

## Active Ingredients Found in Fiber Cleanse

The ingredients contained in Fiber Cleanse are combined to achieve maximum benefits.

- **PSYLLIUM** (husk): one of the best known natural sources of dietary fiber, containing more than eight times the bulking power of oat bran. (Uses: Acts as a colon broom as it creates bulk to pull putrefactive toxins from the intestinal walls.)
- **FLAX** (seed): Flax seeds are a rich source of fatty acids with 57% of the fatty acid content being the essential Omega 3 fats and 16% being essential Omega 6 fats. (Uses: Flax seed promotes excellent colon health, and supports optimal immune and cellular function. They are a low glycemic index food and promote normal blood sugar levels.)
- **BLACK WALNUT** (hulls): Known for killing and expelling parasites, and for helping to regulate body fluids and balance sugar levels.
- **ROSE HIPS** (fruit): Astringent, antidiuretic, tonic. (Uses: diarrhea, enuresis, frequent urination.)
- **DANDELION** (root): Alternative, cholagogue, diuretic, stomachic, aperient, tonic. (Uses: heated liver conditions, breast tumors, abscesses, fluid retention, stomach disorders, constipation; used in treatment of hepatitis and as a breast cancer preventative.)
- **CHAMOMILE** (leaves): Calmative, nervine, antispasmodic, diaphoretic, emmenagogue, carminative. (Uses: nervousness, headaches, anxiety, cramps and spasms; frequently used for digestive complaints and helps regulate the bowels.)
- **LEMON BALM** (leaves): Diaphoretic, calmative, antispasmodic, carminative, emmenagogue, stomachic. (Uses: fevers, nervousness, hysteria, insomnia, melancholy, depression, cramps, flatulence, colic, and chronic bronchial catarrh.)
- **FENNEL** (seed): Stimulant, carminative, antispasmodic. (Uses: indigestion, gas and flatulence, spasms of the gastrointestinal tract and abdominal pain, increases peristalsis of stomach and intestines, helps bring up phlegm from the lungs.)
- **HORSETAIL GRASS** (stem): Diaphoretic, diuretic, alternative, anti-inflammatory. (Uses: promotes urination, aids general detoxification and promotes healing of bones; astringent for diarrhea and dysentery, arteriohemorrhagia and hemorrhoidal hemorrhage.)
- **NETTLE** (leaves): Astringent, diuretic, tonic, nutritive. (Uses: diuretic for urinary problems and inflammatory conditions including nephritis and cystitis; diarrhea, dysentery, hemorrhoids, mucous in the colon.)
- **KELP** (whole): Expectorant, demulcent, alternative, diuretic. (Uses: soothes mucous membranes, dissolves firm masses such as tumors, treats enlarged thyroid, lymph node enlargement, reduces edema.)
- **BLUE VERVIAN** (leaves & stems): Diaphoretic, diuretic, alternative, and bitter tonic. (Uses: liver disorders, intestinal worms, irregular menses cramps.)
- **CLOVES** (leaves): Stimulant, carminative. (Uses: aids digestion, allays nausea.)

ALSO: ALFALFA (leaves & stems), PUMPKIN (seed), CASCARA SAGRADA (bark), LICORICE (root), YUCCA (stalk & trunk), MARSHMALLOW (root), MULLIEN (leaves), SLIPERY ELM (bark), DATSTRAW (leaf), IRISH MOSS (whole), PASSIONFLOWER (leaves & stems), WITCH HAZEL (leaves), and CAPSICUM (fruit).

## Using Fiber Cleanse Dietary Fiber Supplement

Fiber Cleanse is a finely-ground powder that can be safely taken by most adults in juice or water.

### Suggested Use:

- Start with 1 teaspoon twice daily and gradually increase over 2 weeks to achieve the desired results (2 to 3 healthy bowel movements each day).
- Fiber Cleanse is intended for short-term use — up to 3 months.

### General Serving Guidelines:

- 1 tablespoon — Up to 150 lbs.
- 1 1/2 tablespoons — 150 to 200 lbs.
- 2 tablespoons — Over 200 lbs.

### Directions for Use:

- Mix serving in 6 to 8 oz (180 to 240 ml) of your favorite juice or distilled water. Immediately drink upon mixing. Optimal benefit may be achieved by using first serving early in the morning and second serving before noon followed with ample water throughout the day (1/2 ounce of water for each pound of body weight). If bowels become too loose reduce serving size and/or frequency.

### Important Notes:

- Persons who are pregnant, lactating, on prescription medication or on other herbal products should check with a nutritionally minded, health care professional, before using. Individuals exposed to excessive amounts of psyllium dust (primarily occupational exposure) may develop a sensitivity resulting in an allergic reaction.

### Suggested Reading:

- Dr. Norman W. Walker, *Colon Health: The Key to a Vibrant Life*, Prescott, AZ: Norwalk Press, 1979.
- John Robins, *Diet For A New America*. Walpole, New Hampshire: Stillpoint Publishing, 1987.



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# FIBER CLEANSE

## DIETARY FIBER SUPPLEMENT



Your Building Blocks  
for Better Health

www.purewellbeing.com

## Proper Diet & Body Cleansing

- A proper diet is one that provides necessary nourishment for the body. It is easy for the body to digest and it should facilitate proper waste removal and cleansing from the cellular level to the colon.
- In contrast, the typical American diet features an abundance of meat, dairy, sugar, starches, salt, artificial chemicals, fried and over-cooked foods that are hard to digest. Only a small amount of these food-types can be assimilated as nutrition into our cells. They are high in toxic waste, fat and cholesterol, and slow to move through the colon because they are low in fiber.
- At Hallelujah Acres, we recommend a vegetarian diet of at least 75 to 85 percent raw fruits and vegetables. In addition to providing the body with an excellent source of easy-to-assimilate proteins, vitamins, minerals, and living enzymes, this high-fiber, low-fat diet creates an improved waste-elimination process from the cellular level to the colon.

## Why Is Fiber Important In Our Bodies?

- Fiber acts as an intestinal broom to sweep things along in the colon, while fat actually clogs things up. It is vital to understand that all animal products (meat, dairy and eggs) have zero fiber, and most are high in fat. In addition to constipation and increased risk of colon cancer, a meat-based, high-fat, low-fiber diet can cause a host of other colon-related problems that can include hemorrhoids, diverticulosis, irritable bowel syndrome, spastic colon and appendicitis. These are all problems that can be caused by slow-moving, hard, dry feces, and can be cured by something as simple as predominately eating raw vegetarian foods which are high in fiber, low in fat and are easily eliminated by the body's normal digestive processes.

## The Colon

- The colon (also known as the large intestine) is about five feet long and is the final stop-over for the bulk of the waste from food after it passes through the stomach and small intestine. It's up to our colon to eliminate the bulk of the most toxic and putrid waste in our body.
- When we obtain energy from the food we eat, we create waste (feces) that should be eliminated within 24 hours or less. A meat-based, high-fat, low-fiber diet takes 72 to 96 hours. This causes a waste and toxin build up that can create numerous problems for the colon and every other part of the body. These wastes and toxins are absorbed into the rest of our system. Over the course of time, this effects the functioning of every cell and organ in our body. Without proper elimination these wastes and toxins poison the blood, lymphatic system, nervous system and brain, while clogging up the heart, vascular system, lungs and sinuses.

## Are Colons Different?

- The comparing of a human colon with the colon of a true carnivore, such as a wolf or a lion, provides strong evidence that humans were not designed to eat meat. The colons of true carnivores are short, smooth and straight, like a stove pipe, allowing the process to take a direct route. The chemistry provided in a carnivore's digestive process is much stronger, allowing it to dissolve the hard-to-digest flesh, muscles, cholesterol and fat. In contrast, the human colon turns back and forth along a convoluted pathway with many puckers, pouches, twists and turns. The chemistry of the human body is much milder and designed to better handle vegetation.

## What Happens If The Colon Becomes Unhealthy?

- In his book, *Colon Health: The Key to a Vibrant Life*, Dr. Norman W. Walker writes: "Obviously, if the feces in the colon have putrefied and fermented, any nutritional elements present in it would pass into the blood stream as polluted products. What would otherwise be nutritional becomes, in fact, the generation of toxemia...a condition in which the blood contains poisonous products which are produced by the growth of pathogenic, or disease-producing bacteria." Dr. Walker refers to constipation as "the number one affliction underlying nearly every ailment; it can be imputed to be the initial, primary cause of nearly every disturbance of the human system. The most prevalent ailment afflicting civilized people is constipation." Examples that Dr. Walker provides of short-term afflictions resulting from the absorption of mucus and toxic waste from the colon include pimples, sore throats, colds, hay fever, sinus, eye and ear problems. Long-term afflictions include degeneration or cancer in vital organs.

## Adding Fiber To Your Diet

- Additional fiber in the diet supports the preventative maintenance of the colon and helps ensure against parasitic infestations. Advantages of adding fiber are well-known as researchers worldwide have confirmed that populations with high-fiber diets have a much lower incidence of colon cancer, constipation and other colon-related problems.
- Soluble fibers such as psyllium are also known to help lower cholesterol levels. Fiber causes starches and sugars to be absorbed more slowly into the bloodstream. This reduces the amount of glucose in the blood, which requires less work from the pancreas in producing insulin.

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