

### **Bad Bacteria removal program:**

Bacteria are always at the root of bowel problems, such as pain, bloating and gassiness. This bad bacteria killing program is also excellent for food poisoning. It is really simple and in only 2 weeks you might enjoy an improved energy level.

What you need:

126 Turmeric capsules

63 Fennel capsules

25 ml Lugol's iodine

Dosage for bacteria removal:

Turmeric capsules:

2 capsules or 1/2 tsp. 3 times a day

Fennel capsules: (or use Bowel Calm 3 caps 3x, which includes Fennel and other beneficial herbs)

1 capsule 3 times a day. Also drink as much Fennel tea as you like during this time.

Lugol's iodine: (also labelled: Aqueous Iodine Oral Solution B.P) do not let the pharmacy sell you any other iodine!!!

6 drops in 125ml water, Orange or Apple juice after meals and bedtime (This helps control salmonella's). Try for allergic reaction first 1 drop in a big glass and wait one day.

I always have some iodine at home in the cupboard. It saved my life many times.

**Buy the bacteria cleanse ingredients at [www.wellbeingmarketplace.com](http://www.wellbeingmarketplace.com)**

What else you can do:

Improve sanitation. Use a spray bottle with 50% grain alcohol at the bathroom sink. Sterilize your hands after bathroom use and before meals.

Use digestive enzyme tablets with meals as directed on bottle (Use only as long as necessary if at all)

Drink a cup of hot water with lemon juice upon rising in the morning

If you are constipated try a oxygen cleanser or this for a while: Cascara sagrada capsules: 1 capsule per day (more if necessary) Senna tea leaves: Boil 1 tbs. Senna leaves and 1/2 tsp. mint leaves in 1/2 litre water. Add a dash of vitamin C and brown sugar to taste. Sip through the day to avoid 'belly-ache'. Prune Juice: 500ml to 1ltr a day.

Change your diet to include more light fibre's like salads. Avoid Stress!

Check your zinc levels, if you are deficient find out what foods are helpful or take a supplement until levels are up again.

Courtesy of Shanti Village: [www.shanti.com.au](http://www.shanti.com.au)