

What the Blessed Herbs Colon Cleansing Kit™ Does

1) Assures Regular & Comfortable Bowel Movements*

Our herbal stimulant formula not only helps the bowels move regularly (2-3 times/day), but also includes carminative herbs that reduce or eliminate cramps, gas and griping that could be caused if stimulating herbs are taken by themselves.

2) Removes Old, Accumulated Waste from Your Small & Large (Colon) Intestines*

In the following section (see [Removing Built-up Waste](#)), we'll explain how [colon cleansing](#) combined with a liquids-only fast enables our herbal blend to literally bind to and pull out old waste that is stuck to your intestinal walls.* Our Colon Cleansing Kit™ may alternatively be done without fasting, providing a milder cleanse for increased regularity and gentler colon cleansing.*

3) Rejuvenates the Digestive System*

The herbal formulas of the Colon Cleansing Kit™ are designed to restore and encourage the natural functions of your entire digestive system, including the stomach, both the small and large (colon) intestines, liver, gallbladder and pancreas.*

- Stimulates digestive secretions*
- Provides tonic support for digestive organs and mucus membranes*
- Decongests the liver and stimulates bile flow*

4) Prepares You for the Internal Cleansing Kit™*

The Colon Cleansing Kit™ can be used (2-4 times/year) as a stand-alone cleansing therapy - or as the first step of our Complete Cleansing Program™. It is highly recommended to fully cleanse the colon prior to beginning the Internal Cleansing Kit™. A well-functioning colon enables the herbal formulas to work directly with the other five pathways of cleansing (liver, lungs, kidneys, skin and lymph), without having to deal with a "backed-up" body sewer (colon) - the 6th pathway.* And by removing old, accumulated wastes from the intestines, this allows the Para-Cleansing formulas of the Internal Cleansing Kit™ to rebalance the unwanted para-organisms population more easily and more completely.*

Contents of the Colon Cleansing Kit™ (Ginger or Peppermint)

- Toxin Absorber™ (Ginger or Peppermint) - 30 Packets
- Digestive Stimulator™ - 90 Vegetarian Capsules
- Glass Shaker Jar - 1 Glass Jar with Lid (to mix Toxin Absorber™)
- Dosage Calendar - 1 Printed Booklet [download PDF](#) (.5 MB)
- Users Guide - 1 Printed Booklet [download PDF](#) (2.6 MB)

Toxin Absorber™: Choose Ginger or Peppermint



Toxin Absorber™

During this program you will take Toxin Absorber with apple juice and water, five times a day, to draw the build-up off the intestinal walls.* It is an herbal supplement of Psyllium seed husks, Apple pectin, Ginger root OR Peppermint leaf, and Bentonite clay.

Though Ginger root has a hot, spicy taste and Peppermint leaf a cool minty taste, they are not added to the Toxin Absorber formula in our Colon Cleansing Kit™ for their flavoring, but rather for their different effects on the body. Either one will relieve digestive upsets and harmonize the formula, but Ginger supports more parts of the body than Peppermint does. Ginger not only supports digestion, but also the cardiovascular and immune systems. Ginger also encourages the growth of friendly bacteria in the gut, dispels unwanted para-organisms, helps make the other herbs in the formula more bioavailable to the body, and helps expel toxins.

Although we recommend Ginger because of these additional benefits, that does not mean it is appropriate for all people to take. We have found that nearly 70% of our customers choose Ginger and 30% choose Peppermint. Please read the following information carefully to help you in making your decision. Don't make a choice based on taste alone, unless none of the conditions listed below apply to you.

Choose Ginger† if any if the following applies to you:

- if you have a feeling of cold most of the time or have a feeling of heat, but only in the afternoon or evening, often with night sweats
- if you usually like heat and dislike cold, except while experiencing a hot spell
- if you have cold extremities
- CAUTION: if you have hiatal hernia choose Ginger because Peppermint may cause more acid refluxing due to a relaxing effect on the lower esophageal sphincter.

Choose Peppermint† if any if the following applies to you:

- if you have a feeling of heat most of the time
- if you usually like cold and dislike heat
- if you have a burning sensation in your stomach sometimes
- CAUTION: if you are taking anticoagulant or antiplatelet drugs or aspirin choose Peppermint, because Ginger at high doses may increase the blood-thinning effect of these drugs but Peppermint does not.

†Certified Organically Grown, all others Wild Harvested with care or High Quality herbs

Digestive Stimulator™: Comfortable Regularity



Digestive Stimulator™ comes in vegetarian capsules packed in an amber glass bottle for optimum potency.

Digestive Stimulator™ is a natural herbal supplement that tones, cleanses, and purifies the entire digestive system*. The dosages will vary for each person to assure that one's bowels are moving at least three times a day. During this program it is vitally important that one has regular bowel movements to keep the Toxin Absorber™ moving through the intestinal system.

An herbal dietary supplement of Cape Aloe leaf, Aloe Vera leaf, Cascara Sagrada bark, Chinese Rhubarb root†, Triphala† (Amla fruit, Chebulic Myrobalan fruit, Belleric Myrobalan fruit), Barberry root, Dandelion root†, Fringe Tree root bark,

Meadowsweet aerial parts, Plantain aerial parts†, Ginger root†, Fennel seed†, Peppermint leaf†, Fenugreek seed†, and Licorice root†.

†Certified Organically Grown, all others Wild Harvested with care or High Quality herbs

Shaker Jar for Mixing Toxin Absorber™



Your kit will come with a glass Shaker Jar for mixing Toxin Absorber with juice.

Shaker Jar to mix Toxin Absorber™ with juice. We recommend organic apple juice. Apple juice makes the main formula of this cleanse, Toxin Absorber™, much easier to drink. You can try to take it with water, but we have found it tastes much better and goes down smoother with apple juice. Apple juice also has its own cleansing powers and helps with the rejuvenation process.* You can also drink apple juice at any time during this colon cleanse if you feel you need a little more energy or a change from just water.

It will take a total of 8 quarts (2 gallons) of apple juice to take all of your packets of Toxin Absorber™. If you wish to drink apple juice between times of taking Toxin Absorber™, you will want to have more quarts on hand. When you buy your juice, be sure it is from organically grown apples so as to not introduce new toxins while cleansing. You should be able to get your juice at the local health food store or supermarket. Best of all, make your own fresh juice using four organically grown apples each time you take a packet of Toxin Absorber™.

Our Printed Instructions Make it Easy



Your Kit comes with a printed **Users Guide** that gives detail instructions and helpful tips.

Users Guide

The Users Guide (printed version included) gives detailed instructions and tips for every part of the program. It also has a large section of common questions and answers to help you along the way.

Users Guide Contains

- Before You Start
- Quick Start
- Pre-Cleanse
- Main Cleanse
- Breaking Your Fast
- Questions & Answers (39 most FAQ's)
- Formulas
- Index to Over 300 Topics

[download PDF \(2.6 MB\)](#)

Dosage Calendar

The Dosage Calendar is your daily companion. It has a page for each day of your cleansing with complete dosage instructions.