

Colonic Protocol (for Maximum Benefits during your colonic)

A Note From Deborah: *I worked at Comprehensive Medical Center for 1.5 years in Encinitas, CA. I learned these techniques from Dr. Wm. Kellas, PhD. ND. This even removes, stones, deposits stored in kidney, liver, and gall bladder. If you have stones please let me know. We need to modify the lemon drink below a bit more at night.*

Please find below a 3 level suggested diet. For maximum results, do Level 1!!! (1) Optimal, (2) Great, (3) Good.

Note: These items are **NOT** recommended to those who are allergic and/or advised by a doctor to avoid them.

Level 1 – OPTIMAL	Level 2 – GREAT	Level 3 – GOOD
<ul style="list-style-type: none"> ➤ Starting 3 days prior to Colonic: <ul style="list-style-type: none"> ○ Stay on <u>raw fruits/veggies, soups, and deep green smoothies</u> 3 days prior to colonic (see tips and recipes 2nd page) ○ <u>Stay Hydrated!!</u> ➤ 2 days prior to Colonic: <ul style="list-style-type: none"> ○ AM Upon Rising: Drink 8-10 oz water...wait 20 mins....drink <u>Lemon DRINK</u> (see recipe back side) ○ PM Drink <u>Lemon POTION</u> b/f bed (recipe back side) ➤ Night before Colonic: <ul style="list-style-type: none"> ○ <u>Castor Oil/Hot Compress</u> (see inst. below) for ½ hour ○ Drink <u>Lemon Potion</u> ○ Lie <u>on right side for 30 mins</u> while falling asleep ➤ 1 hour before Colonic: <ul style="list-style-type: none"> ○ Eat 1 cup of apple, pear, and/or berries 	<ul style="list-style-type: none"> ➤ Stay on <u>raw fruits/veggies/legumes/soups/smoothies</u> for as long as <u>3 days</u> prior to colonic as possible (see tips and suggestions below) ➤ <u>LemonDrink(AM) / LemonPotion(PM)</u> 1-2 days prior to colonic at AM and PM (waking and going to bed) ➤ <u>Stay Hydrated!!</u> Throughout the day... Drink as much as ½ your body weight in ounces *(IE, a 200 lb person would drink 100 ounces of water per day. That is only 10-10oz glasses of water/day!) 	<ul style="list-style-type: none"> ➤ <u>No Meat</u> ➤ <u>Stay Hydrated</u> <ul style="list-style-type: none"> ○ follow the ½ body weight in ounces rule ➤ <u>Drink Lemon Drink</u>

BONUS Results:

1. EPSOM SALT ENEMA – Day of colonic – 1 tbsp Epsom salt and filtered warm water in enema bag (1/2 to 3/4 full). Lay on right side for 15 mins in order to slowly fill body and hold solution in. *To make distilled water, simply boil water for 20 mins, then let sit and cool

See Next page for Tips/Suggestions and RECIPES

Colonic Protocol Continued....

TIPS/SUGGESTIONS and RECIPES:

What to wear....essential oils are used on the abdomen during the procedure. (Ladies) best to come prepared with swimsuit top while on the table (t-shirts are avail). (Men) jock straps are provided.

Soups (suggestions).....Jasmine, basmati, quinoa, lentils are all okay in soups. Add 1 tablespoon sesame, olive, coconut or grape seed oil to your soups. Do not use oils during cooking, but use after the heat is turned off to eliminate fermentation.

Lemon Drink (AM) ½c of fresh lemon, juiced w/10oz water, pinch of cayenne pwdr (optional)

Lemon Potion (PM) 1/4c juice of lemon, 1/4c cold press organic olive oil – BLEND in BLENDER

*Follow with a small amount of water to swish and swallow. This cleans the residue from lemon/olive oil taste....To protect your enamel, drink w/straw.

Deep green smoothies with kale, spinach, chard, bak-choy, beet leafs, carrot, beet, green apple, fruit smoothies, and raw juice are great. Do not add sugars. All smoothies should have a tsp. of coconut, sesame, flax, or UDO's oil. This stabilizes the blood sugar.

½ Body Weight Rule (Water) Drink at least 1/2 your body weight in oz. of purified or distilled water per day (IE, if one weighs 200 lbs, 100 oz, or 10-10oz glasses of water are recommended. Do this as far out as possible (from scheduled colonic), the longer the time the better.

Castor Oil/Hot Compress:

Make sure you do NOT have kidney, gallbladder, and/or liver stones bigger than a cherry seed. It would be painful if you did have BIG stones!

Needed: thick hand towel, thick bath towel, Castor oil, peppermint oil

Use a Castor oil hot compress for 1/2 hour:

1. Take thick hand towel, dip in hot water and keep in pot. Wear gloves to wring out. Bring beside you, near your bed.
2. Lying down, take deep breaths from core of stomach and relax. Rub 4-6 drops peppermint oil and a generous amount of Castor oil (clock wise, the way your colon moves) around the outer part of your stomach. Place the hot compress wet hand towel on your stomach. Immediately take a large thick bath towel and cover the small wet one to hold the heat for 30 minutes. Now deep breathe from core and relax every part of your body from head to toe with calm soothing music.
3. Once done, drink your lemon potion, with a little tiny bit of water, swish and swallow. Lie on your right side for 30 minutes as you go to sleep.

Next morning you should eliminate BIG deep stool. With all your efforts, hard work and discipline.....we will be able to get deeper into the blind end of the colon and release the bile, acid, mucus, and any parasites that are dead as well. Plaque will start loosening and most of the fecal & gas walls may be removed!

Thank you for your business, trust and caring for your colon!

With Warmest Aloha,

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