

Program For Managing Hormonal Imbalances:

(Such as endometriosis, fibroids, polycystic ovaries, fibrocystic breast disease, tumors of the reproductive organs)

Phase I: Colon Cleanse, Female Balancing

Week One:

1. Begin the Intestinal Rejuvenation Program (see Intestinal Rejuvenation Program Flyer below)
2. Vibrant Colon Formula (for most people having once daily bowel movements) or Colon Start Plus Formula (extra strength for people who only have a bowel movement every few days or less.)
3. Stop eating meat, cut down on dairy products for the duration of this program. If absolutely necessary, can substitute goat's milk products for cow's milk products.
4. Once weekly massage focusing on pelvis, lower back and legs (tight leg muscles can constrict pelvis)
5. Examine relationship with sexual partner and beliefs about sexuality
6. Cut down on household chemicals and replace with healthy alternatives from health food store (laundry detergent, fingernail polish, perfume, body sprays, etc.) Many household chemicals and pesticides contain xenoestrogens that are the direct cause of hormonal imbalances. Avoid pesticides by eating organic foods as much as possible.

Week Two:

1. Continue Intestinal Rejuvenation Program, adding the Colon Soothe
2. Begin taking the Earth's Nutrition powder – 2 Tablespoons stirred into any beverage. We suggest fruit juice, vegetable juice, water, rice milk.
3. Female Harmony Formula – follow dosage suggestions on product label.
4. Castor oil packs applied to pelvic area at least 3 times weekly. (See instructions below) Using just the castor oil pack has dissolved simple cysts fairly quickly, but as long as the body remains toxic, the cysts can return. Therefore, it is recommended to do the entire program to get to the root cause of the problem.

Weeks Three and Four:

Continue Earth's Nutrition, Female Harmony Formula, diet, castor oil packs over pelvis, and massage.

Female Hormone Balancing Program: Weeks Two Through 3

Pre-Breakfast ½ hr. before breakfast	BreakfastTime	Pre-Lunch ½ hr. before lunch	LunchTime	Pre-Dinner ½ hr. before dinner	DinnerTime	Evening
1 rounded tsp Colon Soothe in 8 to 12 oz. water or juice	2 TBS Earth's Nutrition 1 to 2 droppers full Female Harmony Optional: 2 droppers Blood Detox Formula	1 rounded tsp Colon Soothe in 8 to 12 oz. water or juice	1 to 2 droppers full Female Harmony Optional: 2 droppers Blood Detox Formula	1 rounded tsp Colon Soothe in 8 to 12 oz. water or juice	Vibrant Colon 1 to 2 droppers full Female Harmony Optional: 2 droppers Blood Detox Formula	Castor oil pack applied over pelvis

What to Eat During This Cleanse – Weeks Two Through Three:

Choose one of the four options below.

1. **Juice fasting** - best results. 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 instead, follow option #2. Juicing can often help heal up gastritis, diverticulitis in the quickest amount of time.
2. **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. Organic cold-pressed oils are fine.
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.

The formulas will have a detoxifying effect on the bowel regardless of the diet you're on, but the juice fasting is most effective, followed by a raw vegan diet, vegan diet, and dairy-free diet. Try to eat a little more lightly than usual, but mainly avoid stuffing yourself or overeating during this cleanse.

Phase II: Liver and Blood Cleansing (See website to order Phase II)

Weeks 5 and 6:

1. Liver Regeneration Program with Blood Detox Formula added on– cleansing the liver is crucial for regulating the hormones. This has to do with the Phase II detoxification system in the liver that conjugates hormones, making them water-soluble. Hormones are oil-soluble and they cannot be eliminated from the body until they are made water soluble by the liver. These water-soluble hormones are then naturally eliminated through the kidneys. When the liver is sluggish and/or filled with toxins, it cannot conjugate hormones, which accumulate in the body and cannot be eliminated. This hormonal excess (usually estrogen) causes most of the hormonal imbalances that plague American women. When the liver is cleansed, the liver can then begin the process of ridding the body of excess hormones.
2. The Blood Detox Formula is especially useful when dealing with cysts, tumors, fibroids, growths and other abnormal accumulations in the reproductive area.
3. Continue Female Harmony Formula, Earth's Nutrition Formula, massage, meat-free diet.

Maintenance:

1. Continue the Female Harmony Formula for as long as needed.
2. Continue massage if there is scar tissue or any residual pelvic muscle tightness
3. Repeat the Liver Regeneration Program every 3 to 6 months even if all problems are gone.
4. Leave meat (red meat, white meat, fish) out of the diet or if absolutely necessary, then only consume meat one to two times weekly.
5. For large or solid tumors, the Blood Detox Formula and Liver Regeneration can be continued until the problem is gone. They can go more quickly if you do juice fasting.
6. If there is a lot of conflict in your romantic relationship, consider learning some new communication techniques, getting therapy or reading some books about how to make relationships better.

Castor Oil Pack Instructions:

To make the castor oil pack: Buy the castor oil at the health food store, and the woolen piece of cloth often sold next to it as “castor oil pack.” The castor oil is usually found along with the massage oils. Buy the castor oil from the health food store, not the cheap stuff from the drug stores. Fold the cloth until it is at least four layers thick. Saturate the cloth with the oil, and apply to the entire pelvic area regardless of which ovary is affected. Cover the cloth with some clear plastic cling wrap. This will prevent the oil from leaking out and staining things. Then, apply a heat source such as a hot water bottle or a heating pad. You can then put on an old thick robe and tie a belt around your waist that will keep it all in place. Or think of other ways to keep it attached to the body. It is best to leave it on for at least two hours. After using the castor oil pack once, it can be reused many times. Store the oil-soaked cloth in a resealable/ rezipable clear plastic bag and seal it up until the next time it is to be used.

If a castor oil “pack” can’t be found at the health food store, then use a cotton T-shirt. White is preferable to colored shirts since colored shirts contain dyes that may soak in through the skin. Make sure to use the cloth only for this purpose because the oil will permanently stain the cloth. You will never be able to wash the oil out of this cloth. If needed, one can lay down a plastic garbage bag underneath the body to protect sheeting, carpeting, etc.

The Intestinal Rejuvenation Program

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

**This Flyer Includes Benefits, Instructions, Uses,
Recommended Diet, Daily Schedule,
Earth's Nutrition Recipes, Colon Soothe Recipes and
Frequently Asked Questions About These Formulas**

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 of Colon Detox Caps and mix with 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.



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1. **Step One:** Take a Step One Formula (Vibrant Colon, Colon Starter 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.
- 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.

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 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 $\frac{3}{4}$ or $\frac{1}{2}$ 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.

- **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 ADDDED. 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.



- 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.
- During the 2nd week, if you are doing a different cleanse, it can be added at this time. For example, any other formulas can be added such as the Stone Buster, AntiParasite Formula, Kidney Revitalization Program, Liver/Gallbladder Caps, etc.
- The 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



Signs of Healing:

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 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 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 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 Colo Soothe/ 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 constipating. The Step One formulas counteract this effect so that the formulas fully expand and cleanse the intestines without

the constipating effect. Most people will feel uncomfortable taking Colon Detox Caps or Colon Soothe 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. Four capsules once a day can be a good maintenance dose of Colon Detox Caps after your cleanse is over if you suffer from frequent diverticulitis, or other colon diseases. ½ to 1 teaspoon of Colon Soothe per day would be a good maintenance dose.

Taking Additional Fiber During the Cleanse:

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.

What if I Have SIBO (Small Intestinal Bacterial Overgrowth)?

The cleanse should be fine to take if you have SIBO. The formulas may kill some of the harmful organism 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 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, Cholesterol Busters Cleanse, Simplified Stone Cleanse or Kidney Revitalization Program 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.

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/ Colon Detox Caps will turn the stools black. It's 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 Earth's Nutrition 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. 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.

Children and Colon Cleansing:

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 or Can-G are 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.

Earth's Nutrition Recipes

- Spirulina, chlorella, wheatgrass and barley grass are the most nutritious greens on the planet. They contain many more times chlorophyll, beta carotene, vitamins and minerals than leafy greens. Their protein content and utilization factors are much higher than beef, eggs, milk and other animal proteins.

They can make an enormous difference in your energy level, ability to concentrate and helping brain fog. Some research suggests these green "superfoods" can stimulate metabolism and help people lose weight.

The secret to getting these greens to taste good is in the recipe. Use apples, bananas, nondairy milks and natural sweeteners. Citrus can add a nice tang. Please see green smoothie ideas below:

Fruit Smoothie Recipe:



- 6 to 8 oz. Apple Juice
- 1 to 2 TBS **Earth's Nutrition Powder** (Start with 1 TBS)
- 1/4 cup Frozen fruit (strawberries are great, but also any other berries, bananas, mangoes, peaches, etc.)
- 1/4 to 1/2 cup Soy, rice or almond milk (gives it a creamy taste)
- Optional: Maple syrup or stevia if needed or if nondairy milk is unsweetened



Place in blender, blend on high for a few minutes and turn it into smoothie. I can't even taste the Earth's Nutrition Formula when I make it up this way. As long as there are no diabetes or Candida problems, this would be a tasty option.

With Protein Powder:

I've had people tell me, "When I add my protein powder with it, it tastes better." If you have a protein powder you usually take, this could be an option as well. If you do not take protein powder, you can get the same taste if you add in a couple ounces nondairy milk (almond milk, coconut milk, any nut or seed milk)

Carrot juice:

Some people love **Earth's Nutrition Powder** with carrot juice because carrot juice is sweet.



- 4 oz. Fresh carrot juice
- 4 oz. purified/ filtered water
- 2 TBS **Earth's Nutrition Powder**
- If you have Candida or blood sugar issues, dilute carrot juice with an equal amount of water as written.

Orange Creamsicle:



- 4 oz nondairy milk (soy, almond, or rice milk)
- 4 oz. orange juice
- 2 TBS **Earth's Nutrition Powder**
- Optional: 1/4 cup frozen peaches
- Optional: stevia or natural sweetener to taste if your nondairy milk is unsweetened

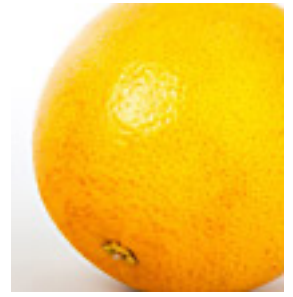
Very tasty!

Pineapple/ Grapefruit Juice blend

This is my favorite juice blend recipe:



- 3 oz. fresh pineapple juice
- 3 oz. fresh grapefruit juice
- 3 oz. purified/ filtered water
- 2 TBS **Earth's Nutrition Powder**



Add all ingredients to a personal blender. Blend on high for a few seconds. Or, add ingredients to a jar with a lid, close lid, & shake jar for a few seconds.

Virgin Pina Colada:



- 4 oz. Bottled Pineapple/coconut juice combo (available at health food stores)
- 4 oz. purified/ filtered water
- 2 TBS **Earth's Nutrition Powder**

Blend on high until smooth or use the following recipe:

- 4 oz. Fresh Pineapple juice
- 4 oz. purified/ filtered water
- 2 TBS organic flaked coconut
- 2 TBS **Earth's Nutrition Powder**
- optional: Stevia or other Natural sweetener

Veggie juice combo:

- several carrots
- 1 stalk celery
- 1/2 beet
- handful parsley
- 2 TBS **Earth's Nutrition Powder**

Juice the veggies and add to a jar with a lid. Add Earth's Nutrition Powder, screw the lid on and shake jar for a few seconds until thoroughly mixed. Since there are no fillers or emulsifiers in this formula, shaking it helps prevent clumps from forming in your drink. The carrots and beets make it sweet.

Variation for diabetics, Candida sufferers or purists: Leave out the carrots and beets and add Zucchini or green onion if you want a non-sweet drink.

Conventional beverages:

If you're not a health nut, and the thought of juicing or making a smoothie makes you go "bleh", I understand. If you can get this formula into your body, it's going to work

wonders for you! I've had people who added it to natural raspberry soda and they loved it! I've known people to add it to beer, milk and even cola drinks. (Maybe I can get you off of soda pop later, but hey - get this formula down and it'll help you.)

If I run out of ideas, I walk into the nearest juice bar and look to see what they're putting in their smoothies. There are endless options for what you can mix with **Earth's Nutrition Powder!** [Click Here to See More Info & Purchase Earth's Nutrition Powder](#)

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!

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