



2 WEEK INTESTINAL DETOX PROGRAM



WHY COLON CLEANSING IS THE FIRST STEP TO BETTER HEALTH

Colon Cancer is the number 1 cancer among men and women combined. Our bowels can retain kilograms of old faecal matter which can compress any nearby organ, all of which are close to or touch the intestinal tract and can affect any area of the body. While most of us are worried about getting maximum nutrition in, it is just as important (if not more so) to get maximum waste out.

Poor diet and lifestyle, and an over exposure to toxins in our daily lives, can affect the body's ability to effectively flush out impurities. This can lead to a build-up of waste stored by rehydrating old stools that become impacted (mucus plaque).

The best way to regain health and stay healthy is to periodically cleanse and detoxify the body of accumulated waste.

START ANY DETOX WITH THE BOWEL.

Everybody wants to do a detox or cleansing program, but before you undertake any program you must deep clean the body's biggest elimination organ first, your bowel. The whole idea of any detox program is to purge waste, poisons and toxins out of your body. Juice fasting and mild detoxing alone will not remove years of toxic bowel impaction. Unless you deep clean your bowel, toxic waste will continue to burden your system and make you feel even worse. If you clean your bowel first, this alone will naturally start to release more toxins from the body.

WHAT TO EXPECT

People experience different results depending on their lifestyle and diet habits overtime. The healthier your lifestyle, the easier results can be achieved. An unhealthy lifestyle can result in increased bowel impaction. It is possible to remove the entire mucus plaque after one cleanse, however you may only remove strips of mucus, and further bowel cleansing may be necessary to remove the mucus plaque completely - so keep at it and don't give up!

BENEFITS OF BOWEL CLEANSING MAY INCLUDE

- absorb nutrients and vitamins better which reduces bloating
- kick-start weight loss
- remove accumulation of toxic waste (mucus plaque)
- maintain regular bowel movements and prevent constipation
- increase energy and concentration
- increase the effectiveness of the digestive system





COMBINE INTESTINAL DETOX
WITH A JUICE FAST TO
ACHIEVE BETTER RESULTS



LIGHT EXERCISE WILL
HELP YOUR BODY CLEANSE
ITSELF WHILE DETOXING



REGULAR BOWEL
CLEANSING WILL MAINTAIN
OPTIMUM GUT HEALTH



DETOX PRODUCTS

Eden Healthfoods' 2 Week Intestinal Detox Program is comprised of 4 products, each with a unique function, aimed at effectively cleansing and deep cleaning your colon. IDF#1 and IDF#2 are the main formulas vital in performing the cleanse. IDF#1 creates healthy bowel movements and IDF#2 deep cleans the bowel.



01.

GET MAXIMUM NUTRITION IN

Super nutrition from nature, to feed every cell in your body so it can effectively detoxify and cleanse itself



03.

DEEP CLEAN YOUR BOWEL

Powerful deep bowel cleanser containing effective absorbers and neutralisers (and soothing and demulcent herbs), to deep clean your colon and pull off mucus plaque from the colon wall



02.

GET MAXIMUM WASTE OUT

Powerful stimulating cleansing tonic to get your bowels moving, opening the body's largest elimination organ to get waste out



04.

RECOLONISE WITH FRIENDLY BACTERIA

Recolonise the bowel with a broad spectrum probiotic containing friendly bacteria and a unique prebiotic blend, for optimal microbial balance

DETOX DIRECTIONS

For more detailed instructions, please visit our website.

WEEK 01

- Take 1 serve of Eden Superfood formula in the morning and continue to do this every day until the tub is empty.
- Take 1 serve of IDF#1 with your evening meal and increase by 1 capsule every day until you have 2-4 bowel movements a day.
- Keep increasing IDF#1 by 1 capsule a day until you have noticed an increase in your bowel movements and have achieved the desired result.

WEEK 02

- Once your bowels are moving 2-4 times a day you may start to take IDF#2, 5-6 heaped teaspoons a day outside of meals
- Use a little water or juice in a jar with 1 serve of IDF#2, close lid, shake vigorously and drink immediately.
- Follow each serve of IDF#2 with a glass of water.
- Continue to use IDF#1 according to the number of capsules needed to keep your bowels moving 2-4 times a day.
- Once the tub of IDF#2 is finished, you may stop using IDF#1 also and start taking Ultimate Biotic. Also continue taking Eden Superfood formula.
- If you are feeling a little bound up or constipated while taking IDF#2 you may increase the serves of IDF#1 to keep your bowels moving 2-4 times a day.
- Try to drink only pure water, fresh juices an herbal teas during the detox, 2-4 litres a day. Do not eat any refined foods, processed foods, animal products or by-products. Do some exercise every day, brisk walking is fine. Shopping is not exercise.



CONTROLLING THE STRENGTH OF YOUR CLEANSE

This chart gives an in-depth look at the effect diet has while undertaking the **Intestinal Detox Program**. All options used in this chart will ultimately affect the results of your cleanse. There is no need to fast, however there are a few dietary recommendations that may increase the positive effects of this cleanse. For best results, try to eat as much vegan, organic and most importantly, raw foods as possible. At minimum, exclude animal products from your diet. If you decide to do a liquid-only juice fast during this program, the chances of pulling mucus plaque off your bowel is further increased.

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.

**Strongest
cleanse**
(the most
mucus plaque
removed)



**Mildest
cleanse**
(the least
mucus plaque
removed)

Type of diet

raw juices

raw foods

vegan
(no eggs or
dairy)

macrobiotics

vegetarian
(with eggs
and dairy)

meat eater no
processed
foods

meat eater
plus packaged
processed
foods

Organic or not

100%
organically
grown food

80% organic
20%
non-organic

50% organic
50%
non-organic

20% organic
80%
non-organic

all
non-
organically
grown food

Meals per day

freshly made
juice only

1 meal plus
juice

2 meals
plus juice

2 ½ meals
plus juice

3 meals
plus juice

3 meal only

3 meal plus

Raw or cooked

100% raw

80% raw
20% cooked

50% raw
50% cooked

20% raw
80% cooked

100% cooked

Note All juices should be raw and organic only

SPECIFIC FOODS TO ELIMINATE

Dairy Products including cheese, ice cream, milk and yogurt; clog and congest, thus slowing down the elimination of toxins and mucus plaque

Fried Foods especially pan fried with oil or deep fried; clog and congest

Alcohol slows the positive effects of the cleanse.

Sugar in candy, soft drinks, or added to food; depresses the immune system

Common Iodized **Table Salt** constricts and holds in toxins (may lightly use unheated earth sea salt)

Meat takes the most energy to digest and slows cleansing

CONTACT US

For nutritional advice and support from our Master Herbalists, call **02 6585 3534** or email **info@edenhealthfoods.com.au**

Visit **www.edenhealthfoods.com.au** and follow us on social:



#createpowerfulhealth