

Daily Schedule: (Dr. Foster's Essentials Parasite Cleanse Kit)

Week I (The Prep Week):

Take Vibrant Colon once daily with your evening meal to establish one bowel movement for each major meal eaten throughout the day. (3 meals = 3 bowel movements daily). Each day, increase the dose of Vibrant Colon by one additional capsule until you get a noticeable result or increase in bowel movements. Then stay at this dose for the rest of the week. If you suffer from chronic diarrhea from any cause, skip this week and do not take Vibrant Colon.



If you suffer from constipation, try reducing the amount of meat you eat. If a stronger colon formula is needed, use Colon Activator or Colon Start Plus instead. Meat can be very constipating and eating an entire chicken breast or large piece of steak can contribute. If you eat meat, have chicken thighs instead of chicken breasts or smaller 4 oz. portions of meat and get the best hormone-free, antibiotic-free, free-range, wild-caught meat you can get at your local health food store, farmer's market or health food co-op.

Weeks 2, 3 and 4 (Add Rest of the Formulas):

- Continue taking the same formula you began taking during Week 1 (Vibrant Colon, Colon Activator or Colon Start Plus Formula), adding the Ati-Par Formula
- Take Colon Detox Caps – on an empty stomach and not in the same dose as any medications
- Blood Detox Formula is an optional add-on formula. It is not required.
- Peaceful Nerves is an optional add-on that can be taken to soothe nerves/ calm anxiety that sometimes comes up when you kill parasites.

Pre-Breakfast ½ hr. before breakfast	BreakfastTime	Pre-Lunch ½ hr. before lunch	LunchTime	Pre-Dinner ½ hr. before dinner	DinnerTime	Evening
1 heaping tsp Colon Soothe with 8 to 12 oz. water	2 to 3 droppers Anti-Par Formula Optional: 2 droppers Blood Detox Formula	1 heaping tsp Colon Soothe with 8 to 12 oz. water	2 to 3 droppers Anti-Par Formula Optional: 2 droppers Blood Detox Formula	1 heaping tsp Colon Soothe with 8 to 12 oz. water	2 to 3 droppers Anti-Par Formula Vibrant Colon, or Colon Start Plus Optional: 2 droppers Blood Detox Formula	1 heaping tsp Colon Soothe with 8 to 12 oz. water Optional: (½ hr later) 2 droppers Peaceful Nerves