

Psyllium Husk Intestinal Cleanse

Yves Perriard – June 2024

"I recommend doing this cleanse every five years, and definitely for anyone who has never done it before! Great results guaranteed!"

This is one of the safest, most affordable, and most effective ways to deeply clean your digestive system. Over time, it can restore regularity, boost your energy, improve nutrient absorption, and eliminate what doesn't belong inside you.

All it takes is a simple drink, done consistently, 3 times a day!

Duration: 2–3 months

Goal: Deeply cleanse the colon, remove long-term waste buildup, restore healthy digestion, and promote a clean, energized internal environment — without fasting or eliminating meals.

Why Do This Cleanse?

Most people carry **years of built-up waste, mucus, and toxins** stuck to the walls of their intestines — especially in the colon. This can cause:

- Constipation, bloating, gas
- Fatigue, mental fog, and skin issues
- A sluggish immune system
- Food cravings and irregular digestion
- Poor nutrient absorption

This cleanse gently but powerfully **“scrubs” the intestines from the inside**, using **psyllium husks as a broom** and **molasses as a softener and lubricant**, allowing your digestive system to reset and eliminate what’s been stuck inside for years.

It’s simple, affordable, and can be done alongside normal meals. Unlike harsh detoxes or extreme fasts, it allows you to function normally while still seeing deep results over time.

Most people begin to feel and see real changes by **week 3–5** — including **flatter stomach, lighter bowel movements, better mood, energy, and fewer colds or allergies**.

✓ What to Buy & Why

🌾 **Whole Psyllium Husks** (Not seeds and especially NOT Powder!!!)

Why not powder? It dissolves too quickly, lacks the scrubbing action of whole husks, and can thicken dangerously fast, increasing the risk of constipation or choking. **Seeds** are also ineffective because they don't form the cleansing gel.

🧠 *Why:* Whole psyllium husks are a soluble fiber that absorb water and swell into a gel. This gel **scrubs the colon walls**, loosens trapped waste, removes mucus, and promotes regular, healthy bowel movements.

🔍 *What to buy:* - Label must say: **“Whole Psyllium Husks”** - Avoid: **“Psyllium Husk Powder”** or **seeds** - Example brands: Yerba Prima, Organic India, Now Foods - Buy from: Health food stores, iHerb, Amazon, local co-ops

🍯 **Unsulphured Blackstrap Molasses**

🧠 *Why:* Molasses is rich in **iron, magnesium, potassium, and calcium**. It helps **lubricate the intestines**, acts as a **gentle natural laxative**, and reduces the harshness of the fiber. It also **stimulates bowel flow** and makes the drink easier to tolerate.

🔍 *What to buy:* - Look for: **“Unsulphured Blackstrap Molasses”** - Example brands: Plantation, Wholesome, Golden Barrel - Buy from: Supermarkets, natural markets, online

◆ How to Use – Daily Routine

Take the cleanse drink 3 times per day — always 15 to 30 minutes *before* breakfast, lunch, and dinner.

✓ **Week 1 — Start Gently**

- 1 level teaspoon whole psyllium husks
- 1 teaspoon blackstrap molasses
- Mix in **1 to 1½ cups of warm water** (250–350 ml)
- **Stir vigorously and drink immediately** — it thickens quickly
- Then drink **another full glass of plain water** (about 1 to 1½ cups / 250–350 ml)

💧 *Why the second glass?* It moves the fiber through your system and prevents blockage or constipation.

✅ Week 2 Onward — *Full Dose*

If your digestion handles Week 1 well, increase to: - 1 level tablespoon whole psyllium husks - 1 teaspoon to 1 tablespoon molasses (adjust based on symptoms — see below) - Mix with **1 to 1½ cups of warm water**, drink immediately - Then drink **another full glass of plain water** right after

⚙️ Dosage Adjustments & Practical Tips

- **Constipation?** → Use **more molasses** (up to 1 Tbsp)
 - **Loose stools?** → Use **less molasses** (1/2 to 1 tsp)
 - **Too sweet?** → Use juice instead of water, or reduce molasses
 - **Weight loss goal?** → Limit molasses to 1 tsp (1 Tbsp = ~43 calories)
 - **Bloating or gas?** → Cut psyllium dose in half temporarily
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⚠️ Critical Usage Rules

- ❌ **Never take psyllium dry** — it expands and can block the throat or intestines
 - ❌ **Never skip the second glass of water**
 - ✅ **Drink immediately** after mixing — it thickens fast
 - ✅ *Travel tip:* bring psyllium in a dry jar and mix with juice or water on the go
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🔄 Duration: How Long to Follow

- ✅ **Minimum:** 2 months
For general cleansing, especially under age 30 or with good digestion.
- ✅ **Ideal:** 3 months
For full cleansing, especially if over 30 or never done a cleanse before.

🧠 *Why so long?* Psyllium loosens old, hardened waste gently over time. Most people don't see full results (light, floating, well-formed stools) until **week 3–5**.

♻️ After the Cleanse

- You may stop the drink after 2–3 months
- ✅ Or continue once daily for **maintenance**
Supports cholesterol balance, regularity, appetite control
- ✅ Or use occasionally when digestion is sluggish

✓ Additional Support for Best Results

- Drink **at least 8 cups of water** daily
 - Eat normally, but favor:
 - Fruits, vegetables, whole grains
 - Raw cabbage, sauerkraut, onions, beans, zucchini, chickweed
 - Avoid:
 - White flour, processed sugar, pasteurized dairy (except butter)
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🧠 What to Expect

🔄 First 1–2 Weeks (Adjustment Phase)

- **Gas or bloating** → A sign waste is loosening
- **Constipation or loose stools** → Temporary adjustment
- **Mild cramping or rumbling** → Intestinal movement
- **Fatigue, fogginess, or headache** → Detox reaction
- **Odd or dark stools** → Old waste being released

These are common and usually pass within 7–14 days.

☀️ Week 3–5 (Cleansing Deepens)

- Light, fluffy, well-formed stools
- Less bloating and more regularity
- Improved mood, energy, focus
- Fewer cravings, improved skin and breath

✓ How to Support the Process

- Drink more water
 - Adjust molasses as needed
 - Light walking or stretching daily
 - Don't quit too early — mild symptoms mean it's working
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🧠 Final Notes

- This cleanse is **not a fast** — you eat regular meals
- Safe, gentle, affordable, and highly effective
- **Consistency is key** — do not skip doses for best results