

COLON CLEANING

(Some of us might have had colon irrigation done in hospital or health farm. Following is a natural way of cleaning your colon. This has been tried by some people and been found to be quite effective. However NVK does not take any responsibility for the effectiveness of this treatment. Any one trying this experiment is doing so with their own understanding and responsibility.)

Colon Cleansing:

Relief for:

Acidity, diabetes, gall/kidney stones, arthritis, etc.

Required:

6 litres of fresh organic apple juice for 6 days treatment

Epsom salt

½ mug of lemon or lime juice

½ mug of olive oil

Each day for 6 days:

Mix 1 litre of organic apple juice and 1 litre of water and drink this 2 litre of liquid every day for 6 days (eat as normal for the first 5 days)

6th day – keep drinking the juice, eat lunch by 1.00pm. (no dinner on day 6).

At 6.00pm take 1 tablespoon of Epsom salt in warm water, and keep drinking water

7.00pm take another tablespoon of Epsom salt and keep drinking water.

The stomach should clear now, if not, then

8.00pm take another tablespoon of Epsom salt (repeat every hour until stomach has emptied)

Once stomach has emptied, drink a mixture 4 oz of fresh lemon or lime juice and 4 oz of olive oil (approx ½ mug full of lime/lemon juice and ½ mug full of olive oil).

Drinking this lemon+olive oil is very important as the lemon will get rid of the last few particles of debris in your intestines and the olive oil will grease the intestines.

Drink warm water if the mouth feels oily.

Note:

Ideally do not eat after 1 pm (you should not feel hungry as the apple juice will have filled you up. If you are diabetic and have to eat with your medication, take some porridge or light meal only).