



BLESSED HERBS
the Internal Cleansing KitTM
AN HERBAL DIETARY SUPPLEMENT

USERS GUIDE

BLESSED HERBS

Welcome to the **Internal Cleansing Kit™**



step 1



step 2



step 3



step 4



accessories



green tea



users guide



dosage calendar

THIS IS YOUR KIT

Congratulations on purchasing one of the finest Internal Cleansing Programs available today.

Every effort has been put into this **Kit** to make using it as simple as possible.

Your **Users Guide** gives detailed instructions and tips for every step

of the program. It also has a large section of common questions and answers to help you along the way.

The **Dosage Calendar** is your daily companion. It has a page for each day of your cleansing with complete dosage instructions.

Enjoy your cleanse!

Daily Bowel Movements, a **Daily Requirement**

NEVER, EVER, GO A DAY WITHOUT A BOWEL MOVEMENT...

Elimination is the primary way that the body gets rid of wastes and toxins. The success of any good cleansing program depends on elimination; specifically, daily bowel movements. You also get rid of wastes through exhaling, sweating (both perceptible and non-perceptible) and urinating.

That said, having daily bowel movements is often challenging for many people, yet it **is vital that you have at least one, and preferably three, bowel**

movements every day of your cleanse.

During this cleanse you will be taking **Digestive Stimulator** every night to promote daily bowel movements.* Even so, you may occasionally become constipated and find you need additional support to have a bowel movement. On these days you can help yourself by taking an enema, colema or colonic.

You should never, ever, go a whole day without at least one bowel movement. If you get

to the end of a day and have not had a bowel movement, **don't wait until the next day.** Take an enema or colema before bed that very same day and **also** increase “your number” of **Digestive Stimulator** capsules that evening at dinner time (see p19–20 for more details). It is perfectly alright to do this every evening, if you need to, while cleansing. If you do an enema or colema you

should only use purified, filtered water for your base liquid. Add an herbal tea, fresh brewed coffee or wheatgrass juice to the water, but nothing else.

If you are using a one quart enema bag, you may repeat as many quarts as needed until you feel you have had a good bowel movement.

A colema uses five gallons of liquid, which really cleans you out.

*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.

Three actions to support **daily bowel movements**

To facilitate the success of your cleansing, and for your own comfort, daily bowel movements are vital. Here are three important actions to support yourself.

ONE

Drink 6-8 glasses of pure water daily. Without enough water you can easily get “backed up” in your intestines.

For more on water see page 13.

TWO

Increase “your number” of **Digestive Stimulator** caps, before dinner, if you do not have a bowel movement all day.*

For more on **Digestive Stimulator** see pages 19–20.

THREE

Take an enema or colema, before bed, on any day that you do not have a bowel movement.

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A brief **Introduction**

FOUNDATION OF SURVIVAL

Internal cleansing is a natural, everyday process of the body. Eliminating toxins is foundational to our survival. It is the doorway to optimal health. However, in today's highly polluted world, our normal body processes can be easily overwhelmed. When this happens we begin to accumulate toxins.

Our bodies try to protect us from these toxins by storing them in our cells, mucus and fat, waiting for a time when they can be eliminated.

Unless we periodically help our bodies by internally cleansing, this accumulation can lead to a toxic overload.

Left unattended, our bodies may experience

this toxic overload in various ways.

The Internal Cleansing Kit has over 90 herbs that are potent allies to release, absorb and eliminate these stored toxins.* Once cleansed, the energy previously used for toxin storage is now available for our bodies' deep healing and rejuvenation.*

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CAUTION

Do **NOT** use, if you:

- **Are pregnant, trying to get pregnant or nursing. If you become pregnant, stop the cleanse immediately.**
- Have an active, acute infection.
- Are undergoing/recovering from a medical procedure, surgery or therapy.
- Have extreme weakness or extreme deficiencies.
- Have a bowel obstruction, abdominal pain, or diarrhea.
- Have hyperthyroidism
- Are allergic to Goldenrod or Linden flowers

For a list of other health problems that may also be effected by this Kit, see page 47.

For a list of medications that may be effected with the simultaneous intake of these herbal formulas, see page 46.

The herb(s) in each formula responsible for possible effects are found on the formula page(s) 49–62.



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QuickStart

Look for the “**QuickStart**” pointers. These indicate the least you need to know to get started.

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FOR YOUR INFORMATION

By choosing to follow the recommendations of this program, you are exercising your right to take control of your own health. However, the information in this guide should not be used as the basis for treating a particular symptom or disease, or to replace any treatment that you are currently undergoing. All guidelines for the use of the **Internal Cleansing Kit** or any of the individual formulations presented in this guide are for educational purposes only. If you have a serious health problem or have questions, you should always consult with your health care professional.

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All of the questions and their exact page numbers are listed here so you can easily find the answers that you need.

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**“60–80% of all
cancers are due
to environmental
chemicals”**

— The World Health
Organization’s
research

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THE FORMULAS

All the formulas in the **Internal Cleansing Kit** have been synergistically formulated to deliver the most powerful effect and support possible.

Taken together, the combination of these formulas does more than any one formula could do on its own.

In this section, you will find information about each formula and the function of every herb in the **Kit**.

ALL ABOUT THE FORMULAS

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Some words on **Water**

6=8

Be sure to drink 6–8 glasses of **pure water** every day of your cleansing.

IS YOUR WATER TOXIC?

Our bodies are more than 70% water. We all drink water every day. However, it is very important that we are not drinking water with added toxins.

City water always has chemicals added. Even a private well is not a guarantee of pure water since toxic runoffs can enter your water table at anytime, unknown to you.

BE ASSURED OF CLEAN WATER

To be assured of clean water, you can install a **carbon based water filter** or buy a **known pure source** of bottled water. You can also buy distilled or filtered water. However, do not buy generic,

non-descript brands which may have no guarantee of the water's purity.

Remember, when you go to work or are on the road, take your bottled, or filtered water with you.

All about **Apple Juice**



WHY USE APPLE JUICE?

Apple juice makes one of your formulas, **Toxin Absorber**, much easier to drink. You can try to take it with water, but we have found it tastes much better and goes down smoother with apple juice at

room temperature.

Apple juice also has its own cleansing powers and helps with the rejuvenation process.*

HOW MUCH DO I NEED?

It will take 4 quarts of apple juice to take all of your packets of **Toxin Absorber**. When you buy your juice, be sure it is from **organically** grown apples so as to not introduce new toxins while cleansing.

You should be able to get your juice at the local health food store, supermarket, or by mail order from Diamond Organics, at:

1.888.674.2642

Best of all, make your own fresh juice using four organically grown apples.

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Dietary Considerations

YOU DON'T HAVE TO CHANGE YOUR DIET, BUT...

Diet is a major factor in determining how mild or strong your cleansing will be.

If this is your first time going through any type of natural cleansing program, you may want to just enjoy the power of the **Internal Cleansing Kit** without changing anything about your diet. This is perfectly fine. You will still experience wonderful and

positive benefits.

Sometimes your body's condition, demanding work, or personal choice, necessitates your going more gently and slowly. The only difference between a mild and strong cleanse, besides your comfort level, is that it takes longer to achieve the same effect.

However, if you are familiar with cleansing and


would like to get more out of the **Internal Cleansing Kit**, you can use the information below to alter your diet in several different ways.

You can stop eating one or more of the foods listed under "Specific Foods to Eliminate", or you can go even more in depth and use the chart, "Controlling the Strength of Your Cleanse", and change the type of diet you eat.

By making your diet lighter, the same energy that your body would normally use to break down food can now be used to help break down and expel the toxins that are stored in your body.

The most important thing to remember is to listen to your own body. Even small changes in diet can vary the strength of your cleanse.

CONTROLLING THE STRENGTH OF YOUR CLEANSE

	type of diet	organic or not	meals per day	raw or cooked	
 <p>easiest for body to process (strongest cleanse)</p>	raw juices*	100% organically grown food	freshly made juice* only	100% raw*	<p>This chart gives a more in-depth look at what types of diets are easier or harder for your body to process.</p> <p>To use this chart, locate your current diet type in each column.</p> <p>You can make your diet easier on your body by moving up in any column or in any combination of columns. This will free up more energy, giving you a stronger cleanse.</p> <p>Likewise, if your cleanse becomes too strong, you can move down in any column to soften the effects.</p> <p>Remember to go slowly when changing your diet, as large jumps can have a strong impact on your body.</p>
	raw food*		1 meal plus juice*	80% raw* 20% cooked	
	vegan* (no eggs or dairy)	80% organic 20% non-organic	2 meals plus juice*		
	macrobiotic*		2 1/2 meals plus juice*	50% raw* 50% cooked	
	vegetarian* (with eggs and dairy)	50% organic 50% non-organic	3 meals plus juice*	20% raw* 80% cooked	
	meat eater no processed foods	20% organic 80% non-organic	3 meals only		
hardest for body to process (mildest cleanse)	meat eater plus packaged processed foods	all non-organically grown food	3 meals plus snacks	100% cooked	
<p>NOTE: all juices should be raw and organic only, and can be taken anytime</p> <p>* see page 43 of Q&A for a list of recommended books on each diet type</p>					

SPECIFIC FOODS TO ELIMINATE

Dairy Products including cheese, ice cream, milk, and yogurt: clog and congest, thus slowing down the elimination of toxins

Fried Foods especially pan fried with oil or deep fried: clog and congest

Sugar in candy, soft drinks, or added to food: depresses the immune system

Salt: constricts and holds in toxins

Meat: takes the most energy to digest and slows cleansing



Starting **Step One**

Digestive System

foundation for cleansing

A QUICK LOOK AT STEP ONE

It is common after years of eating the standard American diet to build up **mucoïd plaque**** on the walls of our intestines. This plaque greatly lowers our ability to absorb nutrition and makes our bodies much more toxic.

No matter how much we may cleanse other areas of the body, if we do not clean out the intestines first, we will continue to reintroduce the very toxins we are working so hard to get rid of elsewhere.

Each night of Step One, you will be taking

Digestive Stimulator before dinner and **Toxin Absorber**, along with apple juice and water, before bed.

This will begin the process of dissolving the buildup of accumulated wastes along the inner lining of the intestines.*

This is done by stimulating the intestines to release the wastes and

to herbally absorb unwanted toxins, while moving them out of your body.*

**** mucoïd plaque** – a layer or layers of adhesive, hardened mucus lining the inner walls of the digestive tract. It can be from less than one-eighth of an inch to several inches thick. It is usually compacted with old fecal matter, bound up toxic waste, ‘bad’ bacteria, and/or unwanted guests.

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Things you'll need to start Step One



Digestive Stimulator



Toxin Absorber



The Shaker



Organic Apple Juice



Pure Water



Dosage Calendar

THE LEAST YOU NEED TO KNOW

Before beginning Step One, you will need to buy Organic Apple Juice and Pure Water.

Every night of **Step One**, you will be taking **Digestive Stimulator** before dinner and **Toxin Absorber**, along with apple juice and water, before bed.

The whole purpose of Step One is to find out how many capsules

of **Digestive Stimulator** it takes for you to have three or more soft bowel movements the following day. You will begin with the “Suggested Starting Dosage” as given on p.19 and follow directions on p.20 until you find “your number”. Once found, you will take that amount every night throughout the whole program.

step 1

Finding your number of **Digestive Stimulator**



Your personal dosage of **Digestive Stimulator** capsules will vary according to the current condition of your intestines. The purpose of Step One is to find “your number”.

Note: You may need to order more capsules to complete the program, if you find that you are taking over three capsules a day.

SELF RATE YOUR COLON’S CURRENT HEALTH

How often are your bowel movements?	Colon Health	Suggested Starting Dosage
2–3 times every day	fairly healthy colon	1 capsule
once every day	slightly constipated	2 capsules
once every 2 days	constipated	3 capsules
once every 3–4 days	very constipated	4 capsules
once every 5–7 days	extremely constipated	5 capsules

Use this chart to find a dosage of **Digestive Stimulator** to take the first night of your pre-cleanse.

Your goal will be to have 3–4 soft bowel movements the next day. You will judge the results of your first dosage on the following day to determine whether you need to take more or less capsules. It may

take a couple days to find the exact number that is right for you. (see below for an example of this)

After you find your personal dosage you will continue to take it for the duration of this program.

Throughout this guide we will refer to this dosage as “your number”.

FINDING “YOUR NUMBER”



Day One (pre-cleanse)

Begin in the evening by taking your “Suggested Starting Dosage” of **Digestive Stimulator** before dinner. (see chart above)

The following day observe the number of **soft bowel movements*** that you have.

*A soft bowel movement is just that, a movement that is soft, but still formed. It should come out easily and without effort. You should have at least three soft bowel movements every day of your colon cleansing program.

Your movements should not be loose, watery and without shape, like diarrhea. One movement of diarrhea followed by soft movements, however, is OK. If, at some point, you find you have taken too many capsules and have developed diarrhea, then decrease your dosage by one capsule that evening and the next day should be perfect for you.



Day Two (pre-cleanse)

Did your "Suggested Starting Dosage" give you three or more soft bowel movements today?

If yes, you have found “your number” and should continue to take this dosage, before dinner, during the pre-cleanse and as directed by the **Dosage Calendar** thereafter.

If not, then take the next higher "Suggested Starting Dosage" from the chart above, tonight before dinner. If you started with 5 capsules then increase by two capsules.

The following day observe the number of soft bowel movements.

NOTE: Some have taken upwards of 10 or more capsules; this is OK. The number is not important, it is the result that matters. Listen to you body and trust your intuition.



Day Three (pre-cleanse)

If you had three or more soft bowel movements today, you have found “your number” and should continue to take this dosage, before dinner, for the duration of this program.

If not... Increase your dosage tonight before dinner by one capsule, if you started with one; increase by two capsules, if you started with two or more.

The following day observe the number of soft bowel movements.

If you have not found out exactly what “your number” is after finishing the 3-day pre-cleanse, continue to increase your dosage each evening before dinner and take **Toxin Absorber** before bed. When you find a number that gives you 3+ bowel movements, you are ready to start Step Two.

step 1

Taking your **Toxin Absorber** packets

There are fourteen packets of **Toxin Absorber** in the **Internal Cleansing Kit**. Since you do not take **Toxin Absorber** every night, follow your **Dosage Calendar** carefully as to when you take it.
Step One: 3 packets for 3 nights. **Step Two:** 7 packets for 7 nights.
Step Three: 2 packets for 2 nights. **Step Four:** 2 packets for 2 nights.

Note: You may need to order more **Toxin Absorber**, if you take more than three days to complete Step One.



FILL

Start by filling the **Shaker** about half full with organic apple juice. At any time you may add more water to thin the drink and make it easier to swallow. If fasting, use lukewarm water. You may use other fruit juices if you prefer, but avoid citrus.



RIP & POUR

Next tear open one packet of your **Toxin Absorber** and add it to your apple juice.

Note: Some people are sensitive to the dust of the powder and may experience an uncomfortable sensation in their nose or lungs. To allow the dust to dissipate, you can have another person open the packet, pour it into your apple juice, shake it, and uncap it before bringing it back to you.



SHAKE & DRINK

Shake vigorously for 15–20 seconds.

Drink immediately and follow with at least half a jar or even a whole jar of pure, distilled, or filtered water.

Using your **Dosage Calendar**

STEP 3				DAY 5 of 7	
Before Breakfast	Toxin Neutralizer 1 capsule	Liver & Gallbladder Rejuvenator 2 capsules	Lung Rejuvenator 1 dose (mfl)	Kidney & Bladder Rejuvenator 1 dose (mfl)	
Before Lunch	Toxin Neutralizer 1 capsule	Liver & Gallbladder Rejuvenator 2 capsules	Lung Rejuvenator 1 dose (mfl)	Kidney & Bladder Rejuvenator 1 dose (mfl)	
Before Dinner	Toxin Neutralizer 1 capsule	Liver & Gallbladder Rejuvenator 2 capsules	Lung Rejuvenator 1 dose (mfl)	Kidney & Bladder Rejuvenator 1 dose (mfl)	
Before Bed	Digestive Stimulator your number		Friendly Bacteria Replenisher 2 capsules		
toxic fat	our bodies naturally cleanse every day, but the more toxic we are the more energy it takes			DON'T FORGET!	
				6-8 glasses of water today	

A QUICK LOOK

In the **Dosage Calendar**, you will find complete day by day dosages for the entire program.

Each day has its own page with dosage amounts before breakfast, lunch, dinner, and bed.

To keep track, you may check off each formula on the page as you take it out of the bottle.

After finishing a day, you may tear off that page or simply turn it over to the next one.

How will I feel during the cleanse?

CLEANSING IS DIFFERENT FOR EVERYONE

Each person feels differently as they cleanse. Some feel very energetic and more alive while cleansing; others, not until after they have completed their cleanse. It is also possible to alternate between feeling great and not so great. There may be occasional discomforts called “cleansing reactions”.

The more closely you eat an all raw diet of

fruits and vegetables and/or their juices while cleansing, the more likely you will experience strong cleansing reactions. If the body is ready, some will even experience a “health crisis”. This can happen during the cleanse, but more likely will occur sometime later when you have built up your strength. All these experiences are the body’s wisdom working

on the areas that need to reach optimal health.

Any discomforts of cleansing are only temporary and always lead to more energy, vitality, and renewed health.* (See pages 41–42 of Q&A for more information on “cleansing reactions” and “health crisis.”)

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About **Refreshing Green Tea Blend**



EASE ANY SYMPTOMS OF CLEANSING

Sit down, relax, and drink a cup of **Refreshing Green Tea Blend**. Using two tea bags, let them steep for five to ten minutes, adding honey as desired. Green Tea is helpful in absorbing toxins before they can react with your cells and gives you a little “pick-me-up”.* (also see page 41-42 of Q&A)

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Liver & Gallbladder, Para Cleansing

Starting **Step Two**

*the body's major detoxifying organ
and support formulas*

A QUICK LOOK AT STEP TWO

As we begin to cleanse the waste that has accumulated in our intestines, we also recolonize with **Friendly Bacteria Replenisher**. Not only are friendly bacteria the body's first line of defense against disease, but they also keep bad bacteria and unwanted guests from secreting more toxins into our system.*

If the intestines are not cleaned out, the liver and gallbladder are the first to be impacted and to experience toxic overload. With the **Liver & Gallbladder Rejuvenator**, these major organs of detoxification are cleansed, protected, and aided in their daily jobs.*

We introduce **Toxin Neutralizer** to help prevent the newly released toxins from recirculating and damaging our healthy cells. It also protects the liver.*

There is yet one more problem of the intestines to address — unwanted guests. If we let these unwanted guests stay alive in our

guts, we can never achieve optimum health. That is why we take **Large Para Cleanser 1**, **Small Para Cleanser**, and **Large Para Cleanser 2**.

These three formulas help cleanse the body of both visible and microscopic unwanted guests, a problem more common than most of us would like to imagine.*

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Things you'll need for Step Two

CONTINUE FROM STEP ONE



Digestive
Stimulator



Toxin
Absorber

NEW FOR STEP TWO



Liver & Gallbladder
Rejuvenator



Friendly Bacteria
Replenisher



Toxin
Neutralizer



Large Para
Cleanser 1



Large Para
Cleanser 2



Small Para
Cleanser

THE LEAST YOU NEED TO KNOW

Each evening you will continue with **Digestive Stimulator** and **Toxin Absorber** throughout Step Two.

Introduced for the first time are six new formulas; four are in capsules and two are in liquids. These will be taken before breakfast, lunch, and dinner for the next seven days.

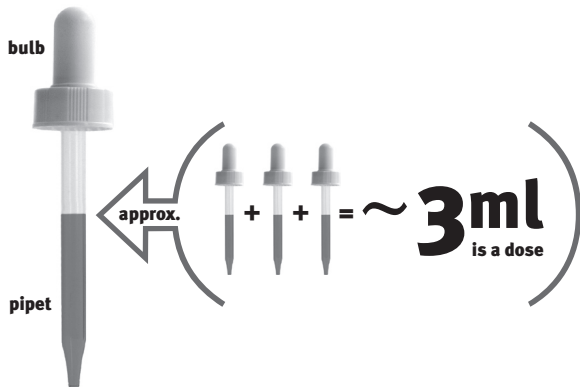
The liquid formulas can be easily taken together with a little water in your **Mixing Glass**. One dose of each formula is three dropperfuls or approximately (~) 3 ml.

Your **Dosage Calendar** will give you day by day directions of what to take, when, and how much.

step 2

Taking your **Liquid Formulas**

During this program, you will be taking six different liquid formulas. Each formula will be taken in approximately (~) 3 ml doses. This is equivalent to 3 dropperfuls as pictured below.



HOW TO MEASURE A DOSE

A dropper is a glass pipet with a bulb on top. This is used to draw liquid from your bottle. First, shake bottle well. Then lift out dropper, while squeezing out any liquid back into the bottle, squeeze bulb again and reinsert fully into bottle and release bulb. It will draw the liquid up, filling approximately 70% of the dropper.

It should not ever fill the dropper to the very top. You do not need to be exact. If you finish your bottle of liquid formula before the day indicated in the **Dosage Calendar**, don't worry. This sometimes happens due to slight variations in filling the dropper. Once you finish the bottle, you do not need to take anymore.

Using your personal **Accessories**



MIXING GLASS

We have found this glass makes taking your liquids very easy.

Just squirt your droppers into this glass. You may choose to mix a little water with your dose or you may take it straight.

You may also take your liquid formulas all together at one time.



TRAVEL VIALS

These vials are provided so that you can take a lunch and/or dinner dose with you.

Up to 7 capsules fit in each of the larger vials.

Each small vial holds two doses of liquid. Mix the formulas together.



Some facts on **Unwanted Guests**

COMMON PROBLEM

Up to 50% of the population carry at least one form of unwanted guest and possibly more.

No matter how good a job you may do cleansing your organs, you must be sure to get rid of these unwanted guests and any “bad” bacteria in your intestines. These can be hidden, ongoing, and daily sources of new toxins introduced to your body from the inside.

WHAT IF I HAVE UNWANTED GUESTS?

The para cleansing formulas of this cleansing program will begin the process of their removal.* If you already know you have unwanted guests, or observe them, or experience uncomfortable symptoms while taking the para cleansing formulas, then you should suspect you have them and repeat the para cleanse part of this program one week after you finish the **Internal Cleansing Kit**. You will also need to do this para cleanse again three weeks later. Ask for our **Para Cleansing Kit**, which contains specific formulas for this purpose only.

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How do I know if I have **Unwanted Guests**?

OBSERVE YOURSELF CLOSELY

If there are large unwanted guests present, you may see them in your bowel movement. Be sure to observe every time you go to the bathroom and look for white specks, which look like grains of white rice or pumpkin seeds.

Sometimes you may see what is obviously the shape of a whole worm. It can be from one quarter of an inch to several feet long. If it moves, you know for sure you

are looking at a life form. Microscopic unwanted guests, however, are invisible to the naked eye and you can never actually see them in your bowel movements.

If you have any of the cleansing reaction symptoms (see page 41 of Q&A) while taking your para formulas, this is a good indicator of either large or small unwanted guests present in your body. ★

It is also possible that you will not see anything or experience any symptoms. This is quite common. You still may be a host to unwanted guests.

These are creatures that specialize in living “below your radar” to ensure their survival. That is why it is so important to do a para cleanse at least yearly, and take nothing for granted.

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Starting **Step Three**

Lungs, Kidneys & Bladder

*the body's oxygenating
and purifying organs*

A QUICK LOOK AT STEP THREE

While still continuing all of our foundational formulas, we begin to address the next two major cleansing organs, the lungs and kidneys.

Two new formulas are introduced: **Lung**

Rejuvenator and Kidney & Bladder Rejuvenator.

Since the kidneys receive waste products directly from the liver for excretion, you can now appreciate how important it was for your cleanse to start

there. This prevented overtaxing the kidneys. Likewise, the lungs directly reflect the state of the liver.

Unless the liver is cleansed first, the lungs will not be able to work

on their own rejuvenation. Instead, they will experience the liver's struggle and be unable to cleanse themselves.

Things you'll need for Step Three

CONTINUE FROM PREVIOUS STEPS



Digestive
Stimulator



Toxin
Absorber



Liver & Gallbladder
Rejuvenator



Toxin
Neutralizer



Friendly Bacteria
Replenisher

NEW FOR STEP THREE



Kidney & Bladder
Rejuvenator



Lung
Rejuvenator

THE LEAST YOU NEED TO KNOW

Continue taking **Digestive Stimulator**, **Toxin Absorber**, **Friendly Bacteria Replenisher**, **Liver & Gallbladder Rejuvenator**, and **Toxin Neutralizer** as directed in your **Dosage Calendar**.

You will be starting two new formulas during this step: **Kidney & Bladder Rejuvenator**, and **Lung Rejuvenator**.



Starting **Step Four**

Lymph, Blood & Skin

*the rivers of life
throughout the body*

A QUICK LOOK AT STEP FOUR

We still continue with all of our foundational formulas.

Now that we have cleansed the intestines, liver, kidneys, bladder, and lungs, we can concentrate on blood, skin, and lymph.

The lymphatic system and the blood have experienced a flood of toxins as the other organs of the body have released their chemicals during cleansing.

The moment has come to cleanse the “rivers of life”, the blood and the lymph.

Since skin always reflects the condition of our blood, we must first purify the blood to clear up the skin.

Once our blood is cleansed, our skin will reveal a healthy glow.

Things you'll need for Step Four

CONTINUE FROM PREVIOUS STEPS



Digestive
Stimulator



Toxin
Absorber



Liver & Gallbladder
Rejuvenator



Toxin
Neutralizer



Friendly Bacteria
Replenisher

NEW FOR STEP FOUR



Blood & Skin
Rejuvenator



Lymph
Rejuvenator

THE LEAST YOU NEED TO KNOW

Continue taking **Digestive Stimulator, Toxin Absorber, Friendly Bacteria Replenisher, Liver & Gallbladder Rejuvenator, and Toxin Neutralizer** as directed in your **Dosage Calendar**.

You will be starting two new formulas during this step: **Blood & Skin Rejuvenator** and **Lymph Rejuvenator**.



Common **questions** & their **answers**

A QUICK LOOK

This section has a large number of the most frequently asked questions and their answers.

Even if you do not have any questions at this time, you may still find this section to be very informative and worth your time to read through.

If you are looking for a specific answer and cannot find it here, we suggest you contact your health practitioner, as they will be most familiar with your individual situation.

If your practitioner is unavailable or unable to answer your questions, you may call us directly at: **800.489.4372** or you may email us at: ***info@blessedherbs.com***

Which cleanse do I do first?

If one has a history of constipation and has never cleansed before, it may be easier on you to do the **Internal Cleansing Kit** before doing the **Colon Cleansing Kit**. For most people however, we recommend doing the **Colon Cleansing Kit**, first, followed by the **Internal Cleansing Kit**. It is important to remove old, accumulated waste before you move onto cleansing other parts of your body. If this intestinal waste is not cleansed first, it will continue to release toxins into your body, while you are trying to cleanse other areas.

For optimum results after completing the **Colon Cleansing Kit**, you should resume eating solid foods

for four days and continue taking “your number” of **Digestive Stimulator** capsules each evening, before dinner. You may find that since you are no longer fasting, “your number” may change slightly; this is OK, simply adjust accordingly.

After four days you should start Step One of the **Internal Cleansing Kit**. Even though you already know how many **Digestive Stimulator** capsules you need to have regular bowel movements, you should still take three days to complete Step One of the **Internal Cleansing Kit**. During this time you will be taking “your number” of **Digestive Stimulator** capsules before dinner and one packet of **Toxin Absorber** before bed

for each of the three nights. After completion of Step One, you may move on to Step Two.

If you are not immediately starting the **Internal Cleansing Kit** after finishing the **Colon Cleansing Kit**, as recommended above, then simply follow the directions in the **Internal Cleansing Kit** whenever you decide to start it.

How interchangeable are the Guides and Dosage Calendars for the Internal Cleansing Kit and the Colon Cleansing Kit?

The **Internal Cleansing Kit** and the **Colon Cleansing Kit** are two distinct and separate programs; please do not confuse the two.

Do not use directions from the **Internal Cleansing Kit** for the **Colon Cleansing Kit** and vice versa.

I am sensitive to the alcohol found in extracts. Is there any other way to take your liquid formulas?

If you are sensitive to alcohol, you can place your dosage in a cup of hot water. Allow it to sit for 10–15 minutes and then take it. Much of the alcohol will evaporate. Placing your dosage in hot water and allowing it to sit should reduce alcohol content by at least a third. It may also be worth noting that our bodies naturally convert

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sugars to alcohol via the fermentation process in our stomachs as we digest our food.

The amount of alcohol contained in a dose of our herbal extract is comparable to that of a ripe banana.

Can I substitute the 5 day fast of the Colon Cleansing Kit for Step One of the Internal Cleansing Kit?

No, this would not be a good idea, since Step One is to determine how many **Digestive Stimulator** capsules you need to take on each day of the **Internal Cleansing Kit**,

while eating a regular, healthy diet. You may find that you do not need the same number of capsules when you are eating as compared to when you were liquids only fasting on the **Colon Cleansing Kit**. Also, it is best to give your body a day or two to reach its new balance with solid food after finishing the five day liquid fast.

Do I fast for 21 days during the Internal Cleansing Kit?

No, you eat your regular diet. It is, however, recommended to make healthy diet changes, if you are ready to do so.

Do I take Toxin Absorber every night of the Internal Cleansing Kit?

No, you take **Toxin Absorber** only 14 nights out of a possible 24 nights. There are fourteen packets of **Toxin Absorber** in the **Internal Cleansing Kit**. Since you do not take **Toxin Absorber** every night, follow your **Dosage Calendar** for the **Internal Cleansing Kit** and take it on the day(s) indicated.

Step One

3 packets for 3 nights
Note: Step One takes 1–3 days to complete. You will need to order more Toxin Absorber, if you take more

than three days to complete Step One.

Step Two

7 packets for 7 nights

Step Three

2 packets for 2 nights

Step Four

2 packets for 2 nights

Is internally cleansing the body something new?

No, this healing technique has been around for thousands of years and is shared by cultures from around the world.

Why should I internally cleanse?

Ultimately, we cleanse to feel better. Cleansing is a natural, everyday process of the body. Eliminating toxins is foundational to our survival. It is the doorway to optimal health.

In today's highly polluted world, our normal body processes can be overwhelmed. Many unwanted substances are trapped in our tissues.

Our bodies try to protect us from these toxins by setting them aside or enclosing them within mucus or fat. We

may experience this toxic overload in various ways.

The herbs in the **Internal Cleansing Kit** are potent allies to release, absorb and eliminate these stored toxins, thus freeing the body's energy for deep healing and rejuvenation.*

What benefits will internal cleansing give me?

Cleansing benefits each person differently. The changes are from very subtle to very obvious. Yet, all of them work towards more improved body and mind functioning.

When your body is burdened with toxic overload, a great deal of energy is wasted that could be better used keeping you healthy and feeling great. Once toxins are eliminated, you may experience any of the following benefits.

Physical Benefits may include

- better appearance*
- renewed vitality*
- increased energy*
- improved health*
- better digestion*
- improved response to stress*
- improved flexibility*

- strengthened body defenses*
- cleansed of unwanted guests*
- eliminated toxic wastes*
- cleared out mucus and congestion*
- recolonized healthy bacteria*

Mental and Emotional Benefits may include

- increased mental clarity
- brightened creativity*
- improved memory*
- increased joy*
- improved sense of well-being*
- stabilized mood swings*
- improved negative thought patterns*

*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.

Will this program “fix” all of my problems?

This program will not, in itself, fix all of your problems. However, it will aid in releasing the toxic overload and free up energy.* This will allow your body to access its own natural wisdom to balance itself and to cope with your condition.

Specifically, the body's immune defenses are strengthened, elimination regulated, circulation increased, and the response to stress is improved.*

How often do I cleanse?

This is best answered by listening to your body. Ultimately you are the best judge of your needs and if you intuitively feel now is the time for you to cleanse, then do so. However, the more toxic the environment in which you interact, or the more severely your health is compromised, the more vitally important it becomes to cleanse often.

For example, a person working every day in a hair salon or breathing the toxic air in a polluted city environment, may have to cleanse every

six months. On the other hand, a person with a healthy lifestyle and minimal exposure to toxins, may need to cleanse only once a year. That said, there are general minimum and maximum guidelines.

What determines how often you cleanse is the state of your health and whether you have ever done any cleansing before.

Those who are not in the best of health and/or have never cleansed before, will find they need to cleanse more frequently for the first 2–3 years and then return to a yearly or

twice yearly maintenance program of cleansing.

Minimum – once a year or once every Spring and Fall.

Maximum – once every 2–3 months, followed by alternating periods of a rebuilding diet/program. Please consult your healthcare provider if you elect to choose this more intensive path of cleansing.

Is there anything else I have to do while taking the Internal Cleansing Kit?

It makes sense to limit the amount of toxins you take in while doing the cleanse, eat healthier, and

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get a good night's rest. Doing so helps the body have the most energy available for cleansing. If, however, the most you can do is just to follow this cleansing program, absolutely do so. You will still reap benefits.

Can I use alcoholic beverages while cleansing?

It would be better if you didn't. It won't harm your cleansing, unless you drink too much, but then again it won't help it either. It takes energy to cleanse and drinking alcohol will divert some

of that energy away from cleansing. For optimum results do not use alcoholic beverages while cleansing.

Can I exercise while doing the Internal Cleansing Kit?

Yes, it would be beneficial. However, if you are in the middle of experiencing a momentary cleansing reaction, please go easy and rest during that time. Don't push it. The reaction usually passes in two hours or less and then you can resume your exercising.

How will I feel during the cleanse?

Each person feels differently as they cleanse. Some feel very energetic and more alive while cleansing; others not until after they have completed their cleanse. It is also possible to alternate between feeling great and not so great.

There may be occasional discomforts called "cleansing reactions". The more closely you eat an all raw diet of fruits and vegetables and/or their juices while cleansing, the more likely you will experience strong

cleansing reactions. If the body is ready, some will even experience a "health crisis". This can happen during the cleanse, but more likely will occur sometime later when you have built up your strength. All these experiences are the body's wisdom at work focusing on the areas that need to reach optimal health.

Any discomforts of cleansing are only temporary, and always lead to more energy, vitality, and renewed health.*

What is a cleansing reaction?

Whenever the body releases toxins or balances unwanted guest populations faster than the body can eliminate them, and/or when the liver is functioning weakly, you may experience some discomfort until you regain your balance. This usually lasts anywhere from an hour to one or two days.

The common signs that signal a cleansing reaction might be any of the following: headache, itching, rashes, aching muscles and/or joints, fever, sweating, body odor,

bad breath, mouth sores, appetite loss, nausea, vomiting, diarrhea, sleeplessness, tiredness or exhaustion. Don't worry.

The cleansing reaction usually passes quickly and does not harm your body. It is only a sign that soon you will be feeling better than ever.

What can I do to help myself during a superficial cleansing reaction?

Sit down, relax and drink a cup of **Refreshing Green Tea Blend**. Using two tea bags, let them steep for five to ten minutes,

adding honey as desired. Green tea is helpful in absorbing toxins before they can react with your cells and gives you a little "pick-me-up".

Need more help? Try a distilled water, wheatgrass or peppermint tea enema, and/or a hot bath. Follow with a splash of cold water. A sauna helps to eliminate toxins even faster through the skin. Peppermint tea helps nausea.* Valerian capsules help sleeplessness.*

Decrease your **Digestive Stimulator** by one capsule on a particular night, if you had diarrhea that day. Yarrow tea helps when you sweat.*

What is a deep cleansing reaction?

A deep cleansing reaction is more than a cleansing reaction. Most all of us have absorbed toxins from our polluted environments, but not all of us have suffered with trauma or health problems.

A superficial cleansing reaction shows itself in generalized body signs while releasing toxins. A deep cleansing reaction shows itself in the reappearance of old signs associated within specific areas that have undergone injury or health problems.

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You may also experience the superficial cleansing reaction signs while undergoing this work. The body's wisdom is such that as you clean out and regain energy, the body directs that energy to heal these old health problems. The body only does this when it knows it can handle it. Once again, the signs may be mild to severe, but only as much as your body can sustain at that time. It can last for a few hours, to a few days, and more rarely, for a few weeks.

The deep cleansing reaction mimics the signs of your particular past experience(s) but in a much shortened version. It is always preceded the day before by feeling "on top of the world" rather than by feeling "out of sorts".

The deep cleansing reaction passes quickly. You will come out of the deep cleansing reaction feeling better than ever, having successfully rejuvenated the areas of your body.

How do diet changes affect my cleansing?

If you elect to make healthy changes to your

diet, it will release more energy for cleansing and intensify the strength of your cleanse.*

If you choose not to make any changes, and that is OK, you will still experience benefits. It will just take a little longer to get completely cleaned out, but you will be proceeding at a pace comfortable for you.

Consult the chart "Controlling the Strength of Your Cleanse" on page 16. There you will find the most appropriate next step for you to take in lightening up your diet. This will definitely help your body in its task of cleansing.

You may note that the chart lists a diet of raw, organic fruit juices as having the strongest cleansing effect on the body. You would be advised, however, to not jump to the top level of "juices only" unless you are already a raw foodist. However, it would be beneficial to add freshly made, organic fruit and vegetable juices to your present diet.

The important point to keep in mind is that while diet changes do affect your cleansing, there is no need to move up more than one step at a time on the chart.

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It is best to proceed gradually and observe how your body reacts. That way, you can stay in control and comfortable.

If you ever find that the rate of cleansing is too much for you, have a bowl of homemade vegetable soup and/or drop back a step in your diet and notice how it calms the process.

Vegetable Soup

- 1 potato, *scrubbed not peeled*
- 3 carrots, *scrubbed not peeled*
- 3 stalks of celery
- 1 onion

Chop all ingredients into small chunks, add to two

quarts of boiling water and simmer covered for forty minutes. Add three tablespoons of Miso and stir in. You may also strain the soup and drink the broth only.

What if I don't change my diet, will I still benefit?

If this is your first experience with a natural health program, you will find the **Internal Cleansing Kit** fun to take and may notice an immediate increase in energy.*

Once you have experienced the positive changes of a cleanse, you may be ready to go deeper. If so,

try cleansing the next time, with healthier diet modifications for an even more powerful cleanse.

What books can I read to learn more about different types of diets?

Vegetarian

The New Moosewood Cookbook

— Mollie Katzen

Macrobiotic

The Self-Healing Cookbook

— Kristina Turner

Vegan

Everyday Vegan

— Jeani-Rose Atchison

Raw Foodist

Hooked on Raw

— Rhio

Raw Juices

The Juiceman's Power of Juicing

— Jay Kordich

Why are all these formulas part of the Program? Can I just do what I think I need?

All of the formulas in this program have been put together by our Master Herbalist and are the culmination of years of research and experience.

As one system of the body cleanses, another must be supported as it processes the removal of toxins.

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While taking any one formula by itself is helpful, the **Internal Cleansing Kit** has been synergistically formulated to deliver the most powerful effect and support possible.

Not just one, but all six of the major detoxifying systems of the body are addressed as they work in concert.

Why are some formulas liquids and others capsules?

Some formulas perform more effectively as liquids, while others are better suited as capsules. The

purpose of the formula determines what form would be most beneficial.

The most bitter tasting herbs have been encapsulated to make them easier to take.

In some of the capsule formulas, the main active ingredients have already been extracted and condensed into powder form for increased strength and better absorption.

What if I miss a dose?

We're all human and that happens sometimes. Just pick up again with the next scheduled dose, and continue taking that

formula until you have completely finished the bottle.

This will mean that you have extended taking a formula in one Step on into the next Step. This is OK.

What if I skip a day?

This would not be recommended. The process of cleansing is a gradual one. Each step builds on the one before it. As your body begins to "get into it", you want to continue to give it the support it needs. However, that said, if you still miss a day, just pick

up where you left off and the whole program will take one day longer.

Do I have to be in the bathroom all the time?

While you will be going to the bathroom more often, you will not experience it as an overwhelming, uncontrollable or urgent need.

The **Digestive Stimulator** has been formulated to act very gently, but surely, with your body. You will find it quick, easy, and comfortable to have three plus bowel movements a day.*

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During Step Three, while taking the **Kidney & Bladder Rejuvenator**, you may experience the need to urinate more often. This is normal while cleansing the kidneys.*

I need more than 4 Digestive Stimulator capsules to have daily bowel movements; is that OK?

That is perfectly OK, because you have discovered what your body needs. The average dose is 1–3 capsules for people who naturally have frequent bowel

movements on their own. Those with severe constipation, that is, they usually only go once a week, will find they may need upwards of 10 or more capsules a night.

The number that works for you, no matter how many or how few, is the correct number.

If I use up my Digestive Stimulator, can I get more?

Yes, if you use up any of the products in the **Internal Cleansing Kit**, you can purchase them individually from your

health care professional or directly from Blessed Herbs.

I feel bloated after drinking my Toxin Absorber; why and is this OK?

The **Toxin Absorber** is a bulk fiber formula that draws liquids and toxins to itself. You have seen how it begins to swell up after mixing with juice in your **Shaker Jar**. It continues this expansion in your stomach and intestines, drawing up to 40 times its weight in toxins to itself.* This produces a “full”

sensation after drinking it. Because we have added a large, therapeutic dose of ginger root to the formula, this feeling dissipates quickly.* Most do not experience any discomfort at all.

You will find that the ginger also greatly enhances the flavor of the drink, making it pleasant to taste and swallow.

How do I know if I have unwanted guests?

If there are large unwanted guests present, you may see them in your bowel movement.

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Be sure to observe everytime you go to the bathroom and look for white specks, which look like grains of white rice or pumpkin seeds.

Sometimes you may see what is obviously the shape of a whole worm. If it moves, you know for sure you are looking at a life form.

Microscopic unwanted guests, however, are invisible to the naked eye and you can never actually see them in your bowel movements. If you have any of the “cleansing reaction” symptoms while taking your para

formulas, this is a good indicator of either large or small unwanted guests present in your body.*

It is also possible that you will not see anything or experience any symptoms. This is quite common. You still may be a host to unwanted guests. These are creatures that specialize in living “below your radar” to ensure their survival. That is why it is so important to do a para cleanse, at least yearly, and take nothing for granted.

Will I lose weight doing this?

Many people have reported

weight loss from this program. While it is not designed specifically for weight loss, one of the benefits of a cleansed body and a healthy colon is that you release excess toxins and cellular wastes. With improved digestion and elimination, you will find better assimilation of your food and less toxic storage. Most importantly, you will find the Internal Cleansing Kit brings you into a new awareness of your own body. These changes just naturally inspire a cooperation with your body to realize better health and ideal weight.

I am taking various supplements or medications now; should I stop them?

It is important to consult with your health care professional. While it is more beneficial to do the program without added supplements, it is not always wise to discontinue their use.

If you are taking prescription drugs, it is better to wait until you have finished the course of your prescription before beginning your cleanse. If your prescription is needed for an ongoing, daily basis, please continue as directed.

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Check the list below to see which drugs may be effected by this program.

If you are taking dietary supplements or other herbal formulas, as long as they are not needed for critical life support, discontinue while cleansing.

If you are on any of the following medications, but not limited to, please consult your healthcare provider before using:

- animal based hormone therapy
- animal based insulin
- anti platelet drugs
- blood thinner drugs

- certain vaccines
- estrogen replacement therapy
- diuretic drugs
- fresh blood plasma (hemophiliacs)
- heart medications
- immunosuppressive drugs
- intravenous hyper immunoglobulin therapy
- intravenous thymic extracts
- thyroid hormone therapy (you may still use the Kit, but omit the optional tea formula)

Note: It is possible to use the Kit with some of these medications, but your healthcare provider

may need to adjust the dosage of your medication(s).

Consult the individual formulas (pages 49–62) to learn what herb may effect what medication.

Discontinue if adverse effects occur.

I have a health problem. Can I take this Kit with it?

If you have any of the following conditions, but not limited to, please consult your healthcare provider before using:

- blocked gallbladder/gallstone conditions
- diabetes
- heart disease

- high blood pressure
- hypokalemia
- kidney disease
- liver disease
- peptic ulcers
- skin grafts or organ transplants

Note: It is possible to use the Kit with some of these conditions, but your healthcare provider may need to monitor you closely.

Consult the individual formulas (pages 49–62) to learn what herb may effect what condition.

Discontinue if adverse effects occur.

Should I eliminate salt from my diet completely?

Salt plays an important role within the body. We all need salt. Salt helps balance the amount of water within every cell of our bodies. Too much or too little salt can lead to imbalance. It is best to limit the amount of refined table salt in our diets, as well as processed foods that contain high amounts of this type of salt. We all know the dangers of this. It is important to note that too little salt can be equally as dangerous. You'll need to find the amount of salt that is best for you in your daily diet.

Athletes and those who exercise regularly will need to ingest more salt than those who are not active, as they lose more salt while sweating. It is best to use sources of salt, such as Celtic Sea Salt that are processed without additives or chemicals, so that they remain an excellent source of trace minerals. You can find this at your local natural food store or at The Grain and Salt Society (800)687-7258. Another wonderful natural source of sodium is seaweed. Some varieties require cooking, while others can be eaten raw or powdered and added to food or drink.

Is there anything I should do after I am done with the cleanse?

After completing the **Internal Cleansing Kit** we recommend taking the **Colon Cleansing Kit**, if you have not already done so. After completing both the **Colon Cleansing Kit** and the **Internal Cleansing Kit**, if you are in relatively good health, continue cleansing once a year, and talk with your healthcare provider on how to get started on a good maintenance program.

If you have severe health problems, cleansing two to three times a year for several years is recommended, along with any

protocols your healthcare provider determines as necessary.

For a good daily maintenance, high nutrition formula, try our 100% **Organic Superfood**.

In this formula, Martha has brought together 22 of the highest quality 100% certified organic ingredients, chosen after many months of study and research. She thinks this is the best superfood available and probably the only one on the market that is 100% certified organically grown.

You can find it at:
www.blessedherbs.com

all about the **Formulas**



ABOUT OUR HERBALIST

Martha Volchok, AHG is the co-founder and Master Herbalist of Blessed Herbs. Martha's unique formulating style relies on her intuition as much as her 30 years of herbal knowledge and experience.

The combination of her vast knowledge and great intuition has allowed her to produce what is perhaps the most comprehensive and powerful internal cleansing program available today.

LEARN ABOUT EACH FORMULA

All of the formulas in this program have been put together by Martha Volchok, AHG and are the culmination of years of research and experience.

As one system of the body cleanses, another must be supported as it processes the removal of toxicity.

All the formulas in the **Internal Cleansing Kit** have been synergistically

formulated to deliver the most powerful effect and support possible.

Taken together, the combination of these formulas does more than any one formula could do on its own.

In this section, you will find information about each formula and what every herb in the **Kit** does.

Refreshing Green Tea Blend

As your body cleanses, some days you may feel more sluggish and fatigued. Sit down and enjoy a cup of this tea for a little extra support, while neutralizing all those newly released toxins.* It can be taken as often as you feel the need.



16 tea bags 2 gms each

**Green Tea leaf[†],
Jasmine Green Tea leaf,
Grape seed extract 95%
proanthocyanidin, and
Amla fruit extract 20:1**

All of these ingredients are antioxidants. Instant uptake into the body is provided through the tea form. Especially helpful for immediate relief in a cleansing reaction*

**West Indian
Lemongrass aerial
parts[†]**
good flavor, alleviates occasional cramps & gas, also provides digestive relaxers*

Lemon Balm leaf[†]
alleviates occasional restlessness and promotes relaxation*

Oat straw aerial parts[†]
calms and feeds nerves, detoxification*

Stinging Nettle leaf[†]
provides minerals for nerves*

Dandelion root[†]
promotes liver detox, stimulates gallbladder to help secrete bile*

Burdock root[†]
facilitates skin detox*

Licorice root[†]
harmonizes formula

Irish Moss thallus
coats and soothes internal membranes*

CAUTION

Do not take if pregnant or nursing. Dandelion root may effect blocked gallbladder/gallstone conditions. Lemon Balm may block the uptake of thyroid hormone medications. This thyroid effect has been seen in animal studies only. Until human studies confirm this effect take the precaution of consulting your healthcare provider before using. Licorice root has a glycyrrhizin content of less than 0.1 milligram per tea bag. Taking amounts of 100 milligrams/day or less have been found free of adverse effects. As a precaution, those with diabetes, high blood pressure, hypokalemia, heart, kidney or liver disease or taking heart medications, should ask their healthcare provider if this low level of glycyrrhizin in the Licorice root is safe for them to take.

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[†]Certified Organically Grown. Contains 91% Organic Ingredients.

Digestive Stimulator

A natural herbal stimulant that tones, cleanses, and purifies the entire digestive system.* It helps to eliminate the stored toxins released during this program as well as those that have been trapped in your body's intestinal walls.*



90 caps 450 mg/cap

Cape Aloe leaf & Aloe Vera leaf
supports normal bowel function, stomach & liver tonic, blood cleanser*

Cascara Sagrada bark
supports normal bowel function, bitter tonic, stimulates digestive secretions of liver, gallbladder, stomach and pancreas*

Triphala† (Amla fruit†, Chebulic Myrobalan fruit†, Belleric Myrobalan fruit†)
supports normal bowel function, nerves and brain, liver detox*

Chinese Rhubarb root†
stimulating tonic for liver and gallbladder ducts and mucus membranes, promotes removal of toxins from bowels and blood*

Barberry root
supports liver, gallbladder, spleen, and bowel*

Dandelion root†
supports liver function, stimulates bile flow, help release and absorb toxins*

Fringe Tree root bark
tonic action on spleen and pancreas, liver stimulant*

Meadowsweet aerial parts
calms overactive digestive system*

Plantain aerial parts†
a soothing herb for the intestines, breaks up mucoid plaque*

Ginger root†
alleviates occasional gas, bloating and nausea*

Fennel seed†
alleviates occasional gas and cramping*

Peppermint leaf†
stimulates liver and gallbladder, cleanses colon, improves digestion*

Fenugreek seed†
a soothing herb that promotes healthy bowel function*

Licorice root†
harmonizes formula

NOTICE & CAUTION

NOTICE: This product contains Cape Aloe, Aloe Vera, Cascara Sagrada, and Chinese Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cape Aloe, Aloe Vera, Cascara Sagrada and Chinese Rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or if you have a medical condition.

CAUTION: Do not use if you are pregnant or nursing. Do not exceed recommended dosage. Not for long term use. Because of the Ginger root, consult your healthcare provider before using, if you have gallstones, peptic ulcers, or take anticoagulant or antiplatelet drugs. The Licorice root has a glycyrrhizin content of less than 1 milligram per capsule. Taking amounts of 100 milligrams/day or less have been found free of adverse effects. As a precaution, those with diabetes, high blood pressure, hypokalemia, heart, kidney, or liver disease, or taking heart medications, should ask their healthcare provider if this low level of glycyrrhizin in the Licorice root is safe for them to take.

*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.

†Certified Organically Grown. Contains 40% Organic Ingredients.

Toxin Absorber

A gentle, bulk-forming stimulant that helps to draw mucoid plaque off the intestinal walls.* It also absorbs more than forty times its own weight in toxins, heavy metals, and excess fatty acids in your intestinal tract.*



14 packets 10 gm each

Psyllium seed husks[†]

an absorbing fiber that scrubs intestinal walls, moves toxins and materials through the colon*

Apple pectin

binds fatty acids, tri-glycerides and blocks their absorption from the gut*

Ginger root[†]

helps alleviate digestive discomfort and bloating from Psyllium*

or

Peppermint leaf[†]

helps alleviate digestive discomfort and bloating from Psyllium*

Bentonite clay

adsorbent that draws toxins to itself, adsorbs more than 40 times its weight in toxins*

*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.

NOTICE & CAUTION

NOTICE: This supplement should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing, after taking this product, seek immediate medical attention.

CAUTION: Taking this product without enough liquid may lead to constipation. Do not take in the presence of bowel obstruction. **If pregnant or nursing, take Toxin Absorber only once a day before bed and at least three hours after a meal to assure no interference with the absorption of nutritional intake.** Take all other drugs or supplements one hour before taking Toxin Absorber to assure their proper absorption. Because of the Ginger root, consult your healthcare provider before using, if you have gallstones, peptic ulcers, or take anticoagulant or antiplatelet drugs. Some people are sensitive to the dust of the Toxin Absorber powder; if so, keep at arm's length when mixing or have another person mix the powder and organic apple juice for you. Peppermint leaf may effect gallstone conditions. Consult your healthcare provider before using.

[†]Certified Organically Grown. Contains 70% Organic Ingredients.

Liver & Gallbladder Rejuvenator

Helps the body's major cleansing agent cleanse itself!* Stimulates the release of stored toxins and helps release bile, promotes healthy liver function. It will also protect the liver as the toxins are released.*



90 caps 450 mg/cap

Dandelion root[†]

promotes liver detox, stimulates gallbladder to secrete bile*

Milk Thistle seed[†]

liver detoxifier*

Artichoke leaf[†]

promotes bile secretion*

Milk Thistle seed extract 80% silymarin

a more potent form for

liver health and detoxification*

Lycium berry

stimulates liver function*

Amla fruit[†]

supports liver detoxification with supply of Vitamin C*

Peppermint leaf[†]

helps alleviate colic and occasional gas*

Celandine aerial parts

stimulates gallbladder and liver*

Licorice root[†]

harmonizes formula

Citrus Bioflavonoids

antioxidant, increases body's level of vitamin C*

Schisandra berry

stimulates liver, an adaptogenic tonic for all organ systems of the body, nerve tonic*

Reishi mushroom extract

4:1

a special alcoholic extract that brings out the beneficial properties of Reishi, especially for the liver*

Barberry root

stimulates gallbladder*

CAUTION

Do not take if pregnant or nursing.

Dandelion root and Artichoke leaf may effect blocked gallbladder/ gallstone conditions. Licorice root has a glycyrrhizin content of less than 1 milligram per capsule. Taking amounts of 100 milligrams/day or less have been found free of adverse effects. As a precaution, those with diabetes, high blood pressure, hypokalemia, heart, kidney, or liver disease, or taking heart medications, should ask their healthcare provider if this low level of glycyrrhizin in the Licorice root is safe for them to take.

*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.

[†]Certified Organically Grown. Contains 47% Organic Ingredients.

Toxin Neutralizer

A powerful anti-oxidant formula that neutralizes and prevents toxins from binding to or damaging healthy cells.*
It also helps the liver deactivate toxins.*



75 caps 450 mg/cap

Amla fruit[†] and Amla fruit extract 20:1

contain large amounts of vitamin C which promotes liver detoxification*

Caffeine free Green Tea leaf extract 90% polyphenols & EGCG 30% and Green Tea leaf[†]

antioxidant, combats free radical damage to cells, supports kidney function*

Spirulina[†] detoxifier*

Grape seed extract 95% proanthocyanidins
antioxidant, 95% proanthocyanidins are present at a potent dose*

*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.

[†]Certified Organically Grown. Contains 61% Organic Ingredients.

Friendly Bacteria Replenisher

Establishes friendly bacteria in both the small and large intestines, thus enhancing the digestion and assimilation of food.*

Helps produce B vitamins.* Helps alleviate overgrowth of fungi and yeast.*



49 caps
3 billion live cells per cap

Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium longum bacteria

1 billion live strains of each

- Friendly bacteria are the 1st line of defense in the intestines
- Each bacterial strain is micro-encapsulated to protect it against air, moisture and light
- Requires no refrigeration
- Even after 2 years on the shelf, 1 billion of each bacteria will be ready for ingestion and use

Gum Arabic Tree resin

food for friendly bacteria

Acerola berry extract†

supports friendly bacteria growth and detoxification

CAUTION

Do not take within two hours of taking antibiotics.

*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.

†Certified Organically Grown. Contains 5% Organic Ingredients.

Small Para Cleanser

Helps to balance the populations of intestinal organisms too small to be seen by the naked eye.*



2 fl oz (59.1 ml)

Green Black Walnut hulls

balances intestinal populations*

Olive Leaf extract 6% Oleuropein

supports the immune system, balances intestinal populations*

Pau d' Arco bark
especially for fungi and yeast*

Cat's Claw bark
stimulates immune system, balances intestinal populations*

Barberry root
eliminates small organisms in the intestines*

Echinacea Angustifolia root
strengthens immune system*

Shiitake mycelia L E M extract 6:1
immune support*

Shiitake mushroom extract 8:1
adaptogen, immune modulator*

Southern Prickly Ash bark
circulatory stimulant*

Grapefruit seed extract[†]
immune support, balances intestinal populations*

Licorice root[†]
harmonizes formula

CAUTION

Do not take if pregnant, nursing or under 3 years of age. Do not exceed recommended dosage. Not for long term use. Consult your healthcare provider if taking prescription drugs. Cat's Claw bark should not be used by anyone undergoing skin grafts or organ transplant, hemophiliacs prescribed fresh blood plasma, simultaneous intake of immunosuppressive agents, certain vaccines, intravenous hyperimmunoglobulin therapy or thymic extracts, hormone therapies with protein-based animal hormones or animal insulin. Licorice root has a glycyrrhizin content of 2 milligrams or less per 3 ml dose. Taking amounts of 100 milligrams/day or less have been found free of adverse effects. As a precaution, those with diabetes, high blood pressure, hypokalemia, heart, kidney, or liver disease, or taking heart medications, should ask their healthcare provider if this low level of glycyrrhizin in the Licorice root is safe for them to take.

*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.

[†]Certified Organically Grown. Contains 7% Organic Ingredients.

Large Para Cleanser 1

Helps to balance the populations of large intestinal organisms that are visible to the naked eye.* While many believe this is a problem limited to third world countries, this is far from the truth.



52 caps 450 mg/cap

Quisqualis fruit

balances intestinal populations*

Wormwood aerial parts[†]

balances intestinal populations*

Clove flower bud[†]

balances intestinal populations*

Ginger root[†]

calms the digestive system*

Licorice root[†]

harmonizes formula

*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.

[†]Certified Organically Grown. Contains 50% Organic Ingredients.

CAUTION

Do not take if pregnant or nursing.

Do not exceed recommended dosage. Not for long term use. Because of the Ginger root, consult your healthcare provider before using, if you have gallstones, peptic ulcers, or take anticoagulant or antiplatelet drugs. The Licorice root has a glycyrrhizin content of less than 1 milligram per capsule. Taking amounts of 100 milligrams/day or less have been found free of adverse effects. As a precaution, those with diabetes, high blood pressure, hypokalemia, heart, kidney, or liver disease, or taking heart medications, should ask their healthcare provider if this low level of glycyrrhizin in the Licorice root is safe for them to take.

Large Para Cleanser 2

Helps balance the populations of large intestinal organisms. It has additional herbs to expel them, calm the digestive system, and boost the body's defenses.*



2 fl oz (59.1 ml)

Torreyia Grandis nut
balances intestinal
populations*

Astragalus root[†]
supports immune
system*

Elecampane root[†]
helps expel unwanted
guests*

Butternut bark
supports normal bowel
function*

Wild Yam root
helps alleviate
cramping*

Fennel seed[†]
alleviates occasional gas
and cramping*

Ginger root[†]
alleviates occasional
gas, bloat, nausea, and
digestive disturbance*

Licorice root[†]
harmonizes formula

CAUTION

Do not take if pregnant or nursing. Do not exceed recommended dosage. Not for long term use. Because of the Ginger root, consult your healthcare provider before using, if you have gallstones, peptic ulcers, or take anticoagulant or antiplatelet drugs. The Licorice root has a glycyrrhizin content of 1 milligram or less per 3 ml dose. Taking amounts of 100 milligrams/day or less have been found free of adverse effects. As a precaution, those with diabetes, high blood pressure, hypokalemia, heart, kidney, or liver disease, or taking heart medications, should ask their healthcare provider if this low level of glycyrrhizin in the Licorice root is safe for them to take.

*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.

[†]Certified Organically Grown. Contains 25% Organic Ingredients.

Kidney & Bladder Rejuvenator

Stimulates, decongests, soothes, and tones the kidneys and bladder in their daily task of cleansing.* It includes herbs that work to protect the body from the negative effects of toxins.*



2 fl oz (59.1 ml)

Birch bark
soothing*

Cornsilk stigma[†]
soothing*

**Canadian Goldenrod
top aerial parts**
mucus dissolver*

Dandelion leaf[†]
helps maximize
potassium*

**Cordyceps mycelia
CS-4 extract 2:1**
kidney tonic*

Hydrangea root
kidney support*

Stoneroot root
urinary tract support*

Wild Yam root
relaxing*

Pipsissewa aerial parts
urinary tonic*

Yarrow aerial parts
soothing and relieving*

Linden flowers
relaxes nerves*

Red Clover blossoms
detoxifier, promotes
kidney essence*

Cleavers aerial parts[†]
lymphatic tonic*

Parsley root
relieving*

Fragrant Waterlily root
soothing*

Marshmallow root[†]
soothes and coats the
membranes of urinary
tract*

**Southern Prickly
Ash bark**
circulatory stimulant*

Licorice root[†]
harmonizes formula

CAUTION

Do not take if pregnant or nursing or under 2 years of age. Those who are allergic to Goldenrod or Linden flowers should not take this formula. Goldenrod may effect chronic kidney disease. Parsley root may irritate inflammatory kidney disease. Red Clover blossoms may increase the effect of anticoagulant drugs or estrogen replacement therapy. Consult your healthcare provider before using. Licorice root has a glycyrrhizin content of less than 1.5 milligram per capsule. Taking amounts of 100 milligrams/day or less have been found free of adverse effects. As a precaution, those with diabetes, high blood pressure, hypokalemia, heart, kidney, or liver disease, or taking heart medications, should ask their healthcare provider if this low level of glycyrrhizin in the Licorice root is safe for them to take.

*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.

[†]Certified Organically Grown. Contains 29% Organic Ingredients.

Lung Rejuvenator

Relaxes and soothes lung tissue, reduces phlegm. Strengthens the body's defenses and promotes healthy lungs.*



2 fl oz (59.1 ml)

Mullein leaf
tones mucus
membranes of
respiratory system*

Pleurisy root
stimulates lymph
drainage from the
lungs*

Lungwort lichen
supports lung tissue,
soothing*

Grindelia aerial parts
relaxing*

Elecampane root[†]
relaxing mucilage,
stimulating*

Chlorella
heavy metal cleanser*

**Turkey Tails
mushroom extract 8:1**
supports lungs and
reduces phlegm*

**Wild American
Ginseng root**
adaptogenic,
restorative tonic*

Mullein flower
soothing to the lungs*

Lobelia aerial parts
relaxing*

Black Peppercorns[†]
stimulates circulation*

Ginger root[†]
stimulates lungs*

Long Pepper fruit
stimulates lungs*

**Cordyceps mycelia
CS-4 extract 2:1**
increases activity
of body's antioxidants,
superoxide dismutase*

**Sweet Violet leaf
& flower**
supports lungs*

Licorice root[†]
harmonizes formula

CAUTION

Do not take if pregnant or nursing. American Wild Ginseng may effect blood sugar levels; diabetics need to monitor carefully. Because of Ginger root, consult your healthcare provider before using if you have gallstones, peptic ulcers or take anticoagulant or antiplatelet drugs. Licorice root has a glycyrrhizin content of 1.5 milligram or less per 3 ml dose. Taking amounts of 100 milligrams/day or less have been found free of adverse effects. As a precaution, those with diabetes, high blood pressure, hypokalemia, heart, kidney, or liver disease, or taking heart medications, should ask their healthcare provider if this low level of glycyrrhizin in the Licorice root is safe for them to take.

*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.

[†]Certified Organically Grown. Contains 12% Organic Ingredients.

Blood & Skin Rejuvenator

While cleansing and eliminating toxins from the blood, it also supplies the blood with easy-to-assimilate nutrition. Cleaner blood is directly reflected in a more glowing skin. It helps tone the heart and helps support the tissue of arteries and veins.*



2 fl oz (59.1 ml)

Oregon Grape root

helps release stored iron into the bloodstream for stronger blood and immune system and healthy skin*

Sarsaparilla (Jamaican) root

blood cleanser, binds toxins in gut to keep them from entering bloodstream*

Stinging Nettle leaf[†]

blood tonic, nourishes blood*

Burdock root

blood cleanser*

Yellow Dock root

helps relieve dry, itchy skin*

Hawthorn berry[†]

promotes a healthy

circulatory system, tones the heart*

Butcher's Broom root

supports cleansing of veins*

Chlorella

blood cleanser and nourisher*

Kelp thallus[†]

provides minerals for the blood*

Bee Pollen[†]

promotes proper metabolic process by providing nutrients the body needs*

Southern Prickly Ash bark

circulatory stimulant*

CAUTION

Do not take if pregnant or nursing. Hawthorn berry may increase the effect of heart medications; especially digitalis. Consult your healthcare provider before using. Kelp is not recommended in hyperthyroidism. Oregon Grape root is contra-indicated for newborns with neonatal jaundice. Yellow dock root contains oxalates; those with a history of kidney stones should use this herb cautiously.

*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.

[†]Certified Organically Grown. Contains 33% Organic Ingredients.

Lymph Rejuvenator

Cleanses and supports the functioning of the lymphatic system, lymph nodes and vessels, and the overall defense mechanisms of the immune system.* It helps to drain and transport lymph fluids, while assisting in the removal of toxins, tissue wastes, and cellular debris.*



2 fl oz (59.1 ml)

Ocotillo stem
lymphatic toner*

Red root
lymph drainer*

Red Clover blossoms[†]
cleans lymphatic
vessels*

Cleavers aerial parts
detoxifies lymph*

**Echinacea Angustifolia
root**
stimulates lymph
system*

Mullein leaf
lymphatic support*

Astragalus root[†]
stimulates lymph and
immune response*

Stillingia root
lymph drainer*

**Southern Prickly Ash
bark**
stimulates lymph
circulation*

Licorice root[†]
harmonizes formula

CAUTION

Do not take if pregnant or nursing or under 2 years of age. Red Clover blossoms may increase the effect of anticoagulant drugs or estrogen replacement therapy. Consult your healthcare provider before using. Licorice root has a glycyrrhizin content of 3 milligrams or less per dose. Taking amounts of 100 milligrams/day or less have been found free of adverse effects. As a precaution, those with diabetes, high blood pressure, hypokalemia, heart, kidney, or liver disease, or taking heart medications, should ask their healthcare provider if this low level of glycyrrhizin in the Licorice root is safe for them to take.

*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.

[†]Certified Organically Grown. Contains 29% Organic Ingredients.

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about **Blessed Herbs**

Blessed Herbs is a family owned and operated medicinal herb business in the Upland Region of Massachusetts. For more than 20 years, we have been providing over 600 premium quality bulk herbs and herbal products to herbalists, health professionals, herbal manufacturers, health food stores, and individuals in the United States and abroad.

Our herbs come from our own network of wildcrafters and organic growers whom we personally know. Our wildcrafters gather the herbs from the wilds of

nature in areas free from pollution, at the height of their potency and with an awareness as to correct species and ecological balance. Our certified

organic growers cultivate without the use of synthetic fertilizers, herbicides, or pesticides and take care to enrich the soil naturally. All our herbs and herbal products are free of any fumigation, irradiation, or synthetic chemicals.

Recognizing that herbs are a gift from our Creator intended to nourish, heal, and soothe us, we strive to bring that blessing to you.

BLESSED HERBS

109 Barre Plains Road
Oakham, MA 01068

PHONE 1.800.489.4372

FAX 1.508.882.3755

EMAIL info@blessedherbs.com

WEB www.blessedherbs.com