בס''ד



HOW TO PREPARE FOR A COLONIC

An Alive colonic session is very powerful, Be-ezras Hashem. However, for even greater results, and to eliminate old waste stuck to the colon wall, prepare with this protocol and diet.

Take a lot of fiber, one or more days before the colonic. Ideally, 3 days before the colonic.

Eat light or drink only

Suggested menu:

In the morning, drink blended fruit smoothies

Throughout the day, drink vegetable juices

3:00 you can have a salad with or without cooked vegetables and-or protein

5:00 you can have a soup or blended vegetables, or fruit

Recommended Supplements:

Take a cleansing drink, the ingredients are:

3 ounces apple cider or apple juice

4 ounces water

1 teaspoon **Supergreen**

Add 1 teaspoon **Motion Powder** and mix. Drink right away.

Take the cleansing drink along with 2 **Action** tablets every 4 hrs.

To help remove more fungus and parasites from the colon, take Para A and Para B- 3 droppers-full of each -4 times a day

For extra liver cleansing, which helps for losing weight, take 2 Tablespoon of Livston before bedtime

On the day of the colonic don’t eat anything- drink only.

All of the afore-mentioned products are from the Tahua company.

For any questions feel free to call 718.650.6343