

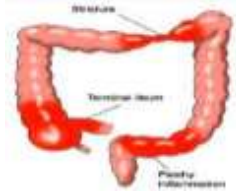
Digestive Issues

Recommended Solutions

Important: People with inflammatory bowel disease need 30% more protein than normal because tissue cannot heal properly without adequate complete, quality protein! Also steroids, which are usually recommended, depress protein synthesis.

Crohn's Disease

Crohn's disease is an inflammatory bowel disease (IBD). It causes inflammation of the lining of your digestive tract, which can lead to abdominal pain, severe diarrhea and even malnutrition. Inflammation caused by Crohn's disease can involve different areas of the digestive tract in different people.



- **Optiflora with powder** (3 x per day)
- **HerbLax**
- **Alfalfa** (5 -10 per day... more if needed)
- **Vitamin D**
- **OmegaGuard**
- **Stress Relief (avoid stress!!)**
- **Drink plenty of water!**

Fantastic option = RX for a Healthier Life

Irritable Bowel Syndrome – IBS



Irritable bowel syndrome (IBS) is a common disorder that affects your large intestine (colon). Irritable bowel syndrome commonly causes cramping, abdominal pain, bloating gas, diarrhea and constipation. Despite these uncomfortable signs and symptoms, IBS doesn't cause permanent damage to your colon.

Stage 1:

- **Garlic** - for healing (6 per day)
- **Fiber Plan Powder** (1/2 tsp.-1 tsp. and work up to 1 T. 2 x day)
- **Protein** (2 x day in water or juice)
- **OmegaGuard** (2 - 3 x per day)
- **Stomach Soothing Complex** (very effective with IBS as it soothes the intestinal lining; best for stomach problems; stimulates bile which is important for digestion)

Stage 2:

- **Alfalfa** (5 per day... more if needed)
- **Optiflora** (if the bowel is inflamed – take just the capsule with 1/8 tsp. powder for 5 days and work up to 1 tsp.)
- **CarotoMax** (1 per day-helps heal the lining)
- **Vita E** (1 per day – anti- inflammatory)
- **B-Complex** (2 per day)
- **Vita C** (1 per day)

Stage 3:

- **Vita-Lea multi-vitamin** (2 per day)
Note: If bowels are really inflamed, the minerals in Vita-Lea may further irritate them - this is why you may need to wait until after taking some healing supplements to begin Vita-Lea.
- **EZ Gest** (1-2 per day – important for proper Digestion...may be able to take this In stages)
- **HerbLax** (1-2 per day)

Diverticulitis

Diverticulitis occurs when one or more diverticula in your digestive tract become inflamed or infected. Diverticula are small, bulging pouches that can form anywhere in your digestive system, including your esophagus, stomach and small intestine. However, they're most commonly found in the large intestine.



- **Protein** (3 T) or **Smoothie** (2 scoops)
- **Vitalizer** (with 1/8 tsp. Optiflora powder)
- **Nutriferon** (2 per day)
- **Vivix** (1 tsp)
- **HerbLax**
- **Alfalfa** (5 - 10 per day... more if needed)

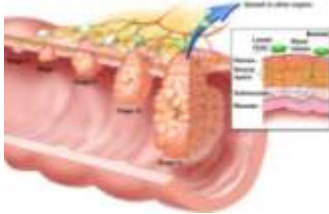


A Healthy Colon is a Happy Colon!



Ulcerative Colitis

Ulcerative colitis is an inflammatory bowel disease (IBD) that causes long-lasting inflammation in part of your digestive tract. Ulcerative colitis usually affects only the innermost lining of your large intestine (colon) and rectum. It occurs only through continuous stretches of your colon, unlike Crohn's disease, which occurs anywhere in the digestive tract and often spreads deeply into the affected tissues.



- **Optiflora with powder** (3 x per day)
- **HerbLax**
- **Alfalfa** (5 -10 per day... more if needed)
- **Vitamin D**
- **OmegaGuard**
- **Stress Relief (avoid stress!!)**
- **Drink plenty of water!**

Fantastic option = RX for a Healthier Life

Testimonial: As a sufferer of ulcerative colitis, an embarrassing and potentially serious disease, I wanted to rejuvenate my colon. In combination with my prescription drugs, I've been able to clear up the inflammation and head down the road to recovery. At the end of this month I will be totally off medication. I will continue to use the Optiflora for the rest of my life to ensure fewer flare ups and a healthy colon.

Kimberly Z.

Constipation

Today, as in no other period in the history of mankind, we have more problems with the intestinal tract--the colon, the small intestine, along with the rest of the digestive system--causing a generation of degenerative diseases. We suffer from the multitudes of colon and digestive ailments that relate to other problems of disorganization within the body. Most of these problems are labeled diseases of one type or another and are given specific names. However, regardless of their labels, most of these specific diseases come directly from impactions, miscellaneous debris, or toxic materials which are formed in the colon and generate toxins throughout the rest of the body—a direct cause of many of the diseases of mankind.



Picture Perfect Poop

- ☺ **about 10 inches long** (like a banana)
- ☺ **1 ½ inches in diameter** (size of a clean healthy colon)
- ☺ **forms one long continuous coil**
- ☺ **consistency similar to toothpaste**
- ☺ **floats mid-way in the toilet bowl**
- ☺ **color- golden brown** (depending on dietary choices)
- ☺ **requires no straining or strenuous pushing**
- ☺ **has no foul odor**
- ☺ **should only take a minute or two**
- ☺ **should eliminate about 2 lbs. per day** depending on food intake)

Note: Sinkers may be due to too little fiber.
Floaters may be due to too much undigested food ☹

Leticia Blommel – MHIT (Master Herbalist in Training)

"There is but one disease and that is deficient drainage." - Sir William A. Lane – foremost abdominal surgeon and world authority.

Morning:

- **OptiFlora** (Immediately when you get up in the morning, take 1 bead with 1 tsp. water. After awhile do the next step)
- **Protein** - 2 Tbls. in water or juice
- **Alfalfa** - 5
- **HerbLax** - 1

With Lunch:

- **Alfalfa** – 5

Mid-afternoon (approximately between 3-4 p.m.):

- **Protein** - 1 Tbls. in water or juice

Supper:

- **Fiber Powder**– 2 tsp. in juice or sprinkled on Food
- **Alfalfa** – 5

Before Bed:

- **Herb Lax** – 1
- **Liver DTX** – 3

Note: Your liver regenerates from 11:00pm- 3:00am
Do the Liver DTX 'til the bottle is done. Then you're finished and will not need to reorder this.

Drink Water!!! Take your body weight and divide it in half. This is how many ounces of water you'll need. Divide this by 8 and this is how many 8 oz. cups of water you'll need to drink. **8 oz. = 1 measuring cup**