



COLON CLEANSE
PROGRAM INSTRUCTIONS

**A Healthy Colon
for a Healthy Life**

INSTRUCTIONS

Here's the Plan

The Colon Cleanse Program consists of following a fruit-based diet and taking Oxy-Powder and Latero-Flora for six days. Take 2 capsules of Latero-Flora every morning 20 minutes before your morning meal. Take 6 capsules of Oxy-Powder two hours after your evening meal with 8 ounces of purified water.



MORNING



2 Capsules
Latero-Flora



EVENING



6 Capsules
Oxy-Powder

ADJUST AS NEEDED

Taking Oxy-Powder should make you have three to five bowel movements the following day. If it doesn't, increase your serving to 8 capsules for the remainder of the cleanse. If you have more than three to five bowel movement, decrease your serving by 1-2 capsules. Additionally, you can add lemon juice to your drinking water in the evenings to boost the effectiveness of Oxy-Powder.

During the cleanse, you may experience loose, watery stools. Note that this is normal and an indication that you're cleansing properly.



Keep Track of Your Cleanse

✓ Check off each day, take a picture of your progress, and share it on Instagram and Facebook using the hashtag **#HowLiveHealthy**

Day 1	☐ Latero-Flora	☐ Oxy-Powder
Day 2	☐ Latero-Flora	☐ Oxy-Powder
Day 3	☐ Latero-Flora	☐ Oxy-Powder
Day 4	☐ Latero-Flora	☐ Oxy-Powder
Day 5	☐ Latero-Flora	☐ Oxy-Powder
Day 6	☐ Latero-Flora	☐ Oxy-Powder



How You Should Eat During This Cleanse

When doing the colon cleanse, it's best to eat fresh, organic or locally grown fruit. Fruit is ideal for providing the nutrition that helps the body draw out toxins, and it also ensures the intestinal tract is hydrated and able to support the cleansing process. If you prefer vegetables over fruit, you can substitute leafy greens, garlic, artichokes, and Brussels sprouts into your diet. For more advanced insight into how to eat while detoxing, check out the Body Cleansing Diet at ghc.us/cleanse-diet.

FRUITS THAT ENCOURAGE INTESTINAL CLEANSING

- | | | |
|----------------|---------------|---------------|
| ✓ Apples | ✓ Blueberries | ✓ Pineapple |
| ✓ Avocados | ✓ Grapefruit | ✓ Raspberries |
| ✓ Bananas | ✓ Oranges | ✓ Watermelon |
| ✓ Blackberries | ✓ Papaya | |

TIPS

Dr. Group's Advanced Tips for Success

Scan the QR code for the complete guide to colon cleansing and how to maintain colon health once you have completed your cleanse.



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