

FIBER AND BENTONITE DIGESTIVE CLEANSE

Protocol for Patients Who ARE Prone to Constipation

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 the fiber and the bentonite as outlined below. They are meant to be used together.

- Fiber 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.

Fiber Instructions:

This is the alternative to using psyllium capsules for those who are prone to constipation.

Mix 4 ounces of warm water or juice with one (1) heaping teaspoon of ground flaxseeds OR Galactan. Shake or stir, then drink quickly.



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.



Bentonite Instructions:

Bentonite is a natural clay that is safe for internal use. The first night, take 8 capsules of Premier Research Medi-Clay-FX. After the first night, take 4 capsules before bed for the duration of the cleanse. (Purchase 2 bottles of Medi-Clay-FX capsules for a 4-week regimen and 3 bottles for a 6-week regimen.)



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