



## Name 90-day Colon Programme

### Caps

#### Code Name

CCC-3 90-day Colon Programme with Capsules

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code CCC-1 which attracts no discount.

#### Area concerned

Colon (bowel), detox

#### Ingredients

Each 30-day pack includes:

100 *Cascara Compound Capsules*, 200 *Psyllium Husk Capsules*, 30 *Bio Multi-flora Capsules*, and a comprehensive advice pamphlet about all aspects of the programme.

*See data sheets for individual products for more detailed information.*

#### Description *Applies to both programmes*

The *Colon Programme* is based around the well known formula of *Dr Christopher*, *Cascara Compound Capsules*. (*Dr Christopher* is the inspiration for our range of herbs.) The *90-day Colon Programme* is our best-selling programme, and we get excellent feedback on it frequently.

Most naturopaths believe that colon cleansing is basic to detoxing, and that 2-3 bowel movements a day (as often as we eat) is healthy. Many people have told us this programme can help them to maintain this healthy frequency.

#### Standard use

1 capsule, or 12-15 drops in a little water or juice, of the *Cascara Compound*; plus 2 *Psyllium Husk Capsules* 3 times a day, plus 1 *Bio Multi-flora* daily. Initially, 2, 3 or even 4 times the *Cascara Compound* may be needed to get things started. This is fine; if the increased amounts *are* taken initially, they can usually be reduced to the amounts given above within 1 or 2 weeks. Otherwise, you will require additional supplies of the cascara product.

#### How long to take it for

We recommend taking the full *90-day Colon Programme*, then continue with just the *Cascara Compound Capsules* or *Drops* for a further period, on average 3-6 months.

#### Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

### Caps

### Drops

#### Code Name

CCD-3 90-day Colon Programme with Drops

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code CCD-1 which attracts no discount.

#### Area concerned

Colon (bowel), detox

#### Ingredients

Each 30-day pack includes:

50ml *Cascara Compound Drops*, 200 *Psyllium Capsules*, 30 *Bio Multi-flora Capsules*, and a comprehensive advice pamphlet about all aspects of the programme.

*See data sheets for individual products for more detailed information.*

## Why use the Colon Programme?

The *Colon Programme* is a good thing for everyone to do at some time. The reasons for this are two-fold; firstly, we have seen the pictures and x-rays of the state some people's colon can get into (there are many on the Internet) and secondly, over the past 25 years we have had feedback from people who have carried out colon cleansing, which has frequently been very positive in a whole variety of situations.

We recommend a 90-day programme, followed by 3-6 months of *Cascara Compound Capsules* or *Drops* alone. Remember that naturopaths believe 2-3 bowel movements a day (as often as you eat) to be a healthy frequency

If you have any queries at all, please contact us.

## THE 90-DAY COLON PROGRAMME for anyone who wants to look after their health

### Alternative versions of the *Colon Programme*

There are versions of the *Colon Programme* with different varieties of the *Cascara Capsules* - eg one without the hot herbs (cayenne or ginger) and versions with *Psyllium Husk Powder* instead of *Psyllium Husk Capsules* (which we think is better - but most people prefer capsules). Eg:

CCL-3 - *Colon Programme with Cascara and Lavender Capsules*  
 CCC-3P - *Colon Programme with Capsules and Psyllium Husk Powder*  
 CCD-3P - *Colon Programme with Drops and Psyllium Husk Powder*  
 Please contact us for prices and details of other versions of this programme.

### Drops