



Bowel Scrubbing Program

(Step 1 in the Total Bowel Healing Program)

Begin this procedure preferably in the morning, shortly after awakening and before eating anything.

1. In a dry glass, place one rounded teaspoon of **Fiber Max** and 1 to 3 teaspoons (see Bowel Scrubbing Helpful Hints, below) of **C Minerals Powder**, and stir them together.
2. Add 10 to 12 ounces of purified, distilled sparkling or spring water and stir briskly and thoroughly until most of the mixture is blended. A small amount of your preferred fruit juice may be added for taste. *Drink immediately.* It is more palatable if you drink it right away; otherwise it begins to thicken.
3. Follow this mixture with a cup of your favorite herbal tea or warm water with lemon added.
4. Wait at least 15 minutes before taking any nutritional supplements or consuming any food.

Frequency: repeat this procedure preferably in the morning until your bowels begin to move regularly (daily). Should you experience any burning discomfort or diarrhea during or after bowel movement, reduce the amount of **C Minerals Powder**. Once you have obtained bowel regularity, continue with this health-promoting intervention once a week to once a month, depending upon your system's personal response. In case of dietary indiscretions, stress, or any condition that brings back a less than healthy pattern (such as travel), resume daily scrubbing until bowels are again regular.

Each change of season creates an increased immunological demand upon the body as it adapts to new environmental factors. Imbalance in the intestinal flora (dysbiosis) often occurs during these times. Since dysbiosis makes you more vulnerable to other health challenges, it is advisable to do a few days of bowel cleansing when one season changes into another, whether or not you feel you need it.

Bowel Tolerance

After the body absorbs the amount of vitamin C from the **C Minerals Powder** that it requires for its immune needs, the excess remains on the surface of the intestinal lining and acts as an irritant, which promotes elimination. This is known as “bowel tolerance”. The amount of vitamin C you need to ingest to obtain bowel tolerance is very much dependent upon your *immunological need* of the moment.

For instance, if you have a cold, your body might need more than your customary daily intake of vitamin C before it can promote bowel movement. I have known of patients with cancer who have needed as much as 100 grams (100,000 milligrams) of vitamin C before they reached bowel tolerance level. The amount you may require for improved evacuation and optimal health can vary from day to day based on your general health status and whether you are constipated or have diarrhea.

If you are experiencing diarrhea, you should reduce the amount of **C Minerals Powder** (i.e. ¼ teaspoon) and increase the amount of **Fiber Max** (i.e. 2-3 teaspoons). The amount of fiber that works for people also varies and should be adjusted to individual need. If the diarrhea persists, I recommend repeating the process twice a day, eliminating the **C Minerals Powder** altogether. If the condition does not subside within two days or you have abdominal pain, consult a physician.

Bowel Scrubbing Side Effects

My bowel healing program although a very salutary intervention might create some temporary discomforts such as increased flatulence (gas) when the yeast, parasites and bacteria are killed. If this should occur, the best way to deal with it is to *increase* rather than stop the intervention. In other words, when these discomforts come upon you, it means *the cleansing program is stirring up gas producing organisms and it is better to keep going until “mission accomplished”*.

If the flatulence is causing severe discomfort, you may take **activated charcoal**, available at most health food stores, to absorb the gas and the toxins. Just make sure not to take any supplements within two hours of taking the charcoal.

To soothe any spasms that may occur, drink calming teas, such as chamomile, peppermint or linden. For other symptoms of mal-digestion, like belching, gastrointestinal heaviness after eating or bad breath, I suggest you take a broad-spectrum digestive enzyme supplement such as my **Maxi Digest**.