

Jafree's Life Healing Colon Cleanse



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Water is one of the most simple and powerful healers which has been completely overlooked by the health industry. Doing a proper fast of drinking only water allows your digestive tract to relax from it's perpetual job, which allows the restorative cells throughout your body to do the natural healing work they have been trying to do.

If everyone in the world was only drinking water and only eating raw fruits and vegetables, we wouldn't have any health problems. It's the over consumption of processed foods that clogs up the colon with layers of thick rubbery mucoid plaque which confuses the digestive tract which later creates a mass of health problems.

In my own personal experience, I've found that the greatest secret to consistent amazing health is cleaning out all the mucoid plaque

with a water/green juice fast. Maintaining a clean intestinal tract is the core foundation to a healthy clear mind, a happy heart and a body that works at its optimum levels. The transformation is so ridiculously profound, that I will even go so far as saying that removing all your mucoid plaque is the missing golden key to healing every mental/emotional illness and physical disease that your body is battling.

If you are experiencing any bodily problems or mental/emotional issues it's because your colon is blocked up with this highly toxic smelly mucus filled plaque. Scrub the walls of your colon with this cleanse, remove all your plaque, and I guarantee that you will clear out ALL of the pain and problems in your life!

Most of us were raised on corn syrup, white sugar, microwaved foods and overly processed foods which are easily found in supermarkets around the world. Because this type of "food" has very little (or zero) nutritious value, people often overeat at least in one meal every day to make up for the nutrition they're lacking. People are also overworked, underpaid, financially stressed, and emotionally deprived of love, which also causes them to reach for even more food to calm this emotional pain.

Since our intestinal walls aren't designed to digest excess amounts of food consumed, our system builds up layer after layer of mucoid plaque to protect your highly sensitive soft absorbent intestinal walls from harm. This plaque protects the wall, yet its thick rubbery shield also then blocks your walls from receiving the essential nutrients it needs.

If you haven't cleaned out the mucoid plaque along your intestinal wall in the last year, your system is currently being blocked to receiving the essential vital nutrients it needs for repairing all of the physical issues and/or emotionally challenging symptoms that you're experiencing.

In March 2018, I did this salt water colon cleanse (below) for 14 days, released LOADS of mucoid plaque for 5 days, and found the most amazing enlightening effects on my system. I starting thinking more clearly, had loads more energy, much more amazing sex, and was able to digest foods (like rice) that normally would have depleted my energy.

It truly transformed my life and I'm 100% certain it will work miracles for your health as well. I have been quite a healthy eater most of my adult life, so it was astonishing to see what was living inside me. Here's a photo of a 2 foot chain of mucoid plaque that came out of my colon after the 12th day of my cleanse. I ate no food for 2 weeks and released horrific monsters such as these every morning from day 7-12.

The reason I recommend you do a 14 day cleanse is that you have about 28 feet of intestines to clean out, and your system can only scrub and release about 2-3 feet of your colon per day. This is why it takes at least 10-14 days to reach all your tract and clear everything out.

Detox Reactions: If you are overweight and have never done a colon cleanse, it may take you up to 30 days to clear everything completely. If you've had a very toxic lifestyle (indulging in caffeine, nicotine, alcohol, drugs, and/or processed foods) you may get a detox reaction from your cleanse.

Your skin may break out in a rash, you may have temporary memory loss, contract emotional flashbacks from the past, or experience a variety of bizarre symptoms. These are all good signs that your body is cleaning house. Do not be alarmed, keep going! This is merely a sign that the cleanse is working.

If you continue releasing plaque after day 14 it would be a good idea to continue with the cleanse. Keep cleansing until you are releasing nothing into your toilet except dirty water. Your system is receiving the deepest most thorough cleansing and healing possible. It takes two weeks of fasting in order to scrub the far back walls deep in the intestines, so it's worth it to keep going if you've made it that far!

Be Gentle with Yourself: You'll definitely want to take life easier these weeks and not sign up for any hard physical activities during your cleanse. Yoga, walking, swimming, and sitting still in meditation will be very healing for you. You may find that your mind is naturally quiet, you have little drive to fix your life or conquer the world, which makes it super easy to drop into profound states of expanded consciousness. Rest as much as possible during your cleanse, journal all your negative thoughts out, and practice doing nothing all day long.

Lastly, you will definitely want to ask for emotional support during your cleanse as all sorts of emotional shit is brought to the surface when the mucoid gets released. I highly recommend that you warn all of your friends and family that you're about to do a deep emotional cleanse and ask them for support. When your old mucoid layers of shit are physically released, at some time you will also experience an emotional release of shit as well.

Be prepared to do lots of healing catharsis alone (or with a trusted friend) to release any negative old emotions that arise. If you are married or live with your partner, I suggest that you both agree that you will NOT breakup during your cleanse as this is when the worst thoughts come to the surface that need to be healed.



HOW TO START YOUR CLEANSE

This is the most inexpensive and deepest healing cure you'll ever find. The only things you'll absolutely need to buy are several bags of Sea Salt and Psyllium Husk. To begin, the first thing you do every morning is drink 2 liters of saltwater.

The salt to water ratio is 1 tablespoon of sea salt for each liter of filtered water. Spring water is best yet any fluoride-free water will do. Do not use Himalayan, Epsom or regular table salt. After you drink your salt water, plan to be very close to the bathroom to release everything inside of your colon because it can come out quickly! After spending some good personal quality time on the toilet and you feel empty, start drinking regular filtered water. Drink at least 4 liters of filtered water throughout your day. Always carry a bottle with you wherever you go.

Around 11 AM everyday, mix 2 tbsp of psyllium husk with a glass of water. Drink this concoction every 3 hours until 8 pm. Psyllium is your magic scrub brush that will clean all of the plaque that's stuck to the walls of your intestines blocking the absorption of vital nutrients.

It's not necessary yet you may also take colon cleansing herbs like Cascara Sagrada, Chickweed, Slippery Elm, Senna and Rhubarb. These herbs will help you to release the plaque more quickly so it may take 7 to 10 days to clean everything off the walls instead of 14-16.

If you are feeling low on energy in the afternoon, you can drink a big green juice as this will keep your brain and body's energy going. Do not make a smoothie... keep it to raw liquid juice only! You do not want to put any fiber in your belly to give your gut something extra to work on. It needs a vacation as this would reverse all the fasting work you've done.

About 5 to 7 days into the cleanse you should check the consistency of the poo in the toilet with gloves or a poo stick. Your mucoid plaque will feel rubbery and it may be in a long intestine-like shape (sometimes up to 2 feet long) and possibly in a variety of colors. This is the gold you've been working for! You can identify the plaque because it has a very rubbery texture. You might want to Google images of mucoid plaque just to see what others have released and compare yours for fun!

Drink the saltwater for 10-14 days or until you are no longer releasing any plaque. You will know when to quit the cleanse when you drink salt water for 2 days in a row and you're only releasing mucky water. When you're finished with your cleanse, start eating something light like watermelon, or some sort of fruit that is easily digestible. On day two you can start with salads and soups. Keep it light, keep it vegan, this is your time to integrate a whole new enlightened health conscious lifestyle into your life!

After you've cleaned out your colon, your liver and kidneys are ready for you! Don't worry these are much easier to cleanse. Here are instructions how to do a Liver Flush and a Kidney Cleanse. If you need more detailed information on cleansing your colon, this

Hawaiian Intestinal Cleanse is where I first discovered the salt water technique above. Also, if you happen to know someone battling cancer (or any disease) please send them this cleanse and have them watch this Healing Cancer Video. Always remember that no matter what your situation is, healing is possible. Enjoy the amazing healing benefits from having a completely plaque free happy intestinal tract! ♥

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