



14 Day Intestinal Cleanse Pack

Contents:

1 Parasite Compound Capsules
1 Sennara Capsules
Vegetables
1 Detox Compound Capsules
1 Green Powder
Instructions

You Will Need:

A Great Attitude
Raw Fruits and

Fresh Juice
Raw Garlic
Pure Water

1. Detoxification

We are constantly bombarded with toxic substances from the air we breath, water we drink, things we put ON our bodies (deodorants, perfumes, synthetic clothing, etc.), and things we put IN our bodies (processed foods, soda, synthetic drugs, etc.). Our bodies produce toxic waste when we break down and digest less than desirable foods (animal products, fried foods, and alcohol to name a few). The many parasites hiding in our bodies produce toxic waste as they gorge on our nutrition and cells. When studying the abuse our bodies endure, one can only marvel at our ability to survive.

How are we capable of tolerating the insults of toxins in the environment, toxins we ingest, toxins produced by parasites, and even the toxins produced by our own bodies? Our bodies were created to detoxify themselves. Detoxification is something that happens naturally in the human body given time, rest, proper nutrients, and a reduction of insults.

The Creator made us with great tolerance for abuse. We were not made to consume meat or animal products; this is evident in the length of our intestinal tract and structure of our teeth. The meat literally rots in our intestines as it is broken down and partially assimilated into our blood stream. The processed flour and sugars that we so love rob us of nutrients, clog our elimination path, and feed the parasites that poison us. Yet we keep moving and surviving on average into our 70's.

We keep going until chronic illness and sickness take hold. From there, correction must take place or the downward spiral of chronic illness begins. For some of us, this spiral can begin in our 40's and 50's. For some it can begin as early as our 20's and 30's. Most chronic illness can be attributed to the long-term abuse, poisoning, and neglect of the systems we were created

with. To enjoy our later years, we must stop the abuse, clean our bodies, and allow the healing powers in us all to begin.

Detoxification can be uncomfortable, costly, and plain miserable at times. Be assured that the discomfort and cost you might experience when cleaning your body pale in comparison to the misery, cost, and loss that can take place once chronic illness has taken hold and begins to steal your life.

Let's start with the physical benefits of having a clean body, inside and out. If you were to take a high performance vehicle and pour something into the fuel tank that wasn't meant to be used by the vehicle, how would this insult affect the performance of your perfectly built car? Logic would say... that depends. It would depend on what you put into the tank. It would depend on how much of the insulting substance you added. Our bodies are like high performance vehicles, made perfectly. When we use the "fuel" we were meant to use, our bodies tend to work properly. When we pollute ourselves with toxins, parasites, and low quality fuels, our perfect machines tend to get clogged up, fowled up, and chronic illness gets a foot in the door.

Detoxification can allow the body to begin healing the effects of constant abuse and a toxic state. It can remove the buildup that disrupts our efficient system. Detoxification can allow the body to self-correct. Persons suffering from allergies can experience permanent relief. Those with chronic illness such as diabetes, high blood pressure, cancer, depression, fatigue, memory loss, premature aging, and recurring infections can allow their bodies to function correctly and recover whole.

The mental and spiritual benefits of detoxification and better living could be the most important aspect of cleaning the body. Our body, mind, and soul are connected. Some of us realize this connection more than others. Any benefit or insult to one of the three results in a respective benefit or insult to the other two. If our bodies are clean, our minds and souls tend to climb to a higher level. The elevation of one lifts all. Are you depressed and fatigued? Do you have trouble sleeping at night? Are you gradually giving in to memory loss and premature aging? You don't have to. Stop abusing yourself and learn some new habits.

Why Herbal Preparations

If the human body detoxifies on its own, why would you spend your hard-earned money on herbal formulas to assist in a process that will happen naturally? Herbs used in effective detoxification programs contain biologically active substances that can gently aid our bodies in the detoxification process. They help nourish our systems, break down buildup, and speed the results of detoxification. Think of them as the fuel additive, used to lubricate and clean the internal parts of our vehicles' engine.

The herbal preparations in the Intestinal Cleanse Pack are legendary for eliminating human parasites and their eggs, neutralizing and removing toxins and poisons, and clearing years of buildup. The parasites have been stealing your nutrition and releasing toxins. The buildup has been blocking your nutrition and preventing you from receiving the best from your food. The

toxins and poisons have been killing you slowly at a cellular level. Herbal preparations are necessary to speed the cleaning and recovery from a lifetime of abuse.

2. How to use this cleanse pack

Below you will find general guidelines for living clean and assisting the natural rhythm of detoxification. Recipes and instructions for this 14 day program follow these basic cleansing guidelines.

Warning

In order to achieve good results with detoxification and cleansing programs, you must have a fruit and vegetable juicer. If you don't have a juicer and aren't willing to seek one out, you will miss out on the results that are possible. A juicer is a must. It is an investment in your health and your life. You will need live juice to nourish your systems as you remove years of buildup and parasites. Get one.

As stated in the previous sections, detoxification and cleansing isn't for the uncommitted, it is radical. Be assured that any method of "treatment" is going to be radical. Don't think that you can continue the bad choices and habits, take a few herbal pills and powders, and get well. It won't happen and you are wasting your time, money, and possibly your life. You can't do what you have always done and expect different results.

Detoxification Lifestyle

The following guidelines should be used during any cleansing program and incorporated into your everyday life. They will assist your body in the natural cleaning process, help you to heal, and possibly save your life.

- Masticate (chew) food properly and thoroughly
- Increase pure water consumption
- Increase bowel movements (2 to 3 per day)
- Increase raw foods, including sprouted grains, fruits, and vegetables
- Increase raw nuts and seeds
- Increase fresh fruit and vegetable juice (a juicer is HIGHLY recommended)
- Increase organic, non-genetically modified foods
- Increase consumption of raw garlic
- Increase the frequency of fasting
- Increase nutrient dense foods and helpful herbal preparations
- Increase exercise
- Increase healthy sun exposure
- Increase rest
- Limit sugar, sodas, alcohol, tobacco, caffeine, meat, and all animal products
- Limit eating after 6 PM

- Limit processed foods
- Limit fried foods
- Limit salt (we need salt, just not as much as most of us get)
- Limit synthetic fibers on your skin (natural fiber clothing)
- Limit contact with toxic cleaners in the home and on your body
- Limit stress and negative thinking

Recipes

Green Drink #1

Use during liquid only detox and cleansing programs
8 oz Juice (Orange, Apple, or Grape) Fresh Only
8 oz Pure Water
2 Tablespoons Green Powder

Mix in a blender until smooth and uniform

Green Drink #2

Use during detox and cleansing programs when solid food is being consumed
8 oz Juice (Orange, Apple, or Grape) Fresh Only
1 cup of fresh fruit (apple, pear, etc.)
8 oz Pure Water
2 Tablespoons Green Powder

Mix in a blender until smooth and uniform

About the 14 Day Intestinal Cleanse Pack

Intestinal cleansing is a vital building block to total body rejuvenation. When using the intestinal cleansing program, it is **imperative** that you keep your bowels moving and immune system functioning properly. Make sure you are getting plenty of rest. You must maintain two to three bowel movements each day prior to taking the Detox Compound Capsules in the second week of this program.

You can achieve this bowel movement goal of two (2) to three (3) times each day by taking Sennara. Sennara Capsules were formulated for the most stubborn or sluggish bowels. Start with one capsule the first night. Take it after your evening meal with plenty of pure water. If you don't achieve two to three bowel movements the next day, take two capsules that evening. Continue to increase by one capsule each night until the goal of two to three movements per day is achieved. The bowel movements should not be watery. They should be unformed and soft, but not watery.

There are some who don't need the Sennara Capsules to achieve two to three bowel movements each day. These blessed individuals may need to consider Sennara while consuming the Detox Compound Capsules, as the Detox Compound Capsules were formulated to draw toxins and gently scrub the intestines. The use of Detox Compound Capsules can slow the intestines. For this reason, users may need to consider using or increasing the Sennara Capsules.

There are some who might need more than four Sennara Capsules to achieve the goal of two to three bowel movements each day. If this is the case for you, keep going, as your nerve allows, and increase the number of Sennara Capsules each evening until you reach your goal.

If, during the second week using Detox Compound Capsules, you are not achieving the goal of two to three bowel movements each day, stop using the Detox Compound Capsules and increase the Sennara Capsules. Do not use the Detox Compound until you are again achieving two to three bowel movements each day.

When you begin to eliminate the invading parasites that are robbing you of nutrients and life, you may feel a little tired and toxic. As stated earlier, make sure to get plenty of rest and keep your immune system functioning properly. Drink plenty of pure water. Consider using Immunolix during and directly after the cleansing program. Parasites can harbor bacteria and viruses, just like any living organism. When you begin destroying the parasites, any bacteria or virus living within the organism is released into your body.

It is essential to this program to consume raw garlic. While this can be temporarily detrimental to your social life, it is vital to the expulsion of unwanted organisms and wonderful for your health. The raw cloves should have the outer skin peeled away, the clove crushed in a press or on a cutting board, and minced to fine pieces. The fine minced pieces can then be consumed like a mouthful of tiny pills. It often helps to scoop the fine pieces up with a spoon, take them in your mouth, and drink some water while swallowing the wonderful goodness. Any way you can get them down is fine, use your imagination, just get them down.

After completing the 14 Day Intestinal Cleanse Pack, take the next steps to health by cleansing the vital organs of your body. We want to start with our intestines and then move to the liver and kidneys. Once you achieve your health goals through detoxification, follow the detoxification lifestyle guidelines to maintain your vitality.

If you are severely ill and using this pack as the beginning of your healing journey, consume only raw vegan food and take in as much fresh juice as possible. The 45 day body cleanse pack was formulated for the severely ill. If you have lost hope, don't. It is never too late to heal.

Directions for the 14 Day Intestinal Cleanse Pack

Days 1-8

For the first week, days one through seven, consume only vegan foods. This means no animals or animal products. Animals and their products (cheese, yogurt, eggs, etc.) clog the system and turn rancid in the intestines. You will find it difficult to sweep a room out and clean it well if someone is coming up and throwing more dirt onto your clean floor behind you. In the same way, don't throw more toxin producing animal products into the system that you are working to cleanse.

Begin working toward eating 75% raw vegan food. This means fruit, vegetables, sprouts, grains, raw nuts, fresh juices, and pure water. Your days will start with a large glass of water (16 ounces). This will get your system moving and wake your bowels up. After the glass of water, stretch, use the restroom and move around. Consume the Green Drink before the morning meal. Take the 2 Parasite Compound Capsules and 1 clove of garlic with the morning meal. This might be a good time for some light exercise. Try to get as much healthy sunlight exposure and fresh air as possible during the detoxification.

Take 2 Parasite Capsules and 1 clove of garlic with your afternoon meal. In the evening, take 1 clove of garlic with your evening meal and 1 to 4 Sennara Capsules after the evening meal. The Sennara Capsules should be adjusted to achieve two to three bowel movements each day. On day eight (8) of the cleanse, you will only eat vegan food and 75% of it should be raw.

Days 9-14

During the last six days of the cleanse, you will begin taking the Detox Compound Capsules, but only after you are maintaining two to three bowel movements per day. Consume only vegan foods (no animal products) and 75% of the vegan food should be raw. Start the day with a large glass of water (16 ounces). After the glass of water, stretch, use the restroom and move around. Consume the Green Drink before the morning meal. Take the 2 Parasite Compound Capsules and 1 clove of garlic with the morning meal. Take 5 Detox Compound Capsules after the morning meal with 16 to 32 ounces of pure water. This might be a good time for some light exercise. Again, try to get as much healthy sunlight exposure and fresh air as possible during the detoxification.

Take 2 Parasite Capsules and 1 clove of garlic with your noon meal and 5 Detox Compound Capsules after the noon meal. Don't forget, 16 to 32 ounces of pure water must be consumed with the Detox Compound Capsules. In the evening, take 1 clove of garlic with your evening meal, 5 Detox Compound Capsules after the evening meal, and 1 to 4 Sennara Capsules after the evening meal with the required pure water. The Sennara Capsules should be adjusted to achieve two to three bowel movements each day. If the frequency of bowel movements slows with the use of Detox Compound Capsules, increase the number of Sennara Capsules you are taking.

Take note of what is coming out in the bathroom. Go ahead and look, no one will know. If you are daring, take a picture. A word of caution – If you decide to remove any strange fecal matter from the toilet for a photo opportunity, make sure it does not touch your bare skin. It is toxic and could be full of parasites or larvae (and might ruin your picture). We love to see the pictures and hear testimonials that start with “What the heck?” Don’t worry, we’ll keep you anonymous, send it in.

Maintenance

After completing the detox program, stick with the healthy habits you know will produce the results you desire. You wouldn’t want to clean your house and then throw buckets of garbage and sewer onto the floors when done. Move with the momentum you have created with the detoxification. The Green Powder is made to be taken every day. It contains botanicals that can keep your systems moving and clean, give you the energy you need to be effective, and feed your being with what it has been lacking.

Sennara is a maintenance **must** for anyone who can’t achieve the goal of 2 to 3 bowel movements each day. It is safe to use on a regular basis and will assist in retaining your gains with the detoxification. The Parasite Compound Capsules are safe for regular use. They will help your intestinal tract maintain healthy bacterial levels and prevent infestations with intestinal worms. The botanicals in Parasite Compound Capsules are loaded with anti-inflammatory properties and can be a great addition to a healthy lifestyle.

14 Day Intestinal Cleanse Pack Quick Sheet

	Parasite Compound	Sennara Capsules	Fresh Garlic	Green Powder	Detox Compound
Days 1-7	2 capsules 2 X / day	1 to 4 capsules/day (evening)	3 cloves / day	2 Tbsp / day	N/A
Day 8	2 capsules 2 X / day	1 to 4 capsules/day (evening)	3 cloves / day	2 Tbsp / day	N/A
Days 9-14	2 capsules 2 X / day	1 to 4 capsules/day (evening)	3 cloves / day	2 Tbsp / day	5 Capsules 3 Times / day

Days 1-8 (Day 8 – Vegan Food Only – 75% RAW)

AM

- 2 Parasite Compound Capsules (With Meal)
- 1 Clove Garlic (With Meal)
- 1 Green Powder Drink

Noon

- 2 Parasite Compound Capsules (With Meal)

1 Clove Garlic (With Meal)

PM

1 to 4 Sennara Capsules (After Meal)

1 Clove Garlic (With Meal)

Days 9-14 (Vegan Food Only – 75% RAW)

AM

2 Parasite Compound Capsules (With Meal)

1 Clove Garlic (With Meal)

1 Green Powder Drink

5 Detox Compound Capsules with 16 to 32 ounces of pure water

Noon

2 Parasite Compound Capsules (With Meal)

1 Clove Garlic (With Meal)

5 Detox Compound Capsules with 16 to 32 ounces of pure water

PM

1 to 4 Sennara Capsules (After Meal)

1 Clove Garlic (With Meal)

5 Detox Compound Capsules with 16 to 32 ounces of pure water

Warning

The information in this booklet and on the Botanical Pharm, LLC website is for educational purposes only and is not intended to substitute for the advice from your health care practitioner. If you are ill, see your health care provider. It is your constitutional right to prescribe treatment for yourself, but this does involve risk. In prescribing treatment for yourself, you assume your own risk. Any statements in this booklet and on the Botanical Pharm, LLC website have not been evaluated by the Food and Drug Administration. Botanical Pharm, LLC information and products are not intended to diagnose, treat, cure, or prevent any disease.