

HOW TO TAKE A FIBER DRINK

1. Take a small jar or shaker cup, put in water or diluted, unsweetened juice about 3/4's full.
2. Add 2 heaped tablespoons of Ground Flax seeds, the golden flax seed is the best.
3. If you are taking psyllium seed or husk powder then add in 1 tsp of this as well.
4. Mix/Shake quickly. Drink. Follow with another glass of water.
5. Wait 30 minutes before ingesting any other supplements or food. Homeopathic remedies can be taken after this though.
6. Do this daily! The colon needs fiber to work properly! Fruit and vegetable fiber is not enough.

