

How to Use These Products

Starting The Program:

People vary markedly in their sensitivity to this Intestinal Cleansing Program. The amount of Intestinal Cleansing Formula and Intestinal Bulking Agent required for an effective cleansing program differs for everyone. Also, as the intestinal cleansing progresses, there is less toxic materials present, so that longer doses become appropriate.

A chart that describes the program is in the brochure that comes with every purchase.

Dosage Level	Level Teaspoons Intestinal Bulking Agent Per Dose	Tablets Intestinal Cleansing Formula Per Dose	Number of Doses Per Day	Minimum Days At This Level	Date I Began This Level
Initial Test	2	none	2	3	/ /
A	1	none	1	3	/ /
B	1	none	2	3	/ /
C	2	none	1	3	/ /
D	2	1/2	1	3	/ /
E	2	1/2	2	3	/ /
F	2	1	2	14	/ /
G	2	1	4	14	/ /
H	2	2	4	21	/ /
I	2	3	4	n/a	/ /

Important: With each dose, drink 8 ounces of liquid per level teaspoon of Intestinal Bulking Agent.

The chart shows the progression of recommended dosage levels.

Because the Intestinal Bulking Agent has some intestinal cleansing activity even when used without the Intestinal Cleansing Formula, everyone should begin the program with a period of time taking Intestinal Bulking Agent only.

Always start at the Test Level of the chart. Approximately 70% of the people are able to advance to Level E after three or more days on the Initial Test Level. However, some people need to progress through Levels A through D before going on to Level E on order to have a smooth and comfortable experience of the cleansing process.

As the chart indicates, you start by taking two level teaspoons of the Intestinal Bulking Agent two time per day. If you do not feel comfortable at this level,

discontinue it immediately and wait three days. Then resume the program at Level A. If you continue to feel comfortable with the Initial Test dosage for three to four days, move immediately to Level E, using the dosage of Intestinal Cleansing Formula and Intestinal Bulking Agent indicated.

When reading the chart, note that it gives you the amount of tablets and Bulking Agent per dose and not the amount per day. For example, Level F lists 1 tablet per dose and 2 doses per day. This means that on this level you take one tablet two times per day and not one tablet per day. On Level F you also take two level teaspoons of Bulking Agent two times per day with each tablet.

For every level teaspoon of Intestinal Bulking Agent you take, drink an 8-ounce glass of liquid along with it.

The best way to do this when taking two level teaspoons is to mix all of the Intestinal Bulking Agent in the first glass of liquid and to follow it immediately with a second glass of liquid which is used to take the tabulated Intestinal Cleansing Formula.

The Intestinal Bulking Agent taste good in apple, tomato, or V-8 juices. It clashes, however, with the taste of orange, grapefruit, lemon and other citrus juices, so should not be taken with these. Note that apples are often treated with a chemical that upsets the stomach; use organic apple juice if needed to avoid this.

For proper results it is essential that the Holistic Horizons Intestinal Cleansing Formula be used together as instructed with either the Horizons Intestinal Bulking Agent or the Horizons Special Formula Bulking Agent (mentioned later here) and that nothing else is substituted. In order to accelerate the growth of the health-enhancing lactobacteria and thereby avoid their depletion, it is required that the Intestinal Cleansing Formula be used together at the same time with either the Intestinal Bulking Agent or the Special Formula Bulking Agent.

For the most part, you may take whatever nutritional supplements you desire along with the Holistic Horizons products without affecting the intestinal cleansing process. However, you will counteract the products' activity of increasing the lactobacteria in the intestinal tract by taking vitamin A from fish liver oil, the succinate from a vitamin E, aloe vera, or most antibiotics. But the beta carotene form of vitamin A and the acetate of vitamin E may be taken without this effect.

Always begin at the Initial Test Level and follow all instructions given herein whenever you initiate or reinitiate taking the Holistic Horizons products. Start at the Initial Test Level regardless of how good your diet may be. Start at the Initial Test Level even if you have been doing any other form of intestinal cleansing. Start at the Initial Test Level if more than three weeks have elapsed since you last took the Holistic Horizons products. If less than three weeks have elapsed, go back one or the dosage levels when resuming the Holistic Horizons products.

CONTROLLING YOUR PROGRESS ON THE PROGRAM

You should control your progress from level to level by noting the frequency and quantity of your bowel movements. If you are on too low a dosage level, these movements will be similar to what you normally experience prior to starting the program. As you progress to highest dosage levels, the frequency and quantity of your bowel movements will increase. However if you go to high a dosage level prematurely, they will begin to decrease again. Therefore, you should stay at the dosage level

which produces the best increase in the frequency and quantity of your bowel movements while allowing you to feel comfortable in other respects.

When you find you are not ready for one dosage level and return to the previous one, stay on the one you returned to long enough to double the amount of time spent on that level so far. For example, if you spend 3 days on Level E and then return to it after trying Level F, you would then spend another 3 days on Level E. If you then test Level F and return to Level E again, you would then spend 6 more days on Level E before attempting Level F again.

You will find the frequency of your bowel movements will vary throughout the program. For some people, the frequency may reach up to four or five movements per day at some point during the program. The length of time needed to stay on each level varies from a few days to several weeks.

During the first weeks of the program, you will know that it is working from one or more of the following signs:

an increase in quantity or frequency of your bowel movements; a different or stronger odor of your bowel movements that is characteristic of material that had been inside for a long time; or the presence of irregular shapes in your bowel movements. Then, after you take the Intestinal Cleansing Formula for a few

weeks, you may notice darker colors and possibly some parasites in your bowel movements, which are a further sign of accumulation waste material leaving your body.

Be sure to observe the minimum days to stay on each dosage level that is given on the chart. In doing so, note that these are the minimum amounts of time the fastest-progressing person should stay on each level. Most people will be slower than the fastest-progressing person, so do not hesitate to spend longer on each level if at all appropriate. The minimum days to stay on Level I has been marked "n/a", meaning "not applicable". That is, there is no minimum for Level I; you simply stay on it until completion of the program, however long that may take.

Persons who need to start the program at Level A will find they need to spend 3 to 21 days of Level A through D. When such people progress to Levels E,F, and G, the minimum time on each levels should not be less than the average amount of time spent on Levels A through D. For example, if you spend 46 days on Levels A through D, the average is 12 days per level. Your minimum for Level E should then increase to 12 days.

Performing this program typically requires approximately 2 bottles of Intestinal Agent plus 100 tablets Intestinal Cleansing Formula plus a skin brush the first 5 to 6 weeks and 2 1/2 bottles Intestinal Bulking Agent plus 250 tablets Intestinal Cleansing Formula each succeeding month.

ENDING THE PROGRAM

Once your intestines have been fully cleansed, you should notice no more dark colors in your bowel movements, their shape should be smooth and cylindrical, and their frequency will decline towards what was normal when you started the program. Also you will probably have progressed to level I.

This process takes about three months for the average person. However, people who stay at lower dosage levels for long periods of time and people with large accumulations of waste material in there intestines may take longer.

Moreover, because the body has a tendency to lose its sensitivity to anything regularly ingested over a long period of time, you should not take the intestinal cleansing products for more than five months in a row. Then you should stop for at least six months. Thereafter, take the product for no more than two months of abstinence. Once your intestines have been fully cleansed, it is recommended

that you re-perform the program every six months for however long is necessary to remove the recent accumulations.

When concluding the program, stop the Intestinal Cleansing Formula tablets first, and then gradually phase over from the Intestinal Bulking Agent to the Lactobacteria Food over the next three days.

USING SKIN BRUSHING TO FULLY BENEFIT FROM THE PROGRAM

Like the colon, the lymphatic system can contain stagnant waste matter. To feel the full benefit of the Robert Gray Intestinal Cleansing Program, it is important to use skin brushing to stimulate and cleanse the lymphatic system. Once the colon is at least partially cleansed, it takes a few months of daily skin brushing to completely cleanse the system.

You should begin skin brushing at the same time you begin the program. Use a long-handled brush with natural vegetable bristles. Keep this brush dry and do not use it for bathing.

When you perform skin brushing, your body should be dry, and should move the brush once over every body surface except your face, using a clean sweeping motion. Do not use any back and forth motion, circular motion, scrubbing, nor massaging. One clean sweep is all you need. Start brushing at your neck, and then move down your trunk, brushing generally the direction of the lower abdomen. Also brush across the top of your shoulders and upper back, and brush up your arms, legs, and buttocks. Done properly, this technique takes no more than four or five minutes to perform and is very stimulating and invigorating.

You should practice skin brushing daily for a period of three months, no matter how long you take the intestinal cleansing products. Thereafter, you should only perform skin brushing twice weekly, allowing three to four days between each brushing. It is best to always perform skin brushing on the same two days of every week.

When to use the special formula bulking agent

The Holistic Horizons Special Formula Bulking Agent may be used in place of the Intestinal Bulking Agent whenever necessary or desired. It is primarily intended for use by persons with severe infestations of candida albicans parasitic yeast, but may also be used for reasons such as to achieve less diuretic activity or simply because one prefers the different taste. The Special Formula Bulking Agent is the same as the Intestinal Bulking Agent sold prior to early 1988 when the formula was improved.

Both the Intestinal Bulking Agent and the Special Formula Bulking Agent will enhance the growth of the lactobacteria in the body when used together with the Intestinal Cleansing Formula tablets. However, the Intestinal Bulking Agent is several times as effective in this respect. Furthermore, lactobacteria are antagonistic to the parasitic candida organisms. When the lactobacteria are increasing rapidly, they begin to kill the candida rapidly as well. If the candida infestation is severe, candida may be killed so rapidly that the well known candida "die-off" reactions occur. These may take the form of headaches, nausea, constipation, gas, mucus discharge, and other symptoms experienced by persons having candida.

If you have severe candida and experience possible die-off reactions using the Intestinal Bulking Agent, then switch to the Special Formula Bulking Agent instead. After six to eight weeks of using the Special Formula Bulking Agent, start using a mixture which is 10% to 25% Intestinal Bulking Agent and the rest Special Formula Bulking Agent. Then, every few days, increase the proportion of Intestinal Bulking Agent a little each time but not faster than you can easily tolerate until you are using only Intestinal Bulking Agent and no Special Formula Bulking Agent.

Because of its superior lactobacteria-enhancing activity, it is desirable to use the Intestinal Bulking Agent rather than the Special Formula Bulking Agent whenever doing so is easily tolerated in all respects. The difference between the two products is not immediately noticeable because it takes several weeks for the lactobacteria to build up to a point where the difference may be seen. In fact, the Special Formula Bulking Agent actually produces a little more bulk, and may therefore seem more effective upon initial use; but in the long run the Intestinal Bulking Agent will usually be more beneficial for most people.

Using Lactobacteria Food to Maintain Colon Health

Once you complete the intestinal cleansing program, take the Holistic Horizons Lactobacteria Food daily to maintain a healthy population of lactobacteria in the intestinal tract. Take two level teaspoons of this product three times per day with meals. Just as with the Intestinal Bulking Agent, do not take the Lactobacteria Food in citrus juices, as it clashes with taste of these. Lactobacteria Food may be taken during the program along with Bulking Agent to further increase lactobacteria growth.

Increasing the Benefits of the Program Through Your Diet

While you can use the Robert Gray Intestinal Cleansing Program with any type of diet, foods which are non-mucoid-forming will increase its benefits, since mucoid-forming foods slow down the intestinal cleansing process.

Robert Gray recommends a diet of vegetables, fruits, sprouts, millet eaten once per day, and kelp taken as a supplement. Such a diet is low in mucoid-forming activity, while all other common foods are significantly mucoid-forming. However, Robert Gray advises that people who must make substantial changes in their eating habits to achieve this diet should evolve their diet rather than try to change it all at once, since both the body and psyche need time to adjust. He recommends a six-month period as a good amount of time for this transition, although some people will take less time and others will take longer.

In general, you should proceed at whatever pace feels comfortable to you to gradually eliminate most mucoid-forming foods from your diet while replacing them with non-mucoid-forming ones. The fewer mucoid-forming foods you eat, the better the health you will eventually be able to attain. However, those who do not want to change their diets at all will still benefit from the Robert Gray Program.

A Final Precautionary Note

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 care problem.

