



COLON CLEANSE INSTRUCTIONS

A Healthy Colon for a Healthy Life





Right On

You made a great choice. Doing this oxygen-based intestinal cleanse is proof that you're dedicated to taking care of your health. The Colon Cleanse Program™ involves following a healthy diet and taking a safe and natural colon cleanser along with probiotic support for 6 days. You're going to rejuvenate your digestive tract and strengthen your gut. What that means for you is better digestion, improved well-being, and an overall feeling of renewal. Keep the end in mind, you got this! And, remember, our award-winning Customer Satisfaction Team is here and ready to help. If you have any questions, don't hesitate to reach out.

We're Here for You

We want to be your partner and we're here to help you succeed!



Email us at support@globalhealingcenter.com



Call us at 1.800.476.0016



6 Days to Cleanse Your Intestinal Tract

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What's In Your Program



Latero-Flora™

1 Bottle, 60 capsules

Probiotic support



Oxy-Powder®

1 Bottle, 120 capsules

Cleanses the digestive tract



DIET

How You Should Eat During This Cleanse

When doing the colon cleanse, it's best to eat fresh, organic or locally grown fruit. Fruit is ideal for providing the nutrition that helps the body draw out toxins, and it also ensures the intestinal tract is hydrated and able to support the cleansing process. For more advanced insight into how to eat while detoxing, check out the Body Cleansing Diet at ghc.us/cleanse-diet.

Fruits That Encourage Intestinal Cleansing

Below is a list of fruits that support a clean and healthy digestive system. You can eat them individually or make a fruit salad with any combination.

- ✓ Apples
- ✓ Blackberries
- ✓ Oranges
- ✓ Pineapples
- ✓ Avocados
- ✓ Blueberries
- ✓ Papaya
- ✓ Raspberries
- ✓ Bananas
- ✓ Grapefruit

If you prefer vegetables over fruit, you can substitute leafy greens, garlic, artichokes, and Brussels sprouts into your diet.

Stay Hydrated & Enhance Your Water

A good rule of thumb for staying hydrated is to drink one half your body weight in ounces per day. Example: 160 pounds = 80 ounces of water. You can enhance your water by adding organic raw apple cider vinegar (a probiotic- and enzyme-rich tonic) or lemon juice to taste.

160 lbs
of body weight



Minimize These Foods

The food you eat affects your health more than anything else. To help establish a strong foundation of good health, reduce your consumption of the following foods as much as possible. Or, better yet, eliminate them from your diet entirely.

- × Meat
- × Gluten
- × Dairy
- × Refined Sugar
- × High Fructose Corn Syrup
- × Artificial Sweeteners
- × Artificial Dyes
- × Table Salt
- × Artificial Preservatives
- × Soy
- × Processed Foods
- × Microwaved Food
- × Canned Food
- × Alcohol
- × Excess Coffee or Caffeine

INSTRUCTIONS

Here's the Plan

The Colon Cleanse Program consists of following a fruit-based diet and taking Oxy-Powder and Latero-Flora for 6 days. Take 2 capsules of Latero-Flora every morning 20 minutes before your morning meal. Take 6 capsules of Oxy-Powder 2 hours after your last meal with 8 ounces of purified water.



MORNING

EVENING



2 Capsules



6 Capsules

Adjust as Needed

Taking Oxy-Powder should make you have three to five bowel movements the following day. If it doesn't, increase your serving to 8 capsules for the remainder of the cleanse. Additionally, you can add lemon juice to your drinking water to boost the effects of Oxy-Powder.

* During the cleanse, you may experience loose, watery stools. Note that this is normal and an indication that you're cleansing properly.





Keep Track of Your Wellness Routine

 Check off each circle, take a picture of your progress, and share it on Instagram and Facebook using the hashtag

#HowLiveHealthy

Days 1-6

Day 1 | Latero-Flora Oxy-Powder

Day 2 | Latero-Flora Oxy-Powder

Day 3 | Latero-Flora Oxy-Powder

Day 4 | Latero-Flora Oxy-Powder

Day 5 | Latero-Flora Oxy-Powder

Day 6 | Latero-Flora Oxy-Powder



TIPS

Dr. Group's Advanced Tips for Success

Just as your intestinal tract affects many aspects of your health, a conscious life supports your overall well-being. True wellness is the product of a lifelong journey.



Use Supportive Therapies

During and after your cleanse, consider balance-promoting therapies like chiropractic adjustments, massage, deep breathing exercises, acupuncture, and far infrared saunas as they all support the cleansing process. Even getting enough sleep and starting your day by finding a quiet space, closing your eyes, and repeating an affirmation such as, “I am clean and healthy” nine times will elevate your mindset.



Supplement With Aloe

Aloe vera contains essential nutrients, enzymes, and amino acids that boost the body’s detoxification processes. A concentrated formula like Aloe Fuzion™ is an easy way to not only support your cleanse but also stimulate your immune system and soothe stress throughout your body.

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The root cause of poor health is too many toxins coming into the body and not enough going out. Cleansing your intestinal tract is one of the most effective ways to open up your body's elimination routes and help you stay in balance.

Dr. Edward F. Group III





You Did It!

Finishing the Colon Cleanse Program is a huge step on your healthy living journey, and now is the time to keep your momentum going. Stay focused on your goals and commit yourself to achieving them. If you need support, encouragement, or just an ear to listen — give us a call. We're eager to help you be your best!

What's Next?

Upon completion of your cleanse, you may have enough Oxy-Powder remaining for several maintenance servings. Use as directed on the label or as needed.

To continue on your healthy living journey, follow the colon cleanse with a liver cleanse. For more information, view our complete cleansing guidelines at ghc.us/complete-cleanse or contact our Customer Satisfaction Team.



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Please Tell Us How We're Doing

Your feedback helps us guide our efforts in the right direction to help others. We want to hear from you. Share your experience by submitting your review at:

ghc.us/review-ccp



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Please Recycle

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.