

## Royal Flush Internal Colon Cleanse Kit

"Royal Flush" Treats You Like Royalty The Royal Flush is an easy safe, effective method of cleansing years of accumulated waste from your entire digestive tract and colon. According to experts in the field of natural health, many of our chronic health problems have their origin due to faulty digestion, absorption and elimination of our food waste. The British Medical Association states, "Death begins in the colon," and is signaled by food craving and an insatiable appetite. Why not take advantage of these findings that relate to a healthy colon's ability to benefit the health and well being of the whole body.

Will I benefit from a Colon Cleanse?

ABUNDANT LIFE HEALTH FOODS

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Many methods of "colon cleansing" are available today. Some of these methods may include suppositories, pills, capsules, powders, chewing gums, candies, drinks, high and low enemas, colonies and, of course surgical procedures to name a few. We believe, however, that the Royal Flush is superior.

In many cases the colon may be caked with residue accumulated through the years by faulty elimination and/or poor dietary habits. This residue material can become as hardened as glass or plastic, creating a "pipe" around the lining of the colon walls and allowing poor assimilation of nutrients needed for optimum health. Venus Andrecht, who wrote "The Herb Lady's Notebook," states that she has known nurses in attendance during colon surgeries who have seen colons that had to be sawed with a hacksaw!

X-rays show that many people may also have malformed colons with kinks, bulges, balloons and collapsed areas.

Some may also have restrictions in the colon due to accidents or surgery. Obstructions can also occur in the small intestines. All of these areas are potential problems since waste accumulation allows toxins to be continually and readily released into the blood stream, there after being recycled through the entire body.

If after reading this material you have decided to participate in this "moving experience," continue on with some guidelines that help the cleansing process go as smoothly as possible. First, be certain your bowels are moving three times a day for a week prior to beginning the Royal Flush. Use a product such as Cascara Sagrada or LBS II, herbs which increases the peristaltic, or wave like action of the colon. Both the LBSII and Cascara Sagrada are natural laxatives which tone the digestive system and are reported to be non-habit forming. It takes approximately 9 to 12 months to re-establish proper peristaltic action on a constipated colon.

If Cascara Sagrada or LBSII is used, remember that the amount needed will vary from individual to individual.

Dosage should be increased by 1 capsule every 24 hours until desired results are achieved. The goal is to be eliminating two to three times a day before starting the Royal Flush. This cannot be overemphasized. Some who

have not taken this precaution and started the Royal Flush with an excessively clogged colon have experienced bloating, cramping, and gas. Although these symptoms, to a lesser degree, may be considered normal for the first few days, they will be slight if these preliminary guidelines are followed.

Psyllium can cause mild constipation or bloating in some individuals so the use of Cascara Sagrada or LBSII is highly

recommended. Your effective dosage of the Cascara Sagrada or LBSII may have to be adjusted once you actually begin the Royal Flush. Psyllium mixed with distilled or reverse osmosis water and apple juice or aloe vera juice works as a broom to clean and nourish the colon, BUT an already clogged colon requires an extra push of the broom so you are the only one who can determine how much Cascara Sagrada or LBSII is needed to maintain adequate elimination. This may even vary each day due to change in diet, stress factors, and liquid intake. The psyllium is mixed with distilled or reverse osmosis water to avoid inorganic minerals found in tap, spring, or mineral water.

Apple juice can be replaced by an equal amount of aloe vera juice if allergies, sugar problems, or candida prohibit its use. Use as a meal on a totally empty stomach. Skipping dinner at night and taking the flush instead, is a popular practice. Some people find it easier to use the flush as their breakfast as this is a MEAL

**SUBSTITUTE.** Using the flush in the morning or the evening is an individual choice. Some may be tempted to "cheat" and only drink one batch of the flush. This will not work since the sheer volume is one of the secrets to the success of this cleanse. Remember, the "broom" (psyllium) needs volume to push it. As mentioned before, some people have experienced varying degrees of bloating and distention. This is not said to frighten the potential user of the Royal Flush but rather to reassure you that this is normal. Headaches or slight flu-like symptoms could also occur. The intensity of these symptoms will be in direct proportion to the degree of toxicity in your body. To eliminate these types of symptoms most individuals start with one half (1/2) batch for two or three days and then increase to the original recipe. While they are being loosened from the colon and intestinal walls, these toxins will be released into the blood stream before being eliminated.

That's where the importance of the Scotts Trace Minerals comes in. The minerals will help the body to handle toxins and keep unpleasant symptoms to a minimum. Their healing properties and the fact that parasites do not like the minerals are other advantages of these particular trace minerals. Many people do pass parasites while on the Royal Flush. Do not be surprised at anything you may pass! In addition to Parasites, some have passed tumors, and unidentifiable masses of varying shapes, colors and sizes. Most individuals are amazed at the strange things you unknowingly possessed. Acidophilus is very important during the cleanse also. As you are flushing out the waste and toxins, you need to re-establish a healthy intestinal flora. Experts say that taking acidophilus on an empty stomach 30 minutes before a meal prevents it from being digested in the stomach and ensures that the beneficial bacteria it contains will reach the intestinal tract where it is most needed.

The duration of the cleanse is determined by the extent of accumulated waste. Continue until the stool looks normal for at least 7 consecutive days. An adult who has never cleansed his/her colon should plan to be on the Flush at least 3 months or until desired results are reached. Results will be the elimination of any black abnormal, rubber like, hardened mucus-type toxins. This usually means you've been successful in your endeavor to clean your colon and all 23 feet of small intestine as well. Many people find it hard to believe that they could have such a build-up of waste in their intestines or colons. However, if you have eaten white flour, white sugar, fried, processed or fast foods, or especially if you have not had proper elimination ( 2 to 3 times a day), then there's a chance you could benefit from the Royal Flush and enjoy a decrease in food cravings with a stabilized appetite and an increase in energy.

The Royal Flush is the first and most important step in ridding the body of toxins, and after its successful completion, you may want to consider using the Liver-Gall Bladder flush. Blood purification and cleansing the

Lymph system will also contribute to overall health.

#### **MOST ALL DISEASES ARE CAUSED BY: CONSTIPATION**

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#### **ROYAL FLUSH**

Use as a meal

In shaker with top:

3/4 cup organic apple juice (Uses aloe if you have problems with candida or blood sugar)

3/4 cup distilled water or reverse osmosis water

20 drops Scott's Trace Minerals increasing this to 40 drops within a week (Minerals can be encapsulated if the taste is unpleasant to you.)

1 heaping tablespoon of psyllium powder

1 tablespoon liquid bentonite, 3 hours before flush; never let it touch metal

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Shake well and drink fast, because the psyllium begins to swell. Mix second batch within 15 minutes. Continue the flush until all abnormal, rubber-like, hardened mucus-type toxins are eliminated. Continue for an additional two weeks. Stay off for two weeks, and then try the flush again to see if any more abnormal toxins are eliminated. An alternate method is

mixing the flush in four 3/4 cups instead of two 1 1/2 cups.

NOTE: Acidophilus should be taken while you're on the Royal Flush to re-establish the bacterial flora in the intestines. You will also need a natural laxative i.e LBS II to help eliminate the rubbery waste. There may be bloating and gas the first 3 or 4 nights. To maintain your detoxification, eat right and use digestive enzymes with every meal and snack. A good book to read on the importance of enzymes is Enzymes- The Missing Link to Vibrant Health by Humbart Santillo.

Slippery Elm taken while on this helps remove mucus. Bowel Build by Natures's Sunshine and Cascara Sagrada and

LBSII are good until peristaltic action is restored. Liquid bentonite is a powerful absorbing agent which assists in the detoxification of the alimentary canal, absorbing up to 40 times its own weight in toxins, harmful bacteria, and parasites. When used with psyllium, it is like a magnet, cleaning mucus and assisting in its rapid removal. The action of psyllium and bentonite is to absorb toxic substances and carry them out of the body.

THIS INFORMATION IS FOR EDUCATIONAL PURPOSES ONLY AND IS NOT INTENDED TO DIAGNOSE, PRESCRIBE, OR TO REPLACE

MEDICAL CARE. PROPER MEDICAL ATTENTION SHOULD ALWAYS BE SOUGHT WHEN A PROBLEM ARISES.