

# Colon Soothe

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Colon Soothe is a NATURAL alternative for soaking up excess stomach acid, healing the stomach and intestinal lining and soothing the entire digestive tract.

## Taking Colon Soothe By Mouth:

Take ½ to 1 teaspoon (tsp) in 8 ounces of water or juice followed by an additional 8 ounces of water (if possible) 1 to 5 times daily. This formula may be a little constipating and especially if you don't drink enough water with it, so if you are also taking Vibrant Colon, Colon Start Plus or Colon Activator, you may need to raise your dose of the colon stimulating formulas by an additional capsule while you are taking Colon Soothe.

This formula can clump when mixed with liquid, so the best way to take it is to put it in a jar with a lid, add liquid, add the dose of the formula, screw on the lid of the jar, and then shake the mixture for a few second. This will allow the mixture to dissolve more completely. If you don't have a glass jar with a lid, you might find a plastic cup with a lid that seals the top opening. I once had patient gift me a martini "shaker" to use to mix this formula – LOL! If you can't shake the formula, then just stir it and drink the clumps. It will still work this way, although some people don't like drinking something clumpy.

If you have heartburn, take a tsp or so stirred into a glass of water and drink down. Can sweeten with a few drops of liquid stevia or stevia tablet in order to improve the taste.

The taste of Colon Soothe itself is actually quite bland but some people like to mix it with half and half apple juice and purified water to improve the taste. If you are diabetic, suffer from candida overgrowth or otherwise cannot drink fruit juice, then just add some stevia drops or drink the mixture down unsweetened (as is).

If you are on a fluid-restricted diet, you will need to reduce the fluid you drink with this formula and lower the dose so that it is not constipating.

## Using Colon Soothe Topically as a "Drawing Poultice" – see below...



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**For bug bites, stings, and some infections and other toxic accumulations on or near the surface of the skin:**

1. Depending on the size of the area you want to cover, use Colon Soothe powder with a half and half mixture of half distilled or purified water and half organic unfiltered apple cider vinegar.
2. Mix just enough of the vinegar mixture with Colon Soothe powder to make a paste.
3. Cover with a piece of sterile gauze and leave on for around 12 hours or overnight. If you leave it uncovered, it will harden into something like a cast.
4. After 12 hours, remove the gauze and wash off the poultice, then replace with a freshly made poultice.
5. Repeat the 12-hour cycle of applying the poultice and then removing and replacing with a fresh poultice until the symptom has been resolved.
6. If the blood has been affected, add the Blood Detox Formula, and for severe cases, add the Intestinal Rejuvenation Program.

A drawing poultice is a mixture of herbs applied topically to the skin, usually moistened, that hardens after it dries. It then protects the area to which it has been applied and then draws toxins or poisons out of the area. It soaks up toxins which is why it must be washed off periodically (you're removing toxins and wastes the poultice has absorbed every time you're washing off the poultice)

If you are using this formula as part of a colon cleanse (Intestinal Rejuvenation Program), please see instructions for the Intestinal Rejuvenation Program for more details about how to combine this formula with Vibrant colon, Colon Activator or Colon Start Plus.

For more information and uses for this formula, please see the video:

## **How to Stop Food Poisoning Fast:**

<https://www.youtube.com/watch?v=ArpT11wbjto>

