



VIT-RA-TOX Seven Day Cleansing Program

OVER THIRTY YEARS of experience with cleansing and fasting has convinced us that each year the colon of the average American becomes more distorted. We firmly believe that, unless ALL fecal matter is removed, *no amount* or kinds of drugs, operations, vitamins or food supplements (including ours) will rid the body of all chronic ailments. Therefore, the *most important* procedure directed toward regaining Your Health is the COMPLETE and THOROUGH cleansing of the colon, no matter what or how long it takes.

A seven day fast should be a MUST for everyone two to four times per year. Scientists have found that certain tiny water animals, alternately fed one week and starved the next during their entire life, lived five times longer than those that were fed all the time. Moderate fasting should be a routine procedure for everyone.

Our cleansing program is designed so that the glands and organs of the body can take a much-needed rest. As a supplement during the program, therefore, we recommend our VIT-RA-TOX No. 22, rather than our VIT-RA-TOX No. 21 which requires more digestive action.

THE 7 DAY CLEANSING PROGRAM

Eat NOTHING for the full 7 days, other than as specified, during the program. DRINK a glass of WATER, in addition to what is given in the instructions, whenever you feel hungry; and be sure to drink four to five glasses per day whether or not you feel hungry. Plenty of water is essential to the success of the cleansing program.

YOU WILL NEED

1. One empty pint or quart jar with a tight cover.
2. Juice. (Your choice of orange, grape, pineapple or apple)
3. One can VIT-RA-TOX No. 19 COLO-CLENZ, containing, in addition to the 10 ounces of powder, an envelope with 8 herbal laxative tablets.
4. One bottle VIT-RA-TOX No. 16 MONTMORILLONITE (extracted from BENTONITE).
5. One bottle VIT-RA-TOX No. 22 GREENLIFE.
6. One bottle VIT-RA-TOX No. 53 WHEAT GERM OIL CAPSULES.
7. One bottle VIT-RA-TOX No. 57 VITAMIN C.
8. COLEMA BOARD or Enema Bag (see instructions).

THE CLEANSER

The EVENING before commencing the program take two HERBAL Laxative tablets (included in the No. 19 can). To more thoroughly eliminate fecal accumulation, slowly inject — using an infant rectal syringe — one cup of olive oil into the rectum. Massage the bowel gently and try to retain this oil until morning. If necessary, in the morning use an enema to make sure the lower colon has been emptied.

EACH DAY FOR 7 DAYS TAKE THE FOLLOWING

- 5 times per day — 3 hours apart — (if your weight is over 150 lbs.)
 4 times per day — 3 hours apart — (if your weight is under 150 lbs.)
1. Pour about one inch of your choice of fruit juice into the jar. (This is to prevent too-quick jelling and to give your drink flavor, although it is not necessary).
 2. Add at least 10 ounces of water.
 3. Add 1 tablespoonful of VIT-RA-TOX No. 16 MONTMORILLONITE.
 4. Lastly, add 1 heaping teaspoonful of VIT-RA-TOX No. 19 COLO-CLENZ.
 5. Put the cover on tightly and SHAKE VIOLENTLY for 12 to 15 seconds.
 6. Drink quickly. Follow with clear water, if desired.

1-1/2 Hours After Taking the Above Cleansing Combination Take:

- 6 VIT-RA-TOX No. 22 GREENLIFE TABLETS
- 1 VIT-RA-TOX No. 53 WHEAT GERM OIL CAPSULE
- 2 VIT-RA-TOX No. 57 VITAMIN C — 100 MG.

TAKE THIS COMBINATION FOUR TIMES each day. In the course of the day you will have consumed 24 Greenlife tablets, 4 Wheat Germ Oil capsules, 8 Vitamin C tablets.

THE COLEMA BOARD

The Colema Board is preferred for an easier and more efficient cleanse. However if finances do not permit, use the enema equipment and the following instructions. THE COLEMA BOARD has been designed to provide a safe and easy way to take a high enema or colonic. Once you are in the correct position, it is possible to relax and virtually enjoy the balance of the procedure. Both hands are free, so you may massage the abdomen and colon freely. The massaging technique is most important for best results. NOTE: One five gallon pail must be used with the Colema Board. You will prefer a white pail so you can judge the amount of water remaining.

SOLUTIONS FOR THE COLEMA BOARD

- COFFEE: 3 tablespoons of ground coffee in 1 quart of water — Bring to boil and simmer 15 minutes. Strain through strainer and cloth, put in pail (5 gallons) and add water to make 5 gallons.
- OR
- EPSOM SALTS: 1 tablespoon of Epsom Salts dissolved in 5 gallons of water.
- OR
- LEMON JUICE: 1/4 cup strained Lemon Juice in 5 gallons of water.
- OR
- GARLIC: 4 cloves of garlic — cut up and put in blender with 1 cup of water. Strain and Add 1/2 cup of Montmorillonite #16 (put in pail and fill with water).
- OR
- CATNIP: 2 cups of catnip in 2 cups of water — bring to boil and boil 3 minutes. Strain and put in pail and fill with water. This has a particularly calm effect on the system. (recommended for youngsters)

1. The COLEMA BOARD solution pail should be supported so that the bottom of the pail is approximately 20 to 24 inches above the COLEMA BOARD (or your buttocks if taking an enema). If there is insufficient room in the bathroom, you may wish to relocate to another room. In so doing, place your COLEMA BOARD over a second five gallon bucket and the head end on a chair. Place the head end of the Colema Board on a chair with the exhaust portion over the toilet bowl or the second bucket. Use a Colander under the exhaust outlet so you can examine any unusual matter that may be expelled. This is vital to ascertain when and if the colon is absolutely clean.
2. Place a folded towel or foam pad on the board, so that it will be comfortable to lie on.
3. Place the 1/2 circle cover over the working end of the board area to prevent splashing when it is expelled.
4. Lubricate the colon tip with any convenient lubricant — or any organic material. You may also put the lubrication on end of finger and insert in anus to lubricate the anus.
5. Position your body on the COLEMA BOARD and insert the plastic tip and slide down until the buttocks touch the wooden edges of the buttocks support.
6. OPEN the clamp to allow the solution to flow freely into the colon. Start massaging upward on the left side. If you find tender sore spots, continue to massage that area until the tenderness is gone. Continue up to the ribs on the left side, then across and down the right side. Try to eliminate sensitive areas as you proceed. When it becomes necessary to evacuate, simply relieve the bowel. The fecal matter will bypass the tip, allowing normal bowel action, without removing the tip or changing your position. The COLEMA BOARD encourages normal peristalsis, without producing bowel distention. Continue this

procedure until you have finished eliminating or until you have exhausted the contents in the bucket. This will normally take one half to one hour. Remove the colander and rinse the collected contents under the faucet.

Do not be alarmed over some of the strange material you have passed. You should examine carefully such debris. It is not unusual to pass rope-like material that is somewhat lengthy and elastic. Remember, the success of the colonic may well depend thoroughly on the massaging technique, than the amount of solution used. You may use an electric massager if you prefer.

Upon completion of the irrigation, wash the board, tubes and tip with a good germicidal solution. Be sure not to boil the plastic tip as it may cause damage. Additional tips are available, so that EACH individual may have their own tip (they are disposable).

COLEMA BOARDS may be purchased from COLEMA BOARDS, P.O. Box 229, Anderson, CA 96007. Phone (916) 365-2496.

THE ENEMA

For best results we emphatically recommend STRONG BLACK COFFEE for the colonic. Take at least one enema EACH NIGHT for the full 7 days; in more severe cases, two to three coffee enemas per day may be necessary. The caffeine in coffee apparently helps stimulate increased peristaltic action of the colon.

For each enema use 2-4 tablespoons of REGULAR COFFEE (not instant or de-caffeinated) to two quarts of water. Boil thoroughly or perk. (Most people prefer to make one gallon at a time.)

1. Cool and test the coffee with your elbow. You should not be able to feel either warmth or coolness.
2. Do not have the water bag hanging more than two feet above the rectum.
3. Lie on the bathroom floor on your left side. Allow only 1/2 cup of liquid to enter at one time, then get up off the floor to a knee-chest position with weight of body balanced on the knees and one hand; use the other hand to massage the abdomen thoroughly for several minutes (lower left side). Lie again on left side and add more coffee, each time using only a very small amount and always stopping before pressure is felt. A burst of clear liquid is worthless. Unless solid matter appears, repeat until it does. To do a good job will take at least a full hour or more, putting in ONLY 1/2 cup of coffee and massaging a 2-inch area at a time, following UP the DESCENDING colon, THEN UP the TRANSVERSE colon to your right side, then DOWN the ASCENDING colon to the appendix. (See Print #1.)

If you are over thirty, look for a sticky grey or brown substance resembling the white of an egg or a jelly fish (unhealthy mucus). Do not flush the toilet during the entire colonic, so you can see what comes out. If you have any kind of chronic ailment, you undoubtedly will have some dark incrustations (see Print #2) which may have been loosened by the Cleanser but cannot be eliminated because of twisted kinks in the colon. (See Print #3.) If there are no absolute blockages, these dark incrustations may come out in small or large chunks, or as long ribbons or as hard and tough pieces resembling pieces of truck tires you have seen on the highway. If necessary, take two or three of these colonics per day for the whole 7 days. REMEMBER that, until the colon is completely clean, whatever ills you have will not disappear. *Cleaning that colon is by far the most important job you should have on your mind.* It is far more important to your future health than your work, your money or your social life.

PLEASE NOTE that an enema is the same as a colonic but doesn't go as far up (usually only up the descending colon). We insist on going all the way up, across, and down to the appendix. (See Print #1). ALL MUST BE CLEANED OUT. If you are unable to give yourself a colonic, contact a doctor who gives them, but make him give the massage too. Just running a mass of water through will not remove a condition like Print #2. If you find this procedure difficult or uncertain consider purchasing a Colema Board.

RETENTION IS MOST IMPORTANT — The longer you retain the coffee mixture in the colon the better, thus reducing the time and amount of coffee needed. If you have the urge to go and only fluid comes, nothing is accomplished. You have been too impatient and have used too much fluid too fast and not enough massaging between. You need not limit your liquid intake to two quarts. More liquid may be needed. While coffee is best, you may occasionally alternate with lemon juice (use the juice of one lemon to two quarts of water) or Epsom Salts.

In extremely difficult cases and as a last resort, use olive oil — 2 to 3 quarts — instead of the coffee enema. We suggest buying a full gallon in case you should expel before ready. But massage, massage, massage all the way up, across and down; then hold as long as possible.

AFTER THE SEVENTH DAY

1. Use No. 16 MONTMORILLONITE and No. 19 COLO-CLENZ morning and evening until two natural bowel movements daily are obtained. (In severe cases this may take years, but it is a MUST for good future health.) Many use the No. 16 and No. 19 mixture, as in the cleansing program, every morning for years, and some forever, to help build and maintain bowel regularity. The purpose of No. 16 is to adsorb (not absorb) poisons in the alimentary canal. The purpose of the No. 19 is to furnish fiber that retains the moisture and is mucilaginous, slippery, soft and bulky. (It has far more fiber than bran.)
2. For best results use 16 tablets of VIT-RA-TOX No. 21 and 20 tablets of VIT-RA-TOX No. 22, 6 No. 48 Beet Tablets, 3 No. 53 Wheat Germ Oil, 6 No. 54 Digestive Aids, and 3 No. 57 Vitamin C.
3. To break the fast on the first day eat small amounts of raw salad, apples, pineapple, grapes, sprouts, fresh tomatoes. INCLUDE SUPPLEMENTS.
4. On the second day ADD steamed vegetables, soft boiled eggs (not more than three minutes). INCLUDE SUPPLEMENTS.
5. Resume normal eating; but eliminate from your diet anything containing bleached, whole corn syrup or refined and refined white flour products, anything containing artificial color, flavor, cholel or refined sugars. Instead, use molasses. Inquire until you find them.
6. Eat a good size raw vegetable salad daily and one cooked leafy vegetable.
7. Use fresh, raw fruits, in season, between meals and for desserts.
8. Cook all vegetables definitely on the raw side.
9. Cook beef very, very rare; eggs soft; broil fish on one side only. Better still, eat your fish, lamb and beef raw.
10. Eat melons between meals.
11. Drink water generously between meals.
12. See that ONE HALF of your food intake is FRESH and RAW, and gradually increase.
13. Be sure to eat something RAW at each meal. If this is not always practical, then augment the meal with GREENLIFE tablets.
14. Exercise; even good balanced blood is ineffective unless it is aerated (oxygenated); so, walk, walk, walk.

SUGGESTED READING

Mr. Irons' interview in the Healthview Newsletter (Volume 1, #10) on Bowel Problems should be read carefully. This letter may be purchased from us for \$2.00.

"GUIDE TO LIVING FOODS" — \$10.00 plus \$2.50 for shipping and handling. PRICE-POTTENGER FOUNDATION, P.O. Box 2614, La Mesa, CA 92041. YEARLY MEMBERSHIP — \$15.00.

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(Please refer to back page for Prints No. 1, 2 and 3.)

A HEALTHY COLON

