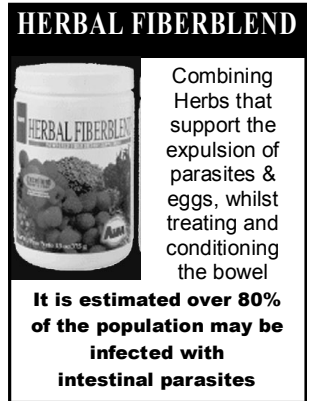


How to get the best out of using Herbal FiberBlend (HFB)

1. **Drink plenty of Water** (at least 10 glasses a day) - NOT mixed with Tea or Coffee. This will assist in the movement of waste, toxins and parasites.
2. Use **quality salt** such as Himalayan Salt or Celtic Sea Salt to assist in proper body hydration. Your body needs good minerals to take-up water.
3. Begin with just 1-Teaspoon, twice a day in water or juice (around 20 mins) before Breakfast & Dinner. Follow each serving of HFB with a glass of water.
4. After 1-2 weeks, step up to 2-Teaspoons (as above).
5. If **diarrhoea** occurs, Theresa Schumacher recommends you to **Up Your Dosage**. During initial servings of HFB, diarrhoea is often an indicator that the body is trying to get rid of something in the bowel and the faeces is endeavouring to liquidate to excrete the built-up toxins and waste. If **constipation** occurs, increase your intake of water as well as HFB.
6. Some will gain relief from **bloating** within days, others will find themselves bloated after using HFB for some time - this is because HFB has released some hard matter and is finding it difficult to move through your bowels. In some cases this can cause inflammation in the bowel. In this case, increase your water intake and take Cascara Sagrada capsules (available from your health store) until the bloating feeling passes. Cascara Sagrada will help soften the hard matter.
7. If **bleeding** occurs, consider if it is caused by **haemorrhoids** (both external & internal) - if so, increase your dosage of HFB to make bowel motions easier by increasing your fibre intake. If haemorrhoids are the problem, the bleeding should stop after a few days. If bleeding continues, consult your health care professional.
8. Initially you may find that you open your bowels 3-5 times daily. This will balance out after a while. This is simply the body trying to return to a proper balance. Your body has an intelligence that most people are not aware of.
9. **HFB does not cause the above problems**, but will often **uncover an already present condition** that can be relieved naturally through long-term use of HFB. Failing to treat these conditions **NOW**, could result in long term illnesses and poor quality of life in the future.
10. If irregular bowel conditions continue - **don't blame HFB**. Consult your Health Care Professional as HFB has possibly given you **early warning** of a chronic, serious condition.
11. If you are taking supportive health supplements such as **Barley Life, Redibeets or Just Carrots**, it is best to take these around one hour (or more) after ingesting HFB. HFB will act as a cleanser (broom) and the health supplements will assist in building a better cell to replace old cells that naturally die.
12. Become **educated** and study what you have passed through your bowel. You may note some parasites initially (worms, fluke, etc.) . After a few month's use, you may observe a long strip of what looks like black rope - this is the old encrusted lining of the intestine wall that has been blocking the uptake of nutrients for many years.



IMPORTANT MUST READ!

Diseases of the Digestive System

13. **Healthy Colons** should weigh 1-1.4 kg. Autopsies released in the US show that most weigh 3-6 kg with 25% weighing around 27 kg.
14. **Read** the book "*Cleanse the Body and the Colon for a Happier you Using Herbal Fiberblend*" by Theresa Schumacher and Toni Schumacher Lund. Available from your HFB supplier.
15. **HFB is NOT Habit Forming** and should **not be used as a laxative**. To get the best results, you need to take it **consistently for at least 3-6 months**. After 6-12 months you are best to rest from taking HFB for 1-2 months, replacing it with Slippery Elm & Psyllium Husk. Because HFB has medicinal herbs, after a long period, the body tends to treat these herbs as food (rather than medicine). After this break, the herbs will work harder for you if you continue using HFB at an amount that suits your system - to maintain your regularity and Colon without concern.

