



Supporting The Bodies Detox Pathways

The Cancer Program is designed to enhance all 5 detox pathways (skin, liver, kidneys, lungs, colon).

Some points to remember:

1. Promote daily bowel movements with **increased water consumption**, ideally 1/2 to a full ounce for each pound you weight, (closer to the full ounce when excess sweating). For example, if you weigh 150 pounds, that would be 75 to 150 ounces of pure/clean water a day. (2.2L - 4.4L) Start Drinking!!!

2. Colon hydrotherapy and Coffee enemas, bowel massage, and additional "Clean Bowel Formula" (gentle laxative) supplements as needed. (supplements such as magnesium citrate, rhubarb, senna and cascara will support daily movements)

2. Ozone and Infra red saunas are also an excellent way to drive impurities out from the skin. Soaking in **epsom salt baths** for 30 minutes can provide additional magnesium and sulfur to support detox and correct those deficiencies.

3. **Castor Oil** plus heating pack over liver (upper right corner of abdomen, next to lower rib cage) can also help to decrease stagnation and accelerate lymphatic and blood movement.

4. **Allow your body to rest**, often when we are in constant fight or flight mode, energy is re-directed from bowels into survival mode. Especially during the 5 days, try to get to bed early, and relax as much as possible.