A Message From The Founders Of Blessed Herbs®

Dear Friends,

It seems the need to heal and be healed knows no bounds and love is still the greatest balm for what ails us all. We at Blessed Herbs offer only the finest quality organic and wild-crafted herbal products as tools for the journey towards better health for you and your loved ones.

We invite you to discover how herbal cleansing can be a wonderful, powerful process that harnesses the special healing properties of herbs. Recognizing that herbs are a gift from our Creator intended to nourish, heal and soothe us, we strive to bring that blessing directly to you.

In health and harmony,

Michael and Martha
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Herbal Cleansing: Nature And You Working Together

In our modern society, it’s easy to forget that we’re an integral part of nature; that our bodies are part of a holistic, living system that supports and nourishes us.

When we’re in good health, it’s a sign that our body has adapted to our particular lifestyle and environment; that we’re in-sync with nature’s rhythms and that our personal system has reached a state of equilibrium or “balance.”

When we’re feeling ill or “out of sorts” – our body is sending us a signal that we’ve lost our balance; that we’ve fallen out of step with nature’s cycles, both within and without.

Herbal cleansing is a way to “re-set” our personal system and help our body regain its balance. Using herbal formulas and diet changes, we help the body expel accumulated waste and toxins. But just as importantly, herbal cleansing supports and encourages our body’s own self-cleansing mechanisms – our channels of elimination and detoxification themselves.

So while it may appear that these potent herbs may be doing all the work – they are really designed to help our body to work better.

Each of us has six, interdependent channels of elimination – and when we get all those channels working together seamlessly – we feel healthy!

In this guide we’ll introduce a comprehensive method for cleansing and rebalancing.

Our program begins with a Colon Cleansing Kit™ that actually addresses the needs of the entire digestive tract: stomach, small intestines and colon (large intestines).

Once the digestive tract is cleansed and rejuvenated - we have an Internal Cleansing Kit™ that works from the “bottom-up” – sequentially supporting all the other channels of elimination: liver, kidneys, lungs, blood, lymph and skin.

The most noticeable action of our kits is the removal of stored toxins and accumulated waste. Beyond that, our kits and supporting products are designed to improve your self-cleansing capabilities overall - enabling your body to get back on track and keep pace with the demands of modern living as the year progresses and the seasons change.

We invite you to learn more about our herbal cleansing – and how it can be your new foundation for year-round health.

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How Is Your Digestive Tract?

<table>
<thead>
<tr>
<th>Are your bowel movements</th>
<th>yes</th>
<th>no</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular – at least once a day?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Effortless – no straining?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Soft, but formed?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Floating?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Almost odorless?</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

If you answered no to any one of these questions, it indicates an imbalance in the colon and/or a lack of fiber in your diet. A person with a healthy bowel can answer yes to these questions.

<table>
<thead>
<tr>
<th>Do you experience any of the following?</th>
<th>yes</th>
<th>no</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constipation?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Gas or flatulence?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Bloating?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Protruding abdomen?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Diarrhea?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Offensive body odor?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Nausea?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Indigestion?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>White coated tongue?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Easily catch whatever is going around?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Tired for no reason?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Mentally foggy?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Emotionally erratic?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Skin blemishes/imperfections?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Bad breath?</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Dull headache?</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

If you answered yes to any one of these questions, it may indicate imbalances in your digestive system; especially, the colon. The Colon Cleansing Kit™ can help your body regain its own natural balance, through cleansing the colon and small intestines and rejuvenating the digestive system.*

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How the Colon Cleansing Kit™ Can Make You Feel Better and Gain More Energy*

Our herbal cleansing products were originally developed to serve the needs of holistic health practitioners, who routinely work with a wide variety of health conditions and individuals. Over the last six years our Colon Cleansing Kit™ has been successfully used with thousands of clients to help with many different conditions: constipation, allergies, fatigue, skin problems, mood swings, bad breath, food intolerance, etc.

The common thread that links these disparate conditions is a simple, "gut" truth — restoring and maintaining the health of your whole being is singularly dependent on the health of your digestive system. For this reason, herbal cleansing can lead to a host of benefits, especially when you augment your cleansing with changes to your diet and lifestyle, and reduce exposure to toxins.*

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**Improve Your Digestion**

Digestion is the mechanical and chemical process of breaking down food (proteins, fats and carbohydrates) into molecules small enough to be absorbed through your intestinal lining. Herbal cleansing supports digestion by stimulating and toning the natural secretions and functioning of your stomach, pancreas, intestines, liver and gallbladder — so you can break down food molecules more productively, and supply your body with the nutrients it needs to make you feel your best.

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**Absorb More Nutrients**

Absorption happens when food molecules are broken down small enough to pass through the inner wall of your intestines into your blood or lymph.

Cleansing the digestive system of old waste and hardened mucus provides an unlogged surface and restores the linings integrity. A healthy, clean and intact lining assures maximum absorption of nutrients for more energy and vitality.

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How the Colon Cleansing Kit™ Improves Elimination, Supports Your Immune System And More*

Once digestion and absorption are completed, the undigested food, bacterial remains, metabolic wastes, hormones, cholesterol, and environmental toxins need to be removed from the body to prevent autointoxication. Without daily bowel movements, we may experience a host of uncomfortable symptoms. As important as it is to digest and absorb, it is equally important to eliminate. Herbal colon cleansing not only moves out all of these accumulated wastes and toxins, but it helps condition the intestines for better everyday regularity.*

Establish Better Elimination*

The intestinal walls have ten times the surface area of your skin. For this reason, your body focuses a substantial amount of immune activity to protect this potential entrance from foreign invaders. In fact, researchers estimate that two-thirds of all immune activity occurs in the gut. This is normal and natural. However, if your digestive system is functioning poorly, or is overly toxic, your body may be exposed to toxins entering the bloodstream. To your body, these toxins may appear as foreign invaders and it may react with an inappropriate immune response. This out-of-balance process can be a drain on your energy and may also lead to difficulties such as allergies and autoimmune conditions. As colon cleansing helps support digestive functions and restore a healthy intestinal lining – unnecessary burdens on your immune system are reduced:

Reduce Cravings & Food Dependencies*

When your body’s ability to digest and absorb food is impaired, it feeds a cycle of craving more food and stronger flavors – when what you really need is better nutrition. Many people have found that our herbal cleansing kits are a terrific aid in breaking this cycle and lessening their dependence on habit-forming foods like sugar, caffeine, junk foods, etc. This means fewer high/lows and a feeling of steadier, longer lasting energy.

Less body, breath odors*
Less gas, flatulence*
Less bloating; flatter stomach*
Less white or coated tongue*

There are many “signs” when your digestive system is impaired or your body is suffering from an overload of toxins. Instead of masking these conditions with temporary “fixes” – colon cleansing works to resolve the root causes, providing you with a long term solution and a marked improvement in your self esteem and confidence.

Strengthen your body's defenses*

Colon cleansing can help give you clearer skin and let your true radiance shine forth.

Better Physical Appearance*
Clearer Skin*

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What the Colon Cleansing Kit™ Does

1. Assures regular and comfortable bowel movements*
   Our herbal stimulant formula not only helps the bowels move regularly (2–3 times/day), but includes carminative herbs that reduce or eliminate cramps, gas and griping that could be caused if stimulating herbs are taken by themselves.

2. Removes old, accumulated waste from your colon & intestines*
   In the following pages (see pages 8 & 9) we’ll explain how cleansing combined with a liquids-only fast enables our herbal blend to literally bind and pull out old waste that is stuck to your intestinal walls! Our Colon Cleansing Kit™ may alternatively be done without fasting, providing a milder cleanse for increased regularity and gentler cleansing.*

3. Rejuvenates the digestive system*
   The herbal formulas of the Colon Cleansing Kit™ are designed to restore and encourage the natural functions of your entire digestive system, including the stomach, both the large (colon) and small intestines, liver, gallbladder and pancreas:
   - Stimulates digestive secretions*
   - Provides tonic support for digestive organs and mucus membranes*
   - Decongests the liver and stimulates bile flow*

4. Prepares you for the Internal Cleansing Kit™
   The Colon Cleansing Kit™ can be used (2-4 times/year) as a stand alone cleansing therapy – or as the first step of our Complete Cleansing Program™. It is highly recommended to fully cleanse the colon prior to beginning the Internal Cleansing Kit™. A well-functioning colon enables the herbal formulas to work directly with the other five pathways of cleansing (liver, lungs, kidneys, skin and lymph), without having to deal with a “backed-up” body sewer – the 6th pathway! By removing old, accumulated wastes from the intestines, this allows the Para-Cleansing formulas of the Internal Cleansing Kit™ to purge “para-organisms” more easily and more completely.*

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How the Colon Cleansing Kit™ Removes Old Waste

A look inside of your digestive tract

How Old Waste Begins to Build Up
The food you eat is broken down during the process of digestion so it can be absorbed through the intestinal wall. What is not digested or absorbed is eventually eliminated as waste.*

Over time old waste and toxins may build up within the folds of your intestinal wall. Observational evidence suggests this is the result of excessive mucus secretions, stuck food particles, environmental toxins, constipation, etc.*

How the Colon Cleansing Kit™ Removes Old Waste
By giving your body a break from solid food the main formula in the Colon Cleansing Kit™, Toxin Absorber™, a psyllium–based drink, is able to bind to old waste and toxins and begin pulling it out of your digestive tract.*

Throughout the course of your five day liquids-only fast, old accumulated waste and toxins will be drawn out of your intestinal system by Toxin Absorber™.*

Rejuvenated Intestinal Lining
After completing the Colon Cleansing Kit™ your intestinal lining is left cleansed and rejuvenated.*

Throughout your five day liquids-only fast, Toxin Absorber™ continues to pull old, accumulated waste and toxins out of your intestines. As old, accumulated waste and toxins are eliminated you begin to feel thinner, more energetic, and full of energy. You won’t know how good you can feel until it’s gone!* 

Expert Opinions

Dr. Bernard Jensen
“the heavy mucus coating in the colon thickens and becomes a host of putrefaction. The blood capillaries to the colon begin to pick up the toxins, poisons and noxious debris as it seeps through the bowel wall. All tissues and organs of the body are now taking on toxic substances. Here is the beginning of true autointoxication on a physiological level. This accumulation can have the consistency of truck tire rubber. It’s that hard and black.”

Dr. Richard Anderson
“I have always attempted to make it clear that the ‘Mucoid Plaque’ found in the bowel is not equivalent to the natural healthy gastric and intestinal mucosa. The natural mucosa serves as a necessary buffer for the gastro-intestinal wall and as a lubricant for intestinal motility. ‘Mucoid plaque’ of any description is un-natural and is found only after the body has moved towards diseased states. Medical science has many words to describe each of these conditions, but to my knowledge, there are no effective terms that describe them under one category.”

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3 Ways To Do the Colon Cleansing Kit™

With or Without a Liquids—Only Fast

**BEST Method:** 9 Days, Five of them a Liquids—Only Fast

Liquids-only fasting assures that Toxin Absorber’s™ ability to remove old waste will not be lessened by the presence of solid food. In addition, taking Toxin Absorber™ every three hours, five times a day, will maintain the optimum concentration of waste removing herbs within your digestive tract. This method is unequaled for removing old accumulated intestinal debris.

**Step-by-Step**

1. This method starts with a 3-day pre—cleanse with daily reductions of food portions and/or diet changes. During this time you will also discover how many Digestive Stimulator™ capsules you need to take before bed to assure three daily bowel movements the following day. This number will vary depending on your current regularity.

2. You will follow the pre-cleanse with 5 days of liquids-only fasting, while taking Toxin Absorber™ 5 times per day (every 3 hours). Generally on the second or third day of this liquids-only fast you will begin to see the largest amount of old waste being removed from your body (results vary individually).*

3. After completing your 5 day liquids-only diet, you’ll gently break your fast and resume eating solid foods again.

**BETTER Method:** 8 Days With Optional Changes to Diet

Alternatively the Colon Cleansing Kit™ may be done while eating solid foods. If you choose to eat while cleansing you can control the strength of your cleanse by varying what and how much you eat. If you do choose to eat, taking the Colon Cleansing Kit™ over the more intensive five-day period will still provide a deeper cleanse than the thirty-day option. This method is BETTER if you feel that fasting for five days would be too difficult for you or if you simply want a gentler cleanse.

**GOOD Method:** Thirty Days With Optional Changes to Diet

The third option is to take one packet of Toxin Absorber™ before bed each night for thirty days. In addition, you may elect to make dietary changes as mentioned above. This method is GOOD if you are constipated and want to establish a pattern of regularity or simply want a more gentle cleanse.
Customize Your Colon Cleansing Experience

Are You Very Constipated? Important Information

If you are usually very constipated, that is, a bowel movement only every 3-10 days that is hard and compact, along with bloating, gas, and/or other intestinal discomforts, then you are not quite ready for any of the three options of the Colon Cleansing Kit™.

We recommend you take Digestive Stimulator™ for two weeks before beginning the good option of the Colon Cleansing Kit™. This will establish regular daily movements, which will make it much easier and more comfortable to do either the best or better options of the Colon Cleansing Kit™.

Please order our Regularity Support Pak™ (available Online from our website), which includes three bottles of Digestive Stimulator™ to take for fourteen days in preparation for the Colon Cleansing Kit™.

Dietary Changes And The Strength Of Your Cleanse

<table>
<thead>
<tr>
<th>type of diet</th>
<th>organic or not</th>
<th>meals per day</th>
<th>raw or cooked</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strongest cleanse</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(the most mucoid plaque removed)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>raw juices</td>
<td>100% organically</td>
<td>freshly made</td>
<td>100% raw</td>
</tr>
<tr>
<td>raw food</td>
<td>grown food</td>
<td>juice only</td>
<td></td>
</tr>
<tr>
<td>whole foods</td>
<td>80% organic 20%</td>
<td>1 meal plus juice</td>
<td>80% raw</td>
</tr>
<tr>
<td>vegan (no eggs or dairy)</td>
<td>non-organic</td>
<td>2 meals plus juice</td>
<td>20% cooked</td>
</tr>
<tr>
<td>macrobiotic</td>
<td>50% organic 50%</td>
<td>2 1/2 meals plus</td>
<td>50% raw</td>
</tr>
<tr>
<td>vegetarian (with eggs and dairy)</td>
<td>non-organic</td>
<td>juice</td>
<td>50% cooked</td>
</tr>
<tr>
<td>meat eater no processed foods</td>
<td>all non-organically</td>
<td>3 meals only</td>
<td>20% raw</td>
</tr>
<tr>
<td></td>
<td>grown food</td>
<td>plus snacks</td>
<td>80% cooked</td>
</tr>
<tr>
<td>meat eater plus packaged</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>processed foods</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Strongest cleanse**
- raw juices: 100% organically grown food
- raw food: 80% organic 20% non-organic
- whole foods: 50% organic 50% non-organic
- vegan (no eggs or dairy): 20% organic 80% non-organic
- macrobiotic: all non-organically grown food

**Mildest cleanse**
- raw and organic fruit juices have the strongest cleansing effect*

A five day liquids-only fast, using Organic Apple Juice, will provide the most effective cleansing experience.

Meat and fried foods are some of the hardest for your body to process and if eaten while cleansing will reduce the body’s ability to cleanse.

All options will use this chart above during Step 1. Then the **BEST OPTION** will follow with a liquids-only fast, while the **BETTER** and **GOOD OPTIONS** will continue to use the chart throughout Step 2. This chart gives a more in-depth look at the effects of eating different diets while taking the Colon Cleansing Kit™.

To use this chart, locate your current diet type in each column.
- You can make your cleanse stronger and more effective by moving up in any column or in any combination of columns.
- Likewise, if your cleanse becomes too strong, you can move down in any column to soften the effects.*

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The Colon Cleansing Kit™ Formulas and Ingredients

Digestive Stimulator™
90 vegetarian caps, 450 mg per cap
A natural, gentle, non-addictive herbal stimulant that tones, cleanses, and purifies the entire digestive system. It helps to release stored toxins, as well as those that have been trapped in your body’s intestinal walls.

Cape Aloe leaf & Aloe Vera leaf
supports normal bowel function, stomach & liver tonic, blood cleanser*

Cascara Sagrada bark
supports normal bowel function, bitter tonic, stimulates digestive secretions of liver, gallbladder, stomach and pancreas*

Chinese Rhubarb root™
stimulating tonic for liver and gallbladder ducts and mucus membranes, promotes removal of toxins from bowels and blood*

Barberry root
supports liver, gallbladder, spleen and bowel*

Dandelion root™
supports liver function, stimulates bile flow, helps release and absorb toxins*

Fringe Tree root bark
tonic action on spleen and pancreas, liver stimulant*

Triphala fruit™ (Amla fruit, Belleric Myrobalan fruit, Chebulic Myrobalan fruit)

Triphala fruit (Continued)
Ayurvedic formula:
1) supports normal bowel function*
2) supports nerves & brain*
3) provides vitamin C for liver detox*

Meadowsweet aerial parts
calms an overactive digestive system*

English Plantain aerial parts
a soothing herb for the intestines, breaks up mucoid plaque*

Ginger root™
alleviates occasional gas, bloating and nausea*

Fennel seed™
alleviates occasional gas and cramping*

Peppermint leaf™
stimulates liver and gallbladder, cleanses colon, improves digestion*

Fenugreek seed™
a soothing herb that promotes healthy bowel function*

Licorice root™
harmonizes formula*

Toxin Absorber™
30 individual packets, 10 grams per packet
A gentle, bulk-forming stimulant that draws old waste out of the digestive tract. Taken five times per day, during the Colon Cleansing Kit™, this formula and a liquids-fast are the keys to removing old, accumulated waste.

Psyllium seed husks™
an absorbing fiber that scrubs intestinal walls, moves toxins and materials through the colon*

Bentonite clay
adsorbent that draws toxins to itself, adsorbs more than 40 times its weight in toxins*

Apple pectin
binds fatty acids, triglycerides and blocks their absorption from the gut*

Ginger root™ or Peppermint leaf™
helps alleviate digestive discomfort and bloating from psyllium*

*Certified Organically Grown, all others are wild harvested with care.

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Frequently Asked Questions

How will I feel during the cleanse?

Each person feels differently as they cleanse. Some feel very energetic and more alive while cleansing; others not until after they have completed their cleanse. It is also possible to alternate between feeling great and not so great.

There may be occasional discomforts called cleansing reactions, which are a sign that your body is releasing toxins. If the body is ready, some may even experience a deep cleansing reaction. This can happen during the cleanse, but more likely will occur sometime later when you have built up your strength. All these experiences are the body’s wisdom at work focusing on the areas that need to reach optimal health. Any discomforts of cleansing are only temporary, and always lead to more energy, vitality, and renewed health.

Will I be hungry all the time?

Taking Toxin Absorber™ five times a day will greatly reduce hunger pains. Also, you can have an organic vegetable soup broth or more apple juice, if you need a little extra energy. Most people report they do not feel hungry during the cleanse.

If I eat during the Colon Cleansing Kit™ will I still get out the plaque?

No, you may get out small bits, but it takes fasting on liquids to allow the Toxin Absorber™ to bind to the “plaque” rather than solid food, in order to move the plaque out. That is why we say there are three ways to use the Kit. If you elect to eat, you will not get out any large amount of plaque, but you will still be cleansing and eliminating toxins throughout your intestinal system as well as establishing regularity and rejuvenating your digestion.*

What is a liquids–only diet?

A liquids–only diet is not taking any solid foods or solid foods that have been liquefied, pureed, or blended. The liquids should be as clear of any solid particles as possible. Ask yourself, can I see through the liquid? If you can, you can use it on this liquids–only diet. Liquids allowable are: water, herbal tea (strained), organic juices, but not citrus, and strained, clear, organic vegetable broth (recipe is in our downloadable Users Guide). It is best to drink only water, clear apple juice, tea, and clear vegetable broth.

Do I have to be in the bathroom all the time?

While you will be going to the bathroom more often, you will not experience it as an overwhelming, uncontrollable or urgent need. The Digestive Stimulator™ has been formulated to act very gently, but surely, with your body. You will find it quick, easy, and comfortable to have three plus bowel movements a day.

When will I start to see mucoid plaque?

The majority of users generally report seeing mucoid plaque on the second to third day. This is because the intestines take time to empty of solid food and begin the cleansing process. In fact, one can choose to do this cleanse twice in a row for a total of 10 days. Many people who have done this have found the most mucoid plaque actually comes out on days six to nine.*

Can I exercise while doing the Colon Cleansing Kit™?

If you are feeling good and strong, then exercise, but keep to an easy routine. Don’t do strenuous exercise while on the liquids–only diet. For example, walk – don’t run, stretch, and don’t do heavy lifting.

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Testimonials on the Colon Cleansing Kit™

“I tried other similar products in the past, with less impressive results, However this kit REALLY works.”

I was very pleased with the Colon Cleansing Kit. I had tried other similar products in the past, with less than impressive results. However, this kit REALLY works. I did not follow the strict fast to a T, but I still had exactly the kinds of bowel movements pictured on the website here. They got bigger as the days went on, and although I was almost frightened by their appearance, I was glad to have eliminated them from my body. I would definitely recommend this product to anyone.

Kym

“The best surprise was how comfortable all my movements were.”

I started the colon cleansing kit thinking it was too good to be true. I had always been slightly constipated and the results of this kit were such a relief to me. I loved the comfortable bowel movements I experienced during the three day pre-cleanse. The amount of waste that I expelled during the 5 day fast was astounding. I lost 5 pounds during the fast stage and my overly bloated stomach went down considerably. The best surprise was how comfortable all my movements were. Although many were large, I did not feel any cramping or need to rush like a crazy to the bathroom. My husband has said that my skin is clearer now and I definitely feel lighter and healthier. I really have to thank the creators of the product!

T.G.

“Your staff was very professional and answered all my questions with detail.”

To: info@blessedherbs.com
Subject: Colon Cleansing Kit

I just wanted to take a moment to Thank You for such a great kit! This kit is everything and more than you describe it as. I have never felt so revitalized and energetic as I do now. I completed my first cleanse a couple weeks ago and it was the best thing that I could have ever done. The kit is very simple and easy to follow with the detailed instructions and guide that you provide. The website is very informative. Your staff was very professional and answered all my questions with detail. I lost 13lbs and feel absolutely wonderful getting rid of the toxins and mucoid plaque in my digestive system. I have recommended this kit to everyone that I know. My mother has now begun her cleanse and she is very excited. Thanks again for all your help. You have a great staff and incredible products.

Thanks Again, Amy (central pa)

“I want to say thank you for producing such a wonderful product that does just what the advertisement says it will.”

I just wanted to drop a note to say thank you! I just finished the colon cleanse and feel so different. I want to say thank you for producing such a wonderful product that does just what the advertisement says it will. That is so rare, but much appreciated.

JCollins

“Your staff was very professional & answered all my questions with detail”

To: info@blessedherbs.com
Subject: Colon Cleansing Kit

I just wanted to take a moment to Thank You for such a great kit! This kit is everything and more than you describe it as. I have never felt so revitalized and energetic as I do now. I completed my first cleanse a couple weeks ago and it was the best thing that I could have ever done. The kit is very simple and easy to follow with the detailed instructions and guide that you provide. The website is very informative. Your staff was very professional and answered all my questions with detail. I lost 13lbs and feel absolutely wonderful getting rid of the toxins and mucoid plaque in my digestive system. I have recommended this kit to everyone that I know. My mother has now begun her cleanse and she is very excited. Thanks again for all your help. You have a great staff and incredible products.

Thanks Again, Amy (central pa)
Testimonials on the Colon Cleansing Kit™

“I was NEVER hungry and I had MORE energy as each day went on.”

To: info@blessedherbs.com
Subject: feedback on colon cleanse
I just wanted you to know that you have another extremely elated customer. I took the colon cleanse as it is instructed in the “best” mode – eating organic for the first 3 days, and only the herbs along with apple juice and lots of water over the next five. I was NEVER hungry and I had MORE energy as each day went on. The mind wanted to eat on occasion but never the body. I didn’t really see “results” (like the gross pictures on the web) till the very end of day 5 and then really so on day 7 and 8 and even the day after I broke the fast. When it came, I was SO pleased to have that disgusting matter out of my body. Your cleanse is wonderful!!!! I look forward to doing it EVERY year.
Thank you!
Charles C. (San Francisco)

“…it’s so clear and easy to use, leaving nothing to uncertainty.”

To: info@blessedherbs.com
Subject: feedback on colon cleanse
I am just about to have completed the colon cleanse program. Thank you, it’s really good and I am recommending it to everyone. I want to compliment you on the design of the users book and dosage calendar, it’s so clear and easy to use, leaving nothing to uncertainty.
Thanks in advance, Reiner.

“I can’t believe the difference. I am more awake, alert, and alive now than I have been in many years.”

Emotionally, spiritually, physically...it has been a complete inside-out makeover.

Wow! That sums up my experience with the Colon Cleansing Kit. I can’t believe the difference. I am more awake, alert, and alive now than I have been in many years. I couldn’t believe the stuff that came out of me. The effect of eliminating all of those toxins is both profound and apparent. Emotionally, spiritually, physically... it has been a complete inside-out makeover. And it literally happened in 8 days. Thank you for such an incredible product. I am a better person because of your findings and your program. And many of the folks that have seen me, heard me talk about it, are so excited to try it. In fact, I just ordered another for my wife because she’s totally convinced that I’m a better man now than just 8 days ago. Amazing! Many, many thanks and best wishes.
A.D.

“I could feel the effects of the toxins being released and expelled, like nothing I’ve ever felt before.”

To: info@blessedherbs.com
Subject: Amazing.
I just wanted to tell you I’m astounded. I tried the ginger colon cleansing kit with the 5 day fast and was just blown away. I feel amazing. I’ve used other cleansing kits before but they left me bloated, uncomfortable and tired. I could feel the effects of the toxins being released and expelled, like nothing I’ve ever felt before. Food also still tastes amazing. And I sleep better, too. I also have more energy. The list goes on... I don’t have photos but I can’t stop raving about this.
Thank you so much.
Alexis M.
Contents of the Colon Cleansing Kit™

(30) Toxin Absorber™ Packets • (90) Digestive Stimulator™ (vegetarian capsules) • (1) Glass Shaker Jar (to mix Toxin Absorber™) • (1) Dosage Calendar • (1) Users Guide

Toxin Absorber™: Choose Ginger or Peppermint

During this program you will take Toxin Absorber™ with apple juice and water, five times a day, to draw build-up off your intestinal walls. The Colon Cleansing Kit™ is available with either organic Ginger root or organic Peppermint leaf flavored Toxin Absorber™. Both of these have similar calming affects on the digestive system. Toxin Absorber™ comes in individual doses for easy use.

Choose Organic Ginger if any of the following applies to you:
• if you have a feeling of cold most of the time or have a feeling of heat, but only in the afternoon or evening, often with night sweats
• if you usually like heat and dislike cold, except while experiencing a hot spell
• if you have cold extremities
• Caution: if you have hiatal hernia choose Ginger because Peppermint may cause more acid refluxing due to a relaxing effect on the lower esophageal sphincter.

Choose Organic Peppermint if any of the following applies to you:
• if you have a feeling of heat most of the time
• if you usually like cold and dislike heat
• if you have a burning sensation in your stomach sometimes
• Caution: if you are taking anticoagulant or antiplatelet drugs or aspirin choose Peppermint, because Ginger at high doses may increase the blood-thinning effect of these drugs but Peppermint does not.

Digestive Stimulator™: Comfortable Regularity

Digestive Stimulator™ is a natural herbal supplement that tones, cleanses, and purifies the entire digestive system. The dosages will vary for each person to assure that one’s bowels are moving at least three times a day. During this program it is vitally important that one has regular bowel movements to keep the Toxin Absorber™ moving through the intestinal system. Digestive Stimulator™ comes in vegetarian capsules packed in amber glass for optimum potency.

Users Guide

The Users Guide (printed version included) gives detailed instructions and tips for every part of the program. It also has a large section of common questions and answers to help you along the way.

Dosage Calendar

The Dosage Calendar is your daily companion. It has a page for each day of your cleansing with complete dosage instructions.

Shaker Jar for Mixing Toxin Absorber™

Shaker jar to mix Toxin Absorber™ with juice. We recommend organic apple juice. Apple juice makes the main formula of this cleanse, Toxin Absorber™, much easier to drink. You can try to take it with water, but we have found it tastes much better and goes down smoother with apple juice. Apple juice also has its own cleansing powers and helps with the rejuvenation process. You can also drink apple juice at any time during this cleanse if you feel you need a little more energy or a change from just water.

Discrete, Breakproof Packaging

Your Colon Cleansing Kit™ will be shipped in a discrete, brown cardboard carton.
Cautions and Safety: Conditions and Drug Safety Information

The Colon Cleansing Kit™ is a safe process used by tens of thousands of satisfied customers. There are some conditions and drugs that make it inadvisable to use and others that require the guidance of a healthcare practitioner to monitor your condition and/or adjust your drug dosage as needed. Please read the following information carefully.

**DO NOT USE IF...**

- you are pregnant, trying to get pregnant or nursing
- you become pregnant, stop the cleanse immediately
- you have an active, acute infection anywhere in the body
- you are undergoing/recovering from a medical procedure, surgery or therapy
- you have extreme weakness or extreme deficiencies
- you have abdominal pain, abnormal narrowing of esophagus or intestines, an acute inflammation of the GI tract, bowel obstruction, diarrhea or vomiting
- you have trouble swallowing

**The Following Conditions and Drugs May Interact With the Colon Cleansing Kit™**

This information is not limited to only these conditions and drugs listed below, as not all conditions and drugs have been tested or observed with herbs. However, people with these conditions and taking these drugs have safely used our cleansing kits. Please discontinue use if adverse effects occur.

**Conditions**

- Blocked Gallbladder/Gallstones
- Diabetes
- Heart Disease
- Hiatal Hernia
- High Blood Pressure
- Hypokalemia
- Kidney Disease
- Liver Disease
- Very Constipated

**Drugs**

- Anticoagulant Drugs
- Antiplatelet Drugs
- Antihypertensives
- Aspirin
- Corticosteroids
- Diuretic Drugs
- Drug Absorption/Interactions
- Heart Drugs
- Insulin

For more detailed information please go to our website: www.blessedherbs.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*
Follow the Colon Cleansing Kit™ with the Internal Cleansing Kit™

A three and a half week program
to support, protect, and restore your body’s natural ability to “self-cleanse”.

Your body has eleven major systems (circulatory, digestive, nervous, etc.) and five are needed for continuous self-cleansing and elimination
You’re designed this way, because your body continually generates large quantities of endo-toxins – the natural by-products of metabolism. Add to that, the modern burdens of exo-toxins – environmental pollutants, food additives and other stress factors – and it’s clear that if your elimination system is over-burdened or weak, your health and vitality can suffer.

While the Colon Cleansing Kit™ improves digestion and eliminates old waste, the Internal Cleansing Kit™ builds upon this by rebalancing intestinal organisms and by providing comprehensive herbal cleansing and support for your body’s extensive systems and organs of self-cleansing.

Specifically the Internal Cleansing Kit™ is designed to:

1. **Detoxify and Rejuvenate All of Your Body’s Organs of Cleansing**
   Over ninety different herbs in thirteen special formulas support the small and large intestines (colon), liver & gallbladder, kidneys & bladder, lungs, lymph, blood, and skin.

2. **Reduce Para-organisms in the Digestive Tract**
   Three powerful herbal formulas are used to rebalance “para-organism” populations.

3. **Provide Probiotics**
   Introduces 3 billion live strains of friendly bacteria per capsule to maintain a high level of good bacteria in our intestines.

4. **Provide Support While Cleansing**
   Soothing teas and a special antioxidant formula provide comfort and support as your body detoxifies.

5. **Release the Body’s Wisdom for Greater Health**

On the following page you will find a week-by-week overview of this comprehensive, yet easy-to-use detoxification and rebuilding program.

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**The Formulas & Program of the Internal Cleansing Kit™**

### 13 Powerful Herbal Formulas

<table>
<thead>
<tr>
<th>Formula</th>
<th>Pre-Cleanse</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digestive Stimulator™</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Assures regular and comfortable bowel movements throughout your cleanse.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toxin Absorber™</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Pulls old waste and toxins out of your intestinal tract, as well as adding bulk fiber.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liver &amp; Gallbladder Rejuvenator™</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Supports your body’s main organ of self-cleansing throughout the entire program.</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large Para Cleanser 1™</td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rebalances the populations of para-organisms that are visible to the naked eye.</td>
<td></td>
<td></td>
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<tr>
<td>Large Para Cleanser 2™</td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rebalances and expels the populations of para-organisms that are visible to the naked eye.</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Small Para Cleanser™</td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reduces the populations of para-organisms that are too small to be seen by the naked eye.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friendly Bacteria Replenisher™</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Recolonizes intestinal tract with probiotics.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kidney &amp; Bladder Rejuvenator™</td>
<td></td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Stimulates, decongests, soothes, and tones the kidneys and bladder in their daily tasks.</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Lung Rejuvenator™</td>
<td></td>
<td></td>
<td>✓</td>
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</tr>
<tr>
<td>Opens and expands the airways, liquifies mucus, softens deposits, clears toxins.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lymph Rejuvenator™</td>
<td></td>
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<td></td>
<td>✓</td>
</tr>
<tr>
<td>Supports the lymphatic system to remove waste while rebuilding optimum functioning.</td>
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</tr>
<tr>
<td>Blood &amp; Skin Rejuvenator™</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Supports cleansing and toning of blood, arteries, and veins. Clears skin.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toxin Neutralizer™</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>A powerful antioxidant formula that neutralizes and prevents toxins from binding to or damaging your healthy cells.*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refreshing Green Tea Blend™</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>You can simply enjoy a cup of this tea for immediate support neutralizing newly released toxins, whenever you feel the need.</td>
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</tbody>
</table>

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**Free radicals** are in search of missing electrons and steal the first one they find, damaging healthy cells in the process.

**Antioxidants** neutralize free radicals by giving them electrons. During any cleanse, released toxins may lead to a higher level of free radicals. The Anti-Oxidants found in the Internal Cleansing Kit™ work powerfully to protect your body’s vital organs, cells, and tissues from damage.

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**Representation of a Free Radical**

![Free Radical Diagram](image_url)

Electron Pair

Electrons come in pairs, if one escapes it leaves a hole & the atom is now a free radical.

Unpaired Electron

Caused by metabolisms & environmental factors.

Protons & Neutrons

Core of an atom, electrons orbit and counter change.
How To Sustain Your Health Improvements

Herbal Cleansing can lead to many different health benefits – but remember that **sustaining your benefits requires an ongoing personal commitment to improve your eating habits and lifestyles.**

**Five keys to ongoing health**
1. Maintain a healthy digestive system
2. Maintain regular elimination (daily!)
3. Be sure to get sufficient, restful sleep
4. Detox your whole body, at least once a year to reduce the effects of exposure to internal and external toxins
5. Eliminate or reduce exposure to toxins

**Key diet and lifestyle changes that we’ve found to be universally effective**
- Answer nature’s call immediately – never suppress the urge for a bowel movement.
- Consume 20–25 grams of dietary fiber daily.
- Drink lots of pure, filtered water each day. Water is beneficial for many reasons, however it is essential to drink plenty of water when using fiber supplements such as our **Toxin Absorber™** to help reduce constipation.
- Choose organic, nonprocessed whole foods.
- Have 1 tablespoon of flaxseed oil daily.
- Take a nutritional supplement of **Organic Superfood™** daily.
- Include a small portion of cultured or fermented foods with every meal.
- Maintain good dental health and chew your food well!
- Exercise moderately – everyday.
- Avoid or reduce consumption of common toxins (tobacco, caffeine, alcohol, sugar).
- Repeat your herbal colon cleansing 1–2 times every year.
- Keep a positive outlook…enjoy life!

### Find Your Personal Yearly Cleansing Schedule

You should find your own personal cleansing schedule based on your needs and when you feel it is the right time to cleanse. Here are some typical examples of cleansing schedules:

<table>
<thead>
<tr>
<th>Personal Profile</th>
<th>Personal Cleansing Schedule</th>
</tr>
</thead>
</table>
| **Jane** is susceptible to seasonal allergies, flu and colds | Autumn: Colon Cleansing Kit Internal Cleansing Kit  
Winter: Colon Cleansing Kit  
Spring: Colon Cleansing Kit  
Summer: Colon Cleansing Kit |
| **Maria** is starting a new diet and health regime this Summer | Autumn: Colon Cleansing Kit Internal Cleansing Kit  
Winter: Colon Cleansing Kit  
Spring: Colon Cleansing Kit  
Summer: Colon Cleansing Kit |
| **Dick** is a painter exposed to lots of toxic chemicals through his skin and lungs. | Autumn: Colon Cleansing Kit Internal Cleansing Kit  
Winter: Colon Cleansing Kit  
Spring: Colon Cleansing Kit  
Summer: Colon Cleansing Kit |
| **Brian** suffers from chronic constipation | Autumn: Regularity Support Pak  
Winter: Colon Cleansing Kit  
Spring: Colon Cleansing Kit  
Summer: Colon Cleansing Kit |
Products to Help Maintain Your Health

**Blessed Herbs** offers a complete line of digestive support and detoxification products to help you maintain your health

**Organic Superfood** – a daily nutritional supplement that maintains regularity and is a great source of organic whole-food vitamins, minerals, amino acids, antioxidants, etc.

The Organic Superfood is a combination of twenty-two ingredients, all certified organically grown, which includes greens, algae, sprouts, mushrooms, berries and traditional western tonic herbs. This daily maintenance formula of superfoods is packed with superior nutrition to help meet the demands placed on your body in today's highly toxic and stressful environments.*

Now available in daily serving packets (30 10gm packets/box)

**Blessed Bitters** – for indigestion, occasional bloating, flatulence, constipation, nausea, heartburn, etc.*

**Friendly Bacteria Replenisher** – a daily probiotic supplement is highly recommended immediately after your colon cleanse – and can be taken year-round to maintain your digestive system’s balance and health*

**Digestive Stimulator** – a natural herbal stimulant that tones, cleanses, and purifies the entire digestive system and can be continued after your colon cleanse to maintain regularity and provide ongoing digestive system support*

**Toxin Absorber** – one packet daily provides 24% of your daily fiber needs*

**Colon Cleansing Kit** – repeat your colon cleanse once or twice each year for optimal health*

**Internal Cleansing Kit** – we highly recommend following up the Colon Cleansing Kit™ with our 3 week program that detoxifies and restores all your organs of elimination: Intestines, Liver, Kidneys, Lungs, Blood, Lymph and Skin*

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Are You Ready To Order?

Do you have questions?
We have answers
Call our experts at (800) 489.HERB (4372)
Explore our website at www.blessedherbs.com

Ready to purchase?
We have 3 ways to order
Online: www.blessedherbs.com
Toll free: (800) 489.HERB (4372) Fax: (508) 882.3755

90–Day Satisfaction Guarantee
Hassle Free Refunds
We invite you to try any of our products for 90-days and if you're not satisfied, simply call us and we'll refund your full purchase price, less shipping & handling. Absolutely hassle free. Guaranteed.
For refunds call us at: 800-489-4372

Special Offer on Total Cleansing!
2 great cleansing products at 1 great price

Buy the Internal Cleansing Kit™ ($275.00) and get the Colon Cleansing Kit™ Free ($89.50)

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About Blessed Herbs

The Blessed Herbs ‘family’, today at our location in Massachusetts

Blessed Herbs is a family owned and operated herb company in the rural Upland Region of Massachusetts.

Since 1985, we have been providing over 600 premium quality bulk herbs and herbal products to herbalists, health professionals, herbal manufacturers, retailers and individuals in the United States and abroad.

Our herbs primarily come from our own network of wild harvesters and organic growers, whom we personally know.

Our wild harvesters gather the herbs from the wilds of nature in areas free from pollution, at the height of their potency and with an awareness as to correct species and ecological balance. Our certified organic growers cultivate without the use of synthetic fertilizers, herbicides, or pesticides and take care to enrich the soil naturally.

In 2001 we introduced a full line of herbal cleansing and health maintenance products.

Today, our Internal Cleansing Kit™ and the Colon Cleansing Kit™ are routinely used by hundreds of health practitioners and tens of thousands of individuals all over the world.

The success of our products is directly attributable to our master herbalist, Martha Volchok, AHG.

Martha is a gifted and meticulous herbalist — someone who truly embodies the holistic approach. She’s also a very brave person who has had to contend with a lifetime of disabilities and illnesses. Yet despite these challenges, Martha has never approached her work from the point of view of “fixing what’s broken” — but always from the perspective of “what is healthy?”

And that’s truly what we’re all about. Our number one goal as an herb company is quite simply - to help you restore and maintain your personal health.

Today, Blessed Herbs is still a family-operated business—

and I’m happy to report that our “family” has grown to over 40 individuals who are here to meet your needs and those of our many customers. If you have any questions or comments – please contact us directly. We’d love to hear from you.

Peace,
Michael Volchok