

Colon Soothe

Instructions & Recipes

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Colon Soothe is a NATURAL remedy to absorb parasite, candida, SIBO die-off, absorb excess stomach acid, soothe the esophagus and stomach, and absorb fecal material stuck in bowel pockets (diverticuli), soothing & healing the entire digestive tract.

Taking Colon Soothe By Mouth:

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.

Dose: 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. Can sweeten with a few drops of liquid stevia or stevia tablet in order to improve the taste. See additional recipes below.

Adding Enough Water: This formula could 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. You could also lower your dose of Colon Soothe or switch to Colon Detox Caps which is almost the exact same formula but in different proportions so it is a little less binding.

If You Are on a Fluid-Restricted Diet: you can often get away with drinking only 6 to 8 ounces of water with this formula, but it may be a bit constipating so you may need to take Vibrant Colon or Colon Start Plus with it to counteract the constipating effect.

To Avoid Clumping: 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 seconds. 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.

Using Colon Soothe For Various Issues:

- **Heartburn, gastritis, inflamed esophagus, stomach ulcer:** use the full teaspoon dose with water or in a recipe (see below). Because this formula is in a powder form, it makes direct contact with your esophagus and stomach as soon as you swallow it, which can be better than taking capsules, which often don't break open until they are past the stomach. The reason you want to use something natural for heartburn instead of taking antacids are because antacids alkalize your stomach. The medical profession recognizes that alkalizing your stomach puts you at higher risk for food poisoning and parasites. If you have chronic heartburn, you could also have gastroparesis (more common if you have diabetes) or gallstones, so you may wish to pursue those issue further if you have chronic heartburn with things like the Digestive Tonic and the Stone Buster Formula and the Liver Regeneration Program.
- **Ammonia buildup:** This formula helps to absorb ammonia residues that build up in the gut and leak into the brain in cases of liver failure, so it's an incredibly important formula for people with liver failure to help them with their mental clarity. It can help absorb the ammonia residues when you are killing parasites (they release ammonia when they die). Take at least 3 times a day when you are absorbing ammonia.
- **Candida, Parasite, and SIBO Die-Off:** It can help absorb candida die-off when you are killing candida, parasites, or bacterial overgrowth in your gut. It can also help absorb gas that is released when you are killing candida, bacterial overgrowth in your gut and parasites. Take at least 3 times per day.
- **Heavy Metals and Radioactive Residues:** will help absorb these at any dose.
- **Anti-inflammatory and Soother:** It acts as an anti-inflammatory for the entire gut from the esophagus all the way down to the stomach, the small intestines and the large intestine (your colon). One dose a day can help, but 3 times per day is more effective.
- **Mental Clarity:** It can also help with mental clarity issues as well.
- **Diverticulosis and Diverticulitis:** I use either Colon Soothe or Colon Detox Caps to help absorb infection from the gut in cases of diverticulitis (combine it with a two-week juice fast and Vibrant Colon or Colon Start Plus Formula if you have diverticulitis. It helps pull/ draw out infection out of the diverticuli. When you have diverticuli, they tend to collect fecal material inside of them, which rots and causes the infection. Do a cleanse with either Colon Soothe or Colon Detox Caps every 3 months to clean out the diverticuli and avoid them becoming infected. Some people do well with one dose each day to keep diverticulitis away.

- **Gas/ Flatulence:** this is a common die-off symptom when you try to kill Candida, parasites, and bacterial overgrowth of the gut, and even when you flush toxins out of your liver or do a juice fast. Having a charcoal formula help absorbs a lot of the gas and the stabbing pains that trapped gas in your gut can cause when you are doing ANY type of herbal detox.
- **Food Poisoning:** take 1 TBS (tablespoon) in a glass of water. If you still have symptoms or “sour burps” repeat one hour later if needed. Usually it only takes 2 doses, but you can repeat again if needed.

Using Colon Soothe Topically as a “Drawing Poultice” to Draw Out Toxins:

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)

For more information and uses for this formula, watch **How to Stop Food Poisoning Fast:**

drfoster.co/stop-food-poisoning



Colon Soothe Recipes

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 or carrot juice, then just add some stevia drops instead, or use the Keto Sweet Recipe or Sweet Peppermint Soother, or drink the mixture down unsweetened (as is).

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!



Peppermint Stomach/ Gallbladder Soother:

This one can really help heartburn, inflamed or irritated stomach as well as an irritated or inflamed colon. Peppermint oil can even help reduce pain and inflammation in the gallbladder.

- 6 oz. Filtered or Distilled Water
- 1 drop Dr. Foster's Essentials Peppermint Oil
- 6 drops Liquid Stevia or monk fruit sweetener to taste



1. Add all ingredients to a mason jar or other container with a lid. Close the lid and shake the jar to mix the ingredients. Enjoy! You can also use a blender to get the formula extra smooth.
2. The few drops of sweeteners and 1 drop of peppermint oil will not interfere with the effectiveness of the Colon Soothe.

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.