

SUPPLEMENTS AND NUTRITION

Psyllium Seed / Husk and Colloidal Bentonite

This is an easy digestive cleanse. It is typically done for 4-6 weeks on an empty stomach (at bed or first thing in the morning) one hour away from consuming food, drinks, other supplements and medications.

When doing this digestive cleanse, be sure that you are taking both psyllium and the colloidal bentonite as outlined below. They are meant to be used together.

- Psyllium is a thick fiber that aids in the collection of toxins along the intestinal lining.
- Bentonite is absorbent -- it will attract the negative bacteria, along with stagnated toxins.
- This two-part digestive cleanse can be done during the change of each season for one or two weeks.

Psyllium Seed / Husk Preparation: Mix 4 ounces of warm water or juice with one (1) heaping teaspoon of psyllium. Shake or stir, then drink quickly.

Psyllium is a thick fiber so if you are prone to constipation, use ground flaxseeds or a non-psyllium fiber such as galactan.

To avoid constipation, make sure you are drinking plenty of water throughout the day. A good measure for how much water to drink in a day is calculated by dividing your body weight in half. This is the number of ounces of water to drink in a day. For example, a person weighing 100 pounds would drink 50 ounces of water a day.



Colloidal Bentonite Preparation:

Colloidal bentonite is a natural clay that is safe for internal use.

Take 1/4 cup the first night. After the first night, take 2 tablespoons before bed for the duration of the cleanse.



If you choose to use capsules, I recommend Premier Research Medi-Clay-FX and dose as follows:

- If you are instructed to take 1 Tablespoon of bentonite, take 4 capsules of Medi-Clay-FX. (Purchase 2 bottles of capsules for a 4-week regimen.)
- If you are instructed to take 2 Tablespoons of bentonite, take 8 capsules of Medi-Clay-FX. (Purchase 3 bottles of capsules for a 4-week regimen.)
- NOTE: Medi-Clay-FX comes in bottles of 90 capsules.

Added note related to gum infection: Bentonite saturated in a cotton ball placed on the suspicious gum site for 15 minutes a day is beneficial.

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GALACTIN



MEDI-CLAY-FX

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