

# PROSTATE HEALTH IN 90 DAYS:

## CLEANSING THE COLON AND BODY WITH THE "ULTIMATE FAST"

By Dr. Larry Clapp

Larry Clapp, Ph.D., J.D., was diagnosed with prostate cancer in 1990. Given the limited options of surgery and radiation, he began intensive research into self-healing alternatives and developed a treatment for prostate cancer which he successfully used to cure himself. Today, cancer-free, he continues his research while helping others to heal through his audiotape series and nationwide presentations.

Fasting is a time-honored approach to physical health and spiritual enlightenment. Although it has been utilized for ages (primarily by spiritual seekers), many people are afraid to even think of going hours - let alone days - without food because they get a headache if they skip just one meal. Their fears may also be based on stories of people who felt generally lousy while fasting, and because most Western physicians discourage the practice.

Other fasts may be draining, but the Ultimate Fast is invigorating, giving you increased mental and physical energy as it cleanses your body of the physical and emotional toxins as well as the parasites that have made or will make you sick. Many alternative medicine practitioners and healers, more open to new ideas, have seen positive results from fasting. Dr. Bernard Jenson and others have shown that almost all illnesses can be cured by fasting and colon cleansing, and I have found that my eight-day Ultimate Fast (used in conjunction with a 90-day cleansing program), is a very quick, comfortable way to "jump-start" any healing regimen.

Fasting is the first step in the Prostate Cancer Cure because it clears out toxins and parasites while cleansing the colon, the unwitting source of many diseases. A long tube running between the small intestine and the rectum, the colon acts as a kind of processor and "extractor" in the body. About 90% of digestion has already occurred before food, now called chyme, enters the colon, but important steps remain. For example, bacteria break down certain types of fiber into sugar (glucose) in the colon, while other bacteria release critically needed vitamin K, which is absorbed into the body.

Food moves from the stomach into a long, coiled tube called the small intestine, then into the colon. Also known as the large intestine, the colon is a tube about five feet long, roughly 2 ½ inches in diameter, sitting below your stomach like an upside-down "U." The partially digested food passes from the small intestine into the first part of the colon, called the cecum, then up the ascending

colon, across the body through the transverse colon, down the descending colon, through the curves of the sigmoid colon, and out the rectum. Food, called chyme as it enters the colon and feces as it exits, is propelled forward by rhythmic contractions of the colon. (For excellent pictures of clear and blocked colons, see Bernard Jensen's Tissue Cleansing Through Bowel Management.)

While the food we have eaten moves through the colon, any remaining nutrients are digested. Then the residue is moved along for elimination via the rectum, ideally leaving nothing behind and damaging nothing along the way. Unfortunately, in all too many of us the colon acts more like an open sewer than a sanitary "disassembly line," becoming a holding place for garbage and an ideal breeding ground for disease and parasites.

When we eat processed foods that have been stripped of fiber (and many nutrients), the colon has difficulty moving the chyme along. Processed foods tend to make for a dry, sticky chyme that does not move well through the colon. (The muscles wrapped around the colon can easily squeeze down to push fibrous, bulky chyme along, but have a great deal of difficulty with fiberless, gooey, sticky chyme.) When chyme sits too long in the colon, it becomes harder and dryer. If that was all that happened - chyme turning into hard and dry feces - we would only have to worry about constipation (from which millions of Americans suffer). But there's much, much more. After the chyme/feces plasters itself onto the walls of the colon, it begins to ferment and:

1. Rots and hardens, becoming a breeding ground for parasites and a storehouse for toxic chemicals which can eventually poison the body.
2. Forms a barrier which prevents the colon from interacting with and absorbing nutrients from chyme.
3. Restricts movement of the colon walls, making it impossible for the colon to rhythmically contract in order to speed the chyme along its way. (How well could you do your job if you were covered with thick sludge?)

Now, with rotting bits of chyme/feces "gunking up" the works, the colon becomes much less efficient. Even if it's only slightly gunked up, the colon's ability to absorb the necessary nutrients from the chyme is hampered. An unfortunate cycle is set in motion: Small amounts of stale, hardening, and rotting chyme make the colon less efficient. The less-efficient colon cannot prevent still more chyme/feces from sticking to its walls, and further damaging the colon. The muscles that normally propel chyme through the colon and out of the body are less and less able to do their job, increasing the risk of constipation and a host of other ills. The specialized cells lining the interior of the colon cannot absorb nutrients from the chyme. Without these nutrients, the immune system and other parts of the body weaken, leaving us open to numerous diseases.

Meanwhile, the toxins, parasites, and bacteria that have been growing in this sludge that lines the colon wall begin to eat into the tissue that makes up that wall, and eventually they eat their way right through the colon. Now the bloodstream and tissues surrounding the colon are flooded with toxic substances, harmful bacteria, and parasites. The body swings into action, activating the immune system to battle with the bacteria and parasites, signaling the liver and kidneys to cleanse the toxins, and instructing the lymph system to clear away both toxins and debris from the immune system's battle with the poisonous substances.

But the body's defense and cleansing mechanisms are often overwhelmed. They simply can't keep up with routine cleansing plus the onslaught of poisonous substances. And the prostate, which lies right next to and touches the colon, is especially vulnerable. Assaulted by parasites and toxins, it swells in size and is increasingly vulnerable to disease. This is particularly true if the surrounding tissues and the lymph system are tight or blocked, preventing the prostate from flushing out the toxins. At the same time, the onslaught of toxins upsets the body's pH balance and turns it more acidic, which is dangerous in and of itself.

Our colons would be fairly clean - and few of us would suffer from diseases that spring from a "dirty" colon - if we ate absolutely healthful diets. But few of us eat well enough, and few of us are strong enough, to weather the storm caused by a dirty, parasite-ridden colon. That's why a special cleansing fast and parasite cleanse are necessary.

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## **PARASITES: THE ENEMY WITHIN**

It's estimated that 85 to 95% of adults living in the United States are unwitting and unwilling hosts to one or more of the 1,000+ species of parasites. These parasites are physically in us, living off our food and energy, draining our strength and energy, excreting their own toxins, weakening our organs and immune systems, and setting the stage for disease.

Parasites that can live in the human body range from 30-foot-long tapeworms down to microscopic organisms that burrow into body tissue or attach themselves to individual

cells. Some parasites literally eat us, sucking their nutrition out of our cells or cutting into our body tissue in search of food. Others satisfy themselves by snatching nutrients away from the food we've eaten before we have had a chance to use the nutrients ourselves. (Indeed, some people who crave sugar may be driven to gobble up all the sugary foods they can because parasites are robbing them of their sugar.)

And it's not just that the parasites take their nutrition from us, forcing us to eat for them. The way they get their nutrition can also be quite damaging. Certain calcium-loving microscopic parasites, for example, burrow into our joints in order to eat the calcium that lines joints and bones, causing or setting the stage for arthritis. Other parasites love to eat proteins in the myelin sheaths that cover and protect our nerves. If these sheaths are damaged our nerves may not function properly, leading to various nervous system and other diseases. Whipworms spew out a fluid which digests colon tissue, turning it into a fluid they can "drink." Hookworms nibble away at the intestinal walls, sometimes causing the tissue to bleed or die.

Though they all start out there, only about 30% of the parasites remain in the gastrointestinal tract. The rest of these internal "squatters" take up residence all over the body, including the liver, blood, joints, brain, and lungs. Wherever the parasites go, they secrete harmful toxins. To the parasites, these secretions are protective fluids, waste materials, or lubricants. To us they are poisons. Some parasites release toxins that hit us hard and fast: Think about food poisoning or dysentery. Other parasites leave us battling relatively low but chronic levels of poisons, tying up the immune system, and wasting vast amounts of body energy in doing so - energy that could better be spent living a creative, healthy life and shoring up the immune system to fight off disease.

Almost all of us have parasites because they're so easy to get. They can enter our bodies when we share food or utensils, have sex, or simply kiss someone on the cheek, drink polluted water, eat polluted food, shake hands, touch or allow pets to lick us - even when we inhale dried parasites in the dust or the air.

And once we have them, they're hard to get rid of. To begin with, we usually don't know we have them at first - some parasites can remain quiet for years before causing any trouble. Then, when they begin to harm us, we often don't realize that our ailments are being caused by unwanted visitors. Relatively few of them cause obvious symptoms that say, "Here I am. I'm a parasite in your gut." Instead, our guests produce vague symptoms: lack of energy, intestinal gas, bloating, irritable bowel syndrome, constipation, loose stools, aches and pains, itching, sexual difficulties, rapid heartbeat, lack of appetite, blurred vision, numbness or tingling in the body, fatigue, allergies, kidney and heart ailments, weight problems, menstrual difficulties, impotence and other sexual problems in men, yeast infections, a burning feeling in the stomach or muscles, slow reflexes, increased appetite, pain in and around the navel, burning sensations in the stomach, headaches, memory deficits and forgetfulness, slow thinking, and other common problems. Millions of Americans who go to their doctors looking for relief from these

problems wind up taking drugs that don't get at the cause - the parasites - but create new problems of their own.

Giardia lamblia, Entamoeba coli, Endolimax nana, Blastocystis hominins, and Entamoeba histolytica are common parasites afflicting us today. As more and more immigrants from poorer countries where parasites are common come to this country, they bring their "guests" with them. Passing through pets, children in schools, workers in the food industry, and household employees, parasites can travel rapidly, finding new homes in unlikely places. In one case, three orthodox Jewish men, whose religious dietary rules prohibit eating pork, wound up with pork tapeworms. The Centers for Disease Control discovered that all three men were infected by a housekeeper from Central America, where many are infected with the pork worm.

Giardia lamblia is an increasing problem for Americans, partly because we travel more to infected areas. The parasite can cause fever, chills, diarrhea, intestinal bloating, and muscle pain. It can also interfere with appetite and nutrient absorption, further weakening its victims. A tiny organism called Cryptosporidium got into the water supply in Milwaukee, Wisconsin, in 1993, causing hundreds of thousands of people to suffer from diarrhea and other stomach problems. More ominously, Cryptosporidium can be very dangerous to people whose immune systems are already weakened by toxins, poor diet, chemotherapy, or other factors. Giardia lamblia and Cryptosporidium, the two most common waterborne parasites in the United States, are not destroyed by chlorination.

Finding parasites is difficult for physicians because the very best laboratory tests are capable of detecting only 50 or so of the 1,000+ species of parasites. This means there's a good chance that whatever we have will avoid detection. (I know of a woman who actually saw worms in her feces, yet was told by her doctor that the tests proved she had no parasites.)

And even when we know that there are parasites within us, our doctors can't do much about them. Our standard medicines are not very effective, and they often have unpleasant side effects. They'll kill some parasites, but many times the internal invaders will simply move to another part of the body. Given that parasites are so difficult to find and dispose of, it's no wonder they can remain in the body for years, even decades.

Fortunately, the Ultimate Fast works rapidly and effectively, beginning to clear most parasites out of the body within the eight days of the fast. However, it is necessary to continue the parasite elimination regime for a full 90 days to ensure that all parasites and their eggs/larvae have been cleared out of the body. In cases of cancer and other serious disease, heavier doses for much longer periods may be required.

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## HOW THE ULTIMATE FAST WORKS

A clean-walled, parasite-less colon functioning at peak efficiency is the cornerstone of good health - especially prostate health. (The colon is adjacent to the prostate, touching one-third of the prostate's surface area. It's very easy for leaking toxins and parasites to "move" from the colon to the prostate.) You'll know your colon is healthy if you produce a regular stool, two to three times a day, that's soft but well-formed, two inches in diameter, and eighteen inches long. Does yours measure up? If not, it may be time for action! Fortunately, it's fairly easy to cleanse even the most "clogged" and parasite-infested colon and set yourself on the road to optimal health.

Good colon health can begin with the **Ultimate Fast**, which is a combination of the Master Cleanser Fast, the Dr. Irons Fast, and the Awareness parasite elimination regime.

The Master Cleanser Fast was developed by Stanley Burroughs and has been used internationally since 1940. It is based on the principle that toxic foods are responsible for most diseases. Burroughs points out, "Disease, old age, and death are the result of accumulated poisons and congestions through the entire body...Lumps and growths are formed all over the body as storage spots for unusable and accumulated waste products, especially in the lymphatic glands. These accumulations depress and deteriorate in varied degrees, causing degeneration and decay. The liver, spleen, colon, stomach, heart, and our other organs, glands, and cells come in for their share of accumulations, thus impairing their natural action."

Also known as the lemonade diet, the Master Cleanser Fast has been used for more than 50 years to easily and elegantly cleanse and rest the colon and digestive system. It clears out toxins and the resulting congestion that has built up in the colon and other parts of the body. It purifies the bloodstream and frees up tremendous amounts of energy within the body (since the body normally uses 35% or more of its energy to digest food, which can now be used to release toxins and rejuvenate the body.)

All told, the Master Cleanser Fast allows the digestive system to rest and repair itself while helping the body to better assimilate nutrients, fight off disease, and control weight.

The Dr. Irons Fast, the classic colon cleanse and fast utilized by colonic professionals for more than 50 years, employs a combination of fasting, colonics, and special supplements to cleanse the colon. In its purest form, the Dr. Irons Fast calls for a seven-day fast complemented by daily, hour-long home colonic irrigation using a five-gallon bucket and colema board. Specially selected herbs, bentonite, psyllium, and juices are taken during the cleansing program.

Although Dr. Irons' program is quite effective, it is simply too harsh, time-consuming, and difficult for most people. Most people can't carry out their normal activities while on the fast because they're suffering from headaches and other unpleasant physical

sensations. Many are forced to confine themselves to bed for several days. Not only are these side effects a strong deterrent to fasting, they're also counterproductive, for they weaken the body just when it really needs to be strengthened. That's why I feel that the Dr. Irons Fast is necessary only in extreme cases. (For more on the Dr. Irons Fast, see Dr. Bernard Jensen's classic work, *Dr. Jensen's Guide to Better Bowel Care*.) (Scroll down to order.)

Bentonite is the only product known to remove plaque from the walls of the intestine and colon. The plaque in your stool will look like eggshells on the outside of the bentonite "gel." Bentonite works most effectively when the colon is empty of food. It grabs the plaque which has been loosened by the lemon juice and the resting/fasting process. The salt water enema pushes out the bentonite gel and the plaque and debris that is stuck to it and in it. The salt water further cleanses the walls as it passes through, resulting in shiny clean walls.

I have found that the two Dr. Irons products - bentonite and colon cleanse powder - combined with the lemonade and salt water enema do a very thorough colon cleanse over eight days, but do not specifically address parasites. Six hundred years of research and experimentation in the Middle East, where these formulas were handed down over generations, led to the Awareness parasite cleansing regimen: a simple, very effective approach that cleanses parasites from the body without serious side effects. The Awareness regimen is made up of three separate products: Clear™, Experience™, and Harmony™. Each has a special task. Clear eliminates parasites, Experience helps restore the muscles of your intestines and keep your bowels functioning effectively, and Harmony is a nutritional cornucopia filled with enzymes, antioxidants, vitamins, and minerals that help strengthen the colon and body.

The Ultimate Fast cleanses the colon and begins to rid the body of parasites in eight days, while allowing you to comfortably continue your ordinary activities. Even the most skeptical people have been pleasantly surprised to find that two to three days on the Ultimate Fast is easily extended to eight, without the loss of energy or headaches usually associated with fasting. That's not to say that you won't miss eating food, especially in the evening. (After all, our pleasure centers are designed to reward us for eating, and many of our social and business activities center around food. It may be best to avoid unsupportive friends and family during this time.) But you'll be surprised at how easy it is to quell your hunger simply by drinking more lemonade.

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## **THE EIGHT-DAY ULTIMATE FAST**

The following recommendations are for a general parasite cleanse for an individual without serious or terminal health problems. The cleanse lasts 90 days. If you are very

toxic and have severe health challenges, you may need to continue the cleanse for longer than 90 days, and perhaps use some different dosages.

Designed to rest and cleanse your colon, eliminate parasites, flush many of the accumulated toxins from your body, and begin the process of returning your cellular pH to normal, the Ultimate Fast is easy to follow. It's based on a lemonade you can easily make at home or on the road.

When preparing the lemonade, be sure to use only bottle spring or purified water. (Tap water is loaded with toxins and parasites, while distilled water is "dead" and may also contain many oil-based toxins which vaporize in the steam.) Here's the recipe:

In a 10-ounce glass (to allow for 8 ounces and mixing room):

1) 2 tablespoons fresh (and organic, if possible) lemon or lime juice (no canned or frozen juice) 2) 2 tablespoons real (and organic, if possible) grade B or C maple syrup. (Don't use Grade A maple syrup or maple-flavored syrup. They are over-refined, which means that they are mostly refined sugars and lack essential minerals.) 3) A small pinch of cayenne pepper (to taste). 4) Spring or purified water, between room temperature and medium hot (but not cold) - fill to 8 ounces.

Mix all the ingredients by thoroughly stirring or shaking and drink.

Or, in two 1-quart bottles (32-ounce bottle work well):

1) Juice of 3 lemons, divided equally between the two bottles (about 1 ½ ounces per bottle). 2) An equal quantity of grade B or C maple syrup in each bottle (about 1 ½ ounces per bottle). 3) A pinch of cayenne in each bottle. 4) Spring or purified water (fill bottles to the top).

Mix all the ingredients by thoroughly shaking; then drink throughout the day. I like to mix up four quarts in the morning and take them with me wherever I go during the day to ensure that I always have juice whenever I am hungry - whether I'm at a business lunch, on an airplane, or whatever. If well-meaning but non-supportive people ask, I simply tell them "It's an energy booster, like Gatorade."

On day 1 of your fast: Drink as much of this lemonade as you want, but make sure that you drink at least twelve 8-ounce glasses. The lemonade contains all the vitamins and minerals you need. Eat no food, and take no supplements, except for one Experience™ capsule at bedtime. (You don't have to start your fast on the morning of the first day. You can begin later in the day, even if you've already eaten. Once you begin, however, eat nothing more while you're on the fast.) It's also a good idea to read Stanley Burroughs' book, *The Master Cleanser*.

On days 2 - 8 of your fast: Continue drinking as much of the lemonade as you like, all day long. Make sure you drink at least twelve 8-ounce glasses each day. In addition to the lemonade:

1) Drink an oral salt water enema upon arising. To do this, add 2 level teaspoons of uniodized sea salt to a quart of lukewarm water (the one-quart juice bottles in which most organic juices come work very well). Shake well, then drink the entire quart. Make sure you use uniodized sea salt; regular or iodized salt will not have the same beneficial effect.

This oral enema will flush out your entire digestive tract and colon from top to bottom, usually within an hour, prompting you to eliminate several times, clearing out the plaque and debris from the walls, and the parasites that have been living there.

1) Take your Clear™ capsules on arising, after drinking the salt water. Begin with one capsule on the first day and continue with one capsule for seven days.

2) When you begin to feel hungry, drink your first glass of lemonade.

3) Four times during the day (five times if you weigh more than 150 pounds), at three-hour intervals, add the bentonite and colon cleanse powder to your lemonade. It doesn't matter what time you start adding them, as long as you begin early enough to work in all your doses. These two substances will cleanse your colon. Indeed, most colonics professionals consider bentonite to be the only proven method of stripping the plaque from colon walls. Add 1 tablespoon of bentonite (Dr. Irons Vit-ra-tox Bentonite or equivalent) and 1 rounded teaspoon of psyllium (Dr. Irons Vit-ra-tox Colon Cleanse or equivalent) to about 6 ounces of your lemonade. Shake very thoroughly, then drink immediately before the mixture gels.

4) Take one Experience™ capsule just before going to bed every night. (If you tend to be a "slow bowel mover," you can take two to three Experience™ at night as necessary. Many people find Experience™ very effective when taken as a tea. Herbal teas, especially mint, are recommended during the day.

You can follow this program for as long as 40 days, but most people get the essential benefits in just eight days.

After day 8: Even though the fast is over, continue to work on clearing parasites from your body. For 30 days, take one or more Experience™ every night at bedtime. Increase to 2 Clear™ upon awakening, always waiting at least one hour before eating, for a period of seven days. Increase dosage by one capsule every seven days until you are up to 5 Clear™ capsules. Continue taking 5 Clear™ capsules for 30 days and then drop back down to 2 Clear™ capsules for the remaining four weeks of the program. At this time, begin taking one teaspoon of Harmony™ twice a day, either straight out of the bottle, or mixed in hot water and taken as a tea. Continue to take as much Experience™ as necessary to maintain two to three bowel movements a day. A single Experience™

capsule a day may be enough, but if you need more, take more. You may find it helpful to take one Experience™ at bedtime and one Experience™ earlier in the day, either 30-60 minutes after breakfast or lunch. The entire eight-day fast, including the Awareness parasite cleanse, should be repeated two or three times a year.

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## **ELIMINATING PARASITES WITH EXPERIENCE™, HARMONY™, AND CLEAR™**

Clear™, manufactured by Awareness Corporation, are the best anti-parasite products I have found. Based on time-tested herbal recipes, these products have long histories of clearing dangerous invaders from the body. In addition to ridding the body of parasites, the herbs in Experience™, Harmony™, and Clear™ have many other health-giving effects. Alone or in combination, **these herbs are used to treat indigestion, arthritis, allergies, asthma, bursitis, elevated cholesterol and blood pressure, diabetes, ulcers, cancer, bacteria, fungi, circulatory problems, constipation, problems with the liver, spleen, kidneys and gall bladder, and many other ailments. They are also noted for their ability to stimulate the glands, strengthen the immune system, cleanse the blood, relieve "female problems," and much more.**

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## **WHAT TO EXPECT WHILE ON THE ULTIMATE FAST**

Some people are wary of fasts, fearing that they'll starve and barely be able to drag themselves through the day. That may be true with some other fasts, but not this one. You will feel great and have higher energy than normal. You might, however, feel uncomfortable during the first three days of the Ultimate Fast as the toxins and parasites inside your body are loosened up and washed away. It is highly unlikely - and I have never seen it occur during my extensive experience with the fast - but it is possible to experience weakness, dizziness, vomiting, and increased joint pain.

If you do feel uncomfortable or ill, remember that the toxins, not the lemonade, are to blame. Know that any uncomfortable feelings are very temporary and rejoice in the fact that these toxins and parasites are being eliminated from your body. If they are strong enough to cause a healing crisis, what would have happened if they were left in your body? If you do have a bit of trouble while on the fast, take it easy. Rest more than usual, if necessary. Exercise, preferably outdoors, and get daily massages when possible. Remember, it will be more than worth it in the end. Overall, you can expect to have an increased sense of energy and health while on the fast as the toxins and parasites are cleared. Many people who planned to fast for only two or three days have felt so good, they decided to continue for the full eight days, or more.

You should be having two to three bowel movements per day while on the fast, with the major bowel movement within an hour of the salt water enema in the morning. Do not use colonics or enemas during this time, for the salt water enema does it all much more thoroughly and more gently. (I have, however, found it useful to have one or more professional colonics during the fast in order to verify that the salt water enema has indeed cleansed my colon completely.)

By the second day of the fast you should put a white, plastic colander in the toilet when you eliminate so you can observe your feces. The fluids will wash right through the colander, leaving the solids behind for inspection. If you use a popsicle stick or tongue depressor to poke through your feces you'll see:

- 1) Gel - that's the bentonite. It's often formed much like a healthy stool, one to two inches in diameter.
- 2) Live or dead parasites, ranging from two to three foot-long worms to tiny ones that can barely be seen. (There will also be others that are too small to be seen without a microscope.)
- 3) Whitish or beige-ish substances that look something like pieces of eggshell. This is plaque from the colon walls.
- 4) "Ropey" stuff, perhaps an inch thick and one to two feet long. It literally looks like a woven rope rather than normal feces. This is composed of old, unevacuated, putrefied, rotting wastes which were stuck to the lining of the colon.
- 5) Black stuff of all shapes and sizes. Some will be embedded in the ropery material, some will be elsewhere. This is old, accumulated wastes from the colon. The blacker it is, the older it is.
- 6) White oval globules mixed into the get and ropery material. This is excess mucus and/or dead parasites.

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## **BREAKING THE ULTIMATE FAST**

It's very important that you break the lemonade diet gently. In fact, gentle breaking of the fast is generally considered to be as important as the fast itself. Instead of jumping immediately from nothing but lemonade and herbal tea to regular eating, you must gradually reintroduce solid foods to your digestive system so it can start up slowly and gently.

On day 9 of the program, which is the first day after the Ultimate Fast, continue taking the Clear™ capsules and slowly drink pure, fresh-squeezed orange juice during the morning, or all day, as desired. For lunch, I recommend fresh, homemade vegetable soup, brown rice, and perhaps a salad with little or no dressing. For a light, early dinner, I suggest fresh, lightly cooked vegetables, with a little fish or chicken. Take your Experience™ capsule or capsules at bedtime, making sure that at least two hours have passed since you last ate.

On day 10 of the program, begin your ongoing new food regime, lightly and slowly working up to a full, healthful diet. Take great care to chew your food thoroughly, because complete chewing is the first step in the digestive process and is essential for a healthy colon. Pay careful attention to the basics of food-combining, which are also essential for complete digestion and a healthy colon. Continue the Clear™, Experience™ and Harmony™ parasite cleansing program for 90 days to ensure complete elimination.

Twice annually, repeat the Clear™, Experience™ and Harmony™ anti-parasite program to make sure that you stay parasite-free. Some people prefer to stay on a maintenance dose of two Clear™ capsules per day. This is also a good dose to take while traveling to prevent reinfection.

If you are unable or unwilling to fast, you can still use Clear™, Experience™ and Harmony™ and obtain excellent results. I strongly urge you to try my eight-day fast for a day at a time, to see how easy and effective it is.

## **THE ULTIMATE FAST SHOPPING LIST**

7 to 8 lemons (or 12 to 15 limes) per day  
8 oz. grade B or C maple syrup per day  
1 bottle cayenne pepper  
4 to 6 one-quart bottles  
White colander  
1 dozen throat or popsicle sticks  
Electric citrus juicer (recommended)  
2 bottles Experience™

3 bottles Family-Size Clear™  
2 bottles Harmony™ (for days 30 through 90)  
1 bottle Dr. Irons Bentonite (or equivalent)  
1 bottle Dr. Irons Colon Cleanse (or equivalent)  
1 set measuring spoons (plastic, not aluminum)  
1 box uniodized sea salt  
2 gallons spring water per day  
Herbal teas - especially mind (optional)  
Skin brush (optional)  
Tongue scraper (optional)