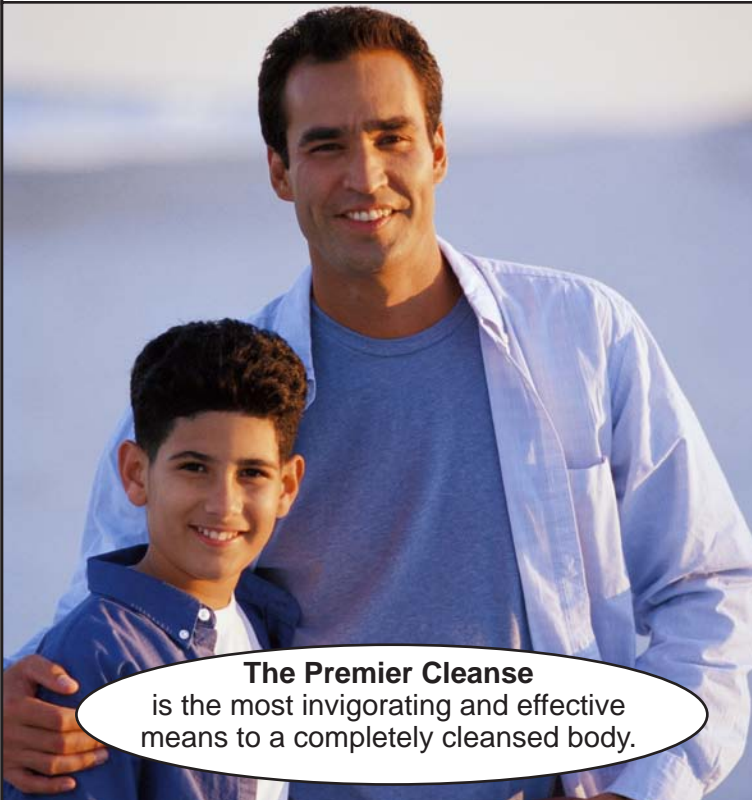


Advanced, Deep-Seated Intestinal Cleansing*

The Premier Cleanse *The 7-Day Intensive Cleansing Program*



The Premier Cleanse is the most invigorating and effective means to a completely cleansed body.

Key Benefits

- Deep-seated intestinal detox: one of the most important things you can do to rejuvenate the entire body*
- Whole body “download” of putrid debris via intestinal detox
- Clear many years of old stagnant waste effectively and rapidly
- Enjoy increased energy levels, improved digestion and better overall health*

The ultimate deep-cleansing program to detoxify and rejuvenate the entire body*

Detoxifying the Intestines

When the intestines are toxic-laden, they lose their ability to function in all their capacities, especially the downloading and release of toxins dumped in the bowel from the blood and various organs. It has long been said that one of the most effective things you can do to improve your health is to detoxify the colon. Even if you are having regular bowel movements, when you undergo the **Premier Cleanse**, you will be surprised at the amount of “old” toxic waste that will be eliminated.

Many people are surprised to find that old health concerns (such as a chronically stiff neck or a nagging hip issue, etc.) are completely gone after doing the **Premier Cleanse**. In addition, many people report improved digestion, better energy levels and often spectacular increases in overall health.

The **Premier Cleanse** is designed for the “working person” so that the first 5 days can easily be done when following a regular work schedule. The last 2 days are designed to be done on the weekend, so that a more in depth procedure (but with little physical activity and more rest) can be followed.

Overview. During the 7 days, please follow the Rejuvenate Diet (see instructions) as much as possible (which entails eating about 80% raw food to 20% cooked food). During the first 5 Days, Cleansing Drink #1 & #2 are taken twice daily. During Days 6 & 7, the Cleansing Drinks are taken 3 times per day. A **Premier Coffee Enema** is taken daily in the AM; an herbal enema is taken daily in the PM for each of the 7 days. Please feel free to take an additional enema on any day if you are feeling fatigue, body aching or other detox concerns.

Components of the 7-Day Cleanse

Cleansing Drink #1

10 oz. – purified water
½ teaspoon – **Medi-Clay™**
1 teaspoon – **Cleanse Blend**
½ teaspoon – **Inflamacidin™**
Optional: 1 tablespoon – **Organic Mediterranean Strawberry Preserves**

Cleansing Drink #2

10 oz. – purified water
1 tablespoon – **Premier Vintage Vinegar**
1 teaspoon – **Premier Raw Honey**

Flax Seed Tea

Heat ½ cup purified water for 1 to 2 minutes (until very warm). Turn off heat; add 1 tbsp. Premier Flax Seeds (rinse first). Let soak in warm water for 15 minutes. Then strain and discard seeds. Drink only the liquid.

Premier Coffee Enema, Rejuvené Diet

See instruction sheet

Herbal Enema

Directions: Simmer one quart water with the following supplements by opening up the capsules and then mixed into the water: **Paracidin™** (2 Vcaps); **Q. Immune Complex** (2 Vcaps); **Q. Noni** (2 Vcaps). Simmer for 5 minutes. Let cool before use in enema.

Cleanse Supplements (per time)

Q. Immune Complex – 2 Vcaps
ParaStat™ – 2 Vcaps
DHLA Nano-Plex™ – ½ tsp. in 4 oz. water
Liver Nano-Detox™ – ½ tsp. in 4 oz. water
Q. C Complex – 12 Vcaps
Xeno-Detox™ – 5 Vcaps
Q. Digest – 2 Vcaps
E Complete – ½ tsp.

7- Day Schedule for the Premier Cleanse

The 5-Day Schedule (Days 1 - 5)

7:00 am – **Cleansing Drink #1**; 5 minutes later – **Cleansing Drink #2** (see Drink #1 & 2 instructions)
7:15 am – **Premier Coffee Enema** (see *Premier Coffee Enema instruction sheet*)
8:00 am – **Flax Seed Tea** (see instructions), Your Regular Nutritional Supplements (if you have been tested) or the **Super Food Trio** (if you have not been tested), and **Cleanse Supplements** (see *Cleanse Supplements list*)
Breakfast (according to the *Rejuvené Diet*)
8:15 am – Go to work
12:00 pm – Your Regular Nutritional Supplements (noon) and **Cleanse Supplements**
Lunch (according to the *Rejuvené Diet*)
6:00 pm – **Cleansing Drink #1**; 5 minutes later – **Cleansing Drink #2**
6:30 pm – **Flax Seed Tea**, Your Regular Nutritional Supplements and **Cleanse Supplements**
Dinner (according to the *Rejuvené Diet*)
Cod Liver Oil – ½ teaspoon in water
7:30 pm – **Foot Soak** (20 minutes) – using **Medi-Body Bath** (see instructions) – every other day
8:00 pm – **Herbal Enema** (not a coffee enema; see instructions)

The 2-Day Schedule (Days 6 - 7)

(No additional food than as follows)

7:00 am – **Cleansing Drink #1**; 5 minutes later – **Cleansing Drink #2**
7:15 am – **Premier Coffee Enema**
8:00 am – **Flax Seed Tea**, Your Regular Nutritional Supplements (if you have been tested) or **Super Food Trio** and **Cleanse Supplements**; no other food
10:00 am – **Cleansing Drink #1**;
5 minutes later – **Cleansing Drink #2**
11:30 am – **Cleanse Supplements** and a small amount of whole fruit (1 – 2 pieces: organic tangerine, orange, banana or mango, etc.)
1:00 pm – **Cleansing Drink #1**; 5 minutes later – **Cleansing Drink #2**
2:30 pm – Your Regular Nutritional Supplements and **Cleanse Supplements**
Lunch: A small fresh raw salad (1 – 2 cups) or 1 – 2 cups of lightly cooked vegetables (above ground vegetables such as broccoli, okra, etc.)
4:00 pm – Rest, liquids if desired (herbal tea or water)
5:30 pm – **Flax Seed Tea**, Your Regular Nutritional Supplements and **Cleanse Supplements**
6:00 pm – Dinner: A small fresh raw salad (1 – 2 cups) or 1 – 2 cups of lightly cooked vegetables (above ground vegetables such as broccoli, okra, etc.)
Premier Cod Liver Oil – ½ tsp. in water
7:00 pm – **Foot Soak** (20 minutes) – using **Medi-Body Bath** (both days)
8:00 pm – **Herbal Enema**

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Premier Coffee Enema Procedure

Ingredients Needed:

Typical Foundation Formula

1/2 quart (about 16 oz or 2 cups) - Purified water (*not tap water*) - for heating
1/2 quart (about 16 oz) - Purified water - for cooling the heated water
2 Tablespoons - Organic Coffee (whole coffee beans) (tested by QRA™ for toxicity)
2 capsules - InfectoStat™
4 drops - Allicidin™ Liquid (optional)
Also add: 2 capsules of a formula specific to your needs

Other Items

Enema bag

Lubricant (for insertion of tube into rectum): a few drops of Premier Olive Oil or Sesame Oil (Avoid petroleum jellies such as KY or Vaseline)

Old towels (to use when kneeling/laying on the floor); do not use good towels (since any coffee drops will permanently stain the towels)

Added Options

For the most rapid, deep-seated results, you may add up to 6 Vcaps total (of any formula) per enema

Excellent anti-infective formula choices

2 capsules - ParaStat™
2 capsules - Paracidin™
2 capsules - Q. Cat's Claw Complex 2 capsules - Q. Hyssop Complex
2 capsules - Q. Wild Yew Complex
2 capsules - Q. Noni

Excellent hormone balance formula choices

2 capsules - Q. Fem Balance
2 capsules - Q. Fem-PMS

Instructions

1. **Grind Coffee Beans.** Fresh-grind the coffee beans to a fine powder. (Do not do this ahead of time so you will get the freshest, most active phytonutrients from the coffee). Pre-ground coffee beans are partially oxidized & should not be used.
2. **Simmer Ground Coffee Beans for 5 Minutes.** Add the freshly ground coffee bean powder to 1/2 quart of water and bring to a simmer (small, rolling bubbles) for about 5 minutes. Turn off the heat.
3. **Let Sit for 5 minutes.** Next add InfectoStat™ (empty the capsule contents into the water) and any other capsules into the hot water. Let sit uncovered for 5 to 10 minutes. (The soak time helps release of the phytonutrients into the water.)
4. **Strain Mixture.** Strain the coffee-herbal mixture with a fine metal strainer to remove any large particles that could clog the enema tube. (Or you can pour off the liquid into another bowl, being careful not to pour out the dregs in the bottom.)
5. **Add Cool Water to Mixture.** Add about 1/2 quart of room-temperature water (cool or room temperature) to the hot coffee-herbal liquid mixture - then pour into the enema bag. The idea is to cool the hot coffee mixture to a warm temperature (so it is not too hot when inserting the fluid into the rectum). The final mixture should be warm to the touch (not too hot and not too cool) - about 100° F. Note: If the temperature is too hot, it can cause damage to the anus or intestines; if it is too cool, it may cramp the intestines and toxic waste elimination may be poor. However, too cool is better than too hot.
6. **Add Allicidin™ Drops (optional).** Add the Allicidin™ drops to the mixture.
7. **Take Enema.** Take an enema as follows. (Although not necessary, an excellent time to take an enema is after a bowel elimination.) Keep in mind, coffee may leave permanent stains. You may want to wear old clothes -- and use old towels (or paper towels).

Apply a small amount of oil (such as Olive Oil) to the anal area (for ease of insertion of the enema nozzle). An excellent position to do the enema is on a rug on the floor (near a toilet) on your knees with your head down near the floor. The enema bag should be hung on a towel rack (or shower curtain rod) - elevating the liquid is necessary to have enough pressure for the fluid to flow into the colon.

While leaning on one hand on the floor, with the other hand, gently insert the enema nozzle into the rectum. Be sure the nozzle is inserted fully. (Be sure to put your head down near the floor so gravity will help the fluid flow downwards into the colon.) Slowly release the hose clamp to allow the liquid to begin to flow into the colon. (Often you will have the sensation of warm liquid gurgling or flowing into the colon.)

If the flow seems too fast, close the hose clamp; wait for a minute or two, then open the clamp again. Try to take about

half of the liquid (about 1/2 quart) into the bowels; then hold for 10 minutes before expelling. (During this time, you may close the clamp, remove the nozzle from the rectum; then lay on your right side during the 10 minutes - or lay on your back with legs and pelvis elevated on a pillow - if possible. If desired, you may lay in a bathtub during this time - for easier clean-up.)

This a great time for reading. After 10 minutes, expel the fluid. Then take in the second 1/2 quart and hold for another 10 minutes. Then expel. You're done!

Often, if some fecal matter is lower in the rectal tract, you may want to take in about 1/8 or 1/4 of the liquid -- just enough to expel the fecal matter in the lower tract (in this case, it is not necessary to hold the liquid for any period of time). Then divide the remaining liquid approximately in half (mentally) -- and hold each portion for 10 minutes -- to allow adequate soaking time to cleanse hardened fecal material, infectious organisms, other toxins, etc. in the lower rectal tract.

After taking in the liquid and nature calls (i.e. you feel a strong urge to expel the liquid) - even after a minute or two, do not resist -- go ahead and expel it. At first, it may be hard to hold the liquid for the full 10 minutes (or even a few minutes). Later, after several enemas (and thus a certain amount of toxic elimination), it will be much easier for the bowels to hold the liquid for the full 10 minutes.

Best enema time: during the day before 8 pm. Give yourself some time to rest after the enema (20 to 30 minutes). For about 1/2 hour after your enema, remain at home or near a toilet. This helps ensure that you will be near a toilet if another small amount of enema liquid needs to come out that was not expelled earlier. (Sometimes, if the enema liquid reaches higher in the colon tract, it may take longer to move down into the lower bowel to be expelled. So don't be surprised if you need to expel another small amount of liquid.)

8. After the Enema. Drink 1/2 cup Quantum Aloe Drink mixed with 1/2 cup purified water. (If the somewhat sour taste is objectionable [as with Vata body types], then add 1 - 2 tsp. of organic Italian Strawberry or Black Cherry Preserves.) The aloe dramatically promotes elimination of released toxins and helps prevent reabsorption.

Special Notes

Regarding Nausea during the Enema. During your first few enemas, you may experience some nausea during or after the enema process. This is often due to the release of internal stagnant, putrefied toxins. Do not let this deter you from continuing with a series of coffee enemas. Over time, most people will find that the nausea clears within in a short time. If you do experience nausea, you may want to follow the enema with a warm cup of tea (such as green tea or hyslop tea).

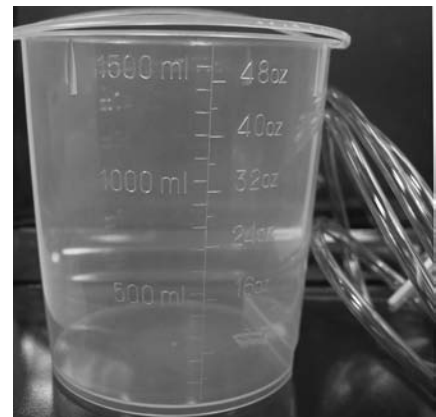
Recommended Number of Coffee Enemas. The condition of the colon (and its relationship with the liver/gallbladder) of an average American adult contains high levels of toxic, stagnant waste. Therefore, we typically recommend a series of coffee enemas as follows: one coffee enema per week for 4 weeks; then 2 coffee enemas per week for 4 weeks. After completing this series, we recommend a "maintenance" coffee enema once every 60 days. This is a magnificent, highly efficient procedure to eliminate ongoing, but still bio-accumulating toxic residues from exposure to dietary (especially restaurant eating) and environmental toxins.

*****Currently, we can recommend the following coffee brand for use with coffee enemas:**

Allegro Kenya Grand Cru Coffee (PLU 356) (Available from Whole Foods)

Plastic Enema Bucket - Key Features

- 1 1/2 quart size – easily accommodates the amount of fluid needed for an enema
- Durable construction – will last indefinitely
- Open bucket top – allows for easy pouring of enema fluids into the bucket (such as coffee, herbal teas, etc.)
- Easy to clean – just clean with soap and water
- See-through bucket sides – allows for easy viewing of liquid levels while taking an enema
- Nontoxic polyethylene tubing (*not toxic polyvinylchloride tubing*)
- Easy to use clamp to gently regulate fluid flowing through the tubing



© Copyright 2006
PR Labs

The Rejuvené Eating Plan

The 80/20 Healthy Eating Rejuvenation System

Starving To Death. Currently in the U.S., now over one half of all Americans are chronically ill. Yet many studies show the majority of physical problems can be eliminated and excellent health reinstated simply by returning to a healthy diet with quantum-state, cell resonant, nutritional supplements. Most people are starving to death on full stomachs as the nutritional value of commercial foods continues to plummet, in large part due to the fact that our planet's topsoil is nutritionally exhausted, worn out from decades of chemicalized farming. Worse yet, up to 85% of the value of food is lost in the process of cooking it — the higher the heat, the less nutrients it contains.

Simple Yet Elegant. The Rejuvené Eating Plan is a simple, yet elegant, healthy eating plan designed to help quickly restore health and rejuvenate the body. Its key concept is built on eating those foods which are extremely well-grown (we call them *quantum-state*), nutrient dense and without the commonly detected residues of toxic chemicals and pesticides.

The Rejuvené Eating Plan is designed to contain a minimum of **80% raw** (unheated) food which naturally has abundant enzymes, vitamins and minerals that are all fully intact. The remaining 20% (or less) may include cooked foods (usually chosen as complex starches such as potatoes or grains). After being on the 80/20 ratio for a period of time, you may want to move to the ultimate diet — 100% raw, uncooked foods. This diet is easier than you might think. There are only two key steps: first, go through the cleansing transition, then locate high quality sources for the foods you enjoy most. You may want to go on the 100% raw foods diet for short periods of time, such as 7-10 days.

Food Sources. On the basic Rejuvené Eating Plan, you will enjoy a broad array of delicious, plant-based foods and learn how to create exciting food combinations. Although animal flesh (i.e. meat, poultry, fish) and eggs are strictly not on the Plan, raw dairy such as homemade kefir (made with healthy milk from approved sources), organic raw cream, organic raw milk (if available) and a limited amount of approved cheeses are recommended

(such as Bulgarian feta made from the milk of healthy cows that have not been administered anti-biotics, growth hormones, or other forms of dangerous toxins).

The New You. Although this Eating Plan may be very different from the way you are used to eating, once you get established into a daily routine, you will find it very easy — not to mention deliciously enjoyable. After being on the Rejuvené Plan for only a short period of time, many people say that there's "no turning back" to their old ways of eating. Why would they want to, now that they have found a whole new dimension of living? Folks marvel at what they thought was impossible, achieving what they have seldomly experienced before — *even in their youth*: an unmistakable and clear sense of health, energy and rejuvenation.

The Daily Diet.

The first two meals of the day are preferably 100% raw, which allows the body to continue in its cleansing mode throughout the day as well as the unhampered uptake of unspoiled, naturally occurring nutrients and enzymes as found only in raw food. If you get hungry between meals, have a handful of goji berries,

an extra piece of fruit, some raw, soaked nuts or other raw snacks.

The evening meal preferably begins with raw food (such as a large salad or a raw veggie entree) because research shows that when raw foods are eaten first, they help minimize or even eliminate the toxic blood leucocyte response that always occurs after eating highly cooked food. The evening's raw cuisine may then be followed by a cooked food, such as buckwheat, brown rice, cooked potatoes, etc.

Instinctive Nutrition

Listen To What Your Body Tells You. Enjoy practicing *instinctive nutrition*. That is to say, listen to what your body is telling you, what it intuitively wants you to eat. (This inborn intuition works only with desires for raw foods, not for cooked foods, which are in an unnatural state and for which our abnormal cravings can be endless.) For example, you may typically eat homemade kefir for breakfast every day, but on a particular day, you may feel like eating some-



thing entirely different — maybe *only* raw olives -- and perhaps an entire jar or two! Maybe you feel like eating only apples. Or you may not feel like eating breakfast at all. Nevertheless, it is *very* important to listen to your body's own intuitive wisdom; it is often telling you what is best for your body to eat — or what *not* to eat.

The Body's Inner Wisdom. Pay attention to your body's inner wisdom, which can help direct you to those foods most needed to help rebuild and strengthen your body, as well as to guide you through wonderful cleansings to eliminate old, deep-seated toxins. If you do not feel like eating a particular food at any particular time, then avoid it. Do not force yourself to eat because you feel you should. In fact, avoid eating unless you are truly hungry.

A Word of Caution. When following instinctive nutrition, it is important to have a good variety of different raw foods on hand. Otherwise, you may not have a broad enough variety from which to select the foods your body most wants *and needs*.

Main Categories

In the Rejuvené Plan, the basic meal components are broken down into the following main categories:

Category I: Raw Dairy

1) Homemade kefir (ask for Kefir Starter Kit.) (Although the milk must be brought to a quick boil to kill off competing bacteria, the kefir is indeed a raw food since the microorganisms within it feed on the boiled milk to multiply, thus producing an outstanding raw food.)

Eat kefir alone or with whole fruit (such as apples, figs, mangoes, etc.) If desired, mix in 1 or 2 tsp. of raw, unheated honey.

2) Raw organic cream, raw organic milk; eat alone or combine with organic fruit or raw, unheated honey.

3) QRA™-tested cheeses (*see approved cheese list*)

Category II: Whole, tree-ripened fruit: usually eat one type only for best digestion or two types of fruit which are compatible (i.e. don't mix sweet fruit and sour fruit at the same meal).

Category III: Organic Protein

1) Raw organic nuts and seeds (such as almonds, cashews, pecans, sunflowers seeds, etc.) prepared in one of 3 ways:

- Soaked for 1-2 hours or overnight
- Ground to a powder (to blend their enzymes thoroughly to neutralize enzyme inhibitors), then mixed with fruit, fruit juice or organic preserves
- Treated with a Q-Mag coil for 2-3 seconds

All vegetarian diets should include some nuts and seeds to allow the body to retain strength and stamina.

2) Mushrooms: organic portabella, shitake, maitake, etc.

Category IV: Fresh, Organic Vegetables

1) Large, organic, mixed, leafy green salad (no head lettuce)

2) Raw vegetables (alone or added to salad) such as: avocado, grated carrot, tomato slices, celery, raw olives (3 types), chopped onion, grated garlic or other raw veggies such as cauliflower, broccoli, okra, etc.

3) Cooked vegetables (cooked no longer than 5 to 10 minutes)

Optional Additions:

a) Mushrooms: 1/2 sliced, raw portabello; 4-8 sliced, medium, raw shitake mushrooms

b) Dairy: 2 tbsp. of crumbled Bulgarian feta cheese or 2 tbsp. of aged cheese (see approved cheese list)

c) Salad Dressing: 2 to 4 tablespoons of **Q. EFA Oil Blend** or **Premier Olive Oil, Premier Pink Salt** to taste, seasonings to taste (such as **Q. Turmeric, Q. Tomato Concentrate**, organic herbs such as cilantro, oregano, basil, etc.)

Category V:

1) Grains and tubers such as cooked starch, buckwheat, potatoes (which can be made into mashed potatoes or chopped into potato salad), brown rice, quinoa, millet, nonhybrid Italian whole wheat pasta, etc.

2) Beans, especially those that are easy to digest (such as lentils)

Daily Meals

Supplements: Take your regular supplements (if you have been QRA™ tested) at each meal or the **Super Food Trio** (if you have not been tested).

Breakfast

Foods (100% raw): Select from Categories I, II, III or IV. Our favorite for breakfast is Category I, 1 and 2.

Lunch

Foods (100% raw): Select from Categories I, II, III or IV. Our favorite for lunch is Category IV.

Dinner

Foods (100% raw or raw and cooked): Select from Categories IV and V. For dinner, we usually begin with Category IV and may add some foods from V.

Other Healthy Essentials

Exercise: Stretching exercises upon arising. Get 20 minutes of cardiovascular exercise daily, such as walking outside.

Sunshine: Get 20 minutes of sunshine outdoors daily.

Rev. 11/27/06