

Importance of Cleansing Your Bowels

Many holistic health practitioners believe illness and disease begin with a toxic colon. Our Neutripure Bentonite Clay and Psyllium Detox Cleanse can help clean out and detox the colon and intestinal tract. Whether we're fasting or not, it's important to ensure our colons are functioning properly.

Gastroenterologist, Dr. Anthony Bassler, tells his colleagues, "Every physician should realize that the intestinal toxemias (poisons) are the most important primary and contributing causes of many disorders and the diseases of the human body."

Once the bowel is clean you will be able to absorb nutrients again! Many people experience more energy and a sense of general well-being after cleaning their bowel out. Apparently 90% of the body's supply of Serotonin (happiness chemical) is synthesized in the Gastrointestinal Tract....so by cleaning the toxins and ancient fecal matter out of your GI tract you will be happier, too, as you will be able to synthesize serotonin more efficiently!

Removal of this waste matter is paramount to healthy colon function and to optimum physical health. Two of the best products for cleaning out the colon are *psyllium* and *bentonite clay*. A mixture of both of these relatively inert substances has long been used to cleanse the digestive system, reduce or eliminate food allergies, eliminate constipation, and successfully combat candida infections. Utilizing psyllium with bentonite clay can eliminate most of the uncomfortable side effects that some people experience when using bentonite alone, and provides a gentle means of cleansing the colon.

Psyllium



Psyllium, also known as Isabgol, is a soluble plant fiber (*Plantago syllium*) containing 10 - 30% mucilage. Psyllium is well known for its binding properties, and is commonly used as a safe and effective natural laxative. As a soluble fiber food source, normal use reduces cholesterol absorbed by the body. Psyllium husks have a unique characteristic in that when mixed with water, they swell up, creating a slippery, gelatin-like substance. This "gelatin" holds a great deal of water in the bowels, helping to soften the feces. Its slipperiness then acts as a lubricant for easier elimination. If you ever use chia seeds in baking for combine them with any milk or water, you have likely experienced their ability to swell and soak up the fluid that is around them, creating a gel-like consistency. The extra bulk created by the psyllium will stimulate better peristalsis, the movement of the muscles in the walls of the intestines that "pushes" the matter along.

Psyllium has also been used to treat diabetes, diverticular disease, and irritable bowel syndrome. Psyllium can be used to treat any inflammatory conditions of the digestive system, including ulcerations.

Neutripure Clay



Our Clay is from a pristine, subsurface volcanic mine in Death Valley, California. Unlike cheaper, surface-mined bentonite clays, Our Neutripure clay comes from a deep subterranean vein, where no environmental contaminants can reach. It doesn't need to be artificially cleansed through an irradiation process (which reduces clay's power). The healing clay is sun-dried for up to six months in temperatures that sometimes reach 130 degrees.

You can be confident there are no toxins, pathogens, medications or chemicals being absorbed by your body. This highly-charged, pure calcium Montmorillonite clay has a drawing power of 33 times its weight and an alkaline pH of 9.7. It is brought into being as a result of volcanic residue/ash deposits that have settled on the earth. As the ash settles for thousands of years, it continually absorbs nutrients and minerals from the earth. The combination of the ash, minerals and nutrients results to the formation of the clay.



My son Asher messing around a volcanic ash pit.

Historical Use

Though they have been largely forgotten in recent times, healing clays have been used by cultures throughout history for their nutrients and to help rid the body of toxins. Dating to before written history, clay has been used by native cultures as a powerful regenerator and healing agent. It was commonly used to support the intestinal system in the elimination of toxins, heal open wounds, and mend fractured bones. Primitive tribes on almost all continents have used clay for conditions of toxicity. Many animals will also turn to eating clay to help remove poisons from their systems during times of illness or distress.

Today internal detox clay regimens have been gaining popularity with good reason. Increasing awareness how environmental toxins are linked to obesity, autism, Alzheimer's, allergies and obesity are increasing the demand for organic and natural foods and touching off a movement to detoxify our bodies.

How Clay Attracts Toxins



Mercury

We come into contact with a range of toxins numerous times every day, as toxins are given off from common products like paint, cleaning supplies, markers, and substances used in building homes. It is quite common to inject a range of different toxins just by breathing in the fumes that are present all around us, not to mention the toxins that we receive from an unhealthy diet filled with low-quality processed foods.

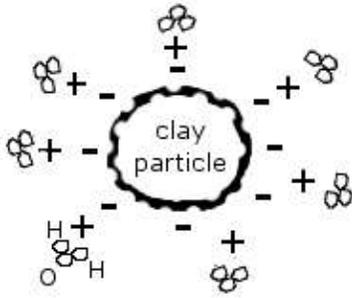
"Heavy metal toxins" usually refer to substances like mercury, cadmium, lead, and benzene. These can be found in the products previously mentioned, and also in foods that contain high fructose corn syrup or certain types of fish.

Bentonite Clay benefits your body by helping to expel many of these toxins and therefore increases immunity and reduces inflammation. It has the ability to produce a charge that is *electrical in nature* when it comes in contact with liquid. When the clay touches any type of fluid (normally water) it takes on a different charge and is thought to bind to any present toxins within the fluid.



Lead

Bentonite Clay essentially "seeks" toxins in the body to bind with because naturally any substance that has a missing ion (which gives it its "charge") looks for oppositely charged types of substances that will make it complete. Upon binding, the clay is then able to help remove toxins, chemicals, impurities, and "heavy metals" from the gut, and skin that it is bound to.



While Bentonite Clay naturally has **negatively** charged electrons intact, most toxins and heavy metals have positively charged electrons. This allows the two to bind together easily and stay united while the toxin removal process happens.

Bentonite Clay helps to get oxygen into the cells because it has the ability to pull excess hydrogen from the cells, leaving room for oxygen to take its place. When cells have more oxygen entering them, you feel more energized and your body can repair itself more easily from illness or hard workouts.

Psyllium & Bentonite Shake (PB Shake)

HOW IT WORKS



The Neutripure PB Shake provides strong detoxification to the digestive tract. It is not digested, nor is it absorbed into the bloodstream. When combined the 2 products work great together! The *bentonite* clay is like a sponge and acts as a binding agent and attracts harmful metals and other toxins. The *psyllium husk* expands and is like a bulking agent that expands the intestine walls clearing waste in its path.



Tip!

A Psyllium & Bentonite Clay Detox Cleanse is safe! *It is not digested, nor is it absorbed into the bloodstream.* You can detox cleanse with a PB Shake daily, whether you are a man or a woman, a baby or an adult. Pregnant women can also drink daily.

Tip!

Drink the BP Shake on an *empty stomach*. You must not eat for one hour before taking the drink and one hour after drinking the drink. That is very important. The Bentonite Clay needs to absorb toxins and the Psyllium husks need to scrub out the corners of your intestines all by themselves. Food will interrupt the process!

PB Shake Benefits

With a good detox cleanse, not only will you feel a greater sense of wellbeing, and be setting the stage for better overall health, maybe even lose weight. Weight gain is often caused by accumulation of toxic substances in the body.

- Promotes metabolism of the body
- To help speed recovery from vomiting and diarrhea
- Corrects digestive disturbances like acid reflux, constipation, bloating, gas, etc. (Kaolin clay was common ingredient in medicines like Maalox and Rolaids for years)
- This has helped improve my digestion and also seems to give me more energy.



Patience Please

Some people tell me they didn't experience results. My answer is it works on everyone; just that the results are different. If you went to a gym and worked out for an hour and didn't lose a pound, would you quit? Exactly. The treatment is a *process*. It takes time to heal and rejuvenate our bodies.

"Everyone wants a quick cleanse or a 24 hour detox. Sure, party for a decade and then try to clean up the whole mess in a few minutes, it's not going to happen. Any Cleansing or Detoxification Program is a total joke unless you do a thorough bowel cleansing for a few weeks FIRST!"

- Dr. Richard Schulze

You've probably been accumulating toxins for years, so it's only fitting that it would take more than an afternoon to purge yourself of impurities. Conditions involving serious digestive failure can even take 1-2 years to resolve even when using an effective protocol. Just listen to your body throughout the process, and monitor your symptoms to see your progress.

Dosage

My recommended dosage:

Always start slowly; start by using half teaspoon of clay mixed with a half teaspoon psyllium. After a couple days increase your dosage to 1 full teaspoon. I do recommend the consumption of your shake be limited to twice daily and within two hours of meals.



That's my recommended dosage however you should always learn to listen to your body! It knows what it needs. Modify your diet! There is no perfect "out of the box" dietary philosophy that we have been able to identify. People are individuals, and there are at least 12 core genetic factors that influence what type of diet may be best for any individual. If you have a very hard time eating correctly for your body, then get a whole food kosher meal product such as "Ultimate Meal" by Ultimate Life, and religiously make at least 1 shake daily, at least 5 times weekly.

Fasting

A Psyllium & Bentonite Clay Detox Cleanse is most effective during a fast. Fasting in general, enhances colon activity. The break from food allows for a resting period of the whole intestinal tract, offering a time for these organs to "catch up" and self-heal.

While especially suitable during a fast, a PB colon cleanse can be performed at other times as well. Use any time your system feels sluggish, you feel heavy or bloated, or you are even slightly constipated.

Daily ongoing use is beneficial. For daily consumption, time your shake between meals so the detoxification process can do its magic without interference.

Precautions

- While generally regarded as safe, a small minority of individuals do not tolerate psyllium well. Those experiencing discomfort should discontinue use, or start with a very small amount to allow the body to adjust.
- Do not use within two hours of any medicinal substances. Use can reduce the effectiveness of prescribed medications like lithium or antibiotics.
- Drink plenty of water throughout the day, it's not a joke. Both the Psyllium and the Bentonite MUST be fully hydrated prior to ingestion! I received several emails from people following incorrect "psyllium and bentonite shake instructions", who have experienced discomfort due to the psyllium swelling in the stomach.



Always *start slowly*; start by using half teaspoon of clay mixed with a half teaspoon psyllium. After a couple days increase your dosage to 1 full teaspoon.



Never use or prepare bentonite clay on metal surfaces or with metal stirring rods. It reacts with metals and may lose its potency rather fast, making it useless for internal detox or for external use.



A PB Detox Cleanse is most effective during a fast, however it can be performed at other times as well. *Use any time your system feels sluggish, you feel heavy or bloated, or you are even slightly constipated.*

I HIGHLY RECOMMEND that you follow these tips! After all, you paid your hard earned money for my detox cleanse, don't you want to get the BEST results with it? Is a silly indulgence worth ruining your results?

Who Am I?



Thanks for reading to the end and caring enough to read this. I'm Chris Janota, the Founder of Neutripure.

A good friend approached me with the news he was diagnosed with a terminal illness which the medical establishment could do nothing to arrest. His work with metaphysics and alternative homeopathic treatments produced a cure within a year of the diagnosis, and to this day (five years later) he remains in perfect health.

I was both frightened and awed at the possibilities, completely at a loss for a reasonable explanation for what he had discovered. Since then I established Neutripure, and with my good friend Stan we stepped up research, intuitive and experiential in nature, and continued an exploration with advanced healing.

At Neutripure we use only pure ingredients with names you have actually heard of before. You won't find ingredients like caprylic triglyceride or PEG-20 Methyl. Our ingredients don't come from a laboratory, but from the sea, the desert or organic gardens of mother earth. You will find ingredients like bamboo charcoal, bentonite clay, konjac root powder, frankincense and myrrh essential oils or kelp powder from the North Atlantic. Just the good stuff.