

BOWEL CLEANSE



This deep acting bowel cleaning programme will gradually strip the convolutions within the small intestines, the diverticuli & walls of the colon of the morbid, malefic accumulations of years of pasting with mucous & faecal



matter. Where poor assimilation, irritable bowel syndrome, ulcerative colitis or even post-operative bowel problems exist, this gentle, yet effective treatment will cleanse, soothe & calm intestinal, inflammatory conditions within 5 -7 days. However, bearing in mind that years of accumulated deposits within an average of 11 metres of intestinal tract need "descaling", at least 3 weeks of treatment are required for deep, lasting benefits.

For 3 weeks, twice daily (morning & evening; – *if too difficult, you can work up to this by doing it once daily for a week, then twice daily*) drink the following mixture:-

1. put 1 teaspoon of Bentonite powder into a pint glass/mug.
2. stir approximately 1 teacupful of fruit or vegetable juice (*some people use Clipper herb tea, or Meridian's organic concentrated apple juice with water, not orange juice*) into the powder.
3. top up the mug with (*preferably filtered or spring*) water (to within 1/2 an inch of the brim) & let stand for 10mins. Just before drinking, stir in 1 heaped teaspoon of the Liver Mix.
4. you can boost the cleanse, midway, by substituting Psyllium Husks for the Liver Mix.
5. **do not add Psyllium until ready to drink the mixture as it will thicken up quickly.**

This programme does not involve enemas or fasting. Weight Watchers should take the drink about 1/2 an hour before breakfast & 1/2 an hour before supper as psyllium can sometimes act as an appetite suppressant. Underweight patients are better taking this as a mid-morning drink & before bedtime.

Because of its molecular structure, Bentonite is capable of permeating into crevices even water cannot penetrate. Its ability to absorb 40 times its own volume of solids makes it an ideal intestinal detox. When combined with psyllium, (which serves to soften the old, impacted waste deposits of many years' accumulation), this simple, cheap cleanse has no aggressive, reactive action. On the contrary, it is appropriate for the most delicate, hypersensitive constitution & can be used with confidence.

For irritable bowel syndrome this programme will slow down the excessive activity to 1-2 movements daily. For the constipated, it needs about 48 hours to manifest its detoxifying action & improved elimination, with daily evacuations becoming established & a greater quantity, rather than more frequent movements, becoming the order of the day. The drink will taste primarily of the juice chosen as the Bentonite & Psyllium do not have any flavour & the Liver Mix only a slight flavour. The Bentonite clay, from the Bentonite Valley in America, is rich in minerals.

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I usually have the Liver Mix in my clinics. I also now stock the clay, but if you are unable to get it from me, Sheels Pharmacy, nr Lewisham DLR (0208 297 1551) normally stocks it, & Psyllium Husks – but give them a ring to check. Thursdays they will give you 10% discount in the shop if you say your homeopath told you about this. They just don't advertise this anymore. Neal's Yard sometimes stocks the clay too.