

# *Donna Faye, Inc.*

28 S. 6<sup>th</sup> Street, Geneva, Illinois 60134

630/262-0640 Office

Email: [donnafaye314@sbcglobal.net](mailto:donnafaye314@sbcglobal.net)

## **COLON CLEANSE PROGRAM**

Our recommended colon cleanse program consists of a series of at least 6 colon hydrotherapy sessions (2 per week for 3 weeks) while taking a combination of herbal formulas designed to help cleanse, heal and strengthen the digestive tract and help it function more efficiently. Using these products while doing CHT increases the effectiveness and benefits of your cleanse.

Colon hydrotherapy is the gentle infusion of filtered water into the rectum using no chemicals or drugs. While lying comfortably on the treatment table, a small speculum is inserted into the rectum. The therapist then monitors the temperature and pressure of the water being infused into the colon. At this point, the client is in charge. You tell the therapist when you feel full and need to release. The therapist then turns a dial and the waste flows out the tube connected to the speculum and into the sewer system. There is no mess or smell. This process is repeated as needed for a period of about 45 minutes.

The best colon cleansing herbs we've found are Western Botanicals Colon Cleanse Capsules and Colon Detox Powder, used in conjunction with a good probiotic.

The colon cleanse capsules help to stimulate the peristaltic action (the intestinal muscular movement) of the colon, and helps to disinfect, soothe and heal the mucous membrane lining of the entire digestive system.

The Colon Detox Powder works as scrub brush for the entire digestive system, helping to draw out old fecal matter from bowel pockets and the walls of the colon. Because the colon detox powder contains bentonite clay, it **MUST** be used together with the colon cleanse capsules, as the powder can have a constipating effect if used on its own. If using the colon detox capsules, take 10 capsules three times per day.

It is important to incorporate a good probiotic (i.e. lactobacillus acidophilus) to help restore the healthy bacteria or flora to your digestive system. Any type of intestinal cleanse will tend to rinse out this flora, and it is important to restore this balance to your colon while cleansing.

We recommend that you start these products following your first colon hydrotherapy session. The exception to this is if you are currently dealing with constipation. In this case, we recommend that you begin taking the colon cleanse capsules several days prior to your first session, to help soften and loosen up the fecal matter in your colon and make it easier to release.

The herbs should be taken at least three times a day, as follows:

Mix one scoop of Colon Detox Powder with 8 – 10 ounces of distilled water in a lidded container. You may also sweeten the shake with Stevia, if desired. Shake well. This product does not blend properly in a blender or by stirring. Take at least one Colon Cleanse capsule (or amount advised by your therapist) with each shake. It is important to note that the amount of product needed varies from individual to individual and that finding the proper balance is a process. Please have patience with yourself and listen to your body. Adjust your dosage of colon cleanse capsules by 1 capsule per detox shake as needed to ensure that are consistently having 2 – 3 bowel movements per day, and that these movements are the consistency of soft-serve ice cream. If your bowel movements are looser than that, take less colon cleanse. If they are more infrequent or harder in consistency, take more colon cleanse.

***IMPORTANT: Please allow at least one hour between your detox shake and any food, medication, or supplements. The bentonite clay in the detox powder does not have a “brain” and will suck out anything its path, preventing proper absorption of medications or nutrients.***