



# Herbal Colon Cleanse Recipe



**Complete Instructions  
Included**

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## What's In An Herbal Colon Cleanser And Why

An herb is a part of a plant used for scent, flavor, medicinal or therapeutic purposes. Herbs have been used in all human cultures for thousands of years. One pioneering advocate of the use of herbs and essential oils derived from herbs calls them "mankind's first medicine."<sup>1</sup>



**A quality herbal colon cleanse should contain wild crafted or organically grown, non-irradiated herbs and nothing else.**

But to cut costs, many inexpensive herbal colon cleanses on the market contain unnecessary filler ingredients as well as low quality herbs. I've explained how some of these ingredients are harmful to health in my article "The Dangers of Colon Cleansers –18 Ingredients that Can Harm Your Health" available on [www.safecoloncleanse.com/members.html](http://www.safecoloncleanse.com/members.html)

**Taking low quality herbs can also be harmful.**

**There are 3 main problems with taking these kinds of herbs:**

- They have been grown as cheaply as possible and contain herbicides, pesticides, heavy metals and fumigants.
- They have been irradiated. That means they have been exposed to high levels of radiation which sterilizes them and makes them almost worthless for health.
- They contain the entire plant instead of only the medicinal part. Burdock root for example is a great blood cleanser. But some

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<sup>1</sup> Gary Young, founder Young Living Oils, from a lecture.

formulations called "burdock root" also contain leaves and stems of the plant which do not cleanse the blood.

**One of the major benefits of making your own herbal cleanse is that you can be sure that your cleanse contains only the best ingredients.**

Later, I'll tell you how and where to find high quality herbs.

There are three parts to a quality herbal colon cleanser: herbs, a fiber supplement and probiotics. These three parts work together to improve the function of the entire digestive system. We'll consider many of them here in detail and then I'll give you exact instructions and a recipe for making your own herbal colon cleanse at home.

**1. A quality herbal colon cleanse contains a combination of the following herbs:**

**Herbs to cleanse the colon:**

*Note: I've highlighted in dark red the herbs used in the herbal cleanse recipe found in the next chapter.*

Burdock root:

A blood cleanser that relieves gout symptoms. It also restores liver and gallbladder function and stimulates the immune system.



Burdock Root

**Cascara Sagrada bark:**

Commonly used by Native Americans, it is the best herb for eliminating mucoid plaque. Also stimulates peristaltic action.

Plantain leaf:

Cleanses colon and helps remove intestinal plaque. Is a great blood purifier and supports kidney function.

Rhubarb root:

Has antibiotic properties. Relieves diarrhea, constipation and hemorrhoids. Promotes healing of ulcers and supports the healing of the colon.

Senna leaf:

is the most reliable herb for stimulating the bowel.

\*\*Very potent and to be used carefully in small amounts.

**Slippery Elm Bark:**

Reduces inflammation in the colon, stomach, and urinary tract. Also reduces diarrhea.

**Wormwood bark powder:**

Enhances digestion by increasing the secretion of digestive enzymes and bile from the liver and gallbladder. This herb also works well for eliminating toxins and congestion in the gut. Also helps in the removal of parasites.

Yellow dock;

Leaves and roots are a good colon and liver cleanser. Works as a blood purifier. Tones the entire digestive system.

### **Herbs to support digestion:**

Aloe vera:

Protects the lining of the stomach, small intestine and colon.



Aloe Vera Plant

**Capsicum/cayenne:**

Natural stimulant that can help rebuild tissues of the stomach and help to heal ulcers. Also works as a catalyst for all other herbs, improving their effect.

**Fennel seed:**

Lowers appetite, improves digestion and helps remove waste from cells. Also helps rid the intestinal tract of mucus.

**Garlic:**

Kills negative bacteria, eliminates gas and helps in breaking down nutrients. A natural antibiotic. Also strengthens the blood vessels and lowers blood pressure.

**Gentian:**

Stimulates circulation and gastric secretions in the digestive system. Known as one of the best herbal stomach tonics. Also kills plasmodia (organisms that cause malaria).

**Ginger:**

Soothes indigestion and stomach cramps. Also stimulates circulation and reduces spasms and cramps.

**Goldenseal:**

Acts as a tonic on the mucous membrane lining of the stomach, and can help with gastritis, peptic ulcers and colitis.

A cure-all type of herb that powerfully strengthens the immune system.

**Licorice root:**

Helps relieve inflammation of the intestinal tract and relieves ulcer conditions. Can counteract stress.

Papaya juice and papaya juice tablets:

Help coat the stomach between meals and soothe ulcers and intestinal bleeding.

**Peppermint leaf:**

Helps relieve nausea, diarrhea and headaches. Increases stomach acidity to help with digestion.

Guar gum:

Helps to lower cholesterol and bind with toxins to carry them out of the system.

**Herbs that cleanse other organs:**

Asian ginseng:

Stimulates adrenals and boosts energy levels.

Promotes lung function, normalizes blood pressure and stimulates appetite.



Asian Ginseng

**Dandelion:**

The second best liver cleansing herb, stimulates the production of bile. Also improves function of the pancreas, spleen and kidneys.

Garlic:

Rejuvenates lymphatic system.

Lobelia:

Removes congestion from the body. Helps reduce fever and cold symptoms and reduce cough.



Milk thistle:

Number one liver cleanser. Stimulates the production of new liver cells.

Red clover tops:

High in nutrients and cleanses lymphatic system. Also can help with lungs. Lowers appetite.

Saw palmetto berry:

Protects prostate

Sarsaparilla:

Cleanses blood and helps the skin. Regulates hormones and protects against radiation.

Schisandra berry:

Liver cleansing

Yellow dock root:

Cleanses liver and gallbladder, rebuilds blood - 40% iron, it boosts the entire system

### **Herbs to rebuild the body:**

#### **Alfalfa:**

To help build-up blood levels. This liquid substance is rich in carotenes and vitamin K, chlorophyll and amino acids. Alkalizes the body.



Alfalfa Field

#### **Barley Grass:**

High in B vitamins and minerals. Great for rebuilding tissue. Alkalizes the body. Anti-inflammatory.

Chlorella:

Promotes cell growth and detoxifies the blood. supplies. Protects against radiation.

**2. In addition to some of the herbs mentioned above, a good herbal colon cleanse contains one or a combination of fiber supplements.**

These supplements create bulk within intestines, absorbing toxins from them, and help the colon eliminate waste.

Flax seed powder:

Ground flax seeds are very high in fiber (27g per 100g)

**Carob powder:**

High in dietary fiber (38g per 100g) and soothing to the digestion. Carob is rich in tannins that have an astringent or binding effect on the mucous membranes of the intestinal tract. Also can prevent diarrhea.

**Psyllium seed husk powder:**

This is the most common fiber supplement in herbal cleanses. When mixed with water, Psyllium husk powder becomes jelly-like and provides bulk to the intestines.

*\*\*not to be confused with whole psyllium seed*

*which is next to useless in a cleansing program.*

*The fiber content of psyllium is 80g per 100g.*



Oat bran powder:

Also high in fiber (17g per 100g).

### **3. The final part of a good herbal colon cleanse is a daily probiotic supplement.**

A probiotic supplement is usually found in the form of a capsule that contains active acidophilus and bifidus bacteria.



Probiotic Capsules

These supplements help to restore intestinal bacteria that are washed away during the cleansing process. They are very important to getting the best results in cleansing because they restore intestinal bacteria which serve several functions.

#### **Probiotics (positive bacteria and health)**

- Produce digestive enzymes to break down carbohydrates, proteins and fats
- Reduce cholesterol in the blood
- Help regulate pH balance in the intestines
- Suppress growth of pathogenic bacteria yeast and viruses
- Help prevent parasitic diseases
- Reduce high blood pressure
- Detoxify chemicals poisons such as food additives
- Manufacture and assimilate B-complex vitamins
- Produce cancer-suppressing compounds
- Assist the immune system
- Help calcium assimilation
- Metabolize certain vitamins, especially Vitamin K
- Allow for efficient absorption of water
- Function as an antibiotic

**These friendly bacteria are sensitive to what we consume and can be killed or greatly reduced by the following:**

- Drugs and medicines - especially antibiotics and chemotherapy
- Alcohol - destroys bacteria and enzymes
- Cooked Meat - feeds E.coli bacteria and other pathogens
- Bread and Flour products
- White Sugar
- Fried Foods
- Long term use of soft drinks
- Acid forming foods when overused

Friendly bacteria can also be washed out during herbal colon cleansing, enemas and colon hydrotherapy.

**Positive bacteria also thrive in:**

Unpasteurized fermented foods like raw apple cider vinegar, miso, sour pickles, sauerkraut, kefir, sourdoughs products and yogurt.

During a colon cleanse it is important to take a probiotic supplement in addition to eating foods containing friendly bacteria.

## How to Make and Take Your Own Herbal Colon Cleanse

The recipe for the herbal colon cleanse in this chapter is the exact recipe used by all the people who wrote the testimonials on my website.



I particularly like this recipe because it is easy to make and gives excellent results.

- All of the ingredients you need are commonly available and very easy to source.
- I'll give you some tips on where to get them later.
- When you make this recipe it is important to follow the instructions and quantities carefully to ensure that you get the best results.
- The quantities used in this recipe produce enough for 7-10 days of herbal cleansing, depending on how much you use each day.
- Adjust the quantities of this recipe accordingly if you want to cleanse for longer.
- As long as you store them in a dry environment and out of light, the herbs will last 1 year.

**This herbal cleanse contains 4 formulas plus a probiotic supplement**

*\*\*Note 30 gm = 1 oz*

**1. Colon Cleansing Formula**

- 30 gm Wormwood bark powder
- 18 gm Psyllium husk powder
- 18 gm Cascara sagrada powder
- 6 gm Fennel seed powder
- 6 gm Slippery elm bark powder



Mixed Herbs for Colon  
Cleansing Formula

Mix all ingredients well and fill in 120 size 00 vegetarian capsules.

**2. Digestive Formula**

- 15 gm Fennel seed powder
- 15 gm Peppermint leaf powder
- 11 gm Licorice root powder
- 11 gm Dandelion root powder
- 11 gm Barley grass leaf powder
- 9 gm Cayenne powder
- 9 gm Ginger rhizome powder



Mixed Herbs for Digestive  
Formula

Mix all ingredients well and fill in 120 size 00 vegetarian capsules

### 3. Fiber Formula

- 100 gm Psyllium husk powder
- 20 gm raw Carob powder
- 20 gm Guar gum powder

Mix all ingredients well and fill in 120 size 00 vegetarian capsules.



Mixed Herbs for Fiber Formula

### 4. Superfood Formula

- 75 gm Barley juice powder extract
- 5 gm Alfalfa powder



Mixed Herbs for Superfood Formula

Mix all ingredients well and fill in 120 size 00 vegetarian capsules

### Probiotic supplement

Source at your local health food store - see suggestions in Chapter 18

*\*\*Note: it's easiest to get all of the herbs in powder form. If not you can make them into a powder by using a coffee grinder.*

## How to prepare this cleanse

Do I need to take the herbs in capsules?

It is possible to take all of these formulas mixed in water. I've done it on several occasions, but the taste of the colon cleansing formula and the digestive formula is VERY bitter. If you don't mind bitter, it is fine to take the herbs mixed in water or juice.

I usually put the colon cleansing and digestive formulas in size 00 vegetarian capsules and leave the other formulas in bulk.

Here is what my last cleanse looked like after I finished making it:



4 Herbal Cleansing Formulas +  
Probiotics

**To fill capsules**, once you have the formulas mixed, you can either hand fill or **use a capsule machine** like the one pictured here (it's less than \$15). Don't worry, it's not a lot of work, filling all these capsules takes about 45 minutes with this machine.



This is the capsule machine I use:



Available at:

[www.capsuleconnection.com](http://www.capsuleconnection.com)

### **Easy step-by-step for making the 4 herbal cleanse formulas**

Purchase all ingredients

1. Measure ingredients
2. Mix thoroughly with a fork
3. Fill capsules if necessary
4. Store in jars in a cool dark place until ready for use

### **How to take the herbs:**

Once you've got your 4 mixtures ready and have prepared for the cleanse by following the optimal colon cleansing diet for at least 3 days, you can begin taking them.

### **Here is the daily schedule:**

*\*\*Note: 10x 00 size capsules = 2.5 level teaspoons*

Upon Rising - drink two large glasses of pure water with lemon juice

With Breakfast

- take 10 colon cleansing formula capsules and
- 10 digestive formula capsules

1 Hour later

- Take 10 fiber formula and
- 10 superfood formula capsules with a large glass of water

You need the water for the fiber to work, drink no less than 8 oz. Also take 1 probiotic capsule

With Dinner

- take 10 colon cleansing formula capsules and
- 10 digestive formula capsules

1 Hour later

- Take 10 fiber formula and
- 10 superfood formula capsules with a large glass of water

You need the water for the fiber to work, drink no less than 8 oz. Also take 1 probiotic capsule

**The Optimum Colon Cleansing Diet:**

Follow this diet before and during your cleanse. This diet has 3 parts.

**These foods you avoid completely:**

- Processed foods: all refined and pre-packaged foods, any "fake" with artificial or "diet" ingredients
- Anything from a box or a can
- All meats including chicken

- All products made with wheat: bread, pasta, pastries, cookies, pies, crackers ...
- All fried foods and foods with processed oil
- All eggs and beans
- Pasteurized dairy products: milk, butter, cheese, ice cream, yogurt
- Processed sugar: candy, ice cream, cake chocolate
- Beverages: soft drinks, alcohol and tap water
- Bananas
- Potatoes

**These foods you eat moderately:**

- Root vegetables (except potatoes)
- Brown rice
- Fish
- Hummus
- Tofu
- Raw Cheese
- Raw Pickles
- Pasteurized juices
- Nuts and seeds
- Grains

**These foods you eat freely:**

- All fresh fruits (except bananas)
- Raw vegetables
- Homemade vegetable soups
- Homemade fruit and vegetable juices
- Unsweetened raw yoghurt
- Herbal teas
- Culinary herbs

**To get our book with 75 colon cleansing diet recipes go to:**

**<http://www.safecoloncleanse.com/articles/colon-cleansing-diet.html>**

## Tips For Finding Herbal Colon Cleanse Ingredients

The last time I made this herbal cleanse recipe, the total cost for the organic herbs was \$11.87. The capsules cost me another \$4.30 and the probiotic supplement was \$6.95. Total cost for the entire cleanse was \$23.12.

That was for 10 days of the herbs at full dose levels.



Cayenne Powder

Considering that the only other comparable herbal cleanses on the market cost between \$117.95 and \$325, this is an incredible value! I've personally tried the \$325 cleanse and in my experience **this homemade recipe gets similar results.**

To make the herbal cleanse recipe from the last chapter here is a shopping list of the exact ingredients you need to buy for each 7-10 days you plan to take the herbs.

Most herbal shops will measure in grams as well as ounces. If they don't, you can convert these measurements using this formula:

$$30\text{gm} = 1 \text{ ounce.}$$

The **amounts listed here are enough to make 7-10 days** of colon cleansing capsules at full dosage amounts. (see "Quick Reference Guides" for a step-by-step guide on preparing these herbs)

- 5 gm Alfalfa powder
- 86 gm Barley grass leaf powder
- 20 gm Raw carob powder

- 18 gm Cascara sagrada powder
- 9 gm Cayenne powder
- 11 gm Dandelion root powder
- 21 gm Fennel seed powder
- 9 gm Ginger rhizome powder
- 20 gm Guar gum powder
- 11 gm Licorice root powder
- 15 gm Peppermint leaf powder
- 118 gm Psyllium husk powder
- gm Slippery elm bark powder
- 30 gm Wormwood bark powder
- 280 or 560 Vegetarian Capsules size 00 (*280 if you put 2 formulas in capsules and 560 if you put all 4 formulas in capsules*)
- 20-25 Probiotic capsules



Dandelion Root Powder

### **Where to find the ingredients you need to make your cleanse**

A word to the purist: you can grow, harvest, dry and grind many of these herbs yourself if you have the time, dedication and motivation. It can be a rewarding experience. One of my favorite things to do is to look for potent herb species as I walk in nature.

I usually get all of these ingredients from my local health food store or a good local herb store. Sometimes I have them shipped internationally if I'm traveling abroad. I've never had a problem yet, though it's best to check to see if you can get them in your own country first.

I always buy herbs in bulk (never prepackaged or already in capsules). This saves money and time.

I recommend that you print the ingredient list above and bring it with your local health food store. If they don't have everything they will be

able to point you in the right direction. You can also search in your local phone directory for “herbs” to find specialized stores that sell herbs.

If none of these is an option for you, or if you prefer to shop online, here are my recommendations:

**Online sources for herbs that I trust:**

[www.botanical.com](http://www.botanical.com)

[www.sagewomanherbs.com](http://www.sagewomanherbs.com)

[www.livingearthherbs.com](http://www.livingearthherbs.com)

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

[www.bulkherbshop.com](http://www.bulkherbshop.com)

**There are 5 important questions to ask when buying herbs**

1. Have they been irradiated? (if so, they are basically worthless - don't bother with them)
2. Are they organic? This is preferable, though not always 100% accurate.
3. Are they wild crafted? This means that the herbs have been harvested in the wild. Usually the most potent herbs.
4. Where do they come from? Closer is usually better, but some herbs only grow in certain parts of the world and must be shipped.
5. How old are the herbs? Herbs lose potency if they've been stored for more than 1 year.

### **A special note - What to look for when buying psyllium**

Make sure to buy psyllium husk powder, not whole psyllium seeds or psyllium husks. It should be light brown in color and not white. Ask for organic psyllium.



Psyllium Husk Powder

### **Empty vegetarian capsules come in various sizes**

Size 00 is the biggest and the easiest to fill. You can purchase them at your health food store or online. The same goes for the capsule filling machine - make sure to get the one that works with 00 size capsules. You can get the capsules and capsule filling machine at your local herb store or online at:

[www.capsuleconnection.com](http://www.capsuleconnection.com)

[www.sagewomanherbs.com](http://www.sagewomanherbs.com)

### **Some important notes on probiotics**

You will be able to find a good probiotic (a complex of good bacteria) at any health food store. You often find them in the refrigerated section as the cold helps to preserve the bacteria.

A good supplement will contain:

1. At least 6 billion different **live** cultures
2. A combination of Acidophilus, Bulgaricus, and Bifidus bacteria, with a larger emphasis on Bifidus bacterium



### **Concluding Note:**

Making an herbal colon cleanse at home is easy to do, but it does take some preparation and planning. The first time you make a cleanse you'll likely spend an hour getting the ingredients and an hour preparing the capsules. After that, it will take you just about 1 hour total for both.

In my view, the investment is worth it. You'll never again need to buy a colon cleanse kit that can cost 4 to 10 times as much. You'll also be sure that your cleanse has only high quality ingredients that you trust. Plus you'll be able to make cleanses for your friends and family.

### **If you don't want to make your own herbal cleanse, but still want to try one....**

...I'm aware that some people, after reading this may want to benefit from a good herbal colon cleanse without making it themselves. If that describes you right now, you can get a very good colon cleanse kit with a recipe similar to the one I've just given you from [www.healingvibes.com/products](http://www.healingvibes.com/products).

## A STEP BY STEP GUIDE TO MAKING THE FORMULAS

**Step 1. Source the following products at your local herbalist or online *Note: 30g = 1 oz.***

- 5 gm Alfalfa powder
- 86 gm Barley grass leaf powder
- 18 gm Cascara sagrada powder
- 20 gm Carob powder
- 9 gm Cayenne powder
- 11 gm Dandelion root powder
- 21 gm Fennel seed powder
- 9 gm Ginger rhizome powder
- 20 gm Guar gum powder
- 11 gm Licorice root powder
- 15 gm Peppermint leaf powder
- 118 gm Psyllium husk powder
- 6 gm Slippery elm bark powder
- 30 gm Wormwood bark powder
- 480 Vegetarian Capsules size 00
- 20-25 Probiotic capsules

**Step 2. Measure each ingredient**

### **Cleansing Formula**

30g Wormwood  
18g Psyllium husk  
18g Cascara sagrada  
6 gm Fennel seed  
6 g Slippery elm bark



### **Digestive Formula**

15 g Fennel seed  
15 g Peppermint leaf  
11g Licorice root  
11g Dandelion root  
11 g Barley Grass  
9 g Cayenne  
9 g Ginger rhizome

### **Fiber Formula**

100g Psyllium  
20g Carob  
20g Guar gum

### **Superfood Formula**

85g Barley grass  
5g Alfalfa powder

**Step 3. Mix each herbal formula thoroughly**



**Step 4. Put each formula into capsules (if desired)**

A



B



C



D



**Step 5. Store each formula separately in a cool dark place until ready for use**

## **GETTING EVEN MORE OUT OF YOUR CLEANSING**

Now that you have this recipe, I urge you to go out and try it. As they say, the results come from "doing" not "thinking about doing."

AND remember we've got lots more great resources and programs for you on [www.safecoloncleanse.com](http://www.safecoloncleanse.com). Here are a few of them:

### **The Dangers of Colon Cleansers – Hidden Ingredients that Can Harm Your Health**

18 toxic ingredients in some cleansing products you need to avoid.

### **The Colon Cleanse Calculator**

Find out in 10 minutes how toxic you are and what the safest cleansing method is for you right now, in your current state of health.

### **What Kinds Of Internal Body Cleansing Are There?**

Besides colon cleansing there are 4 major types of cleansing that you can do to restore health and vitality.

### **What Medical Doctors Say about Cleansing**

All the most relevant research from the past 120 years on colon health and colon cleansing. Find out why one doctor calls the colon "The gateway to health or disease."

**AND MUCH MORE**

**TO GET ACCESS TO THIS INFORMATION GO TO:**

**[www.safecoloncleanse.com/members.html](http://www.safecoloncleanse.com/members.html)**

Questions? email me on [service@safecoloncleanse.com](mailto:service@safecoloncleanse.com)

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