



OPTIMUM WELLNESS STARTER OXYGEN COLON CLEANSE INSTRUCTIONS

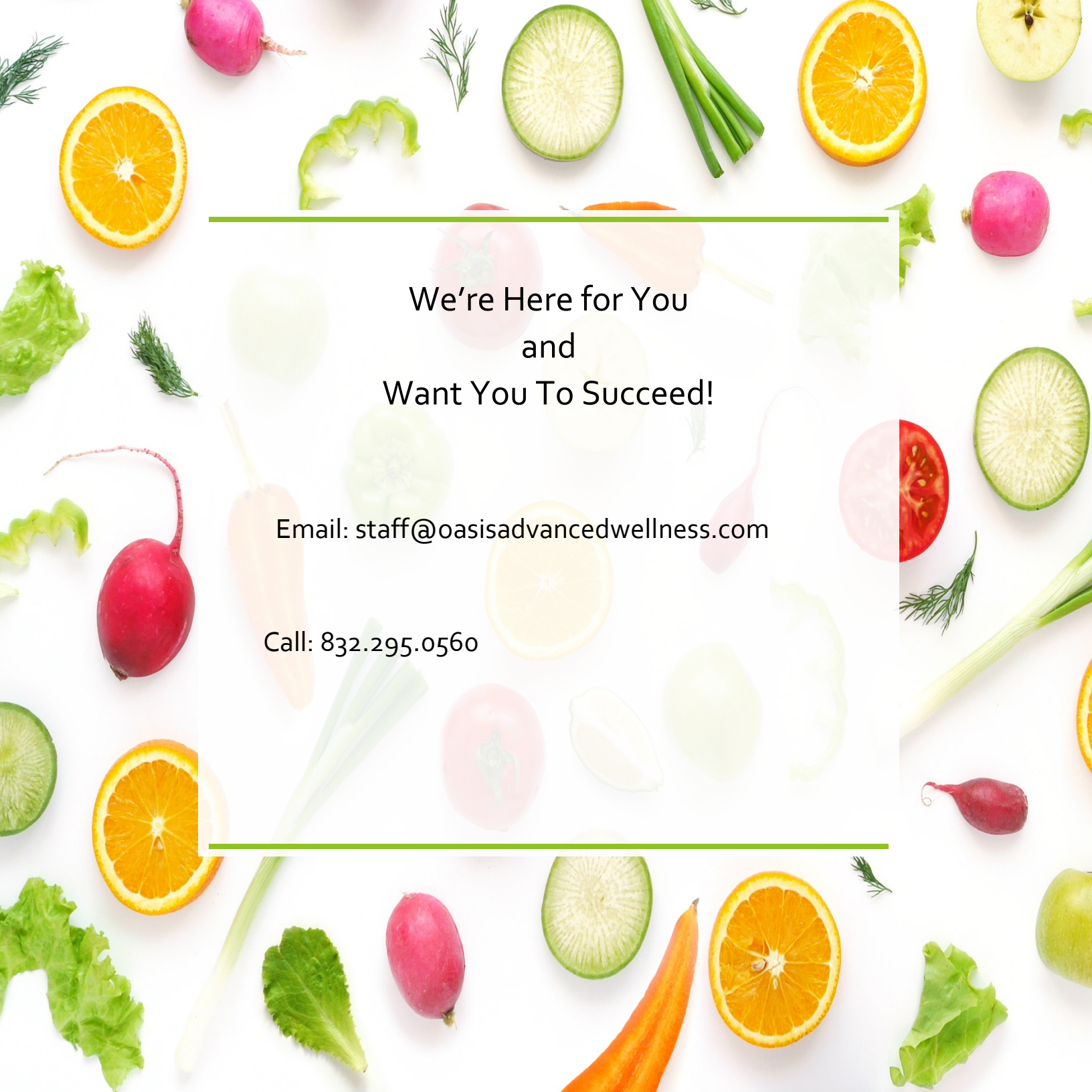


Encouraging intestinal unity by cleansing
and promoting friendly and healthy
probiotic growth – naturally.



GOOD FOR YOU!!!

You made a great decision. Doing this oxygen-based intestinal cleanse is proof that you're dedicated to taking care of your health. The Optimum Wellness Starter Oxygen Colon Cleanse involves following a healthy diet and taking a safe and natural colon cleanser along with probiotic support for six days. Rejuvenating your digestive tract and strengthening your gut means better digestion, improved well-being, and an overall feeling of renewal. Keep the end in mind, you got this! Our Customer Service Team is here and ready to help. If you have questions, please reach out.



We're Here for You
and
Want You To Succeed!

Email: staff@oasisadvancedwellness.com

Call: 832.295.0560



6 Days to Cleanse Your Intestinal Tract

Optimum Wellness Starter Oxygen Colon Cleanse will help cleanse your small intestine, large intestine, and colon of toxins and impacted fecal matter — in 6 days. The power of oxygen flushes and neutralizes toxins in your digestive tract to support your gut's colonies of beneficial probiotics. Boost your well-being and refresh your digestive tract with this 6-day program.

1. Cleanses the Intestinal Tract
2. Relieves Digestive Ailments
3. Boosts the Immune System

What's In Your Program



Latero-Flora™

1 Bottle, 60 capsules

Provides probiotic support



Oxy-Powder®

1 Bottle, 120 capsules

Cleanses the digestive tract



DIET

How You Should Eat During This Cleanse

When doing the oxygen colon cleanse, it's best to eat fresh, organic or locally grown fruits and vegetables as much as possible. Fruit is ideal for providing the nutrition that helps the body draw out toxins, and it also ensures the intestinal tract is hydrated and able to support the cleansing process. If you prefer you can eat both fruit and vegetables, but not together. You can substitute vegetables such as leafy greens, garlic, artichokes, and Brussels sprouts into your diet. A good way to do this is switch days – one day all vegetables, the next day all fruits, etc.

Fruits That Encourage Intestinal Cleansing

Below is a list of fruits that support a clean and healthy digestive system. You can eat them individually or make a fruit salad with any combination.

✓ Apples

✓ Blackberries

✓ Oranges

✓ Raspberries

✓ Avocados

✓ Blueberries

✓ Papaya

✓ Watermelon

✓ Bananas

✓ Grapefruit

✓ Pineapple



Stay Hydrated & Enhance Your Water

A good rule of thumb for staying hydrated is to drink one half your body weight in ounces per day. Example: 160 pounds = 80 ounces of water. You can enhance your water by adding organic raw apple cider vinegar (a probiotic- and enzyme-rich tonic) or lemon juice to taste.



Minimize These Foods

The food you eat affects your health more than anything else. To help establish a strong foundation, reduce your consumption of the following foods as much as possible. Or, better yet, eliminate them from your diet entirely.

- ✕ Alcohol
- ✕ Artificial Dyes
- ✕ Artificial Preservatives
- ✕ Artificial Sweeteners
- ✕ Canned Foods
- ✕ Dairy
- ✕ Excess Coffee or Caffeine
- ✕ Gluten
- ✕ High Fructose Corn Syrup
- ✕ Meat
- ✕ Microwaved Foods
- ✕ Processed Foods
- ✕ Refined Sugar
- ✕ Soy
- ✕ Table Salt

INSTRUCTIONS

Here's the Plan

The Colon Cleanse Program consists of following a fruit-based diet and taking Oxy-Powder and Latero-Flora for six days. Take 2 capsules of Latero-Flora every morning 20 minutes before your morning meal. Take 6 capsules of Oxy-Powder two hours after your evening meal with 8 ounces of purified water.



MORNING

EVENING



2 Capsules



6 Capsules

Adjust as Needed

Taking Oxy-Powder should make you have three to five bowel movements the following day. If it doesn't, increase your serving to 8 capsules for the remainder of the cleanse. Additionally, you can add lemon juice to your drinking water to boost the effects of Oxy-Powder.

During the cleanse, you may experience loose, watery stools. Note that this is normal and an indication that you're cleansing properly.



Keep Track of Your Cleanse

Days 1-6		
Day 1	<input type="checkbox"/> Latero-Flora	<input type="checkbox"/> Oxy-Powder
Day 2	<input type="checkbox"/> Latero-Flora	<input type="checkbox"/> Oxy-Powder
Day 3	<input type="checkbox"/> Latero-Flora	<input type="checkbox"/> Oxy-Powder
Day 4	<input type="checkbox"/> Latero-Flora	<input type="checkbox"/> Oxy-Powder
Day 5	<input type="checkbox"/> Latero-Flora	<input type="checkbox"/> Oxy-Powder
Day 6	<input type="checkbox"/> Latero-Flora	<input type="checkbox"/> Oxy-Powder

TIPS

ADVANCED TIPS FOR SUCCESS

Just as your intestinal tract affects many aspects of your health, whole body health and wellness is a lifelong journey.



DAILY SUNSHINE



HEALTHY DIET



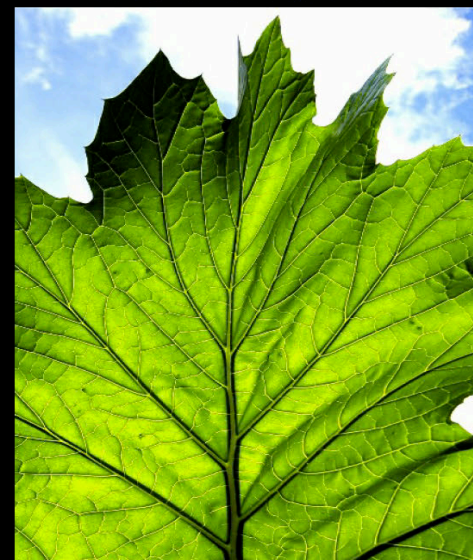
RESTFUL SLEEP



CLEAN WATER



DAILY EXERCISE



CLEAN AIR



TAKE TIME FOR

yourself

STRESS RELIEF

The 7 Best Doctors

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Use Supportive Therapies

Chiropractic adjustments, massage, deep breathing exercises, acupuncture, and sauna bathing all support the cleansing process. Get enough sleep and start your day by finding a quiet space, closing your eyes, and repeating an affirmation such as, “I am clean and healthy” nine times to elevate your mindset.



Supplement With Aloe

Aloe vera contains essential nutrients, enzymes, and amino acids that boost the body’s detoxification processes. A concentrated formula like our Aloe supplement is an easy way to not only support your cleanse but also stimulate your immune system and soothe stress throughout your body.



You Did It!

Completing the Oxygen Starter Cleanse Program is a huge step in supporting your health – congratulations! May this be the first of many steps on your journey to living a healthy life. As you continue, stay focused on your goals, develop habits that will help you achieve them, and give us a call if you need support, advice, or guidance. We're here to help you succeed!



What's Next?

Upon completion of your cleanse, you may have enough Oxy-Powder remaining for several maintenance servings. Use as directed on the label or as desired.

To continue your healthy living journey, follow your colon cleanse with a liver cleanse. Instructions can be found at

<https://www.oawhealth.com/product/optimum-wellness-liver-cleanse/>



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Your Partner in Health