

# **The Intestinal Rejuvenation Program**

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

## **Daily Schedule:**

### **Week 1:**

Follow whatever diet you like, but make an attempt to eliminate dairy products from your diet temporarily during this cleanse.

Take Vibrant Colon to establish one bowel movement for each major meal eaten throughout the day. (3 meals = 3 bowel movements daily). If a stronger colon formula is needed, use Colon Activator or Colon Start Plus instead.

### **Week 2:**

Continue taking same formula begun during Week 1 (Vibrant Colon, Colon Activator or Colon Start Plus Formula)

Take Colon Detox Caps

Take any additional optional formulas as desired or as needed.

<b>Pre-Breakfast ½ hr. before breakfast</b>	<b>BreakfastTime</b>	<b>Pre-Lunch ½ hr. before lunch</b>	<b>LunchTime</b>	<b>Pre-Dinner ½ hr. before dinner</b>	<b>DinnerTime</b>	<b>Evening</b>
4 to 6 caps Colon Detox Caps	Optional formulas such as Flora-G Plus, Can-G, Anti- Par, Essential Nutrients or other formulas	4 to 6 caps Colon Detox Caps	Optional formulas such as Flora-G Plus, Can-G, Anti- Par, Essential Nutrients or other formulas	4 to 6 caps Colon Detox Caps	Vibrant Colon, Colon Activator or Colon Start Plus  Optional formulas such as Flora-G Plus, Can-G, Anti- Par other other formulas	4 to 6 caps Colon Detox Caps

### **What if I Get Constipated or Have Diarrhea?**

If you get constipated, you're taking too many Colon Detox Caps, not drinking enough water with them or you're not taking enough Vibrant Colon. Raise your dose of Vibrant Colon and/or lower your dose of Colon Detox Caps per dose. You can take as many Vibrant Colon caps as you like. Average number of caps taken is around 3, but we've had people take as many as 20. Do NOT take any additional fiber during this cleanse, or it can cause constipation. If you get diarrhea the first day, skip the first week and add the Colon Detox Caps immediately to slow it down and bulk up the stools.