

Directions for Fasting/Cleanse

You will need the Colon Plus (2 bottles to have enough to get you through if you plan to do the program 5 times a day each day for 5 days) and the Cleanse-Fx along with the D'Tox-Fx

It is recommended you stop taking your usual supplements while doing the program. When you resume eating, I recommend taking double doses of the supplements for a couple of days then get back into your routine.

It is recommended that you consider cutting back on your normal food intake for a couple of days before starting the fast. This is not necessary but recommended so your body gets used to less food in preparation for no solid food intake for the 5 days you will be fasting.

The Cleanse-Fx product will be used in the evening to insure sufficient bowel movements the following day. It is advisable to know how many of the Cleanse-Fx product you need to routinely see results. Therefore, I suggest you take the Cleanse-Fx for a few evenings before you start the program. The capsules should be taken with ½ glass of water about 30 minutes before going to bed. Most people start with 2-3 capsules. Remember, you want to make sure you are having 3 bowel movements a day. For some people it takes more than 2-3 and for some people only 1 capsule is enough. If you find you are having too many bowel movements or if you are having watery bowel movements, don't take the Cleanse-Fx for a night and see how it goes. If you don't have at least 3 bowel movements on a given day, take extra organic apple juice to help move things along. Cleaning out toxins is an important part of this process and you will feel better if they are moved through the system and out as quickly as possible. The goal is to have at least 3 and preferably more soft bowel movements each day while on the program. If you don't have a bowel movement at all on any given day, you must do an enema to insure you are cleaning the toxins from your system. If this should occur, please give me a call and we can work out the details of what and how the enema should be done.

Starting at about 7:00 am (start time doesn't really matter as long as you do this process every 3 hours for a total of 5 times each day for the 5 days) take 8 capsules of the Colon Plus and 2 of the D'Tox Fx capsules with 6-8 oz of the organic apple juice. If you wish, you may open the capsules pouring the contents of the capsules into 6-8 oz of the organic apple juice and mixing well. I personally use 6-8 oz of the organic apple juice in a glass jar with a lid that will allow me to shake the contents vigorously for 10-15 seconds before drinking. After drinking the apple juice mixture, I will then add a very small amount of water and shake to insure I have consumed any remaining product in the jar. Again, this process is to be repeated every three hours for a total of 5 times a day for the 5 days.

Do not consume a large amount of water at the time you are taking the product. Wait 1 hour before drinking additional water, additional organic apple juice or the vegetable broth. You do need to drink additional water preferably at least 6-8 glasses each day.

You may drink additional organic apple juice through the day to help with hunger and you may also consume as much as you like of the broth from the recipe that follows.

Vegetable Soup Broth for Fast: Use organically grown vegetables:

1 potato, *scrubbed not peeled*
3 stalks of celery
3 carrots, *scrubbed not peeled*
1 onion

Chop all ingredients into small chunks, add to 2 quarts of boiling water and simmer covered for 40 minutes. Strain and drink broth only. Most people find this is necessary only during days one and two. After that, the hungry feeling goes away and you have an abundance of energy.

You should not eat the vegetables as you are trying to remove any residual contents from your colon. If you eat food, the product will bind with the solid food and will not bind with the solid waste that lines the walls of the colon.

The results you are looking for will vary depending on you and your personal history. They may range from a thin brown film to old dark rubber tire looking material. Please check your stools carefully as the result you do have is important data.

I would like you to weigh yourself the morning of day 1 and then again on the morning after completing the 5 day program. It is also requested you measure your waist and the largest part of your abdomen at those same times. It is interesting to note how much weight and how many inches you actually lose. This data does not necessarily indicate a good or less than acceptable result, it is information that will help you know how your body has responded to the cleanse giving you some indication of how much residual waste was in your colon.

The passage of the plaque, as it is called, should begin the second or third day. In my case, it continued until after I stopped taking the product but, we are all different.

Once the 5 days are completed, it is recommended you reintroduce foods slowly. Perhaps some fruit for breakfast and then a salad for lunch before adding protein during the evening meal. This also is not necessary and many people start in right away eating whatever they want. What you may find is you have done such a good job of cleaning out, you will be hesitant to start eating those foods that are less than healthy. All the better!

Most people do not have trouble with hunger after the first day and I will tell you from personal experience, the first day was the most difficult and it got easier each day after that. I did consume a lot of the broth the first day and that is fine.

Other things you might experience include headache, flu-like symptoms, or feeling tired with low energy. These are some of the most common side effects of the body releasing toxins and they will ease as toxins are released. Some people use an enema to help relieve these symptoms and that is fine. If you experience bloating that is common especially the first couple of days again try an enema to relieve the bloating. This should be pure water only, at room temperature. Remember, you do not want to take any medications to relieve these symptoms. You are trying to remove toxins and reintroducing them will defeat the purpose.

Good luck and I will be anxious to hear about your results. Remember, if you have any concerns along the way, you may call me at 518-831-1741 or send me an e-mail at Joanne@joanneconaway.com and I will get back with you ASAP.

Upon completion of this flush it is recommended you do the following to replace the healthy bacteria in your gastrointestinal system and to replenish healthy enzymes.

Days 1 through 5

Flora-fx or ProBacillus Plus 8 caps am and 8 caps pm for 5 days or Flora-fx, **or you can take** ProBacillus Plus 8 caps am and Nightly Essense 4 caps pm for 5 days (the Nightly Essense is more expensive but much better in my opinion and that is why I give people a choice).

Days 6 through 10

Flora-fx or ProBacillus Plus 4 caps am and 4 caps pm or Flora-fx, **or you can take** ProBacillus Plus 4 caps am and Nightly Essense 2 caps pm for 5 days

Daily Dosage after 10th day

- 2 caps of Flora-fx or ProBacillus Plus am and 2 caps of Nightly Essense pm every day.
- Enzymes 2 before each meal and 2 am and 2 afternoon with a glass of water. This is usually just in the beginning and after a couple of weeks, depending on the amount of raw food you eat, you can cut back.

These should be taken on an empty stomach so I recommend first thing in the morning 45 minutes to 1 hour before eating and then last thing at night at least 2 hours after food and at least 1 hour after any drink.