

It's Time to Come Clean! Colon Health & Exercise Workshop

It's never too late to take out the internal trash.

- Did you know that the average adult has between 5 and 40 pounds of compacted waste in their colon and bowels? Yes, that includes you and me.
- According to the US Health Service, over 90% of Americans are walking around with clogged colons), and colon cancer is killing people at an alarming rate.
- Did you know? If stretched out to their full length, the large and small intestines together would measure 25 feet long.

Every day we clean the outside of our bodies. We shower, brush our teeth, do our hair, etc. yet we do nothing for the most important part of our bodies, our INSIDES. The intestines can store a vast amount of partially digested, putrefying matter (as well as drugs and other toxic chemicals) for decades! Some intestines, when autopsied, have weighed up to 40 pounds and were distended to a diameter of 12 inches with only a pencil-thin channel through which the feces could move.

It's time to Clean House. Come and learn how to cleanse using herbs, fasting, diet, hydrotherapy and other techniques. Increase your body's ability to remove waste and toxins from the system. Your insides will thank you!!! But don't just take our word; here's what participants have to say:

Alphea S.

"Praise The Lord!! This was an informative and interactive workshop.....Realizing a dirty colon becomes a breeding ground for parasites, tumors and disease was pretty scary. Learning how overburdened our bodies becomes by these deadly poisons and toxins, and how clogged up our colon gets from lack of cleansing has been eye opening... Also realizing that starting a healthy life style without first cleaning our temple is of no use. It reminds of the scripture that says, "We do not put new wine in old wineskins." For me it is truly a call to rebuild the temple of the Lord, and to give careful thought to my ways. Our bodies are the temples of the Most High and I want to make it a place for His Glory to dwell. Thank you! thank you! thank you! I am sooo excited and cannot wait to start this cleanse :-)"

Jonelle R.

"This workshop is a must for anyone that is ready to make changes in their diet that will impact them for the rest of their lives. In one session alone I learned about how an unhealthy colon can negatively affect other organs. I am excited about starting this journey of cleansing my body. I'm even more excited because I don't have to do it alone and neither do you!"

Lucy L.

HALLELUJAH!!! All Praise Glory & Honor To Our Heavenly Father!!! I am so thankful that my friend told me about this cleanse..... MY COLON SAYS A BIG THANK YOU!! At first I was not sure if I would be able to do this because I have never done a juice fast prior to this cleanse. However, I knew it was needed. With an increase in the number people dying from CANCER every year , especially COLON CANCER I knew I had to start taking better care of my body. I made a decision to discipline my flesh, and put my body into strict training like those who compete in a race. Like the Apostle Paul, I did not run like a man running aimlessly or beating the air, but I beat my body and made it my slave for ten days. I truly wanted to do all I could in the natural to make my body free from sickness and disease. I was SHOCKED when I saw the number of DEAD WORMS that came out of my body!! This cleanse was VERY EFFECTIVE, I had bowel movements at least four to five times a day. I thank God for your obedience to do these workshops; I pray that God would open many doors to allow you to share with others the importance of taking care of their temples. The word of God says: "my people perish for lack of knowledge....." We, the body of Christ, truly need an AWAKENING when it comes to our HEALTH!!

Sylvia L.

"I did the "Carrot Juice" Colon Cleanse for three days, THREE DAYS ONLY! And I was amazed how in just 3 days I felt GREAT. I'm not going to lie, at times I felt hungry, and wanted to bite into something even if it was just an apple! However, I felt energetic, my mind was clear, I felt sharp, I felt light on my feet, and there is nothing light about me:) I was in a good mood. My attitude was different, it was positive. I FELT AMAZING! It was quite the opposite of what I had expected physically, mentally and emotionally. This simple cleanse is really effective, in that I had regular bowel movements at least 3 times a day, if not more. There was one day where I could not believe how many BM's I had, it was non-stop!! You will be very surprised."



It's Time to Come Clean is a series of Health & Exercise workshops that focus on cleansing various organs in the body in the order listed below. Cleansing (done right) can produce miraculous results for a wide variety of ailments.

- Colon
- Parasites
- Kidneys/Liver/Blood
- Lungs/Skin

The goal of each workshop is to equip participants with foundational tools for cleansing the body naturally utilizing herbs, homeopathy, hydrotherapy (colonic, enema, etc.) and lifestyle choices.

Outline of the "It's Time to Come Clean - Colon Health & Exercise Workshop"

- I. What is Cleansing/Detox?
- II. Colon Health Assessment
- III. A Closer Look at the Colon and It's Functions
- IV. Symptoms of Colon Dysfunction
- V. Why Elimination is Important
- VI. What Can I Do Differently to Enhance Colon Function
- VII. Healthy Lifestyle
- VIII. The Benefits of Colon Cleansing

The duration of each workshop is three hours. The first two hours is the teaching portion, the next hour is the exercise portion. The cost for each participant is \$20 per workshop. Price varies for out of state workshops.

**Minimum # of Participants: 20 people*

