

The Anti-Candida Program:

This flyer is a suggested guideline for example purposes. It does not have to be followed exactly. Doses are adjustable up or down, depending on your response to the herbs. Time of day does not have to be exact. If you are on a juice fast with this cleanse, of course, you are not going to be taking your herbs with meals – you'll be taking them with juice. Use your intuition to guide you.

Week One: (Vibrant Colon, Echinacea, Food)

1. **Vibrant Colon Formula:** Begin taking the Vibrant Colon (for most people having once daily bowel movements) or Turkey Rhubarb formula (extra strength for people who only have a bowel movement every few days or less.) This week corresponds to the Preparation for the 5-Day Liver Regeneration Program mentioned on the Liver Regeneration Program flyer.
2. **Echinacea Premium Formula:** Begin taking the Echinacea Premium Formula.
3. **Food:** For the duration of this program, we recommend to stop eating meat and cut down on dairy products. Dairy products can cause the toxins to get stuck in the colon during a cleanse, and makes it more difficult to eliminate them. If absolutely necessary, can substitute goat's milk products for cow's milk products. High protein diets often lead to gallstones, kidney stones, arthritis, high cholesterol, high blood pressure, hardening of the arteries, diabetes, heart attacks, strokes, constipation, and many problems that are much worse than Candida. Eat a plant food-based diet with vegetables, whole grains, sprouts, salads, soaked nuts and seeds (soak a handful of nuts or seeds overnight or 8 – 12 hours in a shallow dish of water, then pour off water and eat soaked nuts/seeds.
4. A juice fast is not recommended unless you can consume all vegetable juices, and preferably high amounts of green leafy juices and only limited amounts of carrot and beet juice. Avoid simple sugars, refined flour, products containing yeast and limit fruits (up to 1 fruit per day.). The fruitarian diet is often the direct cause of Candida and yeast problems, and is not recommended.
5. **Toxins in Your Environment:** Cut down on household chemicals and replace with healthy alternatives from health food store (laundry detergent, fingernail polish, perfume, body sprays, etc.) Avoid pesticides by eating organic foods as much as possible.

Week Two: (Liver Regeneration + Echinacea Premium + Oregano Oil)

1. **Vibrant Colon, Colon Soothe, L/GB Formula, Detox Chai Spice (Liver Regeneration Program):** Begin the entire Liver Regeneration Program (Vibrant Colon, Colon Detox Caps, L/GB Formula, Detox Herbal Tea) with the Echinacea Premium. (Since this is your second week, you have already done the 5 Day Preparation mentioned on the Liver Regeneration Program flyer – keep scrolling down – this flyer with full details on how to do the Liver Regeneration Program is included). Follow the Liver Regeneration Program handout for doses. The liver is rich in sugars (glycogen) and is a favorite hiding place for Candida. Some people with Candida flush out what looks like mold when they do the liver cleanse. Others pass gallstones. The cleanse can also help hormonal balance.

2. **Oregano Oil:** Begin applying the Oregano Oil. 1 drop diluted with carrier oil and applied to bottoms of feet twice daily.
3. Note: Many people feel more energy after the second week, but then they overtire themselves with too many activities with their newfound energy before their body has completely recuperated. Slow down and allow yourself to rest, and things will go well.

Week Three: (Liver Regeneration + Cider Blaster + Oregano Oil)

1. **Liver Regeneration Program:** Repeat Week Two without the Echinacea Premium
2. **Cider Blaster:** instead of Echinacea Premium, use Cider Blaster
3. **Evaluate Your Progress:** For most people, doing weeks 1 through 3 is enough to handle the problem. For severe issues, Weeks 2 and 3 can be repeated again.

Maintenance (After you've finished the program):

1. **Vibrant Colon** – if needed in order to maintain 2 to 3 bowel movements per day. You could also incorporate more beets, beet juice, ginger, cayenne in your diet to encourage 2 to 3 bowel movements per day. You could also take probiotics.
2. Optional: **Colon Soothe Formula** if doing a cleanse or actively killing Candida.
3. Optional: **Anti-Par Formula** or Oregano oil if needed to help control yeast. The Anti-Par can also be used in place of the L/GB formula during a Liver Regeneration Program.
4. **Earths Nutrition Powder** – 2 Tablespoons daily in juice or in a smoothie. This helps with energy, alertness, memory, and builds up low blood counts. The greens help to decrease inflammation and alkalize the pH of the body. Candida thrives in an overly acidic body.
5. **Echinacea Premium** if needed – take for one week once each month to help activate, strengthen and balance immune system.
6. **Liver Regeneration Program:** Repeat the Liver Regeneration Program every 3 to 6 months even if all problems are gone. This protects against recurrence, keeps cholesterol down and helps detoxify the continual onslaught of toxins from living in an industrialized country with its overwhelming preponderance of synthetic chemicals.
7. **Female Harmony/ Adrenal Support:** Optional: if there has been a long-term problem with fatigue, consider taking the Female Harmony or Adrenal Support Formula to gradually strengthen the hormonal system, build up the body's resistance and improve blood sugar balance.
8. **Alternative Ways of Fighting Infections** (Other than doctor-prescribed antibiotics). Since antibiotics are a main culprit in causing candida overgrowth, it's important to learn how to fight infections without them. (Of course, if you have something life-threatening, you should take antibiotics if needed). But, for everything else, try to avoid any future courses of antibiotics by doing a juice fast, taking Cider Blaster, Oregano Oil, All-Biotic, several cloves of raw garlic or Echinacea Premium during an infection. If it's a cold or flu, you can use

Cold and Flu Formula, Lung Support, Echinacea Premium, All-Biotic to get through it without the need for antibiotics. Using Eyebright Formula can often heal an eye infection, garlic oil or a few drops of 3% peroxide in the ears can help heal ear infections. If you're not sure how to handle a particular infection, email us and we can make suggestions. If you must take antibiotics, make sure you are also taking a spore-bearing probiotic, as it is the only source of probiotics that we know of that is not killed by antibiotics. (Acidophilus and lactobacillus species typically do not work during antibiotic therapy since they are easily killed by antibiotics).

9. Remember to get enough sleep and exercise moderately. People who are chronically sleep-deprived suffer from a higher rate of infections of all kinds. Try to change any situations that cause stress. Cut out fast food, ultra-processed foods, seed oils (cottonseed oil, canola oil, etc.), canned foods and fried foods.

Dr. Foster's Essentials Liver Regeneration Program

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If you suspect gallstones, or you are over the age of 35, it's suggested to do the Simplified Stone Cleanse first (sold separately): A lot of people have gallstones and don't realize it because they don't have obvious symptoms. They may experience gallbladder pains, cramps or spasms during the liver cleanse if they do not work on dissolving the stones FIRST. Most people can do this cleanse without any gallbladder discomfort. So, this is just a precaution.

You can skip the stone cleanse, and most people will feel fine, but I can't 100% guarantee a pleasant cleanse experience if you have large or numerous stones. Or you can do this cleanse and add on the Peaceful Nerves Formula to ease any cramps or spasms that might occur because you have a lot of stones and didn't know it. When you get to the "stronger liver flush option" and you have stones, you will likely flush a lot of them out.



[The Stone Cleanse includes the Vibrant Colon, Colon Soothe, Stone Buster Formula, K/B Herbal Tea, and Peaceful Nerves (or Nerve Calm or Lobelia Tincture instead of the Peaceful Nerves). There is a separate instruction sheet for the Simplified Stone Cleanse. If you have recently had an ultrasound and there were no stones there, then you can skip the Simplified Stone Cleanse.

Can You Do This Cleanse If You're Taking Medications: the short answer is yes, unless you are taking aspirin or prescription blood thinning medication (medication that thins your blood and prevents blood clots, often prescribed after a heart attack or stroke).

Preparation for the Liver Regeneration Program: (Usually a Few Days to a Week)

Vibrant Colon, Colon Start Plus or Colon Activator: For most people, this stage lasts around a few days up to a week or even longer, until the bowels are moving 2 to 3 times daily. Please take your time and do not rush this process. Everyone has a different metabolism and different colon function, so the number of capsules needed is dependent on how the herbs interact with your body. The average number of capsules people work up to is 3, but it could be 6 or more, and that's ok. Begin with one capsule with dinner. If needed, 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). This gradual increasing of the Vibrant Colon is very important because if you suddenly take more than 1 additional capsule per day, you could end up with diarrhea. You're not supposed to rush through this week. Take your time. If you are having less than 2 bowel movements per day, and you start the Liver Regeneration Program anyway, you may experience healing reactions due to the inability of your body to release the toxins through the bowels.

If you already have loose bowels: skip this prep week. Do not take the Vibrant Colon, Colon Start Plus or Colon Activator at any time unless you become constipated. Immediately start the Five-Day Liver Regeneration Program without first doing the prep week. If you continue to have loose bowels, cut out garlic and cayenne.

If you have more serious constipation: for people who do not have at least one bowel movement per day, the stronger Colon Start Plus Formula can be substituted for Vibrant Colon, or you can simply raise the dose of Vibrant Colon higher until you get the desired effect.

If you have had your gallbladder removed or have scar tissue in the liver: cut down the amount of oil in the liver flush drink to ½ TBS, and raise this amount by only ½ TBS each day thereafter. If you have problems, cut down on the oil. Use only ½ recommended dose of L/GB Formula to start. If you feel well, then you can try raising the dose to the full recommended dose.

If you already did the Stone Cleanse: you can skip this prep week and go directly into the Liver Regeneration Program.

The Liver Regeneration Program/ Cleanse: (Five or Six Days)

Vibrant Colon, Colon Starter Plus or Colon Activator: continue taking the dose needed to maintain 2 to 3 bowel movements per day (unless juice fasting. If juice fasting, aim for 1 to 2 bowel movements daily.) Skip the above formulas if you have diarrhea.

Colon Soothe/ Colon Detox Caps: Take 1 heaping tsp of the Colon Soothe powder mixed into 8 to 12 ounces of water, diluted fruit or vegetable juice. Take 3 to 5 times daily on a fairly empty stomach. If you're taking Colon Detox Caps, take 4 to 6 capsules 3 to 4 times daily with 8 to 12 ounces water or diluted fruit or vegetable juice. Wait at least ½ hour after taking either formula before consuming any food or any other herbal formulas. For those with constipation or bloating, dose can be reduced to ½ tsp Colon Soothe or 4 Colon Detox Caps with water 3 times daily.

Detox Chai Spice Tea: 2 cups tea can be made fresh each time, or all 6 cups made 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 Spice Tea in 60 ounces of distilled water. Simmer (covered) for 20 minutes, then strain. Let cool slightly before drinking. The most important and mandatory dose of the day is the morning dose of Detox Chai Spice Tea. It is important to drink the tea right after the liver flush drink to help digest it. Otherwise, the tea can be drunk at any time - with meals or between meals. 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 longer.

Food:

Ideally: Eat all raw vegan foods (fruits, vegetables, soaked and sprouted grains, nuts and seeds) & fresh-squeezed juices, juicing at least 2 quarts per day and up to 1 gallon of fluids per day (including your herbal teas). Do not juice a lot of fruit or you may end up with a yeast infection. Juice lots of greens and a little carrot, lemon - and maybe half an apple for a particularly bitter blend. May do all juices on Day 2 and/or Day 3 or even throughout the entire cleanse. Cooked vegan food is ok and lots of people do it that way, but the raw diet is more powerful. If you can't follow the diet, it's still going to be a great cleanse, so at the very least, do not consume any dairy products. Dairy creates too much mucus in the body during a cleanse and often interferes with the elimination of toxins.

Other Options: What Else You Can Eat During The Liver Cleanse:

With this cleanse, you get to choose your level of participation. Some dietary options are better than others. Choose one of the four options below:

1. **Raw Vegan Diet:** excellent results. No cooked foods. Eat only fruits, vegetables, sprouted grains, bean sprouts (lentil sprouts, chickpea sprouts, mung bean sprouts, etc.) see sprouts (sunflower sprouts), nuts and seeds. For optimal digestion, soak seeds or nuts in a shallow bowl of water overnight (8 to 12 hours) before eating the next day.
2. **Juice fasting** - best with no fruit juice or a minimum of fruit juice (such as lemon juice). For more detailed information on juice fasting, please see the article on The Power of Juicing at <http://drfostersessentials.com/store/juicing.php>. If diabetic, it is best not to juice fast, but to follow option #1. Juicing can often help heal up gastritis, diverticulitis and other colon problems in the quickest amount of time. But be very cautious of drinking too much fruit juice when you have candida overgrowth. Only use ½ apple per juice and do not drink straight fruit juice. Add just a little carrot or beet to improve the taste of green juices but don't make a straight carrot juice and drink that down by itself and without diluting it with water or other juices. If juicing seems to worsen your candida overgrowth, follow a different option for your food program.
3. **Vegan diet** – really good results. No animal products: meat, chicken, turkey, fish, seafood, venison, pheasant, duck, eggs, dairy, milk, yogurt, cheese, pudding, butter, gelatin, jello, whey, dairy protein drinks, etc. Eat fruits, vegetables, beans, grains, nuts and seeds. (Couscous, hummus, tabouli, lentils, salads, tofu, veggie burgers, almond butter, etc.). If beans are hard to digest, add a digestive enzyme formula that contains hemicellulose (like Digest Factor). Digestive enzymes can help this cleanse go a little deeper. Organic cold-pressed oils are fine – sesame oil, coconut oil, olive oil, sunflower oil, etc.
4. **Dairy-Free Diet** – any food except dairy. Dairy products can create mucus in the GI tract & interfere with the cleanse. Use vegan cheese, nondairy milks and creams such as coconut cream, macadamia nut milk, almond milk, hemp seed milk, coconut milk, coconut milk powder instead of dairy products. Instead of butter, use organic extra virgin coconut oil. I've even seen a vegan butter-flavored coconut oil that would be ok.

Daily Schedule Below...

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 to 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 to 2 drops Dr. Foster’s Essentials therapeutic grade lemon essential oil

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

Liver Regeneration Program: Days 1 through 5

Pre-Breakfast ½ hr. before breakfast	BreakfastTime	Pre-Lunch ½ hr. before lunch	LunchTime	Pre-Dinner ½ hr. before dinner	DinnerTime	Evening
1 heaping tsp Colon Soothe or 4 to 6 Colon Detox Caps with 8 to 12 ounces water	Liver flush drink (see recipe above) <u>15 minutes later:</u> 2 cups Detox Chai 2 droppers full L/GB Formula Optional: 2 droppers Blood Detox Formula	1 heaping tsp Colon Soothe or 4 to 6 Colon Detox Caps with 8 to 12 ounces water	2 droppers full L/GB Formula 2 cups Detox Chai Optional: 2 TBS Essential Nutrients 2 droppers Blood Detox Formula	1 heaping tsp Colon Soothe or 4 to 6 Colon Detox Caps with 8 to 12 ounces water	Vibrant Colon 2 cups Detox Chai 2 droppers full L/GB Formula Optional: 2 droppers Blood Detox Formula	1 heaping tsp Colon Soothe or 4 to 6 Colon Detox Caps with 8 to 12 ounces water

L/GB Formula, Blood Detox Formula: the L/GB Formula and Blood Detox Formulas have a bitter taste intentionally – for a very important reason. The bitter taste activates a hormonal cascade in the liver and gallbladder including cholecystokinin to activate bile production and toxin release from the liver and gallbladder. Tasting the bitter in your mouth signals the lining of your gut to activate this detoxification process. You can dilute the formula with water, juice, or boiling water, but try not to sweeten it unless you absolutely have to. **It will still work** if you sweeten it with stevia, but we have seen the formulas work better when the bitter taste component is activated.

To eliminate the tiny bit of alcohol content in the liquid formulas, add 1 to 2 ounces of boiling water to 2 droppers full of the liquid formula in a mug and let sit for 5 minutes while the alcohol evaporates. Can be mixed into Detox Chai Tea or liver flush drink, but it will add a bitter taste to these. Can be taken with meals or between meals as long as they are taken 3 times daily. To make the program stronger, the Blood Detox Formula can be added to this five-day program: 2

droppers full 3 to 4 times daily. The AntiParasite/ Anti-Par Formula can be substituted for the L/GB in cases of Candida, parasites or yeast-related problems, & the Echinacea Premium can be substituted for the Blood Detox Formula.

If You Are Currently Taking Medications: leave 1 hour before and after taking Colon Soothe/ Colon Detox Caps before taking any medications. This is because this formula can absorb your medications if you take them both in the same dose at the same time. So, allow this space of an hour between taking the Colon Soothe/ Colon Detox Caps and your medications and you'll be fine.

Cirrhosis/ Liver Failure Modifications: take only ½ the recommended dose for the L/GB Formula and only ½ of the recommended oil in the liver flush drink. Start with ½ TBS of oil and do not increase the amount unless you feel the day before went smoothly. If you have fluid retention, you will need to simmer the Detox Chai Spice Tea (covered on low heat) for longer than 15 minutes to take it down to half of its original volume. You will end up with a concentrated tea. Then drink only 1 cup at a time instead of the recommended 2 cups. The cup in the morning is the most important one to drink. Use a castor oil pack over the liver to help gradually dissolve/ soften up scar tissue, and discontinue any liver-damaging substances. Check with your doctor to see how to taper or discontinue any medication(s) that was/were damaging your liver.

Castor Oil Packs – are optional, but they are a great way to deepen the cleanse and get more toxins out. I highly recommend them. You will need to buy the castor oil online or at a health food store but it's generally pretty cheap. You can find the instructions on our product instructions page (drfoster.co/instructions) or type in drfoster.co/castor-oil.

Make sure to eliminate as many chemicals and toxins from your home and work environment as possible. Buy only organic or pesticide-free foods and try to eat as close to nature as possible while avoiding canned and ultra-processed foods.

Stronger Liver/Gallbladder Flush Option:

If you still have a gallbladder, please try this! This is for people who want to do a stronger flush or flush out gallstones. We've been working up to this gradually and on the fifth day, it's time to go really deep. *People sometimes get thousands of stones out when they try this.* On the fifth day, take all recommended herbs except, instead of making the morning drink, wait until the evening.

Make the following evening mixture, preferably in a blender to get it well blended: (Organic extra virgin is best)

- **4 ounces Sesame oil or Olive oil**
 - (Organic expeller-pressed, hexane-free sesame oil or organic extra virgin olive oil if possible)
- **4 ounces fresh-squeezed Lemon or Orange Juice**
 - (Organic or pesticide-free if you can get it)
 - If you have diabetes, candida overgrowth or any other reason why you can't drink orange juice, use lemon juice.

This is a total of 8 ounces of fruit/ oil mixture

Stronger Liver Flush Option (Continued):

1. Drink two ounces of this mixture per hour starting at 6 PM. It will take four hours to drink it all.
2. Keep any of the following on hand to help control nausea. Use any of these AT ANY TIME if you feel any nausea coming on:
 - a. One drop Peppermint Oil in 4 oz. water
 - b. Ten drops Ginger Tincture or 1 drop Ginger Essential oil in 4 ounces of water.
 - c. One to Four cups Detox Chai Spice Tea – drink as much as you like
3. You need to relax during this whole process and allow it to work. During these four hours, lie on your right side in order to allow gallstones to pass. Relax, rest and don't do anything else.
4. Continue taking Vibrant Colon and Colon Soothe for a few days afterwards to absorb any remaining toxins in the system. Toxins may continue coming out for a few more days.
5. If you have any burning sensations with your bowel movements, it's a great sign that a ton of toxins came out. It's actually a cause for celebration 😊. Usually, the people who have this have a lot of accumulated toxins in their body that needed to come out. Most people don't feel any burning at all. The Colon Soothe powder is designed to soothe these sensations, but if it's over the top, take chia seed tea or pudding, drink aloe vera juice.
6. The 4 ounces of olive can sometimes cause temporary diarrhea the next day that should go away quickly by the end of the day. You can put some high-quality unprocessed salt (Himalayan pink salt, Redmond RealSalt or Celtic Salt) under your tongue and let it dissolve there, and drink lots of fresh juices and broths to help rehydrate. You can also use a powdered electrolyte mix in water to help replenish your electrolytes if you had diarrhea.

If You Have Cysts or Other Growths in Your Liver

- You can add the Blood Detox Formula to all of your liver cleanses and/or take the Blood Detox Formula at any time and for as long as needed.
- You can do Castor Oil Packs over your liver area twice weekly. See above for instructions.

Concerns/Problems with the Liver Regeneration Program:

It is very important to realize that many of these issues have to do with dosing, which you can easily change yourself, and are actually a HEALING and NOT an allergic reaction. Please see the Mandatory Instruction Sheet “How to Take Your Herbs” for more detailed information about the Unwinding/ Retracing Process, why it happens, and what to do to support this healing process while you're in it.

Also, please keep in mind that researchers have now proven that elevated liver enzymes can be caused by using cannabis or high doses of CBD oil and you may need to stop using cannabis/ CBD or certain prescription medications in order to heal your liver. Please look up any prescription medications you're taking to check for liver damage, bile stasis, or elevated liver function tests as a side effect. You can heal your liver with liver cleanses, but you may need to find natural alternatives to most or all of your prescription medications and other injections you get in a doctor's office in order to completely heal your liver and maintain your liver health.

Heartburn:

Can sometimes result from consuming garlic. If this occurs, reduce or cut out the dose of garlic in the morning flush drink or drink aloe vera juice after your liver flush drink. The Colon Activator Formula can cause heartburn if it is taken too late at night or just after a large meal. If you have a stomach ulcer: citrus juices, vinegar, alcohol, garlic, ginger and salt can cause a burning sensation or even pain. If this occurs, substitute apple juice for citrus juice, cut out vinegar, garlic, ginger and salt, and use the boiling water method to evaporate the alcohol from the alcohol extract formulas and dilute all doses into at least an 8-ounce glass of water. Then take your Colon Soothe or, if you have Colon Detox Caps, break open the capsules of each dose of the Colon Detox Caps and mix with water before consuming so that the formula can soothe the entire esophagus and stomach area. Don't ever take cayenne or the Blood Detox Formula on an empty stomach. If you suffer from acid reflux, leave the garlic out of the liver flush drink and stay away from garlic during your cleanse.

Diarrhea:

All of the following formulas can stimulate the bowel: Vibrant Colon, Ginger, Garlic, L/GB Formula & Blood Detox. If diarrhea develops, stop taking Vibrant Colon or reduce dose. Garlic, Ginger, L/GB & Blood Detox doses can also be lowered. If you are taking a magnesium supplement to help constipation, you can discontinue it during this cleanse. Magnesium supplements are not needed or recommended during this cleanse – they can contribute to the diarrhea, so if you get diarrhea and you're taking a magnesium supplement, stop taking it for at least a few days.

Constipation:

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

Nausea:

May be caused by too high of a dose of oil or not drinking the Detox Chai Spice Tea after drinking the Liver Flush Drink. To remedy, try taking ginger, peppermint, fennel, cloves, cinnamon, or Detox Chai Spice Tea. 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 to dilute the taste and make them more agreeable. 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:

Most people experience a reduction in gas when they take these formulas. However, for some people with harmful microbes in their gut or a lot of toxins in their liver, they can experience a “die-off” effect. During a cleanse, parasites, bacteria, yeast, and fungus can release gas into the intestines as they are killed. Gas and bloating usually indicates 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, you should no longer get gas when taking the formulas. The Colon Soothe and Colon Detox Caps formulas absorb a lot of water as well as toxins, expanding in the gut to cleanse away the toxins from the gut lining, so this formula can cause a temporary bloated sensation during the cleanse that goes away soon after the cleanse has been completed. It is harmless and normal for these formulas and should help your gut work better in the future.

Herbs Taste Bitter:

Yes! That’s on purpose. The bitter taste stimulates the taste buds on your tongue which then stimulates a cascade of biochemical reactions that cause the neuroendocrine cells in the gut to release CCK (aka cholecystinin – a gut hormone) which activates your liver and gallbladder and helps make this a more powerful detox. The herbs will still work if you sweeten the formulas with stevia, but we have seen when people taste the bitter taste in their mouth, it is a more powerful cleanse. Make sure to add water to your dose of bitter herbs – this really helps a lot. We have a saying in herbal medicine, “The bitterer the better.” If you really object to the taste – it’s ok – no one’s judging you – just add the stevia. You can also add some nondairy milk or coconut milk powder.

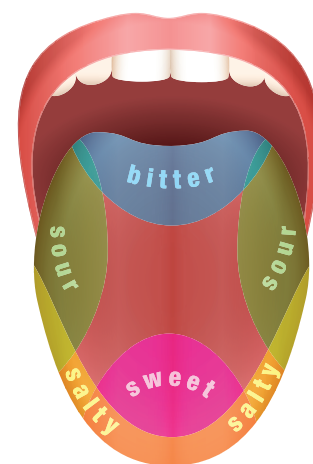


Figure 1: Bitter Tastebuds Are On Back Of Tongue

Change in Color and Smell of Stools:

Step Two Formula can temporarily turn the bowel movements dark due to the black charcoal content. This is harmless and NORMAL. Stools can also be covered with a mucous covering 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.

Black Stools:

The activated charcoal in the Colon Soothe and Colon Detox Caps will turn the stools black. It’s just charcoal pigment – completely normal for this formula and does NOT indicate a disease. After you finish taking the formula, the stools should return to their pre-cleanse color.

Green Stools:

If you took 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 nothing to worry about.

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.

Energy Levels During the Cleanse:

Some feel tired while others feel energized, and there may also be cycles where you feel great one day and not so great the next. This is part of the healing. 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.

Liver/Gallbladder Pains:

Some people get liver/gallbladder pains but the vast majority do not. They can range from nonexistent to mild to intense, depending on the amount and severity of toxins in the liver and gallbladder. Many people have serious toxins in the liver such as pharmaceutical residues, radioactive substances, nicotine residues, heavy metals and highly toxic pesticides, and when your body cleans it out, it can feel temporarily uncomfortable.

Intense pains can also be due to gallstones not passing, or it can happen if you didn't do the Stone Cleanse first. In this case, immediately take an herbal antispasmodic (Lobelia tincture or Peaceful Nerves Formula) and continue taking until pain disappears. If you don't have either of these formulas, use a magnesium supplement. You can also use a warm heating pad over the liver/gallbladder area. Because the symptoms of gallstones can be as mild as slight heartburn or aversion to fatty or oily foods, many people do not know they have gallstones until they try to do a liver/gallbladder flush. For this reason, it is important that everyone over the age of 35 do the Simplified Stone Cleanse first before attempting liver cleansing.

Headaches/Pains/Dizziness:

These are classic healing reactions (sometimes called detoxification reactions or "healing opportunities"). Some people feel them, while others don't feel anything. There can be toxins in the muscles, bones and deep tissues, that have been accumulating and hiding there for many years. Herbs can stimulate the body to release these toxins. 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 body is not eliminating the toxins as fast as they are being stirred up. It is not harmful, but it can be uncomfortable. To remedy this, stop all herbs and drink several cups daily of the Detox Chai

Spice. Continue taking Vibrant Colon if needed, in order to keep the bowels moving. In a day or two, you can start again at half dose of the L/GB and Blood Detox Formulas.

Difficult Emotions Coming Up, Especially Anger and Sadness:

Liver problems are often associated with trapped anger in the liver region. The anger you've held onto over the years is recognized by acupuncturists, energy healers, shamans, naturopaths, chiropractors and other natural healers as one of the major causes of liver ailments. Herbs can release not only environmental toxins from your liver, but toxic emotions as well, so you may or may not feel this come up during this cleanse. This is a beautiful healing! Please take advantage of this time to take long slow deep breaths, ask yourself the question, "Could I let it go?" and keep breathing the emotion out with your exhalation, letting go of the anger until you feel a sense of calm come over you. Over the two decades of healing people's emotions naturally, I have noticed that there is **ALWAYS** sadness, grief or hurt underneath the anger – an old emotional wound that has not been addressed.



Therefore, it's very important whenever you feel anger to look for the emotional trauma that created the original wound and try as best you can to release the anger so you can get to the emotional wound underneath. You may want to do a workout, run a few miles or lift some weights to help work it out of your system.

Please resist the urge to lash out at the people around you and do the deep breathing and releasing instead. If you lash out at someone, you may ruin the relationships around you and other people and businesses you interact with – even the very people who are genuinely trying to help you, so don't do it! If you can learn to handle your anger this way, you will save your relationships and potentially save your liver as well. Uncontrolled anger, irritation and annoyance can even cause pain and inflammation in the body, so the more you can breathe it out and release it, the better your body is going to feel.

The beauty of herbs is that they cleanse not only the physical body but also the emotions as well. You can't get this kind of healing from a vitamin or mineral pill, neither can you get it from a prescription medication or a surgery. If you have "liver excess," you most likely have it because you were experiencing a lot of frustration in your life, perhaps with a boss or romantic partner or had to endure mistreatment or a betrayal from someone close to you. Now is the time to change that situation so that you no longer have to endure that frustrating situation.

If your liver is "deficient", you may feel sadness come up as you're doing this cleanse (or you may feel completely fine without any unpleasant emotions coming up at all). This is *also* a beautiful healing! Please take advantage of this time to take deep breaths, ask yourself the question, "Could I let it go?" and keep breathing the emotion out with your exhalation until you feel a sense of calm come over you. If, before doing this cleanse, you had a lot of sadness in your life, it may be an indicator that your thyroid has been low, so you may need to use Sweet Essence or Thyroid Support to help your thyroid for a while. I also highly recommend a book called ***Feelings Buried Alive Never Die*** for help dealing with difficult emotions.

Signs of Healing to Look For:

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. 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.)

Frequently Asked Questions About the Liver Cleanse (Your Questions ARE Most Likely Below):

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 in order 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 Soothe or Colon Detox Caps) before taking your medications. This means if you're taking your medications, allow one hour afterwards before you take Colon Soothe or Colon Detox Caps. It also means that if you are taking a dose of Colon Soothe or Colon Detox Caps, 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 Supplements While I'm Doing This Cleanse?

Yes, unless they're synthetic, harmful or nonessential. If you're taking psyllium, stop taking it during this cleanse. If you believe a supplement 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 (drfoster.co/natural-calcium) and synthetic supplements (drfoster.co/truth)

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.

What if I'm Severely Constipated? Will it Work? Can I Take Too Many of These Step One capsules?:

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 Soothe or 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 a little constipating. The Step One formulas counteract this effect so that the formulas fully expand and cleanse the intestines without the constipating effect. Many people will feel uncomfortable taking Colon Soothe or Colon Detox Caps 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. ½ - 1 tsp of Colon Soothe or 4 capsules of Colon Detox Caps once a day can be a good maintenance dose after your cleanse is over if you suffer from frequent diverticulitis, or other colon diseases.

Taking Additional Fiber During the Cleanse (DON'T):

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.

Is This Cleanse Safe if I Have SIBO (Small Intestinal Bacterial Overgrowth)?

Yes, 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 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.

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 of Colon Soothe or Colon Detox Caps 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, Simplified Stone Cleanse or Kidney Revitalization Program or Cholesterol Busters Cleanse should be repeated every 3 months to maintain health. This is the Foster Method.

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 be severely toxic in the intestines and can be heavily infested with parasites.

Problem Is Not Gone:

Most severe or chronic diseases take about 20 years of unhealthy living habits to develop. It's next to impossible to reverse all of it overnight. We've seen lots of miracles with the herbs, and many people healed from supposedly incurable conditions such as cancer, kidney failure, and multiple sclerosis. However, it didn't happen in one day. If the problem is not gone, then all the toxins are not gone, or the body is still weak and in need of nutritional, hormonal or immune system support.

It may take more cleanses and/or more diet and lifestyle changes. The number of cleanses it takes to recover depends on the person, the severity of the problem, and how long it has existed in the body. You can also take Dr. Foster's Essentials Milk Thistle Tincture between liver cleanses if you still have a liver issue. Keep doing the castor oil packs twice weekly. Take a green formula (Earth's Nutrition) every day. Use Circu-Tone essential oil over your liver area every other day. Some people need only one cleanse. They feel great and have no more problems. Others such as those with cancer or serious incurable diseases, require 6 months to a year of a full-strength healing program. They may need to do a stronger cleanse such as the 28-Day Healing Program. It is also very important to follow my pH balanced diet (see website). Herbal formulas can only compensate so much for an unhealthy diet and lifestyle. The gist of this diet is to consume mostly organic and pesticide-free foods in their whole unprocessed form, and avoid commercial animal products that originated from feedlots. Please visit our website for healthy diet and lifestyle suggestions: <http://drfostersessentials.com/begin.php>. If the problem is severe, consider short periods of juice fasting or even a 30-day juice fast. For more information about juicing, see our website at DrFostersEssentials.com/juicing.php

What's Next? How Do I Maintain My Health?

1. It's important to maintain healthy bowel movements – either through taking the Vibrant Colon, Colon Start Plus, probiotics, fermented veggies, exercising, etc. If you can't get your colon moving, consider getting your thyroid checked – low thyroid function is a common cause of constipation and is very common after age 40. This is to protect you from colon diseases such as hemorrhoids, colon polyps and worse. Most of these problems are caused by inflammation in the colon. The more constipated you are and the more ultra-processed foods you eat, the worse the colon inflammation will be, until one day, a doctor does a colonoscopy and tells you that you have colon polyps, diverticulosis, diverticulitis, prolapsed colon or even colorectal cancer. Don't let this happen to you. You can stop this unhealthy disease process now and have a healthy future!
2. The Foster Method includes doing a Liver Regeneration Program, Parasite Cleanse, Simplified Stone Cleanse or the Kidney Revitalization Program every 3 months. Doing a cleanse at the change of each season is what all traditional herbalists recommend in order to keep your body healthy. (Choose any one of these four depending on your individual issues). Doing a cleanse each season will help you to avoid colon diseases, liver diseases, parasites, heart disease, skin conditions, premature aging, inflammatory disorders, autoimmune crises, gallstones, kidney stones, strokes, high cholesterol, and many other health issues too numerous to name.
3. Ill health begins in the colon and spreads to the liver, kidneys and lymph and then medical doctors use fancy medical terminology to call your health problems obscure names. The liver and kidneys are like your body's filters. They become clogged with toxins they are filtering out of your system on a daily basis. Every once in a while, you must cleanse your body's filters if you wish to be healthy. If you keep these detoxifying organs cleansed, they will no longer accumulate toxins & cause health problems. The rest is getting adequate sleep, exercise, having healthy relationship, honoring your emotions and gut instincts and consuming a healthy diet. Now's the time to implement some healthy recipes & stop consuming junk food.
4. If you have any hormonal issues – low adrenals, low thyroid, low female hormones, low testosterone, you can take any herbal hormone supportive formula to help your hormones such as Adrenal Support, Female Harmony, Prostate Formula, Femme Pause, Thyroid Support, or Sweet Essence.
5. Write down any positive gains from the cleanse. Maybe you've lost some extra weight, your skin is clearer, your thinking and memory are better, joints feel better, fatigue has improved, the level of chronic pain was reduced, you're sleeping better, etc. If you've had any improvement, your cleanse was a success! Your body chooses and prioritizes what issues it will work on first - the most life-threatening issues are usually healed first. The first health problems to leave are generally the most recent ones that appeared. Your body will heal from the inside organs first because they are most critical for your survival, and finally out to the skin according to Hering's Law of the Cure (Please see How to Take Your Herbs instructions for more details about this healing process.) If you've taken pharmaceutical medications for a long time (they leave toxic deposits in your organs and tissues), have had a lot of dental work or have been sick for a very long time, you may need to repeat this cleanse one or more times as well as do the stronger liver flush option listed above. The more toxins you have in your body, the longer it can take to get them all out. If you have had a serious degenerative disease, you may need to do a stronger cleanse such as the 28-Day Healing Program after you've completed this one.
6. **The most important thing you can do to heal yourself** is to listen to your intuition and take responsibility for your own health. For over a century, the Western Medical System has invaded and replaced our natural healing knowledge with chemicals, drugs, surgery and an

endless tedium of details. This has caused people to obsess over tiny details such as the name of their disease or the exact milligrams of something they take. It's made everyone terrified of catching contagious diseases, and to blame the unvaccinated people around them instead of looking inside themselves for the answers or to implement natural healing strategies that are effective for these infections. The medical profession wants you to believe that diseases happen out of the blue for no reason and that they are the only ones who can help you. This has created an environment of tremendous fear for people who have lost their ability to get in touch with their symptoms and their own body.

7. You are the cause of your own health. That means you are in charge of it and you don't need more than simple guidance to get your health back. If you get an intuition to use a special natural therapy, or to raise or lower a dose, do it. If you get intuition to back off of detoxing and focus on healthy diet and exercising, do it. If you need to end a toxic relationship or get into therapy and learn how to handle difficult emotions, do it. If you need to reduce your work hours or change jobs or schools or even the home you live in, do it. Make steps to reduce your exposure to any toxic chemicals in your house or at your workplace. You are the one who got yourself to an unhealthy place. Undoing it is as simple as reversing what you did to get there. Be your own success story!

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Information about the Intestinal Cleansing Formulas Provided Below at Our Customer's Request:

The Intestinal Rejuvenation Program

Dr. Foster's Essentials Customized Digestive Cleansing System
DrFostersEssentials.com · Cynthia Foster, MD

Step One Formulas:

Regular strength formulas: 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 effects on the liver, gallbladder and spleen as well as some mild antiparasitic effects.

- 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 causes if you have previously been relying on magnesium or coffee to have a bowel movement.

Step Two Formulas:

Benefits:

- These are drawing and detoxifying formulas. They absorb and chelate literally hundreds of different kinds of chemicals from the bowels, including pharmaceutical residues, waste products from parasites, toxins from harmful bacteria, heavy metals such as aluminum, lead, copper, mercury, and radioactive residues.
- To counteract food poisoning, they may be taken at double the normal dose.
- This formula cleanses both the small intestines as well as the large intestines.
- If you have a stomach issue, and all you have is Colon Detox Caps, twist open the capsules and mix with a around 2 ounces of water and sweeten with stevia or monkfruit as desired. Or, take the Colon Soothe Formula, which is the same formula but already in powdered form. In its powder form, it can help heal the esophagus and stomach, benefitting gastritis, stomach ulcers 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 to the right 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.



1. Step One: Take a Step One Formula (Vibrant Colon, Colon Start Plus)

- **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 in order to activate the liver enzymes more and speed up your healing a little more.
- 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. This is usually the "Prep Week" for most of our cleanses.

2. **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.



- 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.
- The colon cleanse can be extended out to the 3rd week if desired, especially if doing the AntiParasite 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.
- These formulas may be taken by those with colostomies, portions of or the entire colon removed, (do NOT take the Step One Formulas if there is diarrhea), and those who have had the gallbladder removed

- **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. Scroll down for Colon Soothe and Colon Detox Caps recipes.



- **If taking Colon Detox Caps - take 4 to 6 capsules of the Colon Detox Caps 3 to 4 times daily.** Follow this sheet & ignore the product label directions. 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. 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.



Children and Colon Cleansing Formulas:

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 is 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.

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

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.

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

Colon Soothe Recipes:

Apple Juice Recipe:

- 6 oz. Apple juice, fresh pressed if possible (takes about 1 1/2 apples)
- 6 oz. purified water
- 1 scoop or 1 tsp of Colon Soothe Powder

Place all ingredients in a jar with a lid. Fasten the lid and shake the contents for a few seconds. If no jar is available, use a blender. Drink immediately. If you let it sit for several minutes, it will thicken which may make it a little more difficult to swallow. Good for kids as well as adults. It has a black color, but it tastes really good!



Keto Sweet Recipe:

- 12 oz. Filtered or Distilled Water
- 7 drops Liquid Stevia (You can use Stevia clear, or flavors such as Hazelnut, Berry, Valencia Orange, Lemon, Vanilla, Chocolate, Chocolate Raspberry, English Toffee)
- 1 scoop or 1 tsp of Colon Soothe Powder

Place all ingredients in a jar with a lid. Fasten the lid and shake the contents for a few seconds. If no jar is available, use a blender. Drink immediately. This is really good for Candida sufferers or diabetics, or anyone who cannot handle sugar.

Carrot Juice Recipe:

- 6 oz. carrot juice (fresh pressed is best)
- 6 oz. filtered or distilled water
- 1 scoop or 1 teaspoon of Colon Soothe Powder

Place all ingredients in a jar with a lid. Fasten the lid and shake the contents for a few seconds. If no jar is available, use a blender. Drink immediately. The carrot juice is also very soothing to the stomach.

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 • Santa Monica, CA 90404 • Healing@DrFostersEssentials.com
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