

## Hemorrhoid Therapy Instructions

### Personal Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### 4 Days Total

Fast from grains and beans for three days.

Drink Dandelion Tea every day at least 2 times a day, or more if you don't feel bad.

Drink Burdock Tea every day at least 2 times a day, or more if you don't feel bad.

Sauna for three days in a row

Drink sugar cane juice after each sauna plus drink lots of water.

### LAST DAY

On the fourth day, morning before food or drink.

Mix in blender. Drink first thing in the morning.

Juice 1 lemon  
Juice 1 orange  
3 tbs aloe vera juice or gel – fresh if you can make it  
2 tbs olive oil  
Thumb sized piece of fresh ginger  
¼ tsp cayenne powder

Fast until lunch.

Instructions:

Below are three recipes. Use the one checked-off for you. Mix in blender. Drink first thing in the morning. Fast until lunch.

V-K Flush

Juice 1 lemon  
Juice 1 orange  
3 tbs aloe vera juice or gel – fresh if you can make it  
2 tbs olive oil  
Thumb sized piece of fresh ginger  
¼ tsp cayenne powder

V-P-Flush

2 tbs aloe vera juice or gel– fresh if you can make it  
2 tbs olive oil  
Thumb sized piece of fresh ginger  
¼ tsp coriander powder  
¼ tsp cardamom powder  
Large handful of organic blueberries

P-K-Flush

Juice 1 sour apple  
Juice 1 lemon  
3 tbs aloe vera juice or gel– fresh if you can make it  
2 tbs olive oil  
¼ tsp barberry or milk thistle powder  
¼ tsp coriander powder