

FAQ

Intestinal cleansing treatment



For those who choose a healthy future today

Is using the colon cleanse similar to a fasting diet?

No, a fasting program and a colon cleanse are hardly comparable. During a fasting program, you don't consume any nutrients, while a colon cleanse has a balanced composition. Besides its detoxifying effect, our product contains all the nutrients you need daily. During the program, you don't consume anything other than the product. Just like during fasting, herbal tea and a glass of organic fruit juice are permitted. Coffee and other caffeinated beverages are not.



When can I expect results?

The amount of pollution in your intestines determines how quickly you detox. Most users experience detoxification after just one day when using the toilet. With severe pollution of your intestinal wall, detoxification can take 2-3 days.

Does the product sometimes not work for some people?

In our experience, this has never happened, provided we follow the instructions. All users are very satisfied with the results achieved. If you are still dissatisfied with the performance of our product, we recommend sending an email to info@morgenisnu.nl



Is the colon cleanse safe?

Yes, the colon cleanse is very safe. The product is 100% natural and contains no toxic ingredients. If you have any existing health conditions, we recommend consulting your doctor first.

Who should not use the product?

During the detox, pollutants may be released. Therefore, we advise against use by pregnant or breastfeeding women, and by children under the age of 18.

I have trouble swallowing the meal shakes and I don't like the taste. What can I do about that?

Some people have difficulty drinking the meal replacement shakes, here are some tips:

1. Divide the meal shakes into two portions: first, half the sachet with 400ml, and then the other half with 400ml of water. This makes it less thick.
2. To improve the taste you can add a little organic juice concentrate.
3. Some people prefer the meal shakes with warm water as they taste more like porridge.



What do I do if I feel nauseous during the colon cleanse?

Some people experience nausea when using this product. This is often due to a subconscious aversion to slimy products like porridge, which it resembles.

It's also possible that some people have an overfull gallbladder, and as soon as the body starts detoxing, they experience biliary colic. According to Anders Moritz, these people should first undergo a liver cleanse. However, this is a very small percentage.

The vast majority of people with nausea simply can't stomach slimy substances; they can't handle it mentally. For these people, there's a simple solution:

These people only take the meal pouches, not the wake-up and goodnight pouches and the snacks. They skip those. This is possible because the product's effectiveness relies solely on the meal pouches. The other pouches are only for adding nutrients. A person can easily go six days without those, no problem.

They can then split the meal pouches in half and take them half an hour apart with double the amount of water. This way, the product won't be as slimy, and they can always add a little organic juice concentrate for flavor. This way, most people with these issues can tolerate it.



Will I need to stay near a toilet during the treatment?

That's not necessary. You'll use the toilet a little more than usual, but eliminating toxic matter is effortless and painless.

Will I also lose weight by using the colon cleansing cure?

Yes, the cleanse will also improve your metabolism. You'll definitely notice a reduction in waist size. The colon cleanse is also very suitable for weight loss. In this case, we recommend our 12-day detox program.

How long will I have to follow the treatment?

That varies from person to person.

Accelerated treatment (3 days):

- For slim people who do not want to lose weight.
- For people who have done a previous intestinal detox and want to do a maintenance cure.

Normal treatment (6 day treatment):

- For persons with normal weight.

Intensive treatment (12-day treatment)

- For overweight people.



Why is there a build-up and decrease phase during the treatment?

This is to smooth the transition from solid food to the detox. Reducing food intake reduces any withdrawal symptoms. Therefore, we also recommend reducing coffee and alcohol consumption during these days. After the detox, your intestinal tract is not only cleansed but also somewhat vulnerable. The cells of the intestinal wall now come into direct contact with food. Your intestines need time to adjust to this new environment. Therefore, always start with liquid food, followed by soft, cooked food the next day. You can find more information in our instructions.

What should I do if I unexpectedly become ill during the treatment?

That depends on the situation. If you're feeling flu-like and experiencing headaches and muscle aches, these are most likely detox symptoms. In that case, be sure to drink extra water and continue the treatment. If you experience more serious health problems—something we've never experienced—it's wise to avoid the product and consult a doctor.

If I want to eat something during the detox, am I allowed to?

For optimal results, it's best to avoid eating any other food during the treatment. If you do want to eat something, for example, because you normally burn a lot of calories, it's best to eat a pureed apple or tomato. Do this no more than twice a day.

What can I do if I don't have a bowel movement during the treatment?

A small percentage of our clients don't have bowel movements immediately during the treatment. It's not essential to have bowel movements immediately or daily during the treatment; it's perfectly normal if they do so every few days.

Some people have a more stubborn biofilm because it remains in place due to the use of our product and its volume. This is harmless; the biofilm will always be removed, it just might take a few days. For some, it only occurs after they've finished the treatment, and this isn't a problem at all. The treatment is always successful, but the results are delayed. If desired, you can take additional measures during the treatment to remove the biofilm immediately. First, you can drink prune juice or eat soaked prunes. If this isn't sufficient, we recommend using magnesium sulfate. This is easily found and ordered online, for example, via the link below: <http://www.lekkerinmvel.nl/bitterzout>

It's also available at some drugstores. Take two tablespoons dissolved in a highball glass of water. It's wise to stay near a restroom afterward.

If you encounter any problems during the treatment that you cannot solve yourself, you can always contact us by email.



I'm starting the treatment and have little to no bowel movements. I also feel bloated. Is this normal?

It's normal for a certain percentage of people to not produce much during the treatment. In these people, the biofilm swells considerably because it's more persistent than in others. The bloating is caused by the swelling of the biofilm, caused by the ingredients in our product, which cause the biofilm to absorb water, a beneficial process.

This can take a while for it to come out, sometimes even only when they start eating normally again. In that case, it's no longer really recognizable as biofilm, but tests have shown that it always comes out. If you're uncomfortable with this, you can take laxative tea, prune juice, or in more severe cases, even Epsom salts during the treatment.

But rest assured, it's certainly not unusual for nothing to be visible. Every person is different and reacts uniquely. The beauty of our product is that it always works, whether it comes out after 1 day or 7. Stay optimistic and keep going; the product will work on the biofilm naturally, even if it only comes out after you resume regular eating.

Aren't many good bacteria also lost with the treatment?

No, this isn't the case. The good bacteria are located in the intestinal wall. Due to the biofilm, the unhealthy mucus layer, the intestinal wall becomes compressed and dries out. This creates a shortage of good bacteria and an excess of pathogenic bacteria.

When you remove the unhealthy mucus layer, the intestinal wall will heal. After the treatment, we recommend replenishing the beneficial bacteria by, for example, eating probiotic foods, which allow them to multiply. This way, you keep your intestinal flora in optimal condition.



What does the biofilm look like?

We can't make it any more palatable. The biofilm can pop out all at once, as shown in the photo, or it can come out in chunks without you really noticing. Your stool may look different than usual.

