content in the liquid formulas, add 1 - 2 ounces of boiling water to 2 droppers of the liquid formula in a mug and let sit for 5 mins. while the alcohol evaporates. Can be mixed into Detox Chai or liver flush drink, but it will add a bitter taste. Can be taken with meals or between meals as long as it is taken 3 times daily.

**Food:** Eat all raw vegan foods (fruits, vegetables, soaked and sprouted grains, nuts and seeds) & fresh-squeezed juices. May do all juices on Day 2 and/or Day 3. Cooked vegan food is acceptable but not as effective. May juice fast for entire cleanse. Mix 1 quart fresh apple juice with 1 quart distilled water and drink every day during this cleanse (diabetics do not drink apple juice). This and the lemon oil helps soften & dissolve gallstones. If there is any suspicion of gallstones, add both the apple juice and the lemon oil to this routine (diabetics do not drink apple juice).

### **Stronger Liver/Gallbladder Flush Option:**

This is for people who want to do a stronger flush or flush out gallstones. On the fifth day, take all recommended herbs except, instead of making the morning drink, wait until the evening. Make the following evening mixture: 4 ounces sesame oil or olive oil and 4 ounces fresh-squeezed lemon or orange juice. Drink 2 ounces per hour starting at 6 PM. Keep any of the following on hand to help control nausea: 1 drop peppermint oil in 4 oz. water, 10 drops ginger tincture, or 1 to 4 cups Detox Chai Spice. Lie on right side in order to allow gallstones to pass. Continue taking Vibrant Colon and Colon Detox Caps for a few days afterwards to absorb any remaining toxins in the system.

### **Concerns/Problems with the Liver Regeneration Program:**

**Heartburn:** can sometimes result from garlic. If this occurs, reduce the dose of garlic or drink aloe vera juice to soothe. The Colon Activator Formula can cause heartburn if it is taken too late at night or just after a large meal.

**Diarrhea:** All of the following formulas can stimulate the bowel: Vibrant Colon, Ginger, Garlic, L/GB Formula, Cayenne. If diarrhea develops, stop taking Vibrant Colon or reduce dose. Garlic, Ginger, L/GB & Cayenne doses can also be lowered.

**Constipation:** usually means that either the dose of Colon Detox Caps is too high, or that one is not drinking enough water with them. If this happens, reduce the dose of Colon Detox Caps and drink more water with the capsules.

**Nausea:** may be caused by too high of a dose of oil or not drinking the Detox Chai after drinking the Liver Flush Drink. To remedy, try taking ginger, peppermint, fennel, cloves, cinnamon, or Detox Chai. Next time, reduce the dose of oil. Nausea can have an emotional cause such as disliking the taste of an herbal formula. In the case of nausea due to taste, mix the formulas with fruit juice (such as grape juice), honey or maple syrup to sweeten them up. It is important to be in a supportive environment during the process. Any worries or upsets can aggravate nausea. It's best to watch comedies and tell jokes with friends during this cleanse, especially in the morning. Laughter is an amazing remedy for nausea.

**Gas/Bloating:** Many things can happen during a liver/gallbladder cleanse. Parasites, bacteria, yeast, fungus and other harmful microorganisms are often killed off with the herbs. As they are dying, they can release gas. This is normal if it occurs and usually is an indication that the liver/gallbladder is toxic and in need of cleansing. After the area is cleansed and there are no more harmful microorganisms, and digestive organs are healthy, there is no longer any gas from taking the formulas.

**Liver/Gallbladder Pains:** these can occur as the liver and gallbladder areas are being cleansed. Depending on the amount and severity of toxins in the liver and gallbladder, this can be nonexistent to mild to intense. Many people have serious toxins in the liver such as pharmaceutical residues, radioactive substances, nicotine residues, heavy metals and highly toxic pesticides. Intense pains can be due to gallstones not passing. In this case, immediately take an herbal antispasmodic (the Lobelia tincture, Peaceful Nerves Formula or the Cramp Away Formula) and continue taking until pain disappears. Many people have gallstones and do not know it until they try to do a liver/gallbladder flush. This is because the symptoms can be as mild as slight heartburn or aversion to fatty or oily foods. Take the Stone Dissolve Tea and Peaceful Nerves for 3 days before starting the liver cleansing portion if there is any suspicion of large gallstones.

**Headaches/Pains/Dizziness:** these are classic healing reactions (sometimes called detoxification reactions or "healing opportunities"). Some people feel them, while others feel fine and have no problems. There can be toxins in the muscles, bones and deep tissues, and these are also cleansed during the liver/gallbladder cleanse. Additionally, some people can have parasites imbedded in the muscles, and when they do the cleanse, they can experience temporary aches and pains. If the pain, headaches or dizziness are too intense, this is an indication that the cleansing process is happening too rapidly. It is not harmful, but can be uncomfortable. To remedy this, reduce the doses of the liquid herbal extracts or discontinue their use for a day and begin again with a lower dose.

**Maintenance:** follow pH Balanced Diet and use Flora-G Plus or Vibrant Colon to keep bowel movements regular. Essential Nutrients, Adrenal Support and Digestive Formula can also be continued for optimal nutrition, digestion and hormonal support. Every 3 - 6 months, do the Liver Regeneration Program to optimize digestion and processing of fats and cholesterol.

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