

It's Gross and It's Mine!

Real photos of results from the **Colon Cleansing Kit** by **Blessed Herbs**



Above: Susan from Hawaii and her "results" passed while taking the **Colon Cleansing Kit** by **Blessed Herbs**. Below she writes:

"Aloha!

First of all, I must say it feels a bit weird to be sending pics of my poo to complete strangers...but all in the name of good sportsmanship! It felt even stranger to TAKE pics of my poo...

My name is Susan; I am 24 and live in beautiful HI. I have had GI problems as long as I can remember. After my husband and I made a big move from our hometown on the mainland to Hawaii, I was feeling pretty toxic. I wasn't having regular bowel movements. I had tried colonics, diet modification, exercise, everything I could think of and was feeling pretty desperate. That is when I did a search for cleanses on the Internet and came across Blessed Herbs.

I did a lot of comparison and decided to give BH a try. The results were phenomenal. Everything that your company promised was delivered. I did the fast, only had the toxin absorber, organic apple, and some veggie broth with miso and, a ton of water. By day two my body was getting rid of some pretty nasty things and by day 5, I couldn't believe the results. This product was great, I highly recommend it!

Thank you!
Susan"



Above: Paul from Australia and his "results" passed while taking the **Colon Cleansing Kit** by **Blessed Herbs**. Below he writes:

"I tried the colon cleansing kit for 8 days ... End of day 2 was like large sausages being discharged and every day after that, gradually reducing in size by the eighth day. I had veggie broth in the evenings and I was surprised how good it felt to not be full all the time. It was no problem drinking juice, water and having broth. Another positive side effect is the way this process makes you review your eating habits and leaves you much more grateful for food when you resume eating. Anyway, I've recommended this already to several friends. Many years ago I used to juice fast with enemas, but your approach achieves a much more deep and thorough cleansing.

Thanks and regards,
Paul, Australia."



Above: Linda from the USA and her "results" passed while taking the **Colon Cleansing Kit** by **Blessed Herbs**. Below she writes:

"My name is Linda. Two years ago, just after my 37th birthday, I was diagnosed with rheumatoid arthritis. Up until that point in my life, I was what I thought, very healthy. My onset of RA was severe, within 2 weeks I was unable to dress myself or even open the car door let alone run the five miles that I was used to running! After finding a doctor, I started the long road back to health. I spent the first year trying all the toxic drugs available for treating RA, Humira, methotrexate and a lot of steroids. I found that although I was functioning, I could feel that my body was still very sick!

My doctor then felt I was ready to try the harder way, but definitely the right way! I immediately removed all processed food from my diet and began to feel stronger and healthier than ever! I never really knew what good health was until I quit eating the poison that the American diet is so full of!

The next logical step after being in drug free remission for over 8 months was to try to rid my body of what damage I had done through poor diet. Thus came the idea through a friend for the Colon Cleanse! I've never felt better and what came out of me was shocking but reassuring that THIS IS A MUST DO! I feel stronger and healthier than ever, I can't wait to do it again, and the experience was great. I had lots of energy and was surprised there was no hunger from start to finish!

- Linda"



Above: M.

from the UK and his "results" passed while taking the **Colon Cleansing Kit** by **Blessed Herbs**. Below he writes:

"As a vegetarian of 20 years, I did not expect much to come out, but how wrong I was! I was already getting results by the morning of day 2. It was wonderful not to experience the pangs of hunger, so I knew I'd last the full 5 days. It's just wonderful knowing this stuff is out of you, and I will certainly do an annual cleanse now. I now find my mood has lifted, and I have about an extra hour's energy a day before feeling tired. That gives me an additional 30 hours, or just over a day of extra time each month - remarkable!

Thank YOU

M.

(Great) Britain"



Above: Carl from Canada and his "results" passed while taking the **Colon Cleansing Kit** by **Blessed Herbs**. Below he writes:

"I am sorry for not writing you, but it's that time of year when it's so hectic. I just haven't had time, anyway, I sent you the pictures of what came out of me, well DrNature nothing came out. I don't have that bloated feeling any more, my stomach is gone down a lot. I still feel that I should have another cleanse very soon. I want to know what you think. But the cleanse I did from you was excellent, I would recommend it to everybody, it was really great. Carl"



Above: Omar from Texas and the "results" he passed while taking the **Colon Cleansing Kit** by **Blessed Herbs**. Below he writes:

"Doing the 5 day (Colon Cleansing Kit) with a water/juice fast...here are my results...amazing!"



Above: The "results" passed by Mary while taking the **Colon Cleansing Kit** by **Blessed Herbs**. Below she writes:

"I want to first say Thank You. The colon cleansing kit was well worth the price as it is the only one that actually worked for me. I did the 9-day program with the fast and it was super simple. The taste of the ginger was nice and I loved the fact that I could still work while cleansing. The second day of fasting I eliminated much mucus and each day there after. It wasn't until three days off the cleanse that I eliminated the REALLY hard thick mucus plaque like the photos show.

I wasn't alarmed as I had spoken to the Herbologist Helen before cleansing and was told this might happen. Your company is the only one that I know of that has such wonderful customer service and quality products. I've also suffered from adult acne for ten years and it has cleared up by 50% in three days. The knot in my forearm that was the size of a Garbanzo bean is now the size of a pea! My mother and husband are now interested in cleansing after witnessing my success. Thank you much for quality products and fabulous employees! May many blessing always come your way.

- Mary"



Above: J. from the USA and his "results" passed while taking the **Colon Cleansing Kit** by **Blessed Herbs**. Below he writes:

"Good morning,

I just wanted to say that your product is actually amazing!!! I'm an American civilian in Kuwait and I first tried your product last year and it worked great. I bought it again this year and have almost completed back-to-back colon cleansing without stopping. I'm 100% fasting without any solid or liquid food accepts apple juice, toxin absorber, and the digestive stimulator capsules. I have 2 days before I finish the double colon cleansing and then I'll start my 21-day cleanse for the parasites, blood, lungs, liver and such.

I'm just completely amazed at how much literal crap has come out of my body. And I 'thought' that I was healthy! I would have to recommend to anyone who's serious about their health that they do the mental discipline and do a back-to-back complete fast. The amount of garbage that came out on the second fast is just unbelievable. It looked worse than the pic on your website.

I'm really writing this email for all of the nonbelievers and skeptics including certain co-workers who said it was a scam and they could make this stuff in their kitchen. Seeing is believing and this stuff works! It's the absolutely grossest 'crap' that I've ever seen in my life, but better out than in.

I'm even including pics and hope this doesn't offend you... but the skeptics need to know. I'm writing this like I'm getting paid... ha-ha. I've even recommended your product to many of my coworkers and associates here in Kuwait. Anyway.... thanks for great products that TRULY work as they say!! I can't wait to start the 21 day cleanse. I actually might even do another colon cleanse in a few months just to make sure I'm really clean.

It's been almost 2 weeks that I've gone without solid food and can honestly say that I was only hungry on my 2nd day. It's literally all in the mind because the mix makes my stomach full and I only want it cause I see it, but not cause I'm hungry. Well, I've taken enough of your time.... Your product is truly amazing. I don't care if you use the pics on your site, but could you change my name or something. I don't want my pooh to make me famous...ha-ha. Thanks guys

Thanks, J."



Above: John from New Zealand and his "results" passed while taking the **Colon Cleansing Kit** by **Blessed Herbs**. Below he writes:

"Just wanting to say thank you very much, following the Colon Cleansing Kit. Got some great results as you can see...."

Best Regards,

John"

It's not just our customers; our family has done the Colon Cleansing Kit too



Above: Shalom Volchok, son of Blessed Herbs cofounders and his "results" passed while taking the **Colon Cleansing Kit** by **Blessed Herbs**. Below he writes:

"First, I'll admit the idea of a five day fast did not appeal to me. When my mom (Martha) was making this kit, I told her she would never get anyone to fast. Well, she finally convinced me to try it and..."

The first day of fasting was extremely hard and I thought I would never make five whole days. All I could do was think about eating! However, on the second day of the Colon Cleansing Kit, 'it' came out"

When I had my first "weird" bowel movement, I found myself uncharacteristically poking around in the toilet with a chopstick. When I lifted my movement, it felt like it was made of rubber. It was clingy, and I couldn't break it apart.

It really was the most unusual feeling. Once that first piece came out I was so happy to fast!! When I saw what was in me, I just wanted it all out. And for the next four days, it came out five or six times a day. Of course the first thing I did was email pictures to my mom. My subject line read, "It's gross & it's mine!!"

To date tens of thousands of people have done the Colon Cleansing Kit. So much for nobody fasting!"

Above: Martha Volchok, AHG. Cofounder and master herbalist of Blessed Herbs and her "results" passed while taking the **Colon Cleansing Kit**. Martha is the herbalist who created **the Colon Cleansing Kit** and she based the formulas on years of her own personal experiences with bowel problems and personal success from colon cleansing. Below is her story of how she first found colon cleansing:

"Some twenty-five years ago I gave birth to the last of my children, Shalom. Immediately afterwards, I experienced a physical collapse. Along with complete exhaustion, I was unable to eat anything without stomach pain or intestinal pain as the food traveled on down. Medical doctors wanted to do the barium studies on my GI tract. What I knew and they didn't was that the introduction of barium to my system would have made me incredibly sicker than I already was or even worse been the cause of my death. The doctors were totally frustrated with me and needed those diagnostics to figure out what my problem was. I elected instead to study and research everything available about healing myself; especially my digestive system.

That decision was totally intuitive. How was it possible to ever prove who was really right about the barium studies on me? Back then I went forward with faith in my own intuition and I did totally recover without outside medical intervention. It was not until many years later while staying at a health clinic (not for a digestive problem) that I met a woman (in her early thirties-the same age as I was when I chose not to do the barium studies) who had the same type of digestive problems that I had. Only she had gone ahead with the barium studies and immediately became much sicker for doing it. So much so, that she had to have someone with her at all times because of how much weaker she had become and found digestion even more difficult. Even after several months at the clinic, she had not improved much.

I was very grateful to receive this confirmation and living proof of what might have happened to me; if I, too, had decided to go for those barium studies. I would like to point out that I am not against medical diagnostics or medical care or barium studies for that matter. I have used their services and had my life saved, but I have also opted against not using their services and saved my life. It is so important to be in touch with your true self and learn to recognize that "small, still voice" that speaks its advice just when you need it the most. It is also important to learn about what constitutes real health and how to get it and maintain it. Remember also that what worked well one time, may not be called for this time. There is no substitute for attention and awareness. After all who is living in your body, but you. You are the one who most needs to know what is going on in there and you can! In order to heal my "digestive problems" back then, I chose to go on an all raw juices and wheat grass juice for some eighteen months; along with colon cleansing, before I completely regained my digestive ability and felt better than ever.

During those eighteen months, I observed all of my bowel movements and studied them as a scientist would. After my first cleanse, I got out just what Dr Jensen showed in his book, *Tissue Cleansing through Bowel Management*. Not only that, but popcorn kernels came out and I hadn't eaten any popcorn in years! Having something come out after all those years, gave me more faith in Dr. Jensen's work. I reasoned that if the popcorn was that old, how old was the rest of the stuff coming out? Surely some of it was from that same time period.

I understand even more, now, after years of observing the material that comes out whenever I do colon cleansing. I have observed that the material coming out now has become progressively lighter, less smelly, and of a consistent texture; rather than initial dark, hard, rubbery, foul smelling stuff. There was a time when I would see some chunks of the hard rubbery stuff mixed in with the type of stuff I see today. Whenever I do my yearly cleanse now, I see clearly the striations on the outside of stool that reflect the same indentations from different parts of the intestinal wall, both small and large (colon). Could this be an actual thin layer that had accumulated directly on the intestinal

lining? These markings are never present on my everyday bowel movements. The stool from my colon cleanse has a thin, outer layer that is decidedly a different, deeper color than the inside of the stool. It is also much firmer and cannot be pulled apart, whereas the inner portion of the stool looks remarkably like the Toxin Absorber drink (in the Colon Cleansing Kit) and it is possible to pull apart easily (see photo above).

My conclusion is that I am lifting off the intestinal wall a thickened layer that has accumulated quite like what happens to the plumbing in our homes. Over time any tube/pipe/intestine that has material going over it daily begins to have a build-up. Only we need our intestines to be as free of that as possible for the best, healthy functioning. Of course, I cannot say for sure just exactly what is happening, but I can judge by the resultant great feelings that I get after colon cleansing that in fact I have done something truly positive for my health.

I have tried many different herbal formulas for colon cleansing over the years, but it wasn't until I decided, as a professional herbalist, to create my own formula that I got everything that I wanted -strength of action combined with gentleness- to make colon cleansing as thorough and comfortable as possible.

Besides my yearly colon cleanses, I do not hesitate to cleanse whenever I see that my health is definitely suffering a decline. Usually when I get past day one of the liquid fast/cleanse, I am already feeling better and by day five, all my symptoms of decline are gone. Then there are times that I have been in extreme pain from a migraine or from some other part of my body. I do a cleanse along with a colema, which is an enema that is taken lying down on a "Coleman board" that sits over the toilet. One doesn't have to jump up to get to the toilet as one is already lying over it. There is a five-gallon bucket of water/herb teas that flow gently and steadily through your lower bowel, which cause multiple evacuations that are quite gentle. It has taken me from extreme pain back to normality in thirty minutes and oh, how grateful I am!

Whenever I have had a problem, I always like to hear from someone who has really dealt with that same situation in his or her own life. Then I read all I can from both alternative and mainstream sources about the situation and weigh the issues. Lastly, I listen to my own inner self and life experience and make the best choice that feels right for me. You know, it works!!"

The Colon Cleansing Kit by Blessed Herbs