

STEP 1
UN-BLOCK
THE EXIT

THE COLON CLEANSE



My Favorite Colon Cleanse

Congratulations for taking the time to clear out your exit before trying to remove toxins from your body! You will be happy you've made the decision to do that.

After being on this colon cleanse for 1-2 weeks, you can begin eating the anti-Candida diet found in "Step 2 - Starve it." (you may begin the Anti-Candida diet earlier than that. It's up to you.)

After about 2 weeks on the Anti-Candida diet, if you are regularly having 1-3 soft, easy to pass bowel movements per day, you should be ready to begin "Step 3 - Kill it."

Either way, you can begin taking *Saccharomyces Boulardii* right away at the beginning of the colon cleanse.

Also a form of yeast, *Saccharomyces Boulardii* (lovingly labeled by many practitioners as Sac B) is a yeast-eating strain of probiotic.

It's good to take 3-4 capsules of Sac B before bed, away from food (1/2 hour before food or 2 hours after food).

Sac B continues for duration of program- we will add in a multi-strain probiotic towards the end.

Jarrow Sac B is a great brand.

Cleansing Trio from Young Living

The Cleansing Trio from Young Living includes Comfortone, ICP, and Essentialzyme. They are all sold together at a little less than the price of buying each product separately.

These products include herbs and essential oils that are formulated to keep you feeling well during the cleanse as you free up toxins and escort them out your back door.

The goal of this colon cleanse is to pass the “mucoid plaque,” or “the lining coating the bowel.” It is black and shaped like a long tube, and it consists of all the gunky, caked on material that had been lining the bowel and making it difficult for it to function as it was designed to. Once that passes you have achieved your goal of cleansing the colon so that it can function properly and allow the body to absorb important nutrients.

When I do this cleanse, I start with one Comfortone capsule in the morning, away from food (*away from food* means at least ½ hour before eating and at least 2 hours after eating). The next day I increase it to one capsule in the morning and one at night before bed, also away from food. I then increase it by one capsule per day, alternating day and night, until I get 2-3 bowel movements per day.

I usually end up taking 6 Comfortone capsules per day, 3 in the morning and 3 at night. This varies from person to person, depending on how many capsules it takes for you to achieve 2-3 soft, easy bowel movements per day.

Some people say that their intestines feel a little strange as their bowels start functioning well after years of constipation. This happens sometimes. It's nothing to be concerned about.

STEP 1 UN-BLOCK THE EXIT

THE COLON CLEANSE

After I reach my ideal amount of Comfortone per day and I've been having 2-3 easy, soft bowel movements per day, I'll add in 1 tsp of ICP in the mornings along with the Comfortone, also away from food (at the same time as the Comfortone. The next day, I add in ½ tsp ICP at night, along with the Comfortone.

ICP is a blend of herbs and fiber meant to provide bulk and nutrition. It's best to stir it into the water and drink it down quickly before it gets thick.

I increase the ICP by ½ tsp a day, alternating the increase morning and night until I'm having large bulky stools, but I'm not constipated. Sometimes, I get all the way up to 1 tbsp in the morning and 1 tbsp at night and sustain that for the duration of the cleanse. Young Living's founder recommends doing just that.

Of course, that's for you to decide for yourself because ICP does bulk up the stool and can cause constipation. We don't want that.

If you try this and you get constipated, consider that you may not be drinking enough water. Remember the rule of thumb: your weight divided by two in ounces. So, for a 140-pound person, 70 ounces of water per day is awesome.

Recap so far:

Comfortone is meant to activate the bowel. ICP adds bulk and acts as a lovely toothbrush for the bowels. Take Sac B from the beginning.

It should take about 6 days to build up to 6 Comfortone capsules per day (if you need more, take your time building it up. I've known people to use up to 12 capsules per day! And only add more capsules if you're feeling well).

It should take about 6-14 days to build up the ICP to one tbsp each morning and night.

If you haven't started already, at the beginning of week 3 it's a good idea to start the Anti-Candida diet.

After 2 weeks on the Anti-Candida diet, you should be ready to start "Step 3- Kill it."

These steps overlap. I want to help you keep it straight in your head.

Essentialzyme:

Now I'll explain what the developers of Essentialzyme meant for it to do.

Essentialzyme (you might come across a different product called Essentialsymes-4: that's a different product and not what I'm referring to here) breaks up the plaque in the colon and absorbs toxins.

I take one of these during the day, for that purpose away from food while on this cleanse. You can increase the number and frequency of the Essentialzyme tablets to encourage faster elimination of the gunk caking the intestines.

Experimentation with this is welcome.

Most people stay on this plan with the Comfortone, ICP, and Essentialzyme until they have passed the "mucoid plaque" and are continuing to have 2-3 good bowel movements per day.

It can take a very long time, I'm saying 3-18 months, for the mucoid plaque to come out. It's important to remain patient.

Not to worry, though, because you can be eliminating yeast all the time while on this colon cleanse! The goal is to pass the mucoid plaque, but during the cleanse, you will be passing stool smoothly, and therefore ridding your body of dead yeast and other toxins comfortably.

Speeding things along:

It is possible to move things along a little faster if you can stay near a toilet for about 1 week and can tolerate some nausea and headache from the sudden release of toxins that can happen with a more aggressive method.

If the method described above isn't working fast enough for you, or if you maybe just want to start with a more aggressive method, one healer suggests beginning with 8-10 capsules of Comfortone the first day (4-5 in the morning and 4-5 at night) to blast it out. From there, you can decrease by one capsule per day, alternating morning and night.

This might work well for someone who is having trouble with constipation and is free to stay near a toilet at all times for about 1 week.

You might also want to try this method at any point within your cleanse to speed things up a bit. Just make sure you are close to a restroom at all times.

When my clients go this way, they then work in the ICP and Essentialzyme after they've gotten down to a comfortable amount of Comfortone where they're producing 2-3 normal, easy to pass stools per day (unicorn poop!) and continue with the cleanse as described above until they have passed the mucoid plaque.

At any point in here, you might want to take a break and go for the **Master Cleanse**. It has the power to remove large amounts of toxins from the body in a short period of time. It's up to you.

Alternate Colon Cleanse

If for some reason you can't or don't want to use the Cleansing Trio from Young Living, I have an alternative for you!

If you choose to do the alternative colon cleanse, what you're doing is using the main ingredients of the Young Living Cleansing Trio (sort of) and putting them together yourself. This version for sure doesn't taste as good and is far less convenient.

It also doesn't include some of the very helpful digestive enzymes included in the Cleansing trio. Please make sure you check the supplements handout in the "extras" section for alternative digestive enzyme brands and liver support to make sure this process is as comfortable and efficient as possible for you.

With this colon cleanse, it's good to start with the Sac B at the beginning just like if you were using the Cleansing Trio.

First get the colon moving

Make sure you are eating the Anti-Candida diet, found in "Step 2 - Starve it" (if you are constipated, this should help you too). Once you have achieved 1-3 bowel movements per day, you are ready to start the colon cleanse!

If you're having trouble with constipation, please refer to the handout in the "extras" entitled "How to Improve Digestion Naturally."

The Dirt Drink

First thing when you get up in the morning, you will consume the Dirt Drink! Yummm!!! Don't be scared. It isn't that bad, just a little earthy.

Pun intended!

The Dirt Drink consists of diatomaceous earth and bentonite clay. Diatomaceous earth is just some tiny fossils that will not harm the body. It slices open the Candida's exoskeleton, and the bentonite clay binds to the candida and carries it out your back door.

It is very important to drink lots of water so that the clay, bound to the candida, can flow out of your body.

When on this cleanse, always pay attention to your bowel movements. If you're getting constipated, you will need to adjust a few things to suit your needs, such as magnesium citrate, and bentonite clay.

Phase 1 (lasts 4-6 weeks)

Week 1:

½ tsp food grade diatomaceous earth
½ tsp bentonite clay

Mix in water each morning and drink, first thing when you wake up.

Note: If you find that you become constipated, reduce the clay to ¼ tsp per day.

Weeks 2-6:

1 tsp food grade diatomaceous earth
1 tsp bentonite clay

Mix in water each morning and drink, first thing when you wake up.

Note: If you find that you become constipated, reduce the clay to ½ tsp per day. Remember that this combo of diatomaceous earth and bentonite clay should not go on for longer than 6 weeks per year to avoid leaching of minerals from the body.

At any point in here, you might want to take a break and go for the **Master Cleanse**. It has the power to remove large amounts of toxins from the body in a short period of time. It's up to you.

Clarification

Before starting this alternate colon cleanse, it's a good idea to be on the Anti-Candida diet for at least one week first (Step 2 "Starve it").

Then, after one week with the Dirt Drink each morning, you will be ready to start Step 3 "Kill It!" So, these steps overlap in a way.

I want to make sure that it's understood that we don't necessarily finish one step before we begin another. And in some cases, it's up to you how far each step overlaps.

Sources Cited

<https://www.mayoclinic.org/diseases-conditions/hypothyroidism/symptoms-causes/syc-20350284>

Inner Transformations Using Essential Oils, Dr. Leanne Deardeuff, DC and Dr. David Deardeuff, DC.

Disclaimer: The information contained in laurieseely.com or provided through our blog, e-mails, programs, services or products is not intended to be a substitute for professional medical advice, diagnosis or treatment that can be provided by your physician, therapist, licensed dietitian or nutritionist, or any other health care professional. We are not medical health practitioners or mental health providers and we are not providing health care, medical or nutrition therapy services, or attempting to diagnose, treat or cure in any manner whatsoever any disease, condition or other physical or mental ailment. We serve as coaches, educators and guides who help you reach your own health and wellness goals through implementing incremental, positive, healthy, sustainable lifestyle changes that help you thrive. We do not intend to replace any relationship between you and any health care provider. Do not ignore or delay seeking any medical advice because of any information obtained at Laurieseely.com. Always consult your medical health care practitioner regarding all nutritional supplements and their possible reactions to any medications that you may be taking.