



NEW!
Alltone
Herbal Cleansing System
FULL BODY CLEANSE
BUY NOW!



Rid your system
of toxins, parasites
and pollutions...

6 Herbal Formulas
+ Olive Oil

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CLEANSING INSTRUCTIONS

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During this cleanse you will experience a host of unpleasant and uncomfortable events. Keep in mind the reasons why you are doing this: your body contains toxins that if left to their own devices will wreak havoc throughout your system, in the form of infection, sickness and disease. By doing this cleanse, you are taking the first step toward ridding your body of these toxins. The Herbal Capsules you will be taking act like tiny scrub brushes cleaning away years worth of buildup and grim. This waste is then flushed through the system and eventually exits the body completely, thanks to your new best friend, Colontone. You are on your way to better health and bodily awareness.

:: PLEASE READ ALL INSTRUCTIONS BEFORE STARTING ::

Congratulations! Welcome to a higher quality of life.

THE BODY PREP/PRE-CLEANSE • YOUR PROGRAM: 7 DAYS • SYMPTOMS • FOOD COMBINING • SUBSTITUTIONS/ENHANCERS

THINGS TO REMEMBER:

1. This cleanse lasts for twenty(20) days total. Completing the 21 days is just the beginning; this is your introduction to becoming more aware of what you're consuming, increasing your daily water intake, and moving toward a more active lifestyle.
2. Do not eat anything for 5 hours before starting the cleanse.
3. Drink water with herbal capsules.
4. When purchasing juices for the cleanse, make sure that you are reading the list of ingredients and not the Nutrition Facts on the labels. Avoid sugar, fructose, high fructose com syrup, honey, and molasses. **Keep in mind that all juices contain natural sugars.**
5. The goal during this cleanse is to avoid excess sugar and salt in the diet. (Please see the suggested substitutions list).
6. Try to drink 1/2 to 1 gallon of purified, spring, or filtration water per day.
7. Do not eat beans and rice at the same meal as this can cause excess gas.
8. Do not drink caffeinated or carbonated beverages for the duration of the cleanse.
9. Avoid all animal products (meat, poultry, fish and seafood, dairy products and nuts).

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THE BODY PREP/PRE-CLEANSE

1. 2-3 nights before starting the cleanse: Eat a light diet (fresh fruits, salads with non-dairy dressings, small portions of fish, soup, small portions of black beans, or vegetables). This will make the next phase easier.
2. Take 4 Colontones after 6 PM, and every night until bottle is empty.

YOUR PROGRAM: 7 DAYS

For the first seven (7) days of the cleanse, there is no food intake, water, juices, and herbs only.

Unsweetened juices (no sugar, fructose, honey, or com syrup)
Smoothies made with fruit and ice only. (No additives, protein powders, dairy products, non-dairy milk products).
Purified water (no tap water)
Herbal Teas (no sweetener)

FIRST DAY OF CLEANSE:

Take the Colontones and wait 1 hour before taking the Olive Oil.

Adults - 5-6 Colontone capsules
Children - 2 Colontone capsules

Drink all the olive oil in 30 minutes.

Mix the Olive Oil with any of the options below and drink. Finish within one hour.

1. Olive Oil with 4 oz organic apple juice & 1 tablespoon ground ginger.

OLIVE OIL CONSUMPTION GUIDELINES:

50-80 lbs. = 3 oz. of oil
80-130 lbs. = 6-8 oz.
130-160 lbs. = 8-10 oz.
160-200 lbs. = 10-14 oz.

lie down because the oil may come up.

until after you have had a bowel movement.

ment with 4-5 hours and you are thirsty, drink freshly squeeze apple juice or organic apple juice, no sugar

hours before you go to the second bottle.

each bottle for **20 days**.

herbs. Take 4 Colontones after 6 P.M.

DAY 8 OF CLEANSE:

Eat fresh fruits and melons only. Do not eat fruits and melons together. They should be eaten separate, 1-3 hours apart. Eat fruits or melons as a meal.

DAY 9 OF CLEANSE:

Fresh fruits, salads (Romaine, Spinach, baby lettuces, Red leaf, etc.), tomatoes, avocados, hearts of palm, or raw vegetables.
NO meat, dairy, dairy dressings, breads, or nuts.

DAY 10-15 OF CLEANSE:

Fresh fruits, salads, cooked vegetables (grilled, steamed, roasted, or stir-fried)

DAY 16-20 OF CLEANSE:

Fresh fruits, salads, cooked vegetables, beans, wild rice, brown rice, whole grains pasta (made from whole wheat, buckwheat, brown rice, Quinoa, Spelt, Kamult), Tofu (in moderation), whole grain cereals with Almond, Rice or Soy Milk.

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SYMPTONS DURING THE CLEANSE:

You may feel bad, dizziness, pain in the joints, weakness, headaches, nausea, vomiting, loose stools, diarrhea, some gas, chills, hot flashes, night sweats, leg/body cramps, runny stools, itching, sleeplessness, and dry mouth. This is not the most enticing list, but all normal nonetheless and a clear indication that the body is releasing toxins. This does not mean that you throw common sense out the window: anything you deem to be very out -of-the-ordinary should be discussed with the doctor.

After the 20 days, you should continue a healthy program limiting your fleshly intake and incorporate some ostrich meat, buffalo, lamb, goat, rainbow trout, salmon and lean, lean beef. Any fresh water fish that is not from the ocean is ok.

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FOOD COMBINING LIST:

- Eat protein and vegetables together (beans, nuts, seeds, avocados)
- Eat carbs and vegetables together (pastas, brown/wild rice, red skin potatoes, bread)
- Eat melons by themselves
- Eat fruits as a meal by themselves
- Lentil, navy bean, vegetable soups
- Green leafy salad
- Salad dressings with no sugar, or dairy products

SUGGESTED SUBSTITUTIONS/FLAVOR ENHANCERS:

Extra Virgin Olive Oil, Spike brand Salt-free Seasoning, Mrs. Dash brand Salt free seasoning, Fresh Garlic, Onions, Braggs Liquid Amino, Sea Salt, Cayenne Pepper, Kelp and Dulce (sea vegetables) Fresh lemon juice: use to dress salads, vegetables and greens.

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