

INGREDIENTS IN THE AMAZING  
**Whole Body and Colon Program**  
*29 Powerful Different Herbs*

**Whole Body Program**

- Barberry Root
- Sarsaparilla Herb
- Yarrow Flower
- Bupleurum Root
- Oregon Grape Root
- Safflower Herb
- Echinacea Root
- Peppermint Leaf
- Chickweed Herb
- Fenugreek Seed
- Dandelion Root
- Golden Seal Root
- Peach Leaves
- Prickly Ash Bark
- Black Cohosh Root
- Mullein Leaf
- Burdock Root
- Cayenne Fruit
- Irish Moss
- Licorice Root
- Ginger Root

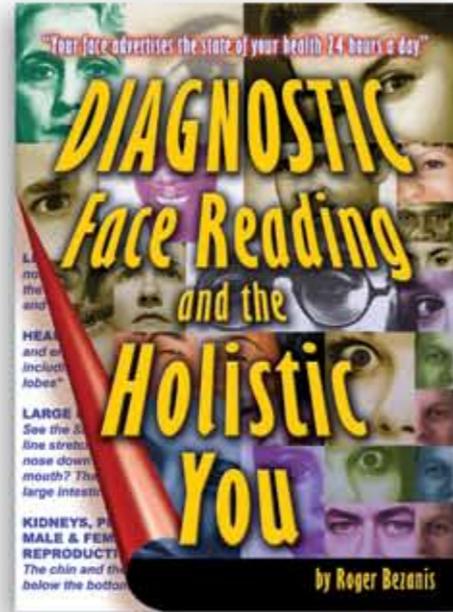


**Colon Program**

- Psyllium Husk
- Cascara Sagrada Bark
- Licorice Root
- Fennel Seed
- Buckthorn Bark
- Golden Seal Root
- Ginger Root
- Rhubarb Root



These two formulas are meant to be taken together and work best when a one week battery of Liver Balance Plus and Kidney Rescue, precede their use.



The more you know  
 about your body, the healthier  
 you can keep it.

With this book you will learn to:

**Read the Face**  
*(your body advertise its health 24 hours a day)*

**Fingernail Analysis**

**Tongue Analysis**

**Symptom Analysis**

*(they do not mean what you think)*

And how the author  
**Roger Bezanis** dropped from 215 lbs  
 to 164 in just 3 months!

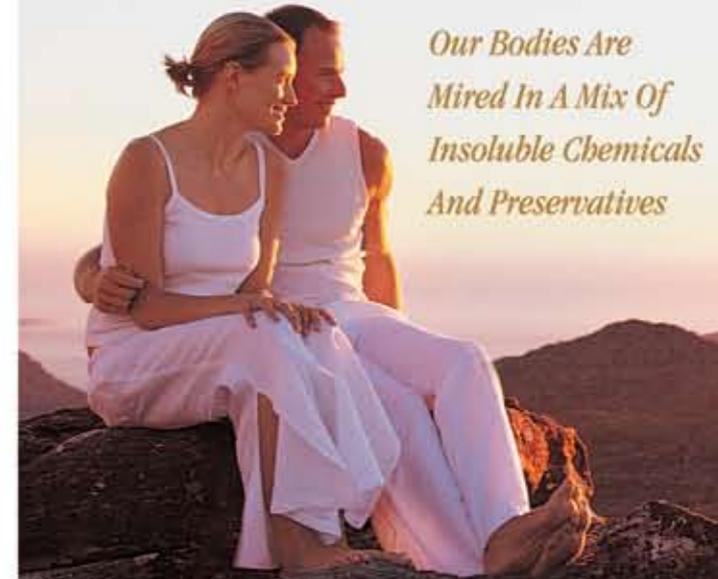
**Whole Body and Colon Program™**

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 PURE BODY INSTITUTE  
 OF VENTURA   
 PRESENTS

# Whole Body and Colon Program



*Our Bodies Are  
 Mired In A Mix Of  
 Insoluble Chemicals  
 And Preservatives*

**It Is Time To Do Something About It!**

## Waste overload!

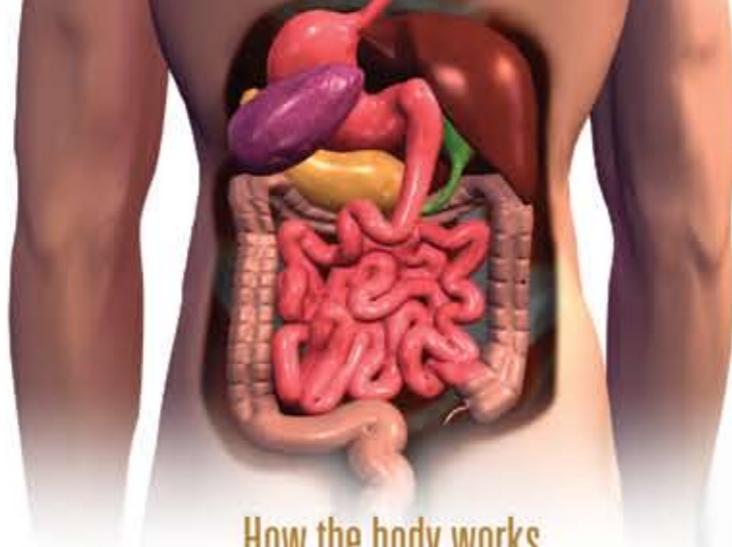
What percentage of frayed emotions, poor sleep, bad skin, excess weight, constipation, sore muscles, sore joints and other health concerns are the direct result of industrial chemical overload? Some experts say the number is between 50 to 70 percent!

Nutritionist argue that our biggest health problems come from our own abuse of food like substances such as refined sugar, preservatives, colorings, dyes, flavor enhancers and drugs (over the counter and illegal).

You would be right to concluded that you are literally swimming in a soup of corrosive elements, that are at this moment, sapping you of your health, vitality and energy.

Every day billions of tons of dangerous insoluble waste is created and pumped into our environment. No one is immune.

***It is a personal responsibility and therefore of paramount importance to do something about it NOW!***



## How the body works

When the body parts or components are in proper running order, life, is a very enjoyable experience.

The components of the body are: filters, pressure valves, hoses, pulleys, elastic bands, hinges, electric connections, fragile membranes, a computer, a vast superstructure and one amazing pump.

The body's filters are the skin, lungs colon intestines, liver, kidneys, lymphatic system and bladder. The pressure valves and hoses are your arteries and veins. The bands, pulleys and hinges are your muscles, tendons and joints. Your electrical connections, is your nervous system. Your skin is the fragile membrane. Your brain is the computer. The superstructure is your bones and the pump is your heart.

With proper maintenance the human body can run flawlessly for a century. If we have any hope of maintaining a healthy standard of life, we must periodically flush the cleansing pathways of our system from its collected unwanted waste.

All man made substance from margarine to Styrofoam are guaranteed to stick to our ribs, cells, intestines and colon. These cleansing pathways must be kept debris free or these waste particles overflow into our system where we can have a human-health-meltdown.

***A body unobstructed, is a healthy body!***



## Can You Benefit From Inner Body Cleansing?

- 1) Do you often feel tired or fatigued
- 2) Are you dizzy, foggy and lightheaded or have poor concentration?
- 3) Do you eat fast, fried, processed or fatty foods?
- 4) Do you need stimulants such as sugar, coffee, nicotine or soda to get up?
- 5) Do you have less than one bowel movement per meal eaten?
- 6) Do you have mood swings?
- 7) Do you have candida or yeast problems?
- 8) Are you around chemicals or second hand smoke?
- 9) Have you taken drugs or used alcohol?
- 10) Do you have allergies or poor skin?
- 11) Do your muscles or joints hurt?
- 12) Are you more than 8 pounds overweight?
- 13) Do you rarely exercise?
- 14) Have you NOT done a cleanse before?

***If you answered YES to 2 or more questions or NO to the last question than it is advisable to do an inner body cleanse.***

## Instructions for use of the Whole Body and Colon Program

**How many** 1 Colon Tablet & 3 Whole Body Tablet  
*(May increase up to 3-5 Colon Tablets and 5-7 Whole Body Tablets)*

**How often**  
*Twice a day before during or just after breakfast and dinner*

**Days a week**  
*6 days a week*

**How long**  
*3 consecutive months*

**Maintenance**  
*As needed*

**Practitioner Protocol**  
*Use the WBCP, alone or with other herbal formulas as your practitioner recommends.*

**Special notes**  
*WBCP is made up of two distinctly different parts. This way it is completely adjustable.*

*The CP affects only the bowel. If you experience diarrhea (water pouring out), use less CP tablets.*

*The WB affects the release of waste throughout the system. Should you experience bloating, headache or any other (auto toxicity) symptom, use less WB tablets.*

*To prevent such symptoms, always prep the liver and kidney first for one week with Liver Balance Plus and Kidney Rescue. This is the best way to start your three- month cleanse*

