

Colon Cleansing and Detox with Lifeplus Products

The bowel is like the 'second brain' of our body.

With a length of 6-8 meters, the surface of about 200 square meters (that equals more or less the size of a football pitch) and a larger amount of nerve cells than in the brain, the largest digestion organ of our body directly influences with its function our health and plays an immense role for it.

When in healthy condition, the colon usually weighs up to 2.5kg. Then the smaller intestine shows a thickness of around. 3-4cm, the large intestine approx. 5cm.

It is alarming that some colons can weigh up to 20kg! This will include deposits and waste products with a weight of up to 18 kg. There have been autopsies where even deposits of breast milk could be traced!

How is this possible?

The colon takes in everything we eat (additives, preservatives, colorants, etc.). EVERYTHING deposits in the colon.

What does that mean?

A clogged colon can't fulfil its role. This includes:

- Protection against Infections (80% of the immune system is located in the colon!)
- Production of fatty acids
- Regulation of the mucous membrane
- Activation of nutritive substances
- Expulsion of noxious and poisonous substances

What needs to be done?

Try spring-cleaning. Slag, clear and detox your colon.

Imagine that your colon is a dirty and encrusted kitchen. In order to muck it out and to clean it you need different cleansing agents:

1. **Abrasive** to free it from encrustations – Parabalance
2. **Broom** to sweep away the dissolved encrustations – Cogelin to divert the waste products
3. **Special purifier** – MSM

What kind of products are these?

1. Parabalance (the abrasive) is a special mix of herbs which already our grandmothers have taken to do a colon cleansing. The tablets contain several amino acids and 10 different herbs that are being applied by naturopaths to support the natural cleansing processes of the body.

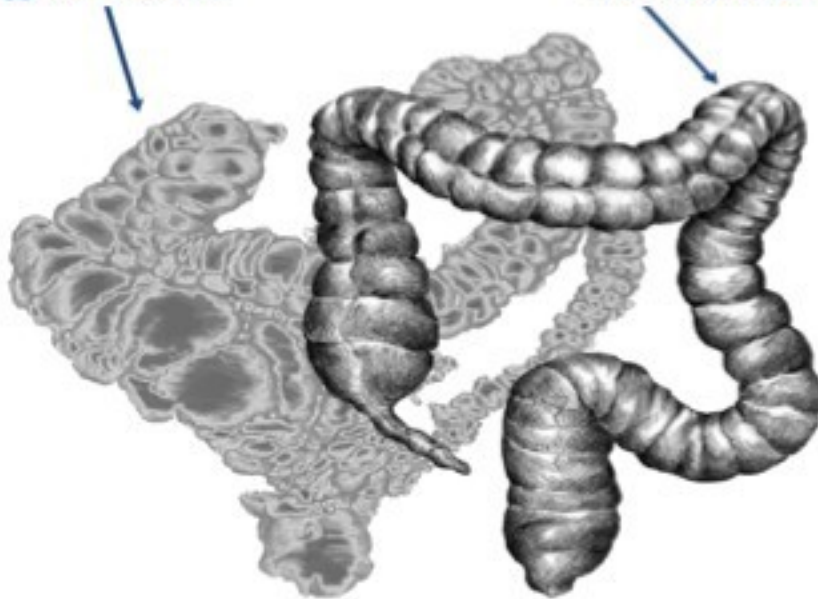
2. Cogelin (the broom) consists of 100% natural soluble fibers. It serves to bind the solved crusts (waste products). Furthermore, it contains the so-called bifido bacteria that belong to the most important parts of the gut flora. They ensure the healthy immune function of the body and a healthy acid-base balance.

3. MSM (the special purifier) is a natural source of organic Sulphur that reacts with the toxins by binding the toxins and heavy metals. Like this, the expulsion of waste products gets accelerated. It is very important to know that MSM also works in the brain.

Comparison

Clogged Intestines

Normal Intestines



Intake plan for the colon cleansing

Congratulations on your decision to do something actively for your health! On top, the colon cleansing is the optimum preparation for the Metabolic Reset!

Please take the Lifepius products in the following way:

Cogelin

- 1 scoop about ½ h prior to each meal (mix with ca. 300ml of water/juice/soy milk)
- After day 16, just 2 scoops 1x in the morning every day

MSM and Parabalance tablets

- They don't have to be taken with Cogelin
- But it's highly recommendable to take both shortly before/with your meals

PH Plus tablets

- Take 1-2 h after each meal

Please note: During the bowel cleansing, you can continue to take Daily Plus/Bio Basics.!

Day	Date	In the morning	At lunchtime	In the evening
1		1 Cogelin 1 Parabalance 1 MSM 3 PH Plus	1 Cogelin 1 Parabalance 1 MSM 3 PH Plus	1 Cogelin 1 Parabalance 1 MSM 3 PH Plus
2		1 Cogelin 2 Parabalance 1 MSM 3 PH Plus	1 Cogelin 2 Parabalance 1 MSM 3 PH Plus	1 Cogelin 2 Parabalance 1 MSM 3 PH Plus
3		1 Cogelin 3 Parabalance 1 MSM 3 PH Plus	1 Cogelin 3 Parabalance 1 MSM 3 PH Plus	1 Cogelin 3 Parabalance 1 MSM 3 PH Plus
4		1 Cogelin 4 Parabalance 2 MSM 3 PH Plus	1 Cogelin 4 Parabalance 2 MSM 3 PH Plus	1 Cogelin 4 Parabalance 2 MSM 3 PH Plus
5		1 Cogelin 4 Parabalance 2 MSM 3 PH Plus	1 Cogelin 4 Parabalance 2 MSM 3 PH Plus	1 Cogelin 4 Parabalance 2 MSM 3 PH Plus
6		1 Cogelin 4 Parabalance 2 MSM 3 PH Plus	1 Cogelin 4 Parabalance 2 MSM 3 PH Plus	1 Cogelin 4 Parabalance 2 MSM 3 PH Plus
7		1 Cogelin 4 Parabalance 3 MSM 3 PH Plus	1 Cogelin 4 Parabalance 3 MSM 3 PH Plus	1 Cogelin 4 Parabalance 3 MSM 3 PH Plus
8		1 Cogelin 4 Parabalance 3 MSM 3 PH Plus	1 Cogelin 4 Parabalance 3 MSM 3 PH Plus	1 Cogelin 4 Parabalance 3 MSM 3 PH Plus
9		1 Cogelin 4 Paracleanse 3 MSM 3 PH Plus	1 Cogelin 4 Paracleanse 3 MSM 3 PH Plus	1 Cogelin 4 Paracleanse 3 MSM 3 PH Plus
10		1 Cogelin 4 Parabalance 3 MSM 3 PH Plus	1 Cogelin 4 Parabalance 3 MSM 3 PH Plus	1 Cogelin 4 Parabalance 3 MSM 3 PH Plus
11		1 Cogelin 4 Parabalance 3 MSM 3 PH Plus	1 Cogelin 4 Parabalance 3 MSM 3 PH Plus	1 Cogelin 4 Parabalance 3 MSM 3 PH Plus
12		1 Cogelin 4 Parabalance 4 MSM 3 PH Plus	1 Cogelin 4 Parabalance 4 MSM 3 PH Plus	1 Cogelin 4 Parabalance 4 MSM 3 PH Plus
13		1 Cogelin 4 Parabalance 4 MSM 3 PH Plus	1 Cogelin 4 Parabalance 4 MSM 3 PH Plus	1 Cogelin 4 Parabalance 4 MSM 3 PH Plus
14		1 Cogelin 4 Parabalance 5 MSM 3 PH Plus	1 Cogelin 4 Parabalance 5 MSM 3 PH Plus	1 Cogelin 4 Parabalance 5 MSM 3 PH Plus
15		1 Cogelin 4 Parabalance 5 MSM 3 PH Plus	1 Cogelin 4 Parabalance 5 MSM 3 PH Plus	1 Cogelin 4 Parabalance 5 MSM 3 PH Plus
16		1 Cogelin 4 Parabalance 5 MSM 3 PH Plus	1 Cogelin 4 Parabalance 5 MSM 3 PH Plus	1 Cogelin 4 Parabalance 5 MSM 3 PH Plus