

Congratulations

On the purchase of EGA Colon Cleanser.
This is your first step towards biological age reversal.

The human body is a marvellous piece of machinery that works continuously. Even when we sleep, the body is working to rejuvenate our cells, processing nutrients to fortify the body for the new day and rebuild the foundation on which the body is dependent for growth and survival. But like in all machines, the residue released is often toxic. Even body care products that we use every day for external cleansing are toxic, causing many substances that can be very harmful to be absorbed by our bloodstream through the skin. Environmental pollutants such as smoke, carbon emissions, carpets, chemicals in household detergents, pesticides in our food, chemical fertilizers, paints etc., are all sources of toxicity.

The 5 major sources of toxins:

1. Food 2. Water 3. Beauty and personal care products 4. Environment 5. Stress and negative thinking (yes!) Internally, toxins are formed during digestion when food is broken down into nutrients and waste. This waste is usually removed from the body, but there are always residual toxins that are absorbed into the lining of the intestines/colon/rectum. This waste then becomes a source of disease for our bodies. Externally, toxins are absorbed through our skin and go directly in our bloodstream (and then to your organs!) when we apply personal care and beauty products (cream, shampoo, shower gel, soap, perfumes etc.)

The chemicals contained therein cause changes in the cellular biochemistry and accumulate in the body, posing a long-term health risk. As there is no single region that is free from pollution, we can only control the environment to some extent. Living in today's world is very difficult. There is pollution everywhere, and the demands of a fast-paced, modern lifestyle lead to the consumption of unhealthy fast food laced with preservatives. We cannot escape from the attack of chemicals such as pesticides that are used to fertilize plants. Without realizing it, we consume products tainted with chemicals.

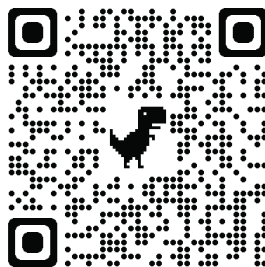


EGA DAILY COLON CLEANSER

Purified dry extract of three fruits viz., Amalaki (Embllica officinalis), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellirica) with four other herbs viz., Draksha, Brahmi, Katumbhara, Trivrut.







Ultimate detox for you colon. Decongests lymphatic system by unclogging small and big bodily channels and flushing out toxic metabolic waste from the body. Promotes weight loss by eliminating toxic gut build-up and by resetting natural gut flora.

Dosage: One tablet to be taken at bed time with half glass of hot water, or as advised by the practitioner.



Scan this QR code to view videos on the process of colon cleansing with natural laxatives.

HOW TO TAKE EGA COLON CLEANSER

-  Finish your dinner latest by 7:00pm, as there must be 3 hours gap after dinner and before taking this medicine.
-  Take one tablet of EGA colon cleanser with warm water. Then sip at least half a glass of hot water.
-  Go to bed within 10 minutes after taking EGA Colon Cleanser.
-  In the night itself or next morning, you will have loose stools and mild cramps (these loose stools are meant to release all the toxins from the body).
-  Take half glass of hot water after every motion.
-  Once you get free, have lukewarm water bath. (Do not have head bath with warm water).

Take the first dose only after speaking with our Ayurveda doctor.



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Ayurvedic Clock

DIET PLAN FOR DETOX

Waking Up 6:00am	Breakfast 8:30-9:00am	Mid-Day 11:00am	Lunch 1:00pm	Evening 4:00pm	Dinner 7:00pm	At Bed time 10:00pm
MONDAY	Mung Dal Cheela with Vegetables (use only Rock Salt that too in minimum quantity)	Tender Coconut Water	Barley Chapati/ Jowar Chapati with Dal Curry (except Arhar Dal and Urad Dal) with any seasonal vegetable (except Kathal) (use only Rock Salt that too in minimum quantity)	A Bowl of Papaya or any Seasonal Fruit	Vegetable Soup	EGA Colon Cleanser - One tablet
TUESDAY	Vegetable Upma (use only Rock Salt that too in minimum quantity)	Freshly Prepared Pomegranate Juice	Red Rice with Dal Curry (except Arhar Dal and Urad Dal) with any seasonal vegetable (except Kathal) (use only Rock Salt that too in minimum quantity)	A Bowl of Melon or any Seasonal Fruit	Vegetable Salad	EGA Colon Cleanser - One tablet
WEDNESDAY	Red Rice Poha with Vegetables (use only Rock Salt that too in minimum quantity)	Tender Coconut Water	Ragi Chapati with Dal Curry (except Arhar Dal and Urad Dal) with any seasonal vegetable (except Kathal) (use only Rock Salt that too in minimum quantity)	Apple or any Seasonal Fruit	Vegetable Soup	EGA Colon Cleanser - One tablet
THURSDAY	Ragi Dosa with Sambhar and Cooked Coconut Chutney (use only Rock Salt that too in minimum quantity)	Freshly Prepared Pomegranate Juice	Vegetable Khichadi (use only Rock Salt that too in minimum quantity)	Guava or any Seasonal Fruit	Mono-fruit (Any Seasonal Fruit Except Banana and Chikoo)	EGA Colon Cleanser - One tablet
FRIDAY	Barley chapati with seasonal vegetable (use only Rock Salt that too in minimum quantity)	Tender Coconut Water	Brown Rice with Dal Curry (except Arhar Dal and Urad Dal) with any seasonal vegetable (except Kathal) (use only Rock Salt that too in minimum quantity)	Plum or any Seasonal Fruit	Boiled Vegetables	EGA Colon Cleanser - One tablet
SATURDAY	Vegetables Oats (use only Rock Salt that too in minimum quantity)	Freshly Prepared Pomegranate Juice	Barley Chapati/ Jowar Chapati with Dal Curry (except Arhar Dal and Urad Dal) with any seasonal vegetable (except Kathal) (use only Rock Salt that too in minimum quantity)	Pear or any Seasonal Fruit	Mono-fruit (Any Seasonal Fruit Except Banana and Chikoo)	EGA Colon Cleanser - One tablet
SUNDAY	Idli with Sambhar and Cocoked Coconut Chutney (use only Rock Salt that too in minimum quantity)	Tender Coconut Water	Vegetable Khichadi (use only Rock Salt that too in minimum quantity)	Pineapple or any Seasonal Fruit	Vegetable Salad	EGA Colon Cleanser - One tablet

DOS AND DONT'S :

Should Follow : • Only 3 times meal with enough quantity • Take freshly prepared food • Concentrate only on food while eating • Chew properly and then swallow the food • Drink water 30 minutes before or 1hour after food (Do not drink water in between the food) • Drink 50 ml of water in every 15 minutes • Less salt intake

To Avoid : • Milk and milk products (Curd, Cheese, Buttermilk, Paneer etc.) • Animal Products (Egg, Meat, Fish etc.) • Old and canned foods (Bread, Biscuit, Chocolate, Ice-cream, Cola, Pickles etc.) • Refrigerated food • Maida and Bakery Items • Urad Dal and Pappad • Banana and Jackfruit • Do not mix cooked and uncooked foods • Avoid day time sleep • Avoid late night awakening • Avoid taking food by watching TV

