

the Para Cleansing Kit™

AN HERBAL DIETARY SUPPLEMENT

D O S A G E
C A L E N D A R

complete day by day
instructions for para cleansing

109 Barre Plains Road
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BLESSED HERBS

In this Calendar you will find complete day by day dosages for the entire program.

Each day has its own page with dosage amounts before breakfast, lunch, dinner, and bed.

To keep track, you may check off each formula on the page as you take it out of the bottle.

After finishing a day you may tear off that page or simply turn it over to the next one.

You will find more detailed explanations for each step in the **Users Guide**.

DAILY BOWEL MOVEMENTS A DAILY REQUIREMENT

ELIMINATION IS THE PRIMARY way that the body gets rid of wastes and toxins. The success of any good cleansing program depends on elimination; specifically, daily bowel movements. You also get rid of wastes through exhaling, sweating (both perceptible and non-perceptible) and urinating.

That said, having daily bowel movements is often challenging for many people, yet **it is vital that you have at least one, and preferably three, bowel movements every day of your cleanse.**

During this cleanse you will be taking **Digestive Stimulator** every night to promote daily bowel

movements.* Even so, you may become occasionally constipated some days and find you need additional support to have a bowel movement.

On these days you can help yourself by taking an enema, colema or colonic. **You should never, ever, go a whole day without at least one bowel movement.** If you get to the end of a day and have not had a bowel movement, **don't wait until the next day.** Take an enema or colema before bed that very same day and also increase "your number" of **Digestive Stimulator** capsules that evening

at dinner time (see p17–18 of the **Users Guide** for more details). It is perfectly alright to do this every evening, if you need to, while cleansing. If you do an enema or colema you should only use purified, filtered water for your liquid. That said, you may add an herb tea, fresh brewed coffee or wheatgrass juice to the water, but nothing else.

If you are using a one quart enema bag, you may repeat as many quarts as needed until you feel you have had a good bowel movement.

A colema uses five gallons of liquid, which really cleans you out.

THREE ACTIONS TO SUPPORT DAILY BOWEL MOVEMENTS

1. Drink 6-8 glasses of pure water daily. Without enough water you can easily get "backed up" in your intestines.
2. Increase "your number" of **Digestive Stimulator** caps, before dinner, if you do not have a bowel movement all day.*
3. Take an enema or colema, before bed, on any day that you do not have a bowel movement.

STEP ONE

I

Pre-Cleanse
foundation for para cleansing

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP 1

DAY 1 of 3

Before
Breakfast

“BEFORE” MEANS
take 30–60 minutes before a
meal. If you forget, it is okay
to take your dosage as soon
as you remember.

Before
Lunch

If you find that taking **Digestive
Stimulator** before bed does not always
give you three bowel movements a day,
divide up “your
number” by three and
take before meals.

Before
Dinner

Digestive
Stimulator

your number

To find “your number” see
the Users Guide pp. 15–16

Before
Bed

Toxin
Absorber

1 packet

For instruction on how to
take Toxin Absorber, see the
Users Guide p. 19.

VERY IMPORTANT

Toxin Absorber must be mixed
with liquid when taken. We
highly suggest apple juice. It is
also very important that you
follow it with at least 8 oz of
distilled, filtered, or pure water.

unwanted guests
facts

unwanted guests may not only rob us of our nutrition,
they may poison us with their toxic waste

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 2 *of 3*

Before
Breakfast

Before
Lunch

Before
Dinner

Digestive
Stimulator

your number

To find “your number” see
the Users Guide pp. 17–18

Before
Bed

Toxin
Absorber

1 packet

For instruction on how to
take Toxin Absorber, see the
Users Guide p. 19.

unwanted guests
facts

unwanted guests may inhabit
any tissue or organ of the body

REMEMBER!

6–8 glasses of water today

STEP 1

DAY 3 *of 3*

Before
Breakfast

Before
Lunch

Before
Dinner

Digestive
Stimulator

your number

To find “your number” see
the Users Guide pp. 16–17

Before
Bed

Toxin
Absorber

1 packet

For instruction on how to
take Toxin Absorber, see the
Users Guide p. 19.

unwanted guests
facts

80 million illnesses happen
in the US every year from
contaminated food

REMEMBER!

6–8 glasses of water today

STEP TWO

2

Para Cleansing

109 Barre Plains Road
Oakham, MA 01068

BLESSED HERBS

STEP 2

DAY 1 of 9

**Before
Breakfast**

Large
Para
Cleanser 1

I capsule

Large
Para
Cleanser 2

I dose (~3ml)

Small
Para
Cleanser

I dose (~3ml)

**Before
Lunch**

Large
Para
Cleanser 1

I capsule

Note: Because of individual variations in drawing up liquid into your dropper, you may finish your bottles of liquid formulas before the end of seven days. This is perfectly OK. Continue with remaining formulas as directed.

**Before
Dinner**

Large
Para
Cleanser 1

I capsule

Large
Para
Cleanser 2

I dose (~3ml)

Small
Para
Cleanser

I dose (~3ml)

Digestive
Stimulator

your number

**Before
Bed**

Toxin
Absorber

I packet

unwanted guests
facts

an unwanted guest... is an organism that grows, feeds, and is sheltered on or in a different organism while contributing nothing to the survival of its host

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 2 of 9

<p>Before Breakfast</p>	<p>Large Para Cleanser I</p> <hr/> <p>2 capsules</p>	<p>Large Para Cleanser 2</p> <hr/> <p>1 dose (~3ml)</p>	<p>Small Para Cleanser</p> <hr/> <p>1 dose (~3ml)</p>	
<p>Before Lunch</p>	<p>Large Para Cleanser I</p> <hr/> <p>2 capsules</p>	<p>Large Para Cleanser 2</p> <hr/> <p>1 dose (~3ml)</p>	<p>Small Para Cleanser</p> <hr/> <p>1 dose (~3ml)</p>	
<p>Before Dinner</p>	<p>Large Para Cleanser I</p> <hr/> <p>2 capsules</p>	<p>Large Para Cleanser 2</p> <hr/> <p>1 dose (~3ml)</p>	<p>Small Para Cleanser</p> <hr/> <p>1 dose (~3ml)</p>	<p>Digestive Stimulator</p> <hr/> <p>your number</p>
<p>Before Bed</p>	<p>Toxin Absorber</p> <hr/> <p>1 packet</p>	<p>Note: When you see a purple box behind your formula or dosage, it indicates an addition or change from the day before.</p>		

unwanted guests
facts

unwanted guests may enter the body through the mouth, nose, skin or bottom of the feet

REMEMBER!

6-8 glasses of water today

AN IMPORTANT NOTE ABOUT UNWANTED GUESTS

How do I know
if I have unwanted guests?

IT IS VERY POSSIBLE THAT, during Step Two, dead or live unwanted guests will be visible in your stools. They could look like little white specks of rice or they could also be larger broken pieces from a worm's body. If you see anything that moves in your stools, it is a sure sign of unwanted guests. Itching or rashes can also be sign. See page 26 of the **Users Guide**.

Ask your healthcare provider if you are unsure.

What should I do
if I have unwanted guests?

IF YOU ALREADY KNOW YOU HAVE unwanted guests, or observe them, or experience uncomfortable symptoms while taking the para cleansing formulas, then you should suspect you have them. It is recommended to complete three rounds of the **Para Cleansing Kit** with three weeks off between rounds. If you took the **Internal Cleansing Kit** first, that counts as round one. Begin round two, one week after finishing the **Internal Cleansing Kit**. Do round three, three weeks after round two.

IF YOU DO NOT SEE ANY UNWANTED GUESTS in your stools, or experience any uncomfortable symptoms then do not worry. You may not have a problem. Even so, be sure to finish all the para formulas in Step Two.

STEP 2

DAY 3 of 9

<p>Before Breakfast</p>	<p>Large Para Cleanser I <u>3 capsules</u></p>	<p>Large Para Cleanser 2 <u>I dose (~3ml)</u></p>	<p>Small Para Cleanser <u>I dose (~3ml)</u></p>	
<p>Before Lunch</p>	<p>Large Para Cleanser I <u>3 capsules</u></p>	<p>Large Para Cleanser 2 <u>I dose (~3ml)</u></p>	<p>Small Para Cleanser <u>I dose (~3ml)</u></p>	
<p>Before Dinner</p>	<p>Large Para Cleanser I <u>3 capsules</u></p>	<p>Large Para Cleanser 2 <u>I dose (~3ml)</u></p>	<p>Small Para Cleanser <u>I dose (~3ml)</u></p>	<p>Digestive Stimulator <u>your number</u></p>
<p>Before Bed</p>	<p>Toxin Absorber <u>I packet</u></p>			

<p>unwanted guests facts</p>	<p>I lovingly take back my power and eliminate all interference</p>	<p>REMEMBER!</p>
	<p>— Louise Hay</p>	<p>6–8 glasses of water today</p>

STEP 2

DAY 4 of 9

**Before
Breakfast**

Large
Para
Cleanser I

4 capsules

Large
Para
Cleanser 2

1 dose (~3ml)

Small
Para
Cleanser

1 dose (~3ml)

**Before
Lunch**

Large
Para
Cleanser I

4 capsules

Large
Para
Cleanser 2

1 dose (~3ml)

Small
Para
Cleanser

1 dose (~3ml)

**Before
Dinner**

Large
Para
Cleanser I

4 capsules

Large
Para
Cleanser 2

1 dose (~3ml)

Small
Para
Cleanser

1 dose (~3ml)

Digestive
Stimulator

your number

**Before
Bed**

Toxin
Absorber

1 packet

unwanted guests
facts

there are over 500 different
unwanted guests that may use humans as their host

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 5 of 9

<p>Before Breakfast</p>	<p>Large Para Cleanser I <hr/>3 capsules</p>	<p>Large Para Cleanser 2 <hr/>1 dose (~3ml)</p>	<p>Small Para Cleanser <hr/>1 dose (~3ml)</p>	
<p>Before Lunch</p>	<p>Large Para Cleanser I <hr/>3 capsules</p>	<p>Large Para Cleanser 2 <hr/>1 dose (~3ml)</p>	<p>Small Para Cleanser <hr/>1 dose (~3ml)</p>	
<p>Before Dinner</p>	<p>Large Para Cleanser I <hr/>3 capsules</p>	<p>Large Para Cleanser 2 <hr/>1 dose (~3ml)</p>	<p>Small Para Cleanser <hr/>1 dose (~3ml)</p>	<p>Digestive Stimulator <hr/>your number</p>
<p>Before Bed</p>	<p>Toxin Absorber <hr/>1 packet</p>			

unwanted guests
facts

children and pets need to be treated at the same time as adults to prevent reintroducing unwanted guests

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 6 of 9

**Before
Breakfast**

Large
Para
Cleanser I

2 capsules

Large
Para
Cleanser 2

1 dose (~3ml)

Small
Para
Cleanser

1 dose (~3ml)

**Before
Lunch**

Large
Para
Cleanser I

2 capsules

Large
Para
Cleanser 2

1 dose (~3ml)

Small
Para
Cleanser

1 dose (~3ml)

**Before
Dinner**

Large
Para
Cleanser I

2 capsules

Large
Para
Cleanser 2

1 dose (~3ml)

Small
Para
Cleanser

1 dose (~3ml)

Digestive
Stimulator

your number

**Before
Bed**

Toxin
Absorber

1 packet

unwanted guests
facts

the major contributing factor to an
unwanted guest population is a toxic colon

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 7 of 9

<p>Before Breakfast</p>	<p>Large Para Cleanser I <hr/>I capsule</p>	<p>Large Para Cleanser 2 <hr/>I dose (~3ml)</p>	<p>Small Para Cleanser <hr/>I dose (~3ml)</p>	
<p>Before Lunch</p>	<p>Large Para Cleanser I <hr/>I capsule</p>	<p>Large Para Cleanser 2 <hr/>I dose (~3ml)</p>	<p>Small Para Cleanser <hr/>I dose (~3ml)</p>	
<p>Before Dinner</p>	<p>Large Para Cleanser I <hr/>I capsule</p>	<p>Large Para Cleanser 2 <hr/>I dose (~3ml)</p>	<p>Small Para Cleanser <hr/>I dose (~3ml)</p>	<p>Digestive Stimulator <hr/>your number</p>
<p>Before Bed</p>	<p>Toxin Absorber <hr/>I packet</p>			

unwanted guests
facts

unwanted guests give off their own
toxic wastes into the body

REMEMBER!

6-8 glasses of water today

STEP 2

DAY 8 *of 9*

**Before
Breakfast**

Large
Para
Cleanser I

I capsule

**Before
Lunch**

**Before
Dinner**

Large Para Cleanser I <hr/> I capsule	Digestive Stimulator <hr/> your number
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**Before
Bed**

Toxin
Absorber

I packet

unwanted guests
facts

unwanted guests will stay in your system
or pass through your body without harming you,
depending on the strength of your immune system

REMEMBER!

6–8 glasses of water today

STEP 2

DAY 9 *of 9*

Before
Breakfast

Large
Para
Cleanser I

I capsule

Before
Lunch

Before
Dinner

Large Para Cleanser I <hr/> I capsule		Digestive Stimulator <hr/> your number
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Before
Bed

Toxin
Absorber

I packet

unwanted guests
facts

as a species, unwanted guests out
number all other species 4:1

REMEMBER!

6–8 glasses of water today

Congratulations!! You have finished.

You may still have some
Digestive Stimulator and
Toxin Absorber left.
Continue to take these
until they are all gone.

**Before
Dinner**

Digestive
Stimulator

your number

**Before
Bed**

Toxin
Absorber

1 packet

ENJOY LIFE

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

unwanted guests
facts

taking **Friendly Bacteria Replenisher** everyday
is your first line of defense in balancing the
unwanted guest populations in the intestines.*

REMEMBER!

6–8 glasses of water today