

Intestinal Detoxification & Cleansing Programs

Dr. James L. Wilson

Proper intestinal microbial balance and function is very important to overall health. Bacterial imbalances, low-grade intestinal infections and debris build-up in the intestines can affect digestion and immune function and contribute to fatigue.

Instructions follow for two easy-to-do intestinal detoxification/cleansing programs that can effectively enhance your bowel health and vitality.* Both programs can be done at home without special equipment or fasting. However, if you are under severe stress, in fragile health, take prescription drugs, or have hormonal imbalances or significant health problems, you must go slowly and work closely with your health practitioner.

Program #1 is designed to be used as a general intestinal 'tune-up' three or four times per year.* It detoxifies and cleanses the intestines of unwanted debris and mucous, which helps promote a healthy inner environment and intestinal function.* This can be especially beneficial after periods of travel or poor food, and is also useful before and during a fast.* See the instructions for Intestinal Detoxification and Cleansing Program #1 below.

Program #2 is designed to systematically detoxify, cleanse and condition the intestinal tract, and foster a healthy microbial balance throughout the intestines.* It works gently but effectively without interrupting daily schedules, even when difficulties have been present for years.* See the instructions below for Intestinal Detoxification and Cleansing Program #2 below.

For Educational Use Only

*These statements have not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Intestinal Detoxification & Cleansing Program #1

Featuring Dr. Wilson's Squeaky Clean[®] Formula

Uses:

- To cleanse bowels that are sluggish or contain unwanted debris and mucus*
- For use as a general intestinal 'tune-up' three or four times per year*
- To promote healthy intestinal function*
- To balance the intestinal tract after traveling or after several days of eating poor food*
- To prepare for and to participate in a fast of short duration*

Instructions:

1. While doing this program substantially increase dietary fiber (fresh fruits, vegetables, beans and whole grains) and drink at least six 8-oz glasses of distilled or spring water each day. If there are fewer than two bowel movements per day or the bowel movements are difficult, consume more water during the day.
2. In the evening, at least two hours after the evening meal, take 2 capsules of Squeaky Clean[®] with an 8-oz glass of distilled or spring water.
3. The following morning, at least 1/2 hour before breakfast, take 2 capsules of Squeaky Clean[®] with an 8-oz glass of distilled or spring water.
4. Continue for seven consecutive days.
5. On the eighth day, decrease Squeaky Clean[®] to 1 capsule in the morning and 1 in the evening before bedtime.
6. Continue eighth day instructions for seven more days.

Best results are achieved when this program is done systematically and regularly.*

Some people like to keep taking Squeaky Clean[®] daily to maintain healthy intestinal function.* Its unique combination of ingredients thoroughly cleans the many valleys and difficult-to-access areas of the small intestines, contributes to healthy gut integrity in the intestinal walls, helps sustain friendly intestinal bacteria, and aids regularity.* Because Squeaky Clean[®] is non-habit forming, and can be used without fear of dependence.*

For Educational Use Only

*These statements have not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Intestinal Detoxification & Cleansing Program #2

Featuring Dr. Wilson's Body-Guard™ and Squeaky Clean® Formulas

Uses:

- To remove unwanted debris and pathogens from the small intestines and colon*
- To systematically foster healthy function and microbial balance in the intestines*
- To enhance intestinal balance with the proper friendly bacteria*

You may experience mild gas pains during the first few days in reaction to the dying-off of pathogens (also known as a Herxheimer reaction).* If they are severe or persist, decrease the amount of product you are taking.* The recommended dosages are for the average person and can be adjusted when necessary if you are small, sensitive or health impaired.* Dosages can also be increased accordingly based upon your weight.*

Instructions:

1. While doing this program substantially increase dietary fiber (fresh fruits, vegetables, beans and whole grains) and drink at least six 8-oz glasses of distilled or spring water each day. If the patient has fewer than 2 bowel movements per day or the bowel movements are difficult, consume more water during the day.
2. In the evening, 30-60 minutes before bedtime and at least 2 hours after supper, take 20 drops of Body-Guard™ in 8 ounces of water (distilled or spring) or non-citrus juice. If you suspect a yeast or fungal overgrowth such as Candida albicans, take the Body-Guard™ in water only.
3. 30 minutes after taking Body Guard™, take 2 capsules of Squeaky Clean® with a glass of distilled or spring water.
4. First thing in the morning, before eating or drinking anything, take 20 drops Body Guard™ in a glass of non-citrus juice or water.
5. 30 minutes later take 2 capsules of Squeaky Clean® with a glass of distilled or spring water.
6. Twice during the day, at least 2 hours after a meal and 1 hour before (e.g. at 10:00am and 4:00pm), take 20 drops of Body Guard™ in a glass of non-citrus juice or water.

Continued next page

For Educational Use Only

*These statements have not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Dr. Wilson's Intestinal Detoxification & Cleansing Program #2 continued

7. Beginning on Day 2, continue to follow steps 1-6 above and also take 1/2 tsp or 2 capsules of Lactobacillus acidophilus and Lactobacillus bifidus combination bacterial replacement† 30 minutes after taking Body-Guard™. The morning and evening doses of bacterial replacement can be taken with the Squeaky Clean®.
8. Continue through day nine.
9. Beginning on the 10th day, stop taking the Body Guard™, reduce Squeaky Clean® to 1 in the morning and 1 at night, and continue taking 2 capsules or 1/2 teaspoon of replacement bacteria with the Squeaky Clean®.
10. Continue the 10th day instructions for four more days.

†These can be obtained from most health food stores or online. Only purchase ones that have a bacterial count in excess of 2.5 billion CFUs (colony forming units) per gm or capsule (10 billion per teaspoon) and have been kept refrigerated.

Why Intestinal Detoxification & Cleansing Program #2 is So Effective:

This program is a gentle but very thorough intestinal detoxification program.* Even people who have done weeks of coffee enemas, castor oil and raw foods have found it very beneficial.* The reason for its success is the completeness of both the Body-Guard™ and Squeaky Clean® formulations.*

Body-Guard™ combines the beneficial properties of colloidal silver with herbs used historically for their detoxifying and hygienic qualities.* It enhances healthy immune function in the intestinal tract to help eliminate unwanted micro-organisms, while **Squeaky Clean®** helps clear them out with the other debris.*

In steps 7-10, the combination of Squeaky Clean® and replacement bacteria promotes a healthy microbial balance in the intestines that helps maintain a wholesome intestinal environment and good intestinal function.*

Note: We have received nearly unanimous approval for this program among health practitioners who understand detoxification because the ingredients are so gentle yet so beneficial.*

For Educational Use Only

*These statements have not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.