

Herbal Fiberblend™

Suggested Use For Best Results

Read the handbook "*Cleansing The Body And The Colon For A Happier And Healthier You Using Herbal Fiberblend*" by Theresa Schumacher and Toni Schumacher Lund. This will explain the long term cleansing and healing that is possible if this product is used properly. Also available is "*Candida -The Slow Killer*" featuring the Candida control program and Candida recipes by the same authors.

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Take two teaspoons per day. One half an hour before breakfast and the other half an hour before lunch or dinner. Follow with a glass of water to wash it into the intestines.

Drink at least 10 glasses of water per day to help your body cleanse. You can actually make the problem worse if you take fiber without adequate amounts of water. Use a good quality salt such as Celtic Salt (available from your health food store) as proper hydration cannot take place without mineral-rich salt. For more information on water and salt refer to "*Your Body's Many Cries For Water*" by F. Batmanghelidj M.D.

After one week, build up to the recommended dosage on the container for your body weight. Please note that one American tablespoon is equal to one Australian dessert spoon. If at any time you feel constipated or get diarrhoea, Theresa Schumacher recommends to **UP YOUR DOSE**. Diarrhoea is a sign the body is trying to get rid of something (eg: parasites, pathogens, bacteria, irritants and chemicals of all kinds). Constipation is a sign the body is finding it difficult to eliminate (eg: lack of water, poor diet, twists and blockages in the colon).

You may find that you initially use your bowels up to 5 times per day. This will balance out and should not deter you from reaching the recommended dose for your body weight.

Depending on the pH of your body, you may find Herbal Fiberblend is distasteful. Healing herbs are generally not pleasant to take. However, many people grow to enjoy the taste as their body becomes cleaner and more balanced. This is why very young children find taking Herbal Fiberblend no effort. Red grape juice (sugar-free) will help cover the taste, and is available in the health food section of Woolworths, Coles and some health food shops.

Herbal Fiberblend will help with bloating, and most people will feel the difference within days. However, some people may become bloated after being on the product for a period of time. Theresa Schumacher recommends taking Cascara Sagrada only until the bloating has passed. In very severe cases she recommends up to 10 capsules per day. Cascara Sagrada is available in most health food shops. Open the capsules into the Herbal Fiberblend and take together. This herb will soften the very hard impacted waste making it easier to pass, especially where there is a constriction in the colon. When bloating is relieved, stop taking Cascara Sagrada, as it is already included in Herbal Fiberblend in balanced amounts suitable for long term use.

A healthy colon should weigh 2-3 pounds. Autopsies released in the U.S. indicate most colons of people weigh 7-14 pounds, with 25% of colons weighing around 60 pounds!.

Herbal Fiberblend is non habit forming and should not be considered a laxative. To get the best results, you must take it consistently for 3 months at 2 doses per day (for your body weight). Generally, eliminating the hard waste that has taken many years to collect starts at around three months of continuous use, and can continue on for up to 12 months. For more information refer to "*Tissue Cleansing Through Bowel Management*" by Bernard Jensen, DC PhD, Nutritionist.

To order Herbal Fiberblend phone: (0411) 139 312