



**Have gas and bloating?**  
**Have constipation or lower intestinal pain?**  
**Have signs of worms or other parasites?**  
**If so, proper colon cleansing maybe the path to recovery!**

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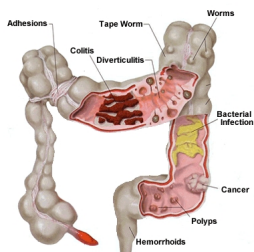


Cleansing the colon is the first step in self-care

Whether you're trying to improve your overall health; struggle with fatigue or PMS; battling weight gain; trying to relieve constipation, bloating, and gas; hoping to ease indigestion, rid your body of toxins and parasites, or relieve symptoms of irritable bowel syndrome (IBS) and diverticulitis, a herbal colon cleanse is the place to start.

## **Do You need a Colon Cleanse?**

You need a colon cleanse if you experience many of the following symptoms:



- Constipation
- Gas and bloating

- Diarrhea
- Skin problems (acne, eczema)
- Colitis\*
- Irritable bowel\*
- Parasites and Tapeworms\*
- Diverticulitis\*

### **Colon cleansing kills and flushes out parasites**

Medical textbooks have hundreds of pages describing all the different human parasites including worms that people can get. Most Americans carry parasites and this is currently a serious health issue. Parasites are not meant to kill you, they just sit inside you and steal your nutrition. But, when a person gets weakened from another ailment the parasites can take hold and become life threatening.

In the U.S., diarrhea caused by intestinal parasites is a leading cause of illness. Gas, diarrhea, chronic constipation, bloating, fatigue, skin rashes, nail biting, mood swings, insomnia, dry skin, brittle hair, hair loss, weight gain, bad breath and muscle cramping are the common symptoms. Parasites often contribute to major diseases including Crohn's disease, ulcerative colitis, arthritis, and rheumatoid symptoms, diabetes and others.

**Herbal approach:** To kill and remove parasites, generally speaking, laxative herbs are combined with anthelmintic herbs (those that kill and dispel worms, parasites, fungus, yeast e.g. candida) and vermifuge herbs (parasite expelling) along with some carminative herbs (those that improve digestion and promote peristalsis). The herb formula needs to be taken with each meal for two weeks and then two weeks off, and then repeated as necessary.

### **Colon cleansing benefits your whole body**

Colon cleansing gently encourages your system to rid itself of accumulated toxins, waste, and parasites, while at the same time helping to tone the colon. It promotes healing within intestines that have been damaged by constipation. Additionally, a complete intestinal cleanse can help prime your intestines to better absorb essential vitamins and minerals. You'll improve your transit time, too, speeding up the elimination process, and rejuvenating your overall energy levels.

The path to health begins with intestinal cleansing and detoxification, in most cases, no matter

what the disease or health condition. Colon cleansing is not just about drawing out old fecal matter. The process includes enhancing digestion, nutrient absorption, waste processing, metabolic functions, toxic drainage, and boosting the immune system.



## **A Natural Herbal Intestinal Cleansing Program**

**Individualized therapies to improve digestion, improve absorption of nutrients and detoxify the body.**

**\*This program can be provided privately in Ojai or remotely by phone/Skype with herbal products mailed to you.\***

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### **The overall approach**

This intestinal cleanse and detoxification program is made up of four steps – 1) Improve digestion before the cleanse, 2) cleanse and detox the colon and kill any parasites, 3) cleanse the intestinal villi and remove any parasites, 4) replenish the intestinal flora.

Carminative herbs (improves digestion and absorption) based on your digestive system-type are provided to increase natural digestive enzymes and stomach acids (thus avoiding the need for digestive enzyme replacement and hydrochloric acid replacement). Individual dietary guidelines, based on Ayurvedic principles will be provided to support the detoxifying process and balance the body's constitution (doshic balance).

Customized herbal formula of Carminative, laxative and if needed purgative herbs is provided to stimulate increased peristalsis (muscle activity in the colon) and increase the number of daily eliminations as required.



**Is it difficult?**

Most people go through the colon cleanse without any issues, continuing along with their normal lives throughout the process. There is no having to run to a bathroom.

### **What to Expect During a Cleanse**

If you are new to colon cleansing, you may be surprised by how good you will begin to feel once you have started our colon cleanse program. If you have tried other colon cleanse programs, you will be impressed how much effective a tailored program can be that adjusts to your needs. **Colon Cleanse benefits include:**

- **Weight Loss:** Many people begin to steady lose weight right after an effective colon cleanse.
- **Regular bowel movements:** One of the great benefits of a colon cleanse is that it often marks the end of constipation. In addition to the discomfort people experience, having infrequent bowel movements is tied to a number of diseases including colon cancer, hemorrhoids, and diverticulitis. A colon cleanse rejuvenates your bowels and increases the number of healthy bowel movements.
- **Improve energy levels:** If you have been feeling more fatigued over the years then a colon cleanse will help restore the vital energy you are lacking. This is due to the combined effect of reducing the toxic load in the body and improving the absorption of nutrients.
- **Find relief from chronic gas and bloating:** A colon cleanse rebalances gut bacteria, and improves digestion. This powerful combination reduces gas and bloating. You never really notice how much gas and bloating you have until you don't have it anymore!

- **Improve chronic skin conditions:** Often due to auto-toxicity and an overloaded liver, tissue inflammation and chronic skin conditions often begin improving after a colon cleanse. Acne also tends to clear.



## Program Schedule

Typical herbal products provided:



**Yakrit Plihantak Churna** Ayurvedic Colon formulas - 6 oz

**Colon Tea** - 2 oz

"It removes excessive fat from liver and promotes regeneration of the damaged liver cells. It is very u

Dr. Vikram of Planet Ayurveda

An Ayurvedic herbal formula known to detox and cleanse the colon with a different version for each body type.

To be taken at night to move the bowels in the morning and eliminate parasites.

**Additional herbal products provided as needed:**

- **Triphala formula: with ginger and other herbs**
- **Clay and/or charcoal: intestinal drawing agents**
- **Anti-Parasitic herbs: wormwood and black walnut husks**
- **Fiber formula: Ground flax, psyllium husks and herbs**
- **Digestive stimulating herbs: taken before meals as needed**
- **Liver tea: for more bile and/or a weak liver**

**Note:** Every herbal formula is adjusted for different digestive system conditions and the individual.

**What does this program do?**

- Removes accumulated waste [toxins] from the colon\*
- Removed intestinal parasites in most cases.\*
- Replenishes healthy intestinal flora\*
- Reestablishes regular bowel movements\*

Program requires one or two private consultations (in Ojai, CA or by Skype) plus herbal products.

For appointment details see [Fees](#) .

To set an appointment see [Schedule](#)

To get started or discuss your health issues with Khabir please submit [Online Health Assessment](#) .

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## Success stories

" Khabir suggested me to do the enema bag with a special protocol. I did it and it literally changed my body , my digestion, I have no more pain [and] I have much more energy. The protocol takes time and organisation . . . but it is definitely worth the commitment. I still doing it every week, sometimes two times a week depending on how I feel. Each time I do it , I notice an improvement in my body and energy. Commit to yourself, follow his advise . . ." **Joelle Korrichi, Princeton NJ - 2015**

"Just wanted to say thank you Khabir! My bowel movements are regular . . . I haven't needed any allergy medication and have gotten off my Advil. The best news is...I no longer need a pill to sleep or a pill to stay awake!" **Bonnie Daugherty, Santa Maria, CA**

*"Hi Khabir, I am doing much better. I have noticed the foods you recommended feel very good for my gut. I also overcame my dependence on coffee and feel much calmer and have a lot less mood swings. I have better bowel movements now and I think it is because of the diet and the Aloe Vera. Generally, my stomach feels much calmer and belly is now flat." **Anna Lara - Lisbon, Portugal.***

*I have to say I feel and look so much better now, it's really quite amazing! I, and I'm sure countless other people, am truly grateful for the work you do." **Ashley Pintek, Los Angeles***

[More testimonials](#)



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