

After completing our parasite cleanse you can detoxify the toxic organisms from your intestinal track. This stage is extremely important! If you cannot expel these intestinal parasites in a timely manner then you will feel sick due to their decaying organisms poisoning causing auto-intoxication. Be sure you follow through on the whole process otherwise they may recolonize again and your healthful investment will be little more than an experience, rather than an improvement. While on the parasite and intestinal cleanse, some people find it beneficial to use an enema bag or Home Colonic Board. These are available thru O2benefits.com.

I educate people to start slow, be gentle, and listen or feel what the body is revealing. Use for a period of 5-7 days, or until the contents are gone. You may consume 5-6 Tbl. of the Mucous Eliminator throughout the day. If you are beginning intestinal cleansing for the first time, start with 1 Tbl. in 12oz of apple juice diluted with water. It is imperative to irrigate your colon with 1-3 enemas daily (two at a time is OK), 1 colonic daily, or purchase your own Home Colonic Board. Because the Mucous Eliminator has such a binding quality, there is a chance a blockage may occur somewhere in the intestines. This is why colon irrigation will greatly assist in encouraging and removing the toxic rope-like strands and other debris quicker. This is not a scare-tactic, just some experiential advice. If you have the unfortunate experience of getting intestinal blockage or constipation when using the Mucous Eliminator briefly stop using it. Take 1 tsp. of Epsom salts in a large glass of water several times throughout the day to rehydrate your intestinal system and soften the constipated area. This will allow it to exit your intestinal system easier. Then begin the mucous eliminator again; this time with a smaller dosage with less frequency during the day, and definitely more juices and water throughout all seven days of this intestinal cleansing program.

Step 3 Repeat Step 1- Colosan Oxygen Intestinal Cleanse (1-2 weeks):

Congratulations! You are on the road to health, happiness, and vitality. After you have finished these three steps reward yourself; do so with healthy yummy choices. Think of it this way; what person would work for no pay? What athlete would dedicate his or her life to sport without recognition? Have some good food, eat it with moderation, and a sensible nutritional balance.

Step 4 Repeat Steps 2 and 3 within 28-days of first Parasite cleanse (3 weeks):

One parasite cleanse is good, however, more are required to kill persistent parasites or eggs that may remain. Parasite eggs have an incubation period of around 30-days. If there are parasites that were not destroyed during your first cleanse their eggs will begin recolonization. I recommend this program seasonal. For those eating a Standard American Diet (S.A.D.) comprised of prepared and processed foods (animal flesh, refined sugar, dairy products, etc.) it is strongly recommended to follow this process 3-4 times a year. For vegetarian and vegan dietary preferences. I suggest the cleanse two or three times a year. And those who's diet is mostly comprised of fresh, raw fruits, vegetables, nuts, and seeds, cleaning is only necessary 1-2 times a year. The healthier the diet and lifestyle, the less cleansing is necessary to rebalance the body! Stick to the program, it's easier than you can imagine. Repeat the parasite cleanse 3-4 weeks after finishing the initial parasite elimination process. Regardless, do not wait longer than 6-weeks before repeating the process, otherwise, you may have new eggs that will be hatching. You will receive tremendous health benefits: emotional stability, mental clarity, fewer cravings, greater energy, and feeling happier over-all!

Step 5 Recolonize Intestines w/ Friendly Bacteria (Soil-Based Probiotics) 3-4 weeks:

Premium Soil Based Organisms: (SBO's) A.K.A friendly bacteria, probiotics, intestinal flora, etc. Soil based probiotics in particular aggressively recolonize the intestines and are immune boosters beyond regular probiotics. SBO's remove mucous plaque, kill pathogenic parasites, bacteria and yeast, breakdown hydrocarbons. They allow for near total absorption of nutrients. SBO's are found to be more impervious to the digestive process. They help reestablish better intestinal pH. I consider them far superior to any "over the counter" brand. My applications with countless clients proves this over and over again! Contains: Proprietary vegan blend of 40 strains of soil-based microorganisms (SBO's), chicory extract (F.O.S.), chelated mineral and micro-molecular plant minerals. The only ingredients are what Nature intended whole pure, natural, and plant derived! They reestablish proper intestinal pH. Do not be fooled by regular over the counter probiotics. My clinical experience demonstrates how these soil based probiotics are several times more effective.