YOUR COLON CLEANSE HAS ARRIVED!

This cleanse is the perfect way to clean out your digestive system...

Here are just a few of the most common changes that most people observe:

- You feel more awake and active
- Your skin looks fresher
- Your eyes take on a vibrant glow
- You lose excess weight
- Your bowel movements feel consistent and hydrated
- Unhealthy cravings disappear
- You laugh for no apparent reason
- You no longer feel bloated
- Your attitude improves
- You stop catching colds

NEXT STEPS & ADDITIONAL TIPS

Watch the instructional videos online here
healthyselfstore.com/detoxandnourish

HOW TO USE:

Combine 1–2 tablespoons of the colon cleanse mix with a glass of water and stir well. You may like to add honey or apple juice to taste. Eat the colon cleanse fibre blend every 2 hours, 5 times a day for 4 days eg: 8am, 10am, Noon, 2pm and 4pm.

It’s REALLY IMPORTANT to be drinking A LOT of water during the cleanse! At least 1L between servings. Try to keep a bottle with you to measure how much water you are actually drinking. Apple juice is also ok.

If you feel constipated or bloated you would probably benefit from doing an enema or colonic at some point during the 4 days, which will help reduce any discomfort.

Please refer to the ‘Next Steps & Additional Tips’ section above.

Depending on how congested your digestive tract is, it may take 2–3 rounds of doing the 4 Day Colon Cleanse to really see massive results.

If you’d like to take a more gradual approach to colon cleansing you can. Simply drink 1 litre of water first thing in the morning, and then take one serving of the Colon Cleanse every morning for up to 28 days (or until the mixture runs out). Just like having oatmeal for breakfast.

CAN I EAT ANYTHING ELSE?

It’s better if you don’t. However if you have to eat, apples are best. Focus on eating as little as you can, and if you feel the need to eat then only have fresh wholefoods.

Remember with each progressive colon cleanse the results get better and better! The Ancient Egyptians actually did a colon cleanse every single month around the new moon to keep their ‘river’ clean.

For other ways to Nourish and Detox your body check out the other side of this flyer.

I vote your victory.

Tyler

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