

INTESTINAL CLEANSE GUIDE

COUNTRY DOCTOR HERBALS



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WHICH LEVEL IS RIGHT FOR YOU?

1. Is this your first time completing the Country Doctor Intestinal Cleanse?

A: Yes

B: No, but I have done other cleanses

C: No, I have completed the Country Doctor Intestinal Cleanse

2. Do you currently experience 2-3 daily bowel eliminations?

A: No, Constipation can be a challenge for me

B: Yes, and this is my first time doing a Country Doctor Intestinal Cleanse

C: Yes, and I have completed the Country Doctor Intestinal Cleanse before

3. What is your Poop type? (See following page)

A: Type 1, 2, or 3

B: Type 5-7

C: Type 4

If you answered mostly A's,
proceed with Level 1

If you answered mostly B's,
proceed with Level 2

If you answered mostly C's,
proceed with Level 3

What is your Poop Type?



Type 1: Stools appear in separate, hard lumps, similar to rabbit poop. These stools likely remained in the colon the longest amount of time, demonstrating constipation and the need for immediate intestinal cleansing & nourishing.



Type 2: Stools are sausage like in appearance but lumpy. Indicate toxic constipation and need for immediate intestinal cleansing and nourishing.



Type 3: Stools come out similar to a sausage but with cracks on the surface. While often referred to as normal, these stools demonstrate mild constipation and need to cleanse and nourish.



Type 4 (normal): Stools are dark, smooth, soft and pass easily in the form of a snake.



Type 5: Stools form soft blobs with clear cut edges, and easily pass through the digestive system. Dark oatmeal like consistency is normal while cleansing. If not cleansing, it can indicate toxicity and need to cleanse and nourish.



Type 6: Stools have fluffy pieces with ragged edges. Considered mushy stools, they indicate diarrhea, toxicity and need to cleanse and nourish.



Type 7: Stools are mostly liquid with no solid pieces. Passed quickly through the colon; is indicative of severe diarrhea possibly as a result of a viral or bacterial concern. Immediate cleansing and nourishing is necessary.

How often should I be eliminating?

How often do you eat? This will help you determine how often you should be eliminating. If we eat 2-3 times a day, we should eliminate 2-3 times a day. Bowel health ALWAYS affects overall health.

See "Death Begins in the Colon" for more information.

#CountryDoctorHerbals

LEVEL 1

STEP 1 (Must take with food)

Start with ICF #1 by taking 1 capsule daily with the LAST MEAL of the day. (An increase in bowel action, consistency, and the amount of fecal matter eliminated should be evident next morning) **If there is not a noticeable difference, take 2 capsules with the last meal of the day going forward. Continue with 1-2 capsules at the last meal of the day for 5 days. If still not noticing a difference, can continue to increase by 1 capsule per day.

(Can divide between meals as you increase)

There is no limit to increasing as long as you only increase 1 per day. Please continue with ICF1 until bowels are eliminating 2-3 times per day for at least 5 days. (May need more than one bottle of ICF#1 to complete cleanse)

Always take this product with FOOD.

(Ideally in the middle of the meal)

STEP 2 (Must take away from food & supplements)

ICF#2 Powder: One hour after morning SuperFood drink, mix one heaping teaspoon of ICF #2 powder with 4 ounces of water or beverage of choice, shake mix vigorously and drink. Follow by drinking 8-10 ounces of water. Repeat one hour before bedtime, consuming a total of 2 heaping teaspoons of the formula each day.

ICF#2 Capsule: One hour after morning SuperFood drink take 4 Capsules. Drink 8+ ounces of water with each dose. Repeat one hour before bedtime, consuming a total of 8 capsules each day until you are out of ICF#2.

****IMPORTANT: DO NOT BEGIN ICF #2 UNTIL YOU HAVE BEEN ON ICF #1 AND ESTABLISHED 2-3 BOWEL MOVEMENTS DAILY. (THIS VARIES INDIVIDUALLY) THEN BEGIN THE INTAKE OF BOTH PRODUCTS DAILY WITH NO CHANGE TO THE ICF #2 DOSE, BUT INCREASE OR DECREASE THE ICF#1 AS NEEDED.**

LEVEL 2

STEP 1 (Must take with food)

Start with ICF #1 by taking 1 capsule daily with the LAST MEAL of the day. (An increase in bowel action, consistency, and the amount of fecal matter eliminated should be evident next morning) **If there is not a noticeable difference, take 2 capsules with the last meal of the day going forward. Continue with 1-2 capsules at the last meal of the day for 5 days. If still not noticing a difference, can continue to increase by 1 capsule per day.

(Can divide between meals as you increase)

There is no limit to increasing as long as you only increase 1 per day. Please continue with ICF1 until bowels are eliminating 2-3 times per day for at least 5 days. (May need more than one bottle of ICF#1 to complete cleanse)

Always take this product with FOOD.

(Ideally in the middle of the meal)

STEP 2 (Must take away from food & supplements)

ICF#2 Powder: One hour after morning SuperFood drink, mix one heaping teaspoon of ICF #2 powder with 4 ounces of water or beverage of choice, shake mix vigorously and drink. Follow by drinking 8-10 ounces of water. Repeat mid-day (away from food) and again one hour before bedtime, consuming a total of 3 heaping teaspoons of the formula each day.

ICF#2 Capsule: One hour after morning SuperFood drink take 4 Capsules and drink 8+ ounces of water with each dose. Repeat mid-day (away from food) and one hour before bedtime, consuming a total of 12 capsules each day until you are out of ICF#2.

****IMPORTANT: DO NOT BEGIN ICF #2 UNTIL YOU HAVE BEEN ON ICF #1 AND ESTABLISHED 2-3 BOWEL MOVEMENTS DAILY. (THIS VARIES INDIVIDUALLY) THEN BEGIN THE INTAKE OF BOTH PRODUCTS DAILY WITH NO CHANGE TO THE ICF #2 DOSE, BUT INCREASE OR DECREASE THE ICF#1 AS NEEDED.**

LEVEL 3

STEP 1 (Must take with food)

Start with ICF #1 by taking 1 capsule daily with the LAST MEAL of the day. (An increase in bowel action, consistency, and the amount of fecal matter eliminated should be evident next morning) **If there is not a noticeable difference, take 2 capsules with the last meal of the day going forward. Continue with 1-2 capsules at the last meal of the day for 5 days. If still not noticing a difference, can continue to increase by 1 capsule per day.

(Can divide between meals as you increase)

There is no limit to increasing as long as you only increase 1 per day. Please continue with ICF1 until bowels are eliminating 2-3 times per day for at least 5 days. (May need more than one bottle of ICF#1 to complete cleanse)

Always take this product with FOOD.

(Ideally in the middle of the meal)

STEP 2 (Must take away from food & supplements)

ICF#2 Powder: One hour after morning SuperFood drink, mix one heaping teaspoon of ICF #2 powder with 4 ounces of water or beverage of choice, shake mix vigorously and drink. Follow by drinking 8-10 ounces of water. Repeat 1/2 hour before lunch, 1/2 hour before dinner and again one hour before bedtime, consuming a total of 5 heaping teaspoons of the formula each day.

ICF#2 Capsule: One hour after morning SuperFood drink take 4 Capsules and drink 8+ ounces of water with each dose. Repeat 1/2 hour before lunch, 1/2 hour before dinner and one hour before bedtime, consuming a total of 20 capsules each day until you are out of ICF#2.

****IMPORTANT: DO NOT BEGIN ICF #2 UNTIL YOU HAVE BEEN ON ICF #1 AND ESTABLISHED 2-3 BOWEL MOVEMENTS DAILY. (THIS VARIES INDIVIDUALLY) THEN BEGIN THE INTAKE OF BOTH PRODUCTS DAILY WITH NO CHANGE TO THE ICF #2 DOSE, BUT INCREASE OR DECREASE THE ICF#1 AS NEEDED.**

Why is Intestinal cleansing important?

Benefits reported:

- *Increased energy
- *Kick start weight loss
- *Improved concentration
- *Maintained regularity & prevented constipation
- *Reduced bloating
- *Supported optimal digestion
- *Less brain fog
- *Better sleep patterns
- *Relieved gas & cramps



Additional benefits:

- *Increases body's ability to absorb vitamins & minerals
- *Strengthens, cleanses, & promotes normal peristaltic action of the colon
- * Increases normal flow of Bile which helps cleanse gall bladder, bile ducts and liver
 - *Supports normal elimination of parasites
 - *Increases gastro-intestinal circulation
 - *Strengthens muscles of the large intestine
 - *Anti-bacterial, anti-viral, and anti-fungal

Please read [Death Begins in the Colon for additional understanding of the importance of Intestinal Cleansing.](#) (Click here to download).

Testimonial

“The difference between my cleanse through country doctor and just a cleanse here and there from the stores was that it was life changing. I was 35ish and I probably could safely say I felt like 90. I have 6 children and I had no energy, I was in pain daily everywhere. Sleeping was awful and barely functioning through a day. Went in for a different approach to my health, Within 2 weeks of phase one foods and removing all foods helping create my misery I was already feeling so much better.. by week 4 it was when I was like no pain. I had metal detox I was doing also with you guys. Once my plan was at 2 months in I added exercise and went from 92lbs to 112 this took a year. But I feel 27 and I am 40!.. I feel young and have energy to keep up with my kids sometimes they cannot keep up with me! I spread the word often. Loved watching my body rebuild itself as I helped it through your practice remove years of toxic choices.”

-Jen

OPTIMAL WATER INTAKE

How much water should you be drinking?

Winter: 1/2 your body weight in ounces

(i.e. 200 pound person would drink 100 ounces)

Summer: 1 ounce for every pound of body weight

(i.e. 200 pound person would drink 200 ounces)

Top 10 Reasons to stay hydrated:

1. It helps excrete waste through perspiration, urination, and defecation.
2. It aids in digestion.
3. It helps prevent constipation.
4. It supports weight loss.
5. It helps with nutrient absorption.
6. It improves blood oxygen circulation.
7. It helps boost energy.
8. It helps improve mood.
9. It helps keep skin bright.
10. It helps maximize physical performance.



It is extremely important to stay hydrated
for effective & efficient cleansing.

(Can add fresh lemon or lime to water)

SUPERFOOD BENEFITS



- Feel good
- Increased energy
- Nourishes the body
- Loaded with vitamins & minerals
- Digestible protein
- Essential enzymes
- Essential fatty acids
- Whole food based
- Not synthetic
- Made by nature

Tips:

- 1. Ultima Replenisher is a stevia sweetened electrolyte mix that can be a great addition to your morning smoothie! In addition to its health benefits, this mix comes in several flavors that can enhance the flavor of your smoothies.**
- 2. If you are new to concentrated super greens, please be patient as the palette can take up to 2-3 weeks to adjust. If you do not enjoy the flavor of SuperFood, within 3 weeks of consistently consuming, your body will start craving it and you will be reaping many health benefits!**
- 3. Swish your first drink of every Country Doctor SuperFood smoothie or shake to prepare your stomach for what is coming.**



SNICKERDOODLE SMOOTHIE

Ingredients:

- 1 or 1 1/2 Cups Unsweetened coconut or almond milk
- 1 Cup of ice
- 1/2 Banana
- 1 Tablespoon almond butter
- 1/2 Teaspoon vanilla extract
- 1/2 or 1 Teaspoon ground cinnamon
- Tablespoon raw local honey
- 1-2 Tablespoons Country Doctor SuperFood mix



Directions:

1. Blend in a strong blender until liquefied.

2. Swish first drink in mouth for 20-30 seconds to prepare stomach and then enjoy!



DAN'S SHAKE



Ingredients:

- 6 oz Water
- 6 oz Pomegranate blueberry juice
- 1/2 Avocado
- 1/2 Green apple
- 3 Handfuls of organic green mix
- 1/3 Tablespoon of cayenne pepper
- 2 Tablespoons Country Doctor SuperFood mix

Directions:

1. Blend in a strong blender until liquefied.

2. Swish first drink in mouth for 20-30 seconds to prepare stomach and then enjoy!



CRAIG'S SHAKE

Ingredients:

- Handfuls of blueberries, blackberries, raspberries
- Handful of power greens
- 1/2 Avocado
- 1/2 Beet
- 50/50 Organic unsweetened juice and Water
- 1-1 Inch chunk of ginger root thinly sliced
- 1-2 Tablespoons Country Doctor SuperFood mix



Directions:

1. Blend in a strong blender until liquefied.

2. Swish first drink in mouth for 20-30 seconds to prepare stomach and then enjoy!



BECCA'S SHAKE

Ingredients:

- Handful of blueberries
- Handful of spinach
- 1/2 Avocado
- 1/2 Small beet
- 8-10 oz. Unsweetened vanilla almond milk
- 1/2-1 Teaspoon cinnamon
- 1-2 Tablespoons Country Doctor SuperFood mix



Directions:

1. Blend in a strong blender until liquefied.

2. Swish first drink in mouth for 20-30 seconds to prepare stomach and then enjoy!



ENERGY BOOST SHAKE

Ingredients:

- 1 1/2 Teaspoon turmeric
- 1/4 Teaspoon ground ginger
- 1/4 Teaspoon cinnamon
- 1/4 Teaspoon cayenne pepper
- 1 Teaspoon raw local honey
- 1 Teaspoon coconut oil
- 1-1/2 Cups unsweetened almond milk
- 1-2 Tablespoons Country Doctor Superfood Shake mix



Directions:

1. Blend in a strong blender until liquefied.

2. Swish first drink in mouth for 20-30 seconds to prepare stomach and then enjoy!



BEET IT SMOOTHIE

Ingredients:

- Handfuls of spinach or kale
- 1/2 Beet
- 3/4 Cup of strawberries
- 1/2 Avocado
- 50/50 Water & orange juice (no sugar added)
- 1-2 Tablespoons Country Doctor SuperFood mix



Directions:

- 1. Blend in a strong blender until liquefied.**
- 2. Swish first drink in mouth for 20-30 seconds to prepare stomach and then enjoy!**



STRAWBERRY MINT SMOOTHIE



Ingredients:

- 5 Leaves mint
- 1 1/2 Cups strawberries
- 1/2 Avocado
- 1/4 Cup almonds or cashews
- 1 Tablespoon chia seeds
- 1/2 Teaspoon cinnamon
- 1 Tablespoon coconut oil
- 1- 1 1/2 Cups unsweetened almond milk
- 1-2 Tablespoons Country Doctor Superfood mix

Directions:

- 1. Blend in a strong blender until liquefied.**
- 2. Swish first drink in mouth for 20-30 seconds to prepare stomach and then enjoy!**



FAQ'S

1. Do we have to do a specific diet while on this cleanse?
 - a. We do not require a specific diet but rather recommend eating as clean as possible. It doesn't make sense to do a cleanse to remove toxins while adding more in if eating fast food, processed food, etc so we would recommend cutting out as many "fake foods" as possible.
 - b. We do have a Good foods list & Phase 1 menu that can use as general guidelines:
[Download Good foods list here](#)
[Download Phase 1 Menu here](#)
[Download Additional Recipes here](#)
2. Can pregnant women do cleanses?
 - a. *Pregnant women should not be doing any cleanses
3. Can nursing moms do cleanses?
 - a. Nursing Moms can do the Intestinal Cleanse
(Nursing moms should not do the Heavy Metal Cleanse)
4. Can individuals with a gallbladder removed do all cleanses?
 - a. Yes, clients without a gallbladder can do cleanses but should be on Super Enzymes for digestive support
5. Can individuals who have had weight loss surgeries do cleanses?
 - a. *Any Weight Loss Surgeries are able to do the Intestinal Cleanse but need to proceed SLOW with Level 1.
 - b. Get bowels moving first and stable with ICF #1
 - c. Then add in ICF #2 with only 1 dose per day gradually working up if they are comfortable.
6. Can individuals who have concerning Hemorrhoids do cleanses?
 - a. *If hemorrhoids are of concern they need to first get stable on ICF #1 first
 - b. They can start SuperFood immediately
 - c. Can add in HP B-F-C and HP Cayenne to help naturally support (See clinical reference guide protocol)

HIGH FIBER FOODS



Collard Greens



Raspberries



Avocados



Almonds



Chia Seeds



Butternut
Squash



Chickpeas



Lentils



Brussel
Sprouts



Broccoli

High fiber foods are recommended and especially when completing an intestinal cleanse. Here are some we recommend working into your daily diet.