



Easy Gut Scrubbers

PURPOSE: Gentle cleaning of eliminative organs

LIQUID PECTIN FLUSH

- Get from your grocery store, in the canning supplies section, or order online
- Get LIQUID form – **Ball** or **Certo** brands
- Directions:
 - Mix 1 packet of liquid pectin with 1 quart of water; stir; refrigerate
 - Drink 3-4 ounces of the pectin-water solution 3-4 times daily
 - Any number of days is helpful
 - Can continue for up to one month twice yearly; or for 1 week every other month

BUFFERED C FLUSH

- 1st day: One scoop of Buffered C powder dissolved in at least 8 ounces of water, at waking; another one at bedtime
- 2nd day: One scoop at waking; one 15-20 minutes before lunch; one at bedtime
- 3rd day: One scoop at waking; one before lunch; one before dinner; one at bedtime
- 4th – 7th days: maintain 3-4 scoops daily unless loose bowels develop
DO NOT STOP HERE! Very important to “step down” days 8-10
- 8th day: Reduce by one scoop per day
- 9th day: Reduce by another scoop per day
- 10th day: Reduce, or maintain, according to your sensitivity

MAGNESIUM FLUSH

- Start with 250-500mg magnesium (e.g., Magnesium Citrate/CitraMate/Glycinate) added to your usual daily regime, take with meals and at bedtime
- Add additional 250-500 mg each day until bowels begin to loosen
- Reduce by one dose
- Maintain until bowels begin to loosen again
- Continue reduction of dose, day by day, until “daily stable dose” determined for maintenance