

DETOX AND FOLLOWUP DIET FOR COLITIS

This short program is intended as part of a long term effort to correct the cause of chronic inflammatory bowel disease.

The first phase accomplishes the elimination of accumulated waste and toxins, produced in the lower bowel as a result of the disease. The product named MediBulk is employed as a stimulant and a mobile media to gently move the bolus of waste from the bowel and eliminate the feeling of hunger when the solid food intake is discontinued.

STEP 1: Stop eating all solid foods.

STEP 2: Mix the MediBulk in the following manner as your Detox Drink.

Fill a pint measuring jar with 6 ounces of apple juice or unsweetened apricot juice. To this add two teaspoonfuls of Medibulk, replace the lid and shake until mixed. Drink immediately. Rinse your mouth with clear water or juice (1/2 glass is sufficient). The Detox Drink should be repeated every four hours (eg: 8 a.m., noon, 4 p.m., 8 p.m.).

STEP 3: An enema must be taken in the evening for a period of three days only. Mix 45 drops of **Glencon Astringent (Vitaminerals product VM120)** into a pint of warm water. This liquid stains clothing and should be handled carefully. After the third enema discontinue until the seventh day of the Detox Program when you do the final enema.

On the fourth day of the Detox Program the MediBulk is reduced to one teaspoonful mixed into 6 ounces of juice. Drink this twice daily. Also you must now add more solids to the diet.

Choose sufficient for three LIGHT meals a day from the following:

- baked potato (no skins)
- asparagus tips (cooked or canned - not raw)
- cooked beets (mashed or shredded)
- cottage cheese
- poached egg
- tofu
- rye bread (chew well)
- steamed brown rice
- steamed carrots (mashed or diced)
- spinach, cooked
- steamed string beans (cut into short pieces)
- stewed fruit (no figs)
- plain yogurt (one cup a day)
- buttermilk (one glass per meal)

Eat these foods for a period of three days adding the following protein drink to the daily regime. Mix two tablespoonfuls of MediPro Protein Powder with 6 ounces of juice (a blender gives the best smooth mix). You may add a ripe banana to this if desired

Do not eat any animal protein during the seven day detoxing. Also, avoid all fish, fowl, raw vegetables, fried foods, raw fruit, alcoholic beverages, coffee and tea during this period.

After the seventh day begin a Bland Diet (may be obtained from your physician).

Avoid milk and milky foods except for yogurt and buttermilk To the Bland Diet you may add the following choice of fruit:

- baked apple or apple sauce
- bananas
- cantaloupe
- watermelon
- papaya
- avocado
- cooked or canned sugar-free peaches, pears, apricots, kiwi fruit

SAMPLE OAT BRAN MUFFIN RECIPE:

- 2 1/2 cups oat bran cereal
- 2 tsp. raw brown sugar
- 1 tbsp. baking powder
- 1 cup skim milk
- 1 tbsp. vegetable oil
- 1/2 cup raisins
- 1/2 tsp. salt
- 4 oz. egg whites or substitute

Preheat oven to 425 F. Spray bottoms of 10 medium muffin cups with nonstick spray or line with paper cups. Combine dry ingredients. Add milk, egg whites, oil and mix just until dry ingredients are moistened. Fill prepared muffin cups 3/4 full. Bake for 17 minutes or until golden brown. Makes 10 muffins.