

Dr. Foster's Essentials Colon Cleansing System (for Kids):

Suggested Use

Week 1:

- **Colon Cleanse Syrup:** Follow directions on label according to child's weight. This formula can be taken once daily or up to three times daily. Taken once daily in the evening will result in most bowel movements occurring in the morning. Taking a lower dose twice or three times daily will result in bowel movements more spread out during the day. Sometimes a child does not respond to the suggested dose on the label. It is ok to take a higher dose if needed as long as the higher dose does not result in diarrhea. Diarrhea is a water bowel movement. If they are not watery, then unformed stools are normal and healthy. A normal stool should **not** be formed. It should be the consistency of smooth peanut butter and should occur about 30 minutes after each meal. This means that for 3 meals eaten during the day, there should be 3 bowel movements that occur that day. This is in direct opposition with what medical doctors say about bowel movements.

Weeks 2, 3 and 4:

- **Colon Cleanse Syrup:** Continue taking same formula begun during Week 1. If Colon Detox Caps are constipating, increase dose of Colon Cleanse Syrup to the next highest level. This cleanse can be stopped after two weeks total, or extended out to four weeks for a thorough bowel cleansing.
- **Take Colon Detox Caps/Colon Soothe:** 1 – 4 capsules 1 to 3 times per day depending on child's weight or use Colon Soothe Powder at 1/8 to 1 tsp per dose 1 to 3 times daily. Larger doses are constipating for children – keep this in mind and adjust dose accordingly. Take with a full 8 oz. glass of water if possible – 4 oz. is better than nothing. Substitute diluted apple juice (4 oz. apple juice + 4 oz. water) for water to disguise flavor of Colon Soothe. This program can be done without the Colon Detox Caps/Colon Soothe, but this formula provides a deeper cleanse than the Colon Cleanse Syrup alone, and it depends on whether the child is old enough to swallow capsules or Colon Soothe shake. If child does not take the Colon Detox Caps/Colon Soothe, then do not raise the dose of the Colon Cleanse Syrup, but keep it at the same dose as what is recommended in Week One.

Pre-Breakfast ½ hr. before breakfast	Breakfast	Pre-Lunch ½ hr. before lunch	Lunch	Pre-Dinner ½ hr. before dinner	Dinner	Evening
Colon Detox Caps	Optional: Colon Cleanse Syrup	Colon Detox Caps		Colon Detox Caps	Colon Cleanse Syrup	Optional: Colon Detox Caps – only if child missed a dose during the day.

Colon Cleanse Syrup: *Gentle Bowel Mover For Kids*

A mild formula to help younger ones with digestive problems such as slow intestinal transit time, reflux esophagitis (GERD) or constipation. Soothing and sweet fig juice base with gentle herbs specifically formulated for sensitive kid's digestive tracts as well as fussy taste buds. Organically grown and/or wildcrafted herbs with pure essential oils. Can be continued after this cleanse if needed. If senna-free formula is desired, can use L/GB Formula, Ginger, Flora-Chew, Flora-G, or Flora-G Plus or any combination of these as alternatives to maintain bowel movements.

Colon Detox Caps/Colon Soothe: *Soothes, Softens And Absorbs Toxins*

Part II of the Colon Cleansing Program. An Intestinal Purifying Formula. Works on the stomach, small intestine and large intestines. Absorbs heavy metals, medication residues, microbial toxins, excess cholesterol, and many types of radioactive residues. Take with the Colon Cleanse Syrup (However, in cases of active diarrhea or colitis, do not take the Colon Cleanse Syrup). A formula for deep cleansing/ regeneration of the stomach and entire intestinal tract. This soothing and cooling formula is a must for the medicine cabinet to counteract food poisoning. Perhaps the most important formula to use in an herbal detoxification program. Can absorb many toxins produced by Candida as it is being killed with AntiCandida programs. Unlike other psyllium based formulas, which can be harsh and abrasive, this formula contains mucilaginous herbs that soothe and protect the intestinal lining.