

Intestinal Detoxification & Cleansing Programs

By 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 completed 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 in conjunction with your health care professional.

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 or high stress, 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 most effectively without interrupting daily schedules, even when difficulties have been present for many years. See the instructions below for Intestinal Detoxification and Cleansing Program 2 below.

I am confident that you will achieve excellent results with these two simple yet highly effective detox programs I created and fine-tuned with many patients over the years. Don't be fooled, these protocols may at first appear simple and not involve a whole bunch of products, yet they are highly effective. Practitioners in over thirty countries now use my protocols and the feedback to us at Future Formulations has been fantastic.

Yours in Health,



Dr James Wilson

Intestinal Detoxification & Cleansing Program # 1 **Featuring Dr. Wilson's Squeaky Clean Formula**



Uses:

- To cleanse bowels which 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 fibre (fresh fruits, vegetables, beans and whole grains) and drink at least six 250ml glasses of 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 a glass of spring water.

3. The following morning, at least ½ hour before breakfast, take 2 capsules of Squeaky Clean with a glass of 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 1 capsule in the morning and 1 in the evening before bedtime for seven more days.

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

Some of my patients like to keep taking Squeaky Clean daily to maintain healthy intestinal function. It is a totally unique combination of ingredients which thoroughly cleans the many valleys and difficult-to-access areas of the small intestines, improves protein, fat and carb digestion and absorption, contributes to healthy gut integrity in the small and large intestinal walls, helps sustain friendly intestinal bacteria, and aids in bowel regularity. Because Squeaky Clean is non-habit forming, and can be used without fear of dependence.



Intestinal Detoxification & Cleansing Program #2

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

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 flatulence and bloating 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 fibre (fresh fruits, vegetables, beans and whole grains) and drink at least six glasses of spring water each day. If the patient has fewer than 2 bowel movements per day or the bowel movements are difficult, consume more pure 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 a 250ml glass of water or non-citrus juice. If you suspect a yeast or fungal overgrowth such as *Candida albicans*, take the Body-Guard in water.
3. 30 minutes after taking Body Guard, take 2 capsules of Squeaky Clean with a glass of 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 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.
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 your health professional. Make sure you are guided to a good quality supplement by the people who know.



Why Intestinal Detoxification & Cleansing Program #2 is so effective*

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

Body-Guard is a "one of a kind" formulation which combines the beneficial properties of colloidal silver, grapefruit seed extract with the most specific and effective 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 these highly effective programs amongst many health practitioners and detoxification clinics who understand detoxification because the ingredients of Body-Guard and Squeaky Clean are so gentle yet so beneficial and effective.

