

Below is a recipe for the colon drink, a chart showing you how to take the drink and the supplements together, ending the cleanse diet information, and some other helpful hints. We want to do everything we can to make your cleanse a wonderful experience, so please feel free to call us with any questions or experiences you may have.

Colon Drink – take every 3 hours

1 tablespoon psyllium seed husk – pushes everything through colon

1 tablespoon bentonite clay – pulls sludge & mucoid matter off of colon walls

1/2 cup fresh juice (or other, bottled is fine)

NO CITRUS – it will increase the cleansing process and can make you feel sick

2 cups of water

Mix all in blender or shaker and drink as fast as possible

Supplements – take every 3 hours

1 cup apple juice (you can buy fresh made at Central Market or Whole Foods)

or 1/2 cup of apple juice and 1/2 cup of water for weight loss

1 teaspoon to 1 tablespoon of Pure Synergy\*

1-6 Turkey Rhubarb\*

\*For the Pure Synergy and the Turkey Rhubarb you will gradually increase the amount you are taking each day.

Day 1: 1 teaspoon Pure Synergy every time you take your supplements

1 Turkey Rhubarb

Day 2: 1 1/2 teaspoon of Pure Synergy every time you take your supplements

2 Turkey Rhubarb (if you get diarrhea, cut back)

Day 3: 2 teaspoons of Pure Synergy,

3 Turkey Rhubarb if needed – do not increase if you get diarrhea

Day 4: 3 teaspoons of Pure Synergy

4 Turkey Rhubarb if needed – continue taking up to 6 every time you take Pure Synergy to ensure you do not become constipated

Day 5-7: Continue taking as you did on Day 4

Example of how to take shakes & supplements:

AM PM

6:00 – shake 1:30 – supplements

7:30 – supplements 3:00 – shake

9:00 – shake 4:30 – supplements

10:30 – supplements 6:00 – shake

12:00 – shake 7:30 – supplements

Enemas

It is preferable that you do 2 high coffee enemas every day while on the cleanse. Most people find that they have the most time to do one in the morning upon rising and one at night before going to bed. However, you can take them whenever you feel comfortable to do so, throughout the day. If you simply cannot find the time to do 2 enemas every day, then do one. Taking these enemas daily will help facilitate the removal of the waste matter being pulled from the colon walls. The more quickly this matter is removed from your system, the less likely you are to experience any toxic cleansing symptoms. Also, this will help your body's cleansing process to be more efficient. If you find that it will be impossible to do even one enema per day, please see Meridian.

Ending the Cleanse

Ending the cleanse is just as important as the cleanse itself

The day you end the cleanse and start eating you will need to begin taking Replete. For 14 days you will take one packet per day. Add one packet to a glass of water, first thing in the morning and continue for 2 weeks. This will replenish the healthy bacteria in your colon that is vital for proper digestion.

For the first 3-4 days after the cleanse, it would be best to eat only fruits and vegetables. Eat lots of steamed and pureed vegetables (wash well and eat the skins). If you feel you cannot do this, please discuss it with Meridian. Below are two highly recommended recipes that will be full of potassium. Often times after a cleanse, you can be depleted potassium. After 3-4 days, you can slowly add in fish or chicken. The fifth day add in fish or chicken at one meal. The 6th day add fish or chicken into another meal, and so on.

Potassium Broth

Cut 1/4" of the skin of potatoes off and simmer with onions and garlic – use the skins, not the potato! Very high in potassium!

Beeler Broth

Simmer green beans, celery, & parsley until soft. Blend with the water you cooked them in. Filled with nutrients!

## Helpful Hints and Suggestions

- You can drink as much fruit juice as you would like throughout the day.
  - If you have any reactions to the cleanse, take an enema or a coffee enema (see Meridian for instructions).
  - You may feel totally energized but if you don't, take it easy, relax, do some Yoga. Your entire body is going through a cleansing process so the less stress on your body, the more energy it will have to thoroughly complete this process.
  - If you are going to be out all day, take a small cooler with your juice, psyllium, bentonite and supplements in it.
  - Don't feel like you have to "push through" the rough spots. If you have any discomfort and an enema doesn't relieve you, call Meridian right away. We're here to help!
  - After the cleanse:
    - take 1 shake during the day for a week
    - finish your bottle of Pure Synergy
    - drink lots of water
- If you find you are a little constipated, take Turkey Rhubarb & call Meridian.