

Cautions When Using the Program

This Intestinal Cleansing Program is not intended as a treatment for any disease or condition. Consult a licensed health care practitioner of your choice if you need guidance on any particular health care problem.

Caution must always be exercised when dealing with delicate bodily functions. Holistic Horizons offer the following cautions for your benefit:

Do not perform this Intestinal Cleansing Program during pregnancy or if you have any form of Inflammatory Bowel Disease, such as Crohn's Disease, Regional Ileitis, or Ulcerative Colitis. Also, discontinue the program immediately if you experience more than minor discomfort at any time.

Women sometimes experience a change of menstrual cycle while on this program. In these cases, the pattern of ovulation may also change, invalidating any birth control technique involving knowing or estimating one's fertility period.

Do not perform this program if you are taking salicylates or a prescription drug containing digitalis or nitrofurantoin, as the psyllium present in either bulking agent may combine with these drugs.

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