

Dr. Foster's Essentials
4-Day Simplified Stone Cleanse
(with One Week Prep)

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List of Formulas Needed to do the Stone Cleanse

What Stone Dissolving Herbs Do

If You Already Have a Stone/ Are in Pain – Pg. 2

Optional Vinegar Stone-Busting Drink – Pg. 2

Already Had Stone Busted Up with Lithotripsy

Already Had Gallbladder Removed – Pg. 2

Antispasmodic Herbs And Pain – Pg. 3

Doing This Cleanse While On Medication – Pg. 4

Why Take Colon Cleansing Herbs with Stone Busting Ones – Pg. 4

How Long Does it Take? What's Next? – Pg. 4

What Will it Feel Like? How Will I Know it Worked? Pg. 5

Kidney Stones and Oxalates – Pg. 6

Instructions – Pg 9 - 10

(One Week Prep, Days 1 through 4, Days 5 – 7)

What to Eat During This Cleanse – Pg. 11

What to Do At End of Cleanse/ What's Next – Pg. 11

Info On the Colon Cleansing Formulas (How Your Toxic Colon Causes Most Health Problems)– Pg. 13

List of Formulas Needed:

- **Vibrant Colon**, Colon Activator, or Colon Start Plus
- **Colon Detox Caps** or Colon Soothe
- **Stone Buster**
- **K/B Herbal Tea** (or Detox Chai Spice)
- **Peaceful Nerves** or Nerve Calm or Lobelia Tincture

What Stone Dissolving Herbs Do and Why Liquids:

The Stone Buster Formula is famous for its action as a dissolvent for calculi. Used as directed, it can dissolve stones in the kidneys and entire urinary tract. It can also assist in the removal of gallbladder stones. It is soothing to inflamed tissue and assists smooth and painless release of the stones. For years I recommended liver cleanses, and noticed that some people had gallbladder pains during liver cleansing due to silent gallstones they did not even know they had – even young people in their



thirties! At that time, I began to recommend using a stone-dissolving herbal tea *BEFORE* liver cleansing to avoid these occasional gallbladder pains that can occur during liver cleansing.

Generally speaking, liquids are better absorbed than capsules and this may explain why I've noticed that the stone-dissolving herbs in tea form worked faster than stone-dissolving herbs in capsules. To make the tea even more powerful, I recommended soaking the tea herbs overnight. This worked well, however, it wasn't until I added the Stone Buster concentrated extract to this tea that I saw the fastest results. When I started recommending the two formulas together, people experienced results in days instead of weeks.

If You Already Have a Stone/ Are in Pain:

Some people are in pain now and can't wait to do a one-week prep.

If so, start the Vibrant Colon Formula (or Colon Activator), K/B Herbal Tea and Stone Buster formulas immediately. Be prepared to feel some detox symptoms, and make sure you drink a lot of juices and water to help minimize this. The Colon Detox Caps can be constipating without the Vibrant Colon (or Colon Activator), so if you are constipated, you may not be able to take the Colon Detox Caps (or Colon Soothe) during the cleanse. As soon as you have 2 bowel movements per day, start the Colon Detox Caps (Colon Soothe). Scroll down to see more detailed instructions.

Add the following vinegar drink to your routine to add an extra oomph to the cleanse:

Vinegar Stone Busting Drink:

- 4 TBS Organic Unfiltered Apple Cider Vinegar
 - 8 ounces Purified Water
 - 1 dropper full of Liquid Atevia or a tablespoon of Allulose or any other natural sweetener
 - 1 drop Dr. Foster's Essentials Orange Essential Oil or fresh orange zest from ½ orange
1. **Note:** if you have active gastritis, this may not be the best drink for you. You may need to skip this drink.
 2. Mix together and drink it down
 3. Drink this twice a day



If You Already Had the Stone Busted Up With Lithotripsy or Had Your Gallbladder Removed:

If you had a stone and already received lithotripsy, then we recommend still doing the Simplified Stone Cleanse anyway, mainly because kidney and gallstones are caused by a collection of debris that form in the kidneys, liver and gallbladder, and this debris in these organs still needs to be removed.

It's likely that you have toxic medication residues in your kidneys from medications you've taken in the past: such as these medications that can cause problems in the kidneys: past antibiotic treatment (or other doctor-prescribed medications such as nonsteroidal anti-inflammatory drugs, painkillers, chemotherapy drugs, lithium, seizure medication, overactive bladder medication, Parkinson's disease medications, antipsychotic medications, proton pump inhibitors, antiviral drugs, high blood pressure medications, antifungal medications, medications for rheumatoid arthritis, the radio-contrast dye used in CAT scans or other kidney-damaging medications), previous bladder or kidney infections, pesticide residues and heavy metals (that could be there from having received vaccines, cooking food in aluminum pots and pans, cooking with aluminum foil and having mercury amalgam fillings).

Busting up the stone with shock waves typically **does not remove these toxic residues**. And this explains why medical doctors have a saying about kidney stones, "Once a stone-former, always a stone-former." It's because busting up the stone does nothing to remove the toxins in those organs. Lithotripsy, although effective in emergency situations, is a partial and temporary solution to **a much larger problem**.

If you had your gallbladder removed, your doctor may have you thinking that your problems are over. *They are not*. There are often **additional stones in your liver** and surgeons cannot remove these and they will never tell you about it, mainly because they can't do anything about it. We recommend still doing the Simplified Stone cleanse in this case as well in order to avoid future health problems. If you've had your gallbladder removed, you are at risk for future stone formation in the liver, which can cause many types of health problems including chronic fatigue, joint pain, high cholesterol, skin problems, sinus problems, chronic headaches, fibromyalgia, and more. As part of the Foster Method, we recommend doing this stone cleansing program once yearly, in addition to the Foster Method diet (pH Balanced Diet) in order to help avoid future stone formation in the liver and kidneys.

If you have taken any liver-damaging medications in the past, their residues can still be in your liver and this is debris that could eventually turn into (a) gallstone(s). If you took in the past, or are currently taking any liver-damaging medication (such as cholesterol-lowering medication, antifungal medication, diabetes medications, tricyclic antidepressants, antipsychotic medications, seizure medications, birth control pills, hormone replacement therapy, testosterone medication, chemotherapy drugs, parasite medications), consider taking Milk Thistle Tincture daily to protect your liver from the medication, or make every attempt to find a natural alternative if possible.

Lithotripsy can cause bleeding in the kidneys and blood in the urine, and gallstone surgery involves a significant amount of recovery time. If you had lithotripsy or gallbladder removal surgery, doing this cleanse can help reduce pain and help you heal from the procedure faster as well.

Antispasmodic Herbs and Pain:

The Peaceful Nerves Formula, Nerve Calm or Lobelia Tincture is taken as a precaution. They formulas consist of antispasmodic herbs to help relax smooth muscles (bile ducts and ureters are lined with smooth muscle). Lobelia herb does the same thing. Smooth muscle relaxing herbs can help release stones that are already stuck, and can help avoid the rare problem of getting a stone stuck during a cleanse. Not everyone needs this formula for pain, cramps or

spasms, but it's a good idea to take it anyway since some people can feel anxiety or nervousness during an herbal cleanse and these formulas can help people to relax and sleep better.

If you are in pain with a stuck stone, the Peaceful Nerves, Nerve Calm or Lobelia Tincture are a temporary solution. They can release a stuck stone and can often relieve pain, and that may be the end of it, but you may have additional stones that were not picked up on X-ray. Some stones are invisible on X-ray such as cysteine stones. If you have one stone, it's likely you have more than one and it's not just about releasing the one stuck stone. You must use not only the Peaceful Nerves Formula, but the rest of the stone cleanse with the Stone Buster, K/B Herbal Tea and colon cleansing herbs to make sure you dissolve the stones and help release the "nidus" or residue in the kidneys or gallbladder that caused the stone to form in the first place. If it's a large kidney stone or you have more than one, you may need to follow up with the Kidney Revitalization Program and if it's a large gallstone or you have multiple stones, you may need to follow up with the Liver Regeneration Program to clear out those residues in the liver and kidneys that caused this problem in the first place.

Doing This Cleanse While on Doctor-Prescribed Medications:

You can pretty much do this cleanse regardless of what medications you're taking. The only thing is that you cannot take your medications in the same dose as the Colon Detox Caps (or Colon Soothe). These formulas will absorb your medications unless you allow some time in between taking them. So, please allow 1 hour before and after taking Colon Detox Caps to take your medications. This is a 2-hour window. Colon Detox Caps should always be taken on an empty stomach (or with juice) anyway. Don't take anything else with them.

Why Take Colon Cleansing Herbs with the Stone Busting Routine:

This cleanse stirs up toxins, and if you're not having bowel movements, they're not going to come out quickly, and you're more likely to feel detox symptoms. The colon herbs make the process smoother by absorbing toxins stirred up by this cleanse and increasing the speed of their elimination. Preparing for the cleanse one week ahead is going to really help you feel better during the cleanse.

How Long Does it Take? I Did the Cleanse, What's Next?

Usually only one cleanse is necessary, but it may be repeated until all stones are dissolved. Around 95% of all stones are usually gone after 8 days of taking the Stone Buster/K/B Herbal Tea combination.

In difficult cases, it may be necessary to repeat this routine 2 or 3 times. You can do the routine for 8 days in a row, but remember to finish out the cleanse for a few days afterwards with Vibrant Colon (or Colon Activator) and Colon Detox Caps to help absorb and eliminate any remaining toxins stirred up during the cleanse.

A single small stone can dissolve fairly quickly, but if there are several or if the stone is large, it can take longer. Remember, one large stone will dissolve more slowly than 20 small ones. You can keep taking the herbs for as long as needed until all stones are gone.

There are rare cases of very large stones called “staghorn stones” that could take longer. They can be so large, they take up half the space of your kidneys! (see pic to the right)

The Stone Dissolve Routine may shrink gallstones enough so that they can be flushed out with a strong liver flush (the Liver Regeneration Program) so if they don’t dissolve all the way, they’re at least smaller and can now be safely flushed out.



What Will it Feel Like? How Will I Know it Worked?

This stone-dissolving process is mostly painless and most people are not aware of when they pass the stones until the urine stream suddenly becomes stronger (in the case of kidney stones) near the end of the cleanse. To check for gallstones you have passed into your bowel movements, some people use a colander to catch bowel movements and see dark green/red gallstones – but this is not required. For some people, a reliable sign that it worked is a reduction or even disappearance of gallstone or kidney stone pain. If you’ve had a reduction in pain, it is a good sign that it worked, but depending on the size of the stones, you may need to repeat the stone-dissolving herbs. If the pain has completely left, you may have flushed out the stones.

During this cleanse, the liver may unload toxins, causing headaches, fatigue, and generalized aches and pains. If you feel achey or cranky, it’s a **good sign** that you stirred up lots of toxins – very good! Also remember that headaches may be caused by caffeine withdrawal.

If any symptom you’ve had in the past comes up, it is most likely a “healing crisis.” It is a **positive sign of healing**. Your body prioritizes what toxins are most important for removal first. It may not be what you expect it to be, but it is guaranteed that they are the most important ones to remove. 99% of the time, you are NOT allergic to herbs – your body is healing! Keep going and you’ll heal even more!

Please read our mandatory instruction sheet – **How to Take Your Herbs** to understand this healing process in detail and what to do for it.

Herings Law of Cure:

Healing Occurs

- From the Top Down
- From Within Out
- In the Reverse Order as the Symptom First Appeared

Explanation:

Head, Brain and Emotions Heal first, then healing descends downward.

Vital Internal Organs Heal First, Skin Heals Last. Body prioritizes most important systems for survival to heal first (Heart, Brain, etc.) Least important heals last.

Most recent health issue clears up first, longer-standing issues are the last to heal

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Kidney Stones and Oxalates:

A lot of people are concerned they will be able to consume any foods high in oxalates. What's important to know is that if you have kidney stones and keep forming them, it is because of **what's going on in your colon** and because of any medications you are taking that damage your kidneys – particularly antibiotics, but also over-the-counter painkillers such as ibuprofen, acetaminophen and other synthetic anti-inflammatory drugs. It can also happen with chemotherapy drugs as well.

It's called "renal papillary necrosis" and it is a known side effect of these types of medications. It is sometimes referred to as analgesic nephropathy. If you continue to ignore your colon health and continue to take antibiotics & other kidney-damaging medications, you will continue to have kidney stones, regardless of whether or not you consume foods high in oxalates.

It's also ignoring the fact that your colon determines the amount of oxalate absorbed, and if you have problems in your colon, you're going to have problems with oxalates.

The beneficial flora in your gut breaks down a lot of the oxalate that you eat before it can bind to minerals such as calcium. One of these gut bacteria, *Oxalobacter formigenes*, actually uses oxalate as an energy source. This significantly reduces the amount of oxalate your body absorbs.

People who suffer from colitis have a very high incidence of kidney stones, and it's because of their colon is inflamed and their gut bacteria is disturbed. Unfortunately, antibiotics decrease the number of *O. formigenes* colonies. (Mittal RD, Kumar R, Bid HK, Mittal B. Effect of antibiotics on *Oxalobacter formigenes* colonization of human gastrointestinal tract. *J Endourol.* 2005 Jan-Feb;19(1):102-6. doi: 10.1089/end.2005.19.102. PMID: 15735393.) Therefore, they are unable to quickly absorb the oxalates before they bind to calcium.

Elevated levels of oxalate have also been found in the urine of people who have had gastric bypass surgery or other surgeries that alter gut function. This is a known medical phenomenon (Ganji-Arjenaki M, Nasri H, Rafieian-Kopaei M. Nephrolithiasis as a common urinary system manifestation of inflammatory bowel diseases; a clinical review and meta-analysis. J Nephropathol. 2017 Jul;6(3):264-269. doi: 10.15171/jnp.2017.42. Epub 2017 Apr 12. PMID: 28975110; PMCID: PMC5607992.) but I have also noticed it in all of my patients who suffered from colitis. Every single one of them developed kidney stones, mostly BEFORE they came to see me.

The root cause of kidney stones is toxins in the colon and disturbed gut flora. Therefore, if you keep forming kidney stones, you should do regular colon cleanses such as the Intestinal Rejuvenation Program.

Your Gut Determines Oxalate Absorption

Some of the oxalate you eat can be broken down by bacteria in your gut before it can bind to minerals.

One of these bacteria, *Oxalobacter formigenes*, actually uses oxalate as an energy source. This significantly reduces the amount of oxalate your body absorbs¹

However, some people don't have much of this bacteria in their gut, because antibiotics decrease the number of *O. formigenes* colonies²

What's more, studies have found that people with inflammatory bowel disease have an increased risk of developing kidney stones³⁻⁴

Their inflamed gut lining and disturbed gut flora prevents them from absorbing very much oxalate before it binds to the oxalates in the foods they eat.⁵

Similarly, elevated levels of oxalate have been found in the urine of people who have had gastric bypass surgery or other surgeries that alter gut function⁵

Oxalate References:

1. [J Am Soc Nephrol](#). 2008 Jun; 19(6): 1197–1203. [David W. Kaufman](#),* [Judith P. Kelly](#),* [Gary C. Curhan](#),† [Theresa E. Anderson](#),* [Stephen P. Dretler](#),‡ [Glenn M. Preminger](#),§ and [David R. Cave](#)|| ***Oxalobacter formigenes* May Reduce the Risk of Calcium Oxalate Kidney Stones** ([1Trusted Source](#)).
2. (Mittal RD, Kumar R, Bid HK, Mittal B. **Effect of antibiotics on *Oxalobacter formigenes* colonization of human gastrointestinal tract**. J Endourol. 2005 Jan-Feb;19(1):102-6. doi: 10.1089/end.2005.19.102. PMID: 15735393.) ([2Trusted Source](#)).
3. (Upala S, Jaruvongvanich V, Sanguankeo A. **Risk of nephrolithiasis, hyperoxaluria, and calcium oxalate supersaturation increased after Roux-en-Y gastric bypass surgery: a**

- systematic review and meta-analysis.** Surg Obes Relat Dis. 2016 Sep-Oct;12(8):1513-1521. doi: 10.1016/j.soard.2016.04.004. Epub 2016 Apr 6. PMID: 27396545.) [3Trusted Source](#)
4. (Bianchi L, Gaiani F, Bizzarri B, Minelli R, Cortegoso Valdivia P, Leandro G, Di Mario F, De' Angelis GL, Ruberto C. **Renal lithiasis and inflammatory bowel diseases, an update on pediatric population.** Acta Biomed. 2018 Dec 17;89(9-S):76-80. doi: 10.23750/abm.v89i9-S.7908. PMID: 30561398; PMCID: PMC6502195.) [4Trusted Source](#).
 5. (Upala S, Jaruvongvanich V, Sanguankeo A. **Risk of nephrolithiasis, hyperoxaluria, and calcium oxalate supersaturation increased after Roux-en-Y gastric bypass surgery: a systematic review and meta-analysis.** Surg Obes Relat Dis. 2016 Sep-Oct;12(8):1513-1521. doi: 10.1016/j.soard.2016.04.004. Epub 2016 Apr 6. PMID: 27396545.) [5Trusted Source](#)).

Daily Schedule Below:

Dr. Foster's Essentials

4-Day Simplified Stone Cleanse

Instructions Page 1

One Week Before (The One Week Prep):

Take the Vibrant Colon (or Colon Activator or Colon Start Plus) formula, starting with 1 capsule with dinner. You're going to find the dose you need to have 2 to 3 bowel movements per day.

If this doesn't happen the 2nd day, then increase by one more capsule each night with dinner until you get 2 to 3 bowel movements the next day. Then you're going to maintain this dose for the rest of the week, increasing only if you get constipated.

There's no special diet during this time, but it's best to consume a dairy-free diet.

If you're one of those few people who has colitis, irritable bowel or other reason to have diarrhea every day, then you do not need to take the Vibrant Colon Formula, and you can skip the one week prep and follow the routine as written, leaving out the Vibrant Colon Formula. See the instructions for the Intestinal Rejuvenation Program for more detailed information.

The Night Before:

- **1 Quart FRESH APPLE JUICE** (any type apple) or filtered/distilled water
- **1 Quart DISTILLED WATER** (or filtered or reverse osmosis or de-ionized)
- **Add ½ bag of K/B HERBAL TEA** to the 2-Quart mixture

Mix together and let sit overnight, refrigerated. Detox Chai Spice Tea can be used in the same way if you are dissolving gallstones. If you don't have apple juice or you can't drink apple juice, use filtered water instead.

Food Program:

The diet should be animal-free (Vegan) and best if the person fasts on fresh juices for 1 to 4 days. If fasting is not done, then a raw food diet is suggested consisting of only fruits, fruit juices, vegetables, and vegetable juices. If candida or blood sugar is an issue, replace the one-quart apple juice with one quart distilled or filtered water, and do not consume fruit juices. Fruit juices should always be diluted with an equal amount of water regardless. Please scroll down for additional dietary recommendations.

Contra-indications:

Absolutely no other liquids are allowed, especially alcoholic beverages, sodas, or any carbonated beverages (even the natural ones), black tea or herb tea unless prescribed, coffee (decaf or regular), dairy products (no milk, buttermilk, yogurt, butter, cheese, etc.) and NO synthetic mineral supplements. Most calcium and magnesium supplements are made from ground up rocks and can contribute to kidney stones. If your calcium supplement does not list a food or herb as the source of the minerals, then it should not be consumed. Foods that contain naturally-occurring minerals such as Essential Nutrients and Bone Tissue Nerve Formula are completely safe and fine to take. The organic minerals that occur naturally in foods do not cause kidney stones.

Best juices are orange, distilled water with lemon and/or lime juice, cranberry, watermelon, and vegetable combination (with carrot, parsley, garlic and ginger root.) Distilled water is best but reverse osmosis, filtered and deionized water will also work. **Daily Schedule Below: (scroll down)**

Dr. Foster's Essentials

4-Day Simplified Stone Cleanse

Instructions Page 2

Days 1 through 4:

Upon awakening: Take first dose of Colon Detox Caps (or ½ to 1 tsp Colon Soothe) – 4 to 6 caps with 8 to 12 ounces distilled water (or ½ to 1 tsp Colon Soothe mixed into 12 ounces water). Then do your usual morning routine (shower, shave, get dressed, etc.) This allows enough time for the formula to be taken on an empty stomach. Do not take additional fiber formulas – the Colon Detox Formula has plenty.

Bring the K/B Herbal Tea/ apple/water mixture out of the fridge and pour into a large saucepan. Bring mixture to the boiling point and let simmer for 5 to 15 minutes. Remove from heat, strain, then **add 4 ounces Stone Buster Formula**. Reserve ½ quart to drink today, and refrigerate the rest.

Gradually sip ½ Quart of this herbal tea mixture, spacing it out throughout the day.

At any time throughout the day, you can take 2 droppers full of Peaceful Nerves, Nerve Calm or Lobelia Tincture to relax any spasms or cramps felt due to kidney stones or gallstones. 3 times a day is usually enough. Mix Peaceful Nerves, Nerve Calm or Lobelia Tincture with a few ounces boiling water to evaporate alcohol from the dose. If you are in severe pain with stones, you can take from 4 to 8 droppers of Peaceful Nerves or Nerve Calm at once. This can be a sedating formula for some people, so start first with just one dropper full to see how it affects your mental alertness. For the Lobelia Tincture, do not take more than one dropper full or it could cause some nausea. If the antispasmodic herbs do not help the pain, you may have liver flukes (parasites) and may need to do a parasite cleanse.

Wait about ½ hour, then consume breakfast or other juices if you are on a juice fast.

Mid afternoon – take the 2nd dose of Colon Detox Caps – 4 to 6 caps with 8 to 12 ounces distilled water on an empty stomach

Dinnertime: take the number of Vibrant Colon Caps (or Colon Activator) you established during Week 1 of the Intestinal Rejuvenation Program + 1 more if needed. So, if you were taking 2 caps daily during Week One, your new dose this week is 3 capsules. If you have diarrhea, reduce dose of Vibrant Colon (or Colon Activator) or increase Colon Detox Caps. If you are constipated, increase dose of Vibrant Colon (or Colon Activator) or decrease Colon Detox Caps.

Before bed: take the 3rd dose of Colon Detox Caps – 4 to 6 caps with 8 to 12 ounces distilled water (or ½ to 1 tsp Colon Soothe powder mixed with 12 ounces water) on an empty stomach

On each of the four days, drink an additional 32 ounces of distilled water and 32 ounces of fresh juice if possible. Liquids consumed should be only distilled water and freshly squeezed juices during this program.

Days 5 through 7: optional

Finish out the rest of the week with just Vibrant Colon (or Colon Activator or Colon Start Plus) and Colon Detox Caps (or Colon Soothe). Or, you could repeat the 4 day routine again, but add a few days at the end with the colon formulas. What this does is to absorb any remaining toxins out of the system.

What to Eat During This Cleanse:

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 follow option #2. Juicing can often help heal up gastritis, diverticulitis in the quickest amount of time. Be very cautious of drinking too much fruit juice. Only use ½ apple per juice and do not drink straight fruit juice. Add a little carrot or beet to improve the taste of green juices.
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. **Dairy-containing beverages such as cow's milk can also create mucus in the urinary tract as well.** Use vegan cheese, nondairy milks and creams such as coconut cream, macadamia nut milk, almond milk, hemp seed milk, coconut milk, coconut milk powder instead of dairy products. Instead of butter, use organic extra virgin coconut oil. I've even seen a vegan butter-flavored coconut oil that would be ok. **Also, don't drink any milk, soda pop, or any other beverages other than purified water and herbal tea.**



What's Next? Follow Up:

If You Had Gallstones:

It's a good idea to follow up with one round of the Liver Regeneration Program to help cleanse the liver.

If You Had Kidney Stones:

It's good to do one round of the Kidney Revitalization Program to fully cleanse the urinary tract.

You don't have to go right into the next cleanse – it's ok to take a week or two off. For more info, please contact us at Healing@DrFostersEssentials.com

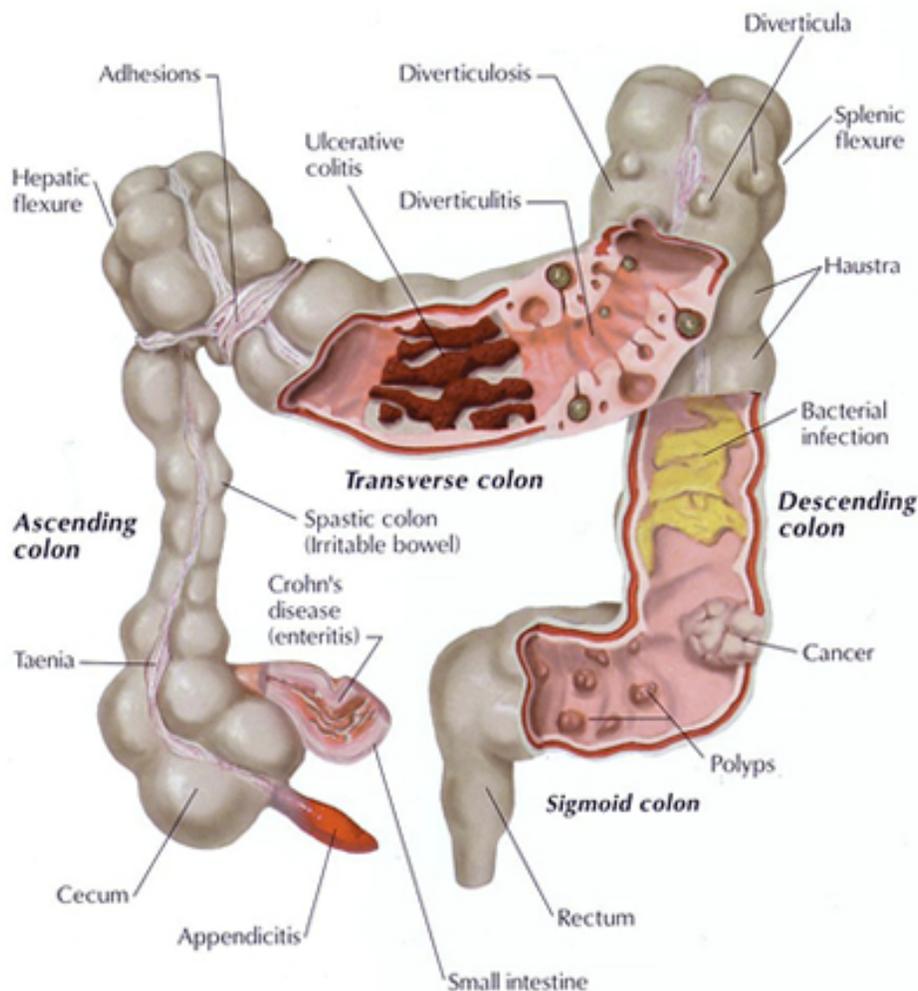
**Additional Info for Vibrant Colon & Colon Detox Caps
Provided Below Per Our Customers' Request:**

The Intestinal Rejuvenation Program

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

This Flyer Includes:

- How Your Toxic Colon Causes Health Problems All Over Entire Body (Pg 14)
- Am I Too Sick to Do This Cleanse? (Pg. 21)
- Detailed Product Info – What They Do and What They're Good For (Pg 23)
- **Instructions (pg. 25) and a Daily Schedule (pg. 17)**
- Colon Soothe Recipes (pg. 28)
- Recommended Diet During This Cleanse (pg. 16)
- What Supplements You Can Mix Together, Can I Take Too Many Capsules? How to Handle Symptoms During the Cleanse, Taking Medications with the Cleanse, is it Gluten-Free, Leaky Gut, SIBO & More Questions (pg. 28)
- Long Term Use and Protective Effects of The Colon Formulas (pg. 33)
- Scientific References (pg. 36)

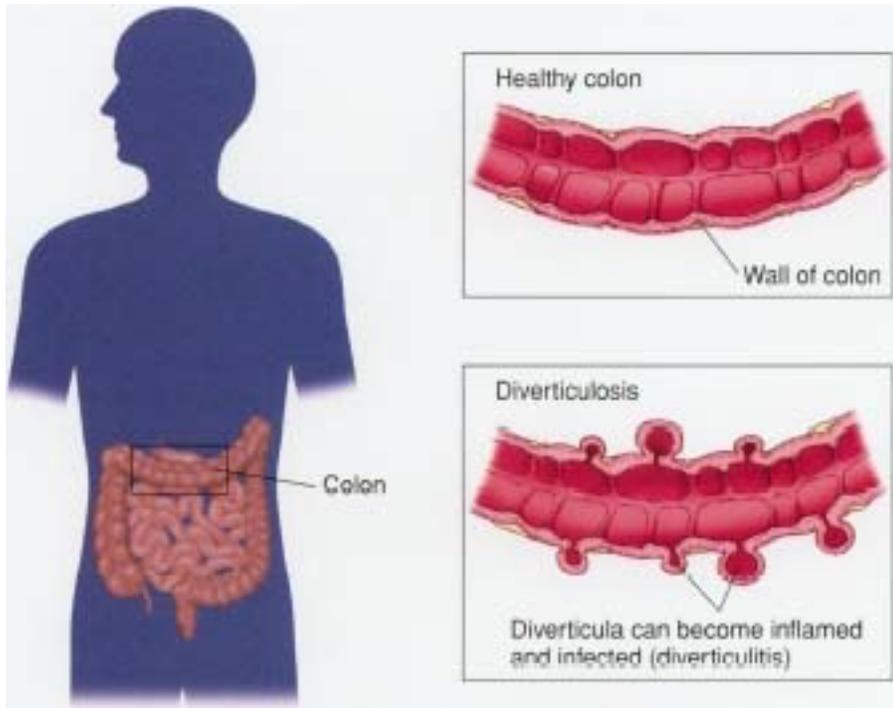


Your Toxic Colon – This is What it Looks Like and This is Causing All Kinds of Diseases and Health Problems All Over Your ENTIRE BODY – even ones that your doctor says are incurable.

How Your Colon Has Made You Sick All Over Your ENTIRE BODY:

Please read this whole flyer so that you understand your body and how it works. It's going to give you a fighting chance of getting off all of your medications and even avoid some surgeries, and if I explain it well enough to you, you'll be able to avoid medical professionals throughout your life. Some of this information can be shocking because your doctor has no clue what has happened to you inside your colon or why. I thought my one-a-day bowel movement was normal. It was not.

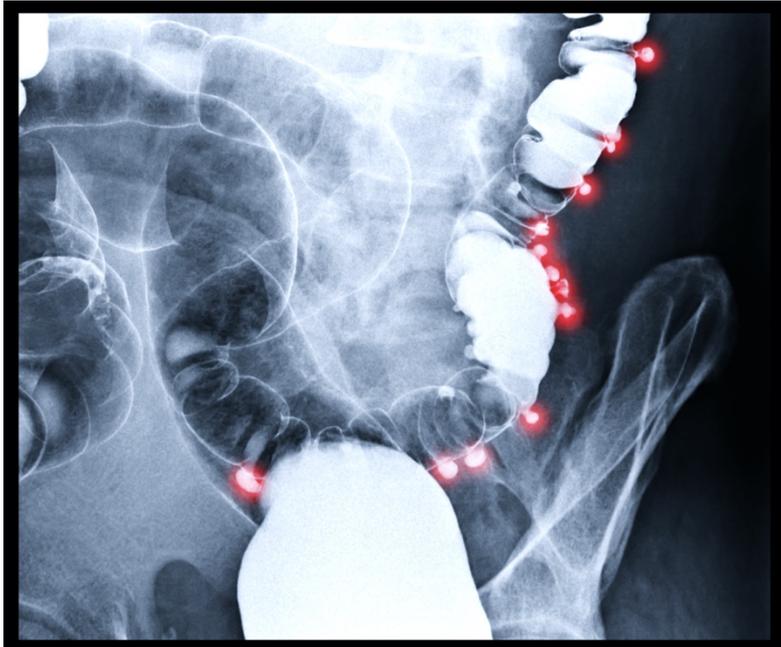
I've listened to medical school professors rehash the same nonsensical advice that it doesn't matter what you eat or how often you have a bowel movement for health. When I got to my first natural healer (a holistic RN), she immediately informed me that I was constipated and that was contributing to the epileptic seizures that I was having at that time. Then she told me that most of the civilized world is constipated too! When she healed people's colons, many health issues would diminish or even go away. Yes, the RN was teaching the MD – and saving my life with her natural healing knowledge!



Due to chronic constipation (Yes, everyone who has one bowel movement or less per day), Americans suffer from very high rates of colon disease. Diverticulosis is common, hemorrhoids are common, and colon cancer is becoming more common. As you miss a bowel movement you were supposed to have (you should have one bowel movement per day for every main meal that you eat – that means 3 bowel movements per day if you are eating 3 square meals per day), pressure builds up in your colon and begins to cause hemorrhoids. Parts of your colon may begin to expand and balloon out to accommodate the extra stool that is left inside of you. As the pressure builds up in your colon, it can push up against your stomach, causing the valve between your esophagus and stomach to

malfunction, causing acid reflux. Your entire GI tract is overly pressurized and backed up!

This pressure, as it builds up, also causes tiny pockets in your bowel wall to form called diverticuli. These diverticuli result from a weakening of the muscles of the bowel wall and these weak muscles cannot empty out their waste.



Barium Enema Showing Bowel Pockets Highlighted in Red

Therefore, food collects there, rots, ferments and causes inflammation and infection (otherwise known as diverticulitis). As those areas further weaken, the bowel wall can literally rupture and that fecal material can leak into your belly and cause overwhelming infection and even lead to death! These bowel pockets **cannot be seen during colonoscopy**, but they are often seen with a barium enema test.

As this food rots and ferments and stays inside your gut and also inside those bowel pockets for

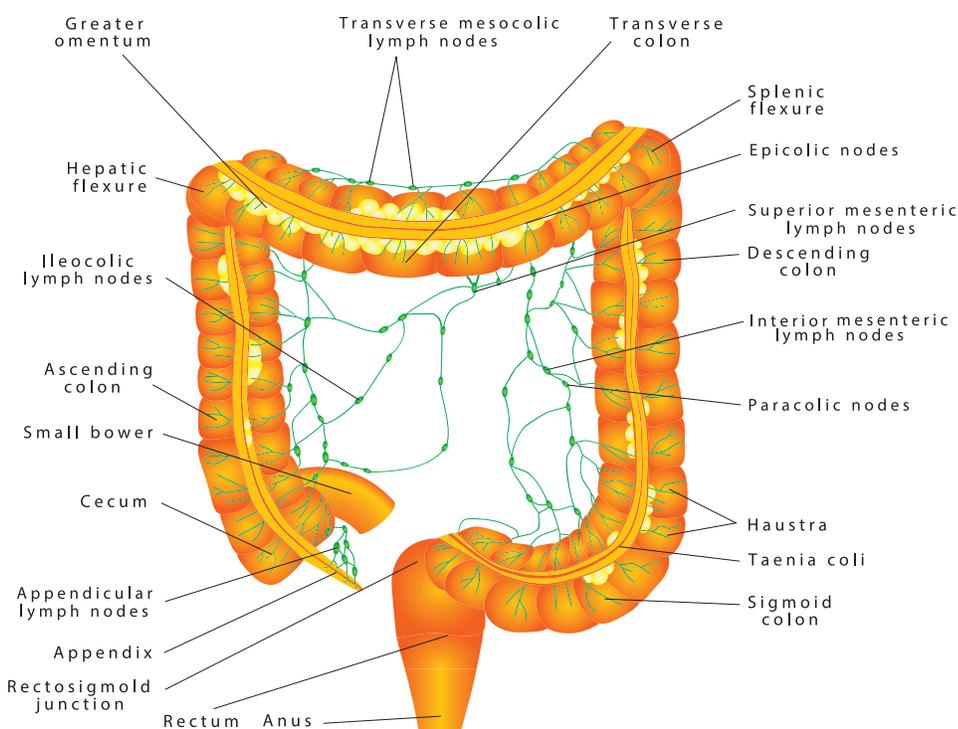
prolonged periods of time, inflammation can develop in the lining of your colon – that shows itself as “irritable bowel,” spastic colon, inflammation of the colon (“colitis”), polyps in the colon and even colon cancer.

To make matters worse, the colon can bulge out so much it starts to droop and even fall down onto the reproductive organs (this is called a “prolapsed colon”). It can also seep toxins into the bladder, uterus, ovaries, prostate and the entire surrounding area. Now you’ve got prostate problems, uterus problems, heavy periods (your body trying to rid itself of the toxins), infertility, bladder problems and other issues of your reproductive organs. When the colon drops, it creates too much space under the stomach and the stomach will also fall down a little, resulting in pooling of the acid at the bottom of the stomach with resulting indigestion and other stomach problems.



Mucoid Plaque Layer That Was Eliminated During a Strong Herbal Colon Cleanse. It’s one huge hardened piece in the shape of your intestines.

Now on top of that, as you eat processed foods, your colon secretes mucus in order to protect you from the toxins in these foods, including various pesticides, and petroleum-based artificial colors and flavors and other additives. With each meal of the wrong foods, more and more mucus is produced and covers the intestinal lining, and over the years, it hardens and turns into what is called the “Mucoid Plaque Layer.” ***Even if you are currently eating organic whole foods, that doesn’t change the layer of hardened mucus that has accumulated over many years inside your colon – it’s still there.*** The mucoid plaque layer can be removed (and the results can be life-changing), but it takes specific herbs that soften, swell up and expand against the walls of the intestines to do it, and it also must absorb that rotten material from the bowel pockets as well.



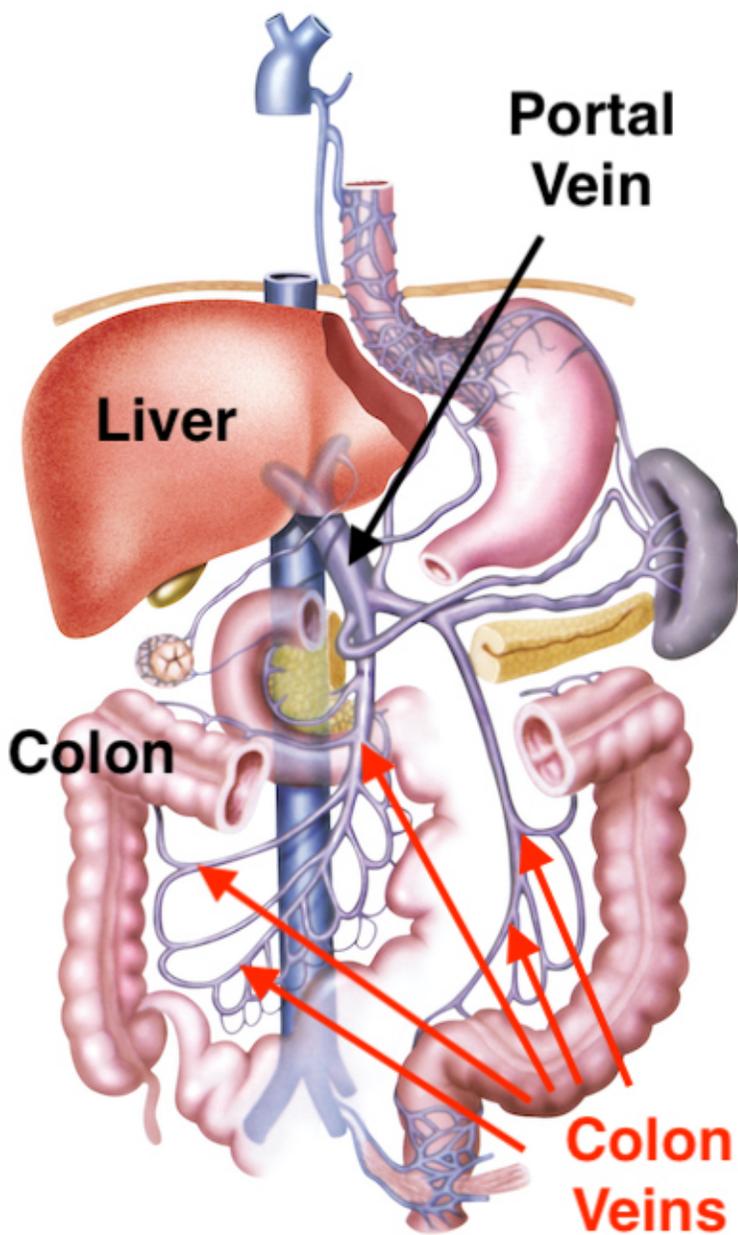
LYMPHATIC VESSELS AND NODES OF THE COLON

Your colon has lymph vessels taking away wastes every day from your colon. If you have an excess of toxic buildup, it’s going into your lymph system and your lymph system will travel various places throughout your body and end up in your veins and eventually into your kidneys.

The lymph can easily become

overloaded if you are carrying around a lot of backed up bowel movements or if you continually eat processed foods with artificial ingredients. In addition, lymph vessel require that you exercise – move around in order for them to circulate these fluids, and many people are sedentary, which make the entire lymph system congested. This lymph congestion results in swollen lymph nodes, headaches, sinus congestion, acne, rashes, skin disorders, coughs, colds, flu, and many other health problems.

More below....



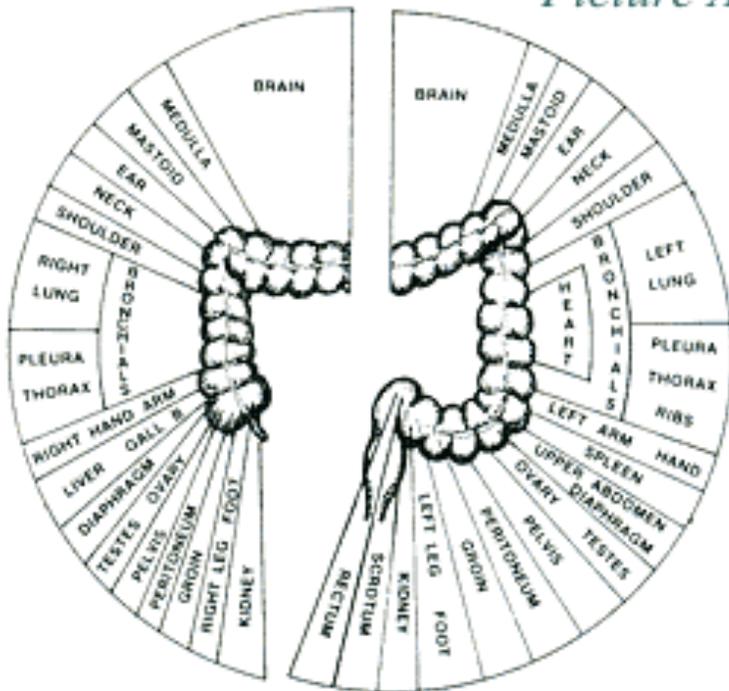
There is also something called the “Portal Vein” that takes substances from your colon to your liver, so when you have a lot of toxins in your colon, they go directly to your liver. Your liver will try as best it can to detoxify what goes into it, but it can become overloaded. Your liver will store the excess toxins – whatever it could not detoxify - because these toxins are not being eliminated through your colon.

Now your liver is toxic and you’re suffering from hormonal imbalance, chronic fatigue, chronic infections, blood sugar problems, sinus problems, bile sludge, bile stasis, fatty liver, weight gain and numerous other health problems throughout your entire body. Now your liver is plugged up and cannot produce enough bile and the result is high cholesterol as well as more constipation (bile helps your body process cholesterol and also acts as a natural laxative). You can see this is a vicious cycle with no

end unless you clean up the colon.

When your liver is full of toxins, your body will try as hard as it can to re-route them through your kidneys to eliminate them through your urine because your body is trying really hard to survive at this point. As your kidneys are filtering out your rotten old fecal material that went into your lymph and blood system, your kidneys will also fill up with toxins and now you’ve got urinary tract infections, kidney diseases, cysts and tumors in the kidneys, kidney stones, joint pain, high blood pressure, and many other health issues. (This is one of the reasons why you should also do liver cleanses and kidney cleanses and take herbs to clean out your blood and lymph after you’ve cleaned out your colon).

Picture A



Bowel chart indicating reflex reference to the organs in the iris

By Dr. Bernard Jensen, USA

Great natural healers and doctors made bowel reflex charts to show the association between each section of your colon and other parts of your body (see chart to the left).

Each area of your colon is associated with another organ in your body and depending on the location where your colon is toxic, you could have toxins leaking into the thyroid, breast, lungs, brain, reproductive organs, neck, shoulder and any number of other areas.

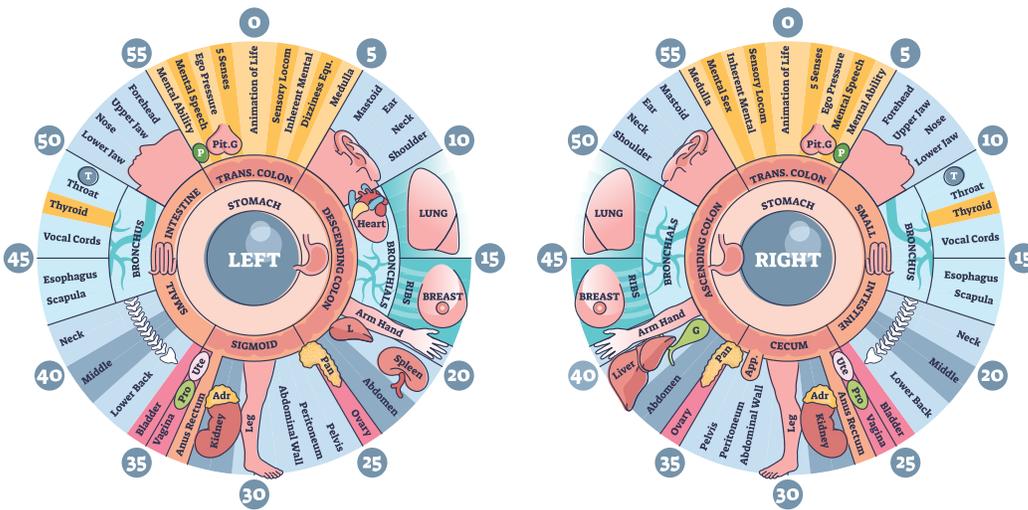
These toxins in the colon can be so severe that you develop cancer **SOMEWHERE ELSE** in your body – even **OUTSIDE** of your colon.

Toxic Portions of the Gut Linked to Full Body Diseases:

Sir Arthur Arbuthnot (surgeon to the British crown in the 1800's) found that if he removed a toxic portion of the colon, the associated health issue would also disappear. After removing a portion of a little boy's diseased colon, the boy's rheumatoid arthritis completely disappeared after around 2 months. After years of performing surgeries, Dr. Arbuthnot left his surgical practice and started teaching people how to eat and how to properly care for their colon to **avoid the colon disease in the first place.**

Many of you are literally **ROTTING** from the inside out because of chronic constipation. It's like throwing trash in a trash can but only emptying it out every two weeks. It's going to stink, smell bad and literally cause body odor.

IRIDIOLOGY



Intestines are always in the center of all iridology charts and all organs are on the periphery, affected by the intestines.

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 still be severely toxic in the intestines and can be heavily infested with parasites.

You want to aim for Type 3 or 4 on the Bristol Stool Chart (below) and have that consistent and daily for the rest of your life. If you’ve been constipated for years, you may need to wipe a little more than you’re used to. That’s OK. That’s NOT diarrhea. That’s actually healthy. You can use wipes, you can get a bidet or use natural toilet paper spray. If you want a “clean pinch every time” with no need

to wipe, then get ready for severe colon disease, parts of your colon being cut out, a colostomy bag, and a whole slew of health problems.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Can it Be Fixed? Yes! Can it Be Done Overnight? No!

People can have amazing shifts in their health after just one colon cleanse and especially if they do the juice fasting with it that really helps to remove this mucoid plaque layer. I've seen huge transformations in people who have had the mucoid plaque layer removed – rashes can go away, pain in the colon can go away, and the color can come back into their face, and up to 25 pounds of accumulated fecal matter can come out in one cleanse. But one colon cleanse does not necessarily fix the ballooned-out areas, the scar tissue (adhesions), the fistulas, and the bowel pockets.

You may need a few cleanses, more juice fasting, a diet change, some thyroid healing, and some abdominal massage work in order to permanently change the state of your colon. If your colon is *extremely toxic* or you've already had parts cut out, you may need to be on this cleanse for up to 2 months. What's most important is that you *avoid having constipation from this point forward* and allow your colon to recover from the damage done by the years of chronic constipation. It's one of the reasons why with every herbal cleanse I offer you, **there's always a colon cleanse that's included with it.** There is a reason why fasting is mentioned in every holy book on our planet, and that is because your colon needs a rest from food periodically in order to be healthy.

These herbal colon-cleansing formulas originate with great natural healers such as Dr. Harvey Kellogg, Dr. Henry Lindlar, Dr. John Tilden, Paavo Airola, Dr. Norman Walker, Dr. John R. Christopher and Dr. Bernard Jensen who all used a version of these formulas to remove the mucoid plaque layer and help to restore the bowel back to health. They healed not only leaky gut, but also things FAR WORSE than leaky gut with these formulas, including colon cancer.

You'll also need to undo the damage caused to your other organs, especially your liver and kidneys. The good news is that these organs will begin to dump some of their toxins into your bowel as soon as you've removed the mucoid plaque layer. Liver cleanses and kidney cleanses are very important after you've done a colon cleanse.

Am I Too Sick To Do This Cleanse?

No! In a lot of cases, your life **DEPENDS** on doing this cleanse. This is where your disease actually started and it is the original point that needs to be healed. This is one of the most important cleanses you can do in your entire lifetime. If you have diarrhea, skip the Vibrant Colon Formula and start taking the Colon Detox Caps by itself. Even if you're taking a prescription blood thinner or other medications, you can still do this cleanse. If you have diabetes, you can still do this cleanse. Just don't drink fruit juice or eat dried fruits during this cleanse.

I've been taking people through this cleanse for over 20 years. There is no herb in these formulas that I do not thoroughly understand. Every herb in these formulas has a specific purpose and is there for a reason and they are custom formulas based on the results my patients were getting over the years. If you've found a medical website that debunks any one of these herbs, it is **MISINFORMATION.**

The pharmaceutical industry hires “shills” daily to write online articles disproving herbs and showing that they cause harm.

Don’t listen to the noise! It may look intimidating. They may cite research articles to prove their point. (There are plenty of research articles showing herbs DO work and I’ve listed them at the end of this flyer.)

I have seen it happen personally where research studies were funded by the pharmaceutical industry with the intent to DISCREDIT an herb and they have no interest in discovering if it actually works or not. They want you dependent on their system to the tune of thousands and thousands of dollars over your lifetime – thousands for prescription drugs, thousands for mostly unnecessary surgeries and thousands for many other procedures, hospitalizations, office visits and insurance. It is a multibillion-dollar industry that thrives on your ignorance. They make billions of dollars off of making you a helpless, passive victim with no knowledge of how to care for yourself. And they spend millions on their fake scientific-looking propaganda to convince you that herbs are scary, dangerous and could hurt you.

Listen to the healers throughout the ages who have been healing their patients naturally for centuries. ***I have six bookcases not only of regular medical books, but also of books on herbs, supplements, and natural healing, including some very rare books*** by natural healers and eclectic medical doctors from this country and from other countries as well – and I’ve learned from some of them in person or gone through their trainings as well. Their CLINICAL RESULTS, the pictures they’ve taken, the videos they’ve made, the books they’ve written - all speak for themselves – and their knowledge is actually common sense.

You’ve been talked out of using your God-given common sense by the Medical Profession who has convinced you that disease is complicated, unexplainable, random and incurable and the only answer is to have parts of your body cut out or take a synthetic patented chemical combination that they “invented” last year and hasn’t yet been thoroughly tested.

It's time you trusted your own feelings and gut instincts and start going into action to do everything possible to heal yourself so that you don't need them anymore. Here's where to start:

Specific Product Information and Instructions Below...

What the Herbs Do: Therapeutic Actions

Step One Formulas: (Vibrant Colon, Colon Start Plus, Colon Activator)

Regular Strength Formula: 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 and detoxifying effects on the liver, gallbladder and spleen as well as some mild antiparasitic effects.
- Note: 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 root causes if you have previously been relying on magnesium or coffee to have a bowel movement.

Step Two Formulas: (*Colon Detox Caps, Colon Soothe*)

Benefits:

- These are drawing and detoxifying formulas. They absorb and chelate literally hundreds of different kinds of chemicals from the bowels, including pharmaceutical residues, pesticides, waste products from parasites, toxins from harmful bacteria, candida die-off, heavy metals such as aluminum, lead, copper, mercury, and radioactive residues.
- Most practitioners do not give high enough of a dose to detoxify the colon. This formula needs to swell up against the walls of your intestines to absorb the toxins out of the bowel pockets and to remove the mucoid plaque layer and to remove candida die-off, parasite die-off, infection die-off and the heavy metals lodged in the intestines. Try to take the maximum recommended amount for maximum effectiveness.
- To counteract food poisoning, they may be taken at double the normal dose. Again, most practitioners will tell you to take just a few charcoal caps. That's **not enough** to counteract food poisoning. You need around 1 to 2 TBS to absorb all the toxins from food poisoning.
- This formula cleanses both the small intestines as well as the large intestines.
- If you have a stomach or esophagus issue, you need this formula in direct contact with your esophagus and stomach. To do this, twist open the capsules of Colon Detox Caps and mix the contents with around 2 ounces of water and sweeten with stevia or monkfruit as desired. Or, take the Colon Soothe Formula which you can mix with water or juice (it is mostly the same formula as Colon Detox Caps but in powdered form). In this way, it can help heal the esophagus and stomach, which helps gastritis, stomach ulcers, h. pylori, 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 above 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.



Product Instructions Below...

Product Instructions:

Step One:

Take a Step One Formula (Vibrant Colon, Colon Starter Plus) for ~ One Week

- **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.



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.

- **When taking Colon Detox Caps - take 4 to 8 capsules 3 to 4 times daily.** Follow this sheet & ignore the product label directions. (The reason is because the FDA controls what's on a product label and they literally have no idea how to use these formulas. They also have an incentive to discourage their use, literally scaring you out of taking them.) 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, softening up the mucoid plaque layer for removal.

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 ADDED. 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 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 ¾ or ½ 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 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 Anti-Parasite 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, or if you are severely ill in your colon, you could extend this cleanse out to 2 months.
- **If Parts of Your Colon Have Been Removed:** These formulas can be taken by those who have had the gallbladder removed, those with colostomies or portions of or the entire colon removed, (in these cases where the bowel movements are loose, runny or liquid, simply avoid taking the step one formulas and focus on the step two formulas instead.)

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.

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 Detox Caps or Colon Soothe) before taking your medications. This means if you're taking your medications, allow one hour afterwards before you take Colon Detox Caps or Colon Soothe. It also means that if you are taking a dose of Colon Detox Caps or Colon Soothe, 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 Other Supplements While I'm Doing This Cleanse?

Yes, unless they're synthetic, harmful or nonessential. If you believe a supplement that 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 (<http://drfostersessentials.com/store/natural-calcium.php>) and synthetic supplements (<http://drfostersessentials.com/store/truth.php>).

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.

Can I Take Too Many Step One Capsules? What if I'm Severely Constipated?

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 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.

Taking Additional Fiber or Psyllium 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 organisms and you may experience improvement. SIBO can sometimes be more stubborn to heal and to heal at a deeper level, we recommend Taking the Echinacea Premium or Blood Detox Formula or some oregano oil diluted in olive oil for around 90 days or 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. Antibiotics have very harmful side effects on the gut as well as on the kidneys and your hearing. They can even cause ringing in the ears. Deeply contemplate whether or not you want to use them again unless it is for something life-threatening. We can heal many types of infections without antibiotics, including food poisoning, bladder infections, sinus infections, ear infections, bronchitis, and sometimes even pneumonia.

What if I Have Leaky Gut?

This formula, with its mucilaginous herbs – despite the psyllium seed, is actually soothing, anti-inflammatory and helps heal leaky gut. You're not taking psyllium *by itself*, so this is different. You're taking psyllium with special herbs that soothe and heal the bowel. The marshmallow root, slippery elm and flax seed all coat and soothe the intestines and counteract any abrasiveness caused by the psyllium. The psyllium needs to be in the formula because it fills the gut and expands out to the walls to draw out toxins from your bowel pockets and to remove the mucoid plaque layer. Odds are you've got leaky gut because you have had this toxic mucoid plaque layer lining your intestines for so many years.

Change in Color and Smell of Stools During the Cleanse:

Step Two Formula can temporarily turn the bowel movements dark due to the black charcoal content. This is harmless and COMPLETELY NORMAL. Stools can also be wrapped in mucus 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. If it smells old or vile or rotten, you're getting toxins out.

Black Stools:

The activated charcoal in the Colon Detox Caps and Colon Soothe often turns the stools black. It's normal for this formula and does NOT indicate a disease. After you finish taking the formula, the stools should soon return to their pre-cleanse color.

Green Stools:

If you took the Earth's Nutrition formula or the Essential Nutrients 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 also harmless.

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. It sometimes means you're eliminating excess candida.

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.

Note for Children:

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.

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.

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 such as colon polyps, colitis or even colon cancer. 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.)

Is it Safe to Take a Step One Formula Over the Long Term?

(YES!!!)

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.

Long Term Use of the Herbs:

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



Scientific Research

Showing the Proven Benefits of the Herbs in These Formulas:

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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When we do the Natural Healing of the Body, our body attempts to “unwind” and retrace its steps in order to restore itself back to its original state of health.



We are going **BACK IN TIME**

to the problems and issues we had in the past, and each issue is healing and leading us further back in time to the next one.

This process is sometimes called ***“Retracing.”***

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