

# COLON CLEANSE DOSAGE & INSTRUCTIONS

## DOSAGE AND SCHEDULE FOR COLON CLEANSE

This colon cleanse is a gentle, yet effective way to return your digestive tract to a healthier state. Even though it does not require fasting or a complicated diet, Clean Machine™ Colon Cleanse cleans away the bodily waste that builds up overtime because of poor diet, improper hydration and lack of exercise. Clean Machine™ Colon Cleanse removes the toxic build up of accumulated body waste by jump starting your colon's ability to effectively eliminate this waste from your body and at the same time rid your body of unwanted parasites that can sap your strength and drag you down.

Before you start your colon cleanse, there are two important things to remember.

- A. Any medication that you are taking should be taken 1 to 2 hours before or after taking the colon cleanse. This prevents any interaction between the herbs that are present in the colon cleanse and/or the absorption of the medication by the psyllium that can effect the amount of medication that is absorbed by your body.
- B. This is a high fiber product and is made to work with adequate amounts of water. While doing the cleanse make sure to drink 8-10 8oz glasses of water per day. The easiest way to do this is to fill a pitcher every morning with 80 oz of water. When the pitcher is empty, you know that you have had enough water. Other fluids do not count. Your morning coffee is not part of the 8-10 8oz glasses of water required, neither is juice, milk or tea.

Although, this cleanse does not require going on a liquid fast or a big change in your diet, there are some simple things you can do to ensure a more effective cleanse. During your cleanse, try to limit the amounts of hard to digest foods you eat. Stay away from beef, fatty and fried foods as well as highly processed carbohydrates including baked goods, white rice and of course fast food. Limit the amount of chicken and fish to portions the size of a deck of cards. Try to increase the amount of fresh fruits and vegetables that you eat. If you cannot make them all raw, steam them lightly. Be sure to make your carbohydrates whole grains.

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## COLON CLEANSE DAILY ROUTINE

Daily dosage for colon cleanse is 5 capsules taken throughout the day.

1. Take any morning meds wait and eat breakfast making sure to drink 8 oz of water. Juice, coffee and tea do not count.
2. At mid morning take 2 of the capsules with a full 8 oz glass of water.
3. Eat lunch with a full 8 oz glass of water. Remember to take any medications you need.
4. Mid afternoon take 2 of the capsules with a full 8 oz glass of water.
5. Eat dinner with an 8 oz glass of water.
6. Take any medications 1-2 hours before taking the last colon cleanse dose.
7. 1 hour before bed take the last 1 capsule with a full 8 oz glass of water.

The dosages can also be taken with meals just make sure to schedule your meds at least an hour to 2 hours before or after taking the colon cleanse capsules.

Note that the amount of water taken with the capsules equals six 8 oz glasses of water. Please be sure to work in another 2-4 glasses to equal the 8-10 glasses this cleanse requires.

The colon cleanse regime should be taken for 30 days. At the end of the 30 days your colon should be clean of toxins and parasites and functioning at peak efficiency. A thorough colon cleanse should be undertaken at least two times a year. If at any other time of the year however, your bowels become sluggish and irregular simply do another regime until normal bowel function has been restored.

## POSSIBLE DRUG INTERACTIONS

**Ginger root**, at high doses, may increase the risk of bleeding when combined with any of the many anticoagulant drugs due to its blood thinning effect. Until conclusive evidence is available, exercise caution and have your healthcare practitioner monitor your INR values to prove there is no increased chance of bleeding for you. Research studies in humans show that fresh, but not dried Ginger root (dried root only is used in the Clean Machine™ Colon Cleanse) may increase the blood thinning effect of anticoagulant drugs. This effect may also be dose dependent, as one study with humans showed that it took 10 grams of dried Ginger root to have a blood thinning effect; whereas 4 grams of dried Ginger root taken for 3 months had no such effect. A dose of Ginger as used for spicing food is not a problem.

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