

Beetroot Cleanse

Beetroot Cleanse (2 to 6 weeks)	
Ingredients	How to take
<u>Beetroot Mix</u> One cup shredded raw beetroot. Two tablespoons flaxseed oil Juice of one-half lemon	1) Take 2 Tbsp. 2x/day for 4-32 days 2) The longer cleanse is the idea
Psyllium Hulls	1 tsp. – 1 Tbsp. 2x/day in 250mls of water
Hydrated Bentonite	1-2 Tbsp. 2x/day in water

Benefits of the Beetroot Cleanse:

- A powerful cleanse for your liver and gall bladder
- Stimulates better digestion and elimination
- Tends to lower blood fats (cholesterol and triglycerides)
- Increases energy, concentration, and memory
- Usually resolves constipation
- Balances blood sugar
- Helps to decrease body fat
- Often profoundly powerful in restoring libido
- Often helpful to resolve menstrual problems (including PMS)
- Helpful for a sensitive or queasy stomach
- Resolves gas and bloating
- Clears stuffy or foggy heads
- Diminishes or eliminates muscle and joint pain or achiness
- Eliminates body odour

Notes on the Beetroot Cleanse

Drink a lot of water while using Psyllium hulls. After the cleanse is finished, don't stop the Psyllium Hulls immediately. It is quite alright to use these bulking agents for a prolonged period, even indefinitely.

Because of the beetroot, it is normal for your stools to be red when you are on this program. You can also expect to have at least one very bulky stool each day while using Psyllium Hulls. You may notice mucous, debris, or dark material in your stool. This is also normal and shows that the program is being effective in cleansing your intestines.

Any problems encountered with Psyllium Hulls general result from using too much too soon, using too much powder with too little water, not following the Psyllium Hulls with an additional glass of water, or starting a program when you have serious bowel problems such as colitis or diverticulitis.

Flaxseed oil goes rancid very rapidly, so get the smallest bottle you can and keep it in the refrigerator.

On using Bentonite

Bentonite (from Hydrated Bentonite) is very fine clay that scours debris that coats the villi of your small intestine. This coating of debris develops from eating foods that lack fibre (i.e. any refined food). By eliminating this coating from your small intestines, the full surface area of your intestines is restored and the improvement in your digestion and absorption is usually very drastic.

Using Hydrated Bentonite, start with 1 tsp. 2x/day and work up to 2 Tbsp. 2x/day over 4-10 days. Starting with the full dosage can cause constipation. Take this separately from other supplements.

There is an interesting symptom associated with this problem that very consistently indicates the need for Bentonite. If you often find you feel hungry, but when you go to the fridge or the cupboard to get something to eat and can't decide what it is you want, you need Bentonite.

Once you've used Bentonite for a few weeks, you will find you know exactly what you want to eat most of the time. You will also notice clearly and quickly the effects of what you eat, both good and bad, on your body.