

# DIGESTIVE HEALTH

## WHY DO WE GET SICK?

Our bodies are made up with about 100 trillion cells, which are regenerating at a rate of about 7 million per second. Each cell needs nutrients to maintain their metabolic function which runs through enzymes. With this metabolism, each cell also produces waste material. Our body needs to eliminate these waste materials efficiently and within 24 hours through various organs to prevent toxic buildup. Some of it is breathed out, some of it is eliminated through sweating or urination, but the bulk of these waste-by-products are eliminated through our colon.

However, with today's meat-based, high-fat, low-fiber diets, the average person's intestinal transit time is about 72 to 96 hours, meaning this waste begins a toxic build-up process that creates numerous problems for the colon and every other part of the body. Imagine the carcass of a dead animal in hot weather creating a bad stench after only a couple of days. This stench gives you a good idea of what meat does inside our 98.6-degree temperature of the body. Over the course of time, this affects the functioning of every other cell and organ. It poisons the blood, lymphatic system, nervous system and brain, while clogging up the heart, vascular system, lungs and sinuses.

Each time waste matter accumulates in the colon, which results in fermentation and putrefaction, a disturbance takes place both in the afflicted area of the colon and in its corresponding part of the anatomy. Examples of short-term afflictions resulting from the absorption toxic waste from the colon into the rest of the body include pimples, sore throats, colds, hay fever, sinus, eye and ear problems.

In addition, if our bodies are overloaded with toxins, other symptoms such as fatigue, poor concentration, headaches, skin blemishes, body odor, and bad breath are evident. There are prescription drugs that are designed to treat these symptoms, but they tend to drive toxins deeper, bringing the possibility that they may come back later as a more chronic ailment.

We are also exposed to synthetic, often toxic chemicals on daily basis. Industrial chemicals, pollutant run-offs, chlorine, pesticides, and other additives get trapped in our bodies from the air that we breathe, water that we drink, and food that we eat.

## Importance of GOOD Digestive Health

*It is likely that you have up to 20 POUNDS of excess weight and bad toxins built up in your system right now! This precise buildup can be the cause to your noticeable daily lower energy levels, bloating, constipation, aches & cramps, and even excess gastronal discomfort. This area of buildup can be a severe breeding ground for harmful bacterias that live inside your body, increasing your chances of potentially forming Colon Cancer*

Human health is like the health of an automobile. Just as high octane gasoline is not sufficient to provide a high-performance car with full power and efficiency if an engine tune-up is badly needed, likewise, no matter how nutritiously we eat... we will not experience wellness and energy if our individual cells (the microscopic engines of our body) and our digestive system engine are in need of a tune-up. Engine sludge degrades the performance of cars and humans.

When it comes to figuring out if you're digesting things properly and eating healthy, Dr. Mehmet Oz says that you should rely on your senses in the bathroom. For starters, have you ever thought about the importance of what your bowel movement sounds like when it hits the water? Listen up!

"You want to hear what the stool, the poop, sounds like when it hits the water. If it sounds like a bombardier, you know, 'plop, plop, plop,' that's not right because it means you're constipated. It means the food is too hard by the time it comes out. It should hit the water like a diver from Acapulco hits the water [swoosh]."

The next thing Dr. Oz recommends is looking at your stool—c'mon, you've done it before! You should look twice—look at the shape and then, the color.

"It should be an S shape and you want to make sure the color's normal because the color of the poop tells you a lot about how you made it," Dr. Oz says. "You don't want pieces. Food is a medicine for you. It helps you. If the stool is in pieces by the time you finished digesting your food, you don't have enough of it left to poop out in the right way and probably it's hurt the colon that has to process it." At the end of the day you can analyze your body really effectively by looking at what comes out of your body. Here's a pop quiz. What part of your body is most similar to your brain? The surprising answer is your small bowel, where most digestion occurs.

"That's the saying, you know, you've got blank for blank," Dr. Oz jokes. "But the thing about the small bowel is it has primitive messenger chemicals that tell the bowel how to work. If your bowel's not happy, those same

chemicals influence your brain."

In this bowel the green stuff is bile, material in the process of being digested. Dr. Oz says it's important to listen to what your bowel tells you.

"A lot of times you don't pick up on the subtle clues," he says. "It will tell you that you feel washed out or tired or a little bit of cramping. Or, you know, if you wake up in the morning and just don't feel like yourself, you probably had something allergic that you didn't clue into."

Not going "number two" enough? New health guidelines suggest we should drink about eight glasses of water a day, about 64 ounces, and get 25 grams of fiber to stay regular and healthy. World-renowned heart surgeon Dr. Mehmet Oz says that if we can work on our fiber and water intake, our digestive systems could dramatically improve.

"High fiber comes in vegetable form: artichokes, lima beans, soybeans," he says. "You can get fruits that have lots of fiber like grapefruit, blackberries and raspberries."

Another fantastic source of fiber is whole grains. Dr. Oz says that eating whole grains isn't just the latest craze—they offer multiple benefits to your health. You may have already heard about the health benefits of whole wheat bread and oatmeal, but now doctors say other whole grains like spelt, bulgar and quinoa can reduce cholesterol and high blood pressure and even help prevent heart disease, cancer, and diabetes. They say that whole grains help flush fat and cholesterol out of your system and provide powerful antioxidants that help you stay healthier, look younger and live longer. The USDA just recently recommended eating at least three servings a day.

One of Oprah's favorite whole grain choices is steel cut oatmeal for its crunchy texture. Dr. Oz says steel cut oatmeal and other whole grain foods are high in fiber—great for digestion.

"[Steel cut oatmeal] doesn't have a lot of calories, and it drags the food [you eat] along so it can't become like putty—until it gets to the very end," Dr. Oz says. "Whole grains are an insoluble fiber, so it pulls water with it and it binds to all the other stuff you're eating that may not be so good for you. It gets the whole bolus moving on."

Foods rich in magnesium like beets, raisins, dates and soybeans are important because they get your bowels moving! The more natural, the better, says Dr. Oz.

"The easy part of this message is all of these foods come out of the ground looking the way they look when you eat them," he says. "That's the only thing you have to remember. 'Does it look the way it looked when it came out of the ground when I eat it? There are no white bread plants!'"

## Maintaining Your Inner Terrain

### My Journey To Health

I became interested in Nutrition as a result of depression, learning difficulties and attention deficit symptoms. Generally speaking, feeling bad all the time had led me to spend all of my teens taking drugs as a means of escape. When I discovered the concept of using nutrition as a means to affect my mood, it made total sense. It seemed logical that many of my symptoms had roots in chemical imbalances caused by toxicity, allergies and deficiencies from eating a poor vegetarian/junk food diet. I was desperate, miserable, and exhausted but committed to finding an approach which would work for me. I tried everything from extreme water fasts to a fruit diet, and such extremes undoubtedly only weakened me further. After a while I stopped trying to be so extreme and realized this was not the way forward.

Then, whilst I felt I was making progress with one particular approach, I caught a serious tropical illness which led to me being hospitalized through extreme weight loss and chronic fatigue symptoms. A year later, and still very underweight, a DIY accident left me once again back in hospital – this time with a broken leg and blood clots in my lungs which required constant use of blood thinning medication!

Things could not get much lower – I kept hitting dead ends, and all the supplements, herbs and therapies I tried did little to affect my recovery – added to this was the fact I became increasingly frustrated with all the contradicting views in the field of nutritional healing.

Out of the blue I heard about a seminar on pH balancing, live and dry blood microscopy, and the work of Dr Robert O Young. So I went along, still exhausted and on crutches but still hopeful of finding the missing link.

I was amazed by what I learned – this was indeed the missing link for me, and it became very clear why my current approach was not working. I discovered that an acidic pH within the body can nullify healing – regardless of your particular symptom or health challenge. The blood is the river of life and if it is not pH balanced, every organ and system will suffer. Dr Young talks in terms of changing the whole inner

environment of the body, as opposed to just focusing on the symptom or localized problem. He emphasizes that if you alkalize the body you are creating a favourable environment for healing, and that the body will take care of the rest in terms of healing the symptom or health challenge.

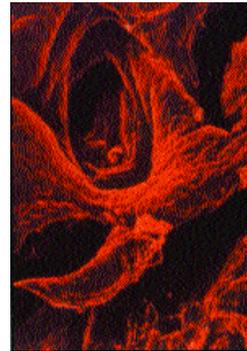
I subsequently had a live and dry blood test which revealed that I had a systemic acidity problem and that my body was not eliminating the acids properly. I was offered an alkalizing diet to follow, along with an alkalizing green drink. The benefits were noticeable almost immediately, and within a few short weeks I was so impressed with the results that I had booked a flight to California to go and train with Dr Young as a nutritional blood microscopist. Within 12 weeks I had achieved more in terms of greater health and energy than I had in the whole three years of trial and error with other approaches. I had even defied my GPs predictions and was able to come off my blood thinning medication, as my blood had stabilized itself naturally with my new alkaline inner environment. Part of the problem with my previous approaches was that I had always been 'chasing' my symptoms. Every symptom has a cause; our cells and our body as a whole don't just malfunction and get sick mysteriously.

### **Your Body as a Fish Tank**

Think of your body as a fish tank!

If you had a goldfish bowl and didn't change the water for ages, chances are that the fish would get sick. If you had the choice, would you treat the fish or would you change the water? The very obvious thing to do is to empty the old stagnant water and pour in some nice, fresh oxygen rich water for the fish to swim in, and it is more than likely that the fish will recover.

Imagine for a moment that the fish in this example represent the cells in your body, and that the water in the fish bowl represents the blood and fluids which the cells swim in. In western medicine, and indeed even in many holistic therapies, we have become



**Unhealthy Villi**



**Healthy Villi**

obsessed with treating cells or organs in isolation when an illness arises, and we point the finger at genetics or bacteria and viruses. What we really need to be thinking is in terms of literally 'changing the water' which surround the cells.

In the same way that the health of the fish was influenced by the quality of the water – the health of our cells is dependent on the quality and health of fluids which surround them. Even if you are not ill and just want better health and fitness and increased energy, then it is important to understand this – if you look after your internal rivers and streams then you cannot help but benefit in the long run.

### **Maintain your Inner Terrain**

Blood is more like a huge, living flowing organ – as opposed to just a fluid. The blood is like the water in our fish bowl and is referred to by Dr Young as our inner environment or inner terrain – the integrity of which must be maintained if good health and sustained energy are to prevail.

Diet and lifestyle choices have the biggest impact on the integrity of our inner terrain; our emotions also have a very significant impact. If your diet is healthy and nourishing, then this will be directly reflected in the state of the blood. When viewed under a high powered microscope, the blood cells will appear round, symmetrical, floating freely and will be full of oxygen – the plasma will be clean, free from excessive debris. Healthy oxygenated blood simply translates to more energy and better health. The cells and organs can 'swim' in a supportive environment. On the other hand, if the diet is unhealthy, then the cells will appear dark, misshapen and clumped together, which translates to less energy and less opportunity for glowing radiant health. If the blood is really acidic and unhealthy, then the whole body will suffer, as it is choked from top to toe by a sick and polluted blood terrain.

To treat a person's symptom/s without paying attention to the blood terrain is similar to mopping up water from a burst pipe without turning the water off at the mains.

### **Life is about Balance (pH Balance)**

One very specific and comprehensive area of Dr Young's blood research is surrounding the correct pH of the blood and tissues of the body. The pH of the blood is 7.3 (7.365 to be accurate) – the blood pH is very delicate with precise alkaline balance which can only move within a very narrow range. This pH balance is similar to the body's temperature balance, in that it is very precise and that it cannot fluctuate very far in either direction without consequence.

If a person's diet is too acidic for example, the body must compensate by dumping alkaline minerals (calcium, magnesium, potassium, sodium etc) into the blood to buffer the acids and stop them from spilling over into the blood and causing serious harm. It is just like the body's response to external temperature changes, i.e. if it is cold outside then the body senses a problem and generates heat to keep us safe and comfortable. But in the same way that the body's capacity to deal with temperature extremes has its limitations, so does its capacity for dealing with constant bombardment of excess acidity.

## Dis-ease is a Symptom of Acidity

In many cases, what we perceive as disease are just signs and symptoms of the body being very resourceful, and using all its efforts to try and maintain alkalinity, to keep us alive in very challenging conditions.

Osteoporosis is perceived as a disease which 'attacks' the bones. According to Dr Young it is the result of a lifetime of acidity resulting in depletion of alkaline minerals from the bones and tissues. Arthritis is where acids and mycotoxins (fungal by-products) get crystallized and then dumped in the joints and tissues – a bit like sweeping the acids under the carpet. Overweight is a sign of acids being 'parked' out of harm's way in purpose-built fat deposits – so it is not calories you need to watch but the acidity of the food/drinks, which is more significant. Skin complaints are the result of excess acids being pushed out through the pores in the skin causing eruptions – this is why spot creams don't work, because it is an acid problem and not a skin problem. Your particular symptom depends on your body's chosen, genetically predisposed avenue for coping. I am a very slim person so acids went to my liver, kidney, brain and nervous system causing foggy muddled thinking, depression, fatigue and poor digestion.

## How to Achieve Balance

According to Dr Young the ideal diet should consist of about 80-90% highly alkaline forming foods. The average western diet, however, contains about 80-90% highly acid forming foods.

Acids are stronger than alkalis, and it takes about 20 parts alkaline/base to buffer one part acid. So you can see that the biochemistry is such that it is much easier to accumulate excess acidity than excess alkalinity.

Another factor is the way in which the pH scale works. (For the benefit of readers who do not remember the pH scale from school, anything below seven is acidic and anything above seven is alkaline). The pH scale moves in increments of ten, therefore pH7 is neutral, pH6 is ten times more acidic, pH5 is 100 times more acidic, pH4 (think cup of coffee) is 1,000 times more acidic than the pH of the blood (yes, even if it's organic or decaff!). It takes 20 parts base to buffer one part acid, so this puts tremendous demands on our alkaline reserves, making it very unlikely that a person could become too alkaline.

We now live in a world which exposes us to far too much acidity (stress, diet, pollution, etc.), and so we need to be very heavy on the use of alkaline foods to stay balanced.

In an ideal scenario we all would have a plentiful reserve of alkaline minerals, but for most this is not the case. Even our organic vegetables are often grown in mineral poor soil, and constant alkaline withdrawals from our internal mineral supplies mean there is more going out than coming in, and many are now running low or often running on reserves. We need to really tip the scales back in our favour.

We are exposed to more immune suppressing and acidic toxins than ever before, and we are also physically weaker and less well-equipped to deal with stress as a result of widespread use of antibiotics, amalgam dental material, vaccinations, formula feeding as opposed to breast feeding and other health draining practices.

Below is a list of the main factors which cause acidity, suppress the immune system and generally weaken our defenses and resistance to dis-ease:

- Acidic and unnatural foods
- Vaccines
- Drugs, especially antibiotics
- Alcohol
- Radiation
- Personal care products
- Breast implants
- Household cleaning products
- Pesticides, fungicides, herbicides
- Emotions (worry, fear, anxiety all cause lots of acidity)
- Electrical pollution
- Air pollution
- Water pollution
- Heavy metals
- Dehydration/constipation
- Disconnection from nature
- Over/under exercise
- Poor breathing
- Healthy metabolism (even producing energy from healthy alkaline food creates some acidity!)

## We Don't Get Old... We Mould!

In his books, Dr Young explains how an acidic terrain makes you an ideal breeding ground for bacteria, yeast, fungus and mould, and other unwelcome house guests, such as worms and parasites.

Bacteria, yeast, fungus and mould (B, Y, F, M) are Nature's undertakers, designed to recycle plants, trees, animals, dinosaurs and people, just as mushrooms rot dead wood. This is a very helpful part of the carbon cycle, as it means the planet is not cluttered up with dead items. In humans the compost/recycle button is triggered by acidity – when we stop breathing, CO2 builds up and the environment changes from alkaline to acid, and this is the biochemical signal that we are dead and that we need to be recycled.

Under a microscope many westerners have yeast in their live blood sample. This can make alkalizing a bit more challenging, as these yeast/fungus forms compound the problems associated with regular acidity.

Yeast is destructive by design, and destroys everything in sight (glucose, protein, vitamins, minerals, even EFAs). This causes deficiencies and blood sugar imbalance leading to hyper/hypo glycaemia type symptoms and the subsequent sugar cravings. In an attempt to make the environment more acidic and biodegradable, and also as a natural by-product of metabolism, they spew out mycotoxins which poison and choke the cells even further. They also breed and colonize (especially in the colon), and do all they can to tear the body down as quickly and efficiently as possible. So, on one side you have your own cells mutating and trying to recycle you, and on the other hand you have your white blood cells working overtime to kill the yeast and keep you alive. This is the battle we take for granted, one which can be seen during a live blood assessment.

Yeast infections are an outward manifestation of an internal composting problem, and should more accurately be called an “outfection,” as coined by Dr Young.

When we are pH balanced, our environment is not conducive for pathogenic micro organisms, and it is much less likely that external germs will get a foothold or cause illness. Alkalinity is our primary immune defence. When we are acidic we not only generate internal overgrowth but also leave ourselves wide open to external germs, viruses, bacteria, parasites, etc.

### **The Cycle of Imbalance**

When an individual has a yeast problem it creates what Dr Young calls the cycle of imbalance, whereby acidic food choices cause the initial overgrowth of micro organisms, creating toxicity, deficiencies (in B vitamins, etc.) and low blood sugar, which in turn creates fatigue, depression, muddled thinking and makes one feel generally unwell. This sets up a desire for things like sugar, coffee, bread, alcohol, etc., to provide a quick energy fix, or escape from the problem. This way more acid is created and the cycle of imbalance continues.

The best solution is to break the cycle and alkalize and energize. You don't want to kill the yeast because the yeast is 'you'. You simply need to change the environment so the bugs don't feel welcome. Yeast can only survive in an acidic environment – so all you need to do is remove the acid. It is not enough to just take anti-fungal supplements or drugs; you must also change the whole environment.

### **Creating a Cycle of Balance**

In all of Dr Young's books he details a way of living and eating which is designed to reduce acidity, cause disappearance of pathogenic micro-organisms, and also to heal, energize and strengthen the body.

All avenues for eliminating acids need to be utilized, and this is achieved by improved hydration and digestion to move acids out via the bowels. Sweating is another important component, as this allows acids to exit via the skin which is the largest elimination organ.

As acids begin to be eliminated, the body can begin to heal and re-mineralize – in the early stages of the process there may be some initial detox symptoms, but this should be viewed as a positive thing, as they usually pass quickly.

The general rule of thumb is to eat lots of fresh whole food. It is generally advisable to change one thing at a time; however, if you have a significant health challenge, or if you feel you want to boost your energy levels quickly, it may be wise to go 100% alkaline for a few weeks or longer – that is, to eliminate all acidic foods and even temporarily eliminate the healthy grains/sugars which can still add fuel to an existing infestation. Once balance has been restored, Dr Young's recommendation is to aim for the 80/20 ratio – that is 80% high alkaline food and 20% mildly acid forming food.

One important measure of the healing/damaging potential of food is how 'alive' or how 'dead' the food is. Fresh food and vegetables have an energy field/electron field, and Kirlian photography has been used in Dr Young's research to demonstrate the 'life force' or 'zeta potential' of food.

Living foods are biogenic; they 'give' their energy to our cells, and Dr Young recommends that we eat lots of foods with a high frequency. You should look for foods which contribute energy, and also to reduce the ones which force the body to sacrifice its own life force/energy in the process of digestion/elimination. Also when you cook food you alter the molecular structure; you lose zeta potential and food becomes more acidic.

### **Which Foods to Eat**

#### **Good fats.**

Good fats are essential to keeping blood sugar levels nice and stable. They provide a slow release of energy which prevents the fungi stimulating blood sugar spikes associated with carbohydrates. This allows the pancreas to 'rest' and to heal. Fats are alkalizing and are used by the body to buffer acids – they insulate cells (red blood cells need omega 3 and 6 to build a strong healthy cell membrane). Fats are a good 'clean' fuel as opposed to carbs which are 'messy' by comparison when metabolized. Fats 'burn' more efficiently as they generate about half the acidic metabolic by-products than carbohydrate metabolism.

#### **Low sugar fruits.**

Lemons and limes are very alkalizing (with 1/3 available oxygen). Tomatoes (alkaline when raw) grapefruit, cucumber (very alkaline/electron saturated). Avocado, eat several per day, as it is alkalizing (even if you are O

blood type!) and a great source of energy, antioxidants, potassium, good fats, etc., and very easy to digest. LOW sugar fruits have all the benefits of high sugar fruit (mango, etc.) but without the fungus stimulating properties of fructose. All are alkalizing and energizing. They can be combined with carbohydrates and protein.

### **Good grains.**

The following grains are less prone to fermentation; spelt, millet quinoa, amaranth and buckwheat. Try not to store grains in areas of the kitchen which are exposed to steam and heat from cooking as this will cause the grains to go mouldy. (These grains fall into the mildly acidic, but still healthy category of foods);

### **Good fresh fish.**

Organic fresh oily fish can be beneficial. (Fish falls into the mildly acidic, but still healthy category of foods);

### **Salt.**

Redmond Real Salt and Himalayan Salt are two good brands of salt to use. Very alkalizing and healthful. Real, unrefined, unprocessed salt is essential for good health.

### **Green vegetables.**

Green foods are the key to success, and the greater the quantity of green foods you consume, the greater the health benefits you experience. Grasses, such as wheat grass and barley grass, are an excellent addition to your diet. Grasses and greens in general are anti-fungal/ mycotoxin, high in fibre, enzymes, vitamins, amino acids, and alkaline salts, and also rich in antioxidants. Chlorophyll will help to protect you against heavy metals and electrical pollution, and when added to water can neutralize chlorine and fluoride. Chlorophyll, the blood of green plants, is virtually identical to the molecular structure of hemoglobin (the part of your blood cells which holds oxygen) – this is what nature has provided us with for building good blood. You need to flood intestines with green foods and drinks – this will ensure you provide chlorophyll and other essential foundational elements to build new blood.

### **Soaked nuts.**

It is important to 'soak' nuts and seeds to make them edible. Hemp, flax, sesame and almonds are good.

## **In Conclusion**

Find your own approach and try not to label things as 'good' or 'bad'. The body is resilient and can survive on most diets, so a bit of acidity is not going to kill you – this is about empowering yourself and learning how to support your body, whilst living in the real world, not trying to be perfect (because in truth you already are perfect – as you may already be aware!). It is recommended that you approach any dietary/lifestyle changes with enthusiasm, and in the spirit of 'choosing better health' as opposed to 'fear of illness.'

## **Why Should I Cleanse?**

Millions of us suffer from disease, sickness and pain because we simply don't know this truth about our own health: our bodies are not properly eliminating poisons and environmental toxins. The colon's job is to hold waste before it is evacuated from the body and to reabsorb water from the waste. Years of poor eating habits, low-fiber diets, sedentary living and other lifestyle choices can slow the digestive processes. If waste sits in the colon too long, toxins build up there and are eventually absorbed back into the body. A toxic colon eventually leads to a toxic liver, which pollutes the tissues and the bloodstream, making a person very sick.

### **Do You Have Any of These Symptoms?**

- Aches & Pain
- Allergies - Sinus
- Anemia
- Arthritis - Rheumatism
- Body Odor - Bad Breath
- Brittle Nails & Hair
- Blood Pressure (Hi or Lo)
- Can't Concentrate
- Memory Loss
- Circulation Problems
- Cold Hands or Feet
- Depression
- Fatigue - Exhaustion
- Fibroids - Endometriosis
- Gas - Constipation
- Headaches
- Hot Flashes - Menopause
- Infertility
- Insomnia
- Irritability
- Low Sex Drive
- Menstrual Irregularities
- Nausea
- Nervousness
- Overweight - Obesity
- Pot Belly
- Swelling Legs & Feet
- Skin Problems

These are some of the many types of problems that toxicity in the body can cause. There are many poisons which can be found in a toxic colon and in many cases, these toxins can seep out of the colon and poison the rest of the body through the bloodstream which nourishes all organs.

### **Here's a list of some poisons found in a toxic colon:**

Phenol, Cadaverin, Agamatine, Indol, Sulphurretted Hydrogen, Cresol, Butyric Acid, Botulin, Putrescin, Urrobilin, Histidine, Ammonia, Muscarine, Methylmercaptan, Indican, Methygangandine, Idoethylamine, Sulpherroglobine, Ptomarropine, Pentamethy Lendiamine, Neurin, Sepsin

### **Poisons from the colon can:**

- Weaken and stress the heart
- Irritate the lungs and cause foul breath
- Go to the joints and cause pain and stiffness
- Go to the muscles and cause weakness and terrible fatigue
- Go to the skin and cause blemishes, paleness, psoriasis, liver spots, wrinkles
- Rob you of your youth and ruin your health
- Go to the brain and disturb mental function

### **Reasons to keep the colon clean:**

- Prevent constipation and disease of the colon
- Eliminates waste such as fatty tissue, cholesterol, cellulite, toxins, mucus, hardened fecal matter, harmful drug residue
- Controls your weight
- Increases your energy level
- For the glow of health inside and out that shows with clear skin, bright eyes, and shiny hair

### **Our Polluted Environment**

We live in an environment of polluted air, water and soil; a surrounding full of chemicals, preservatives, pesticides, additives and other potential toxins. Ideally these toxins are processed by the liver, dumped into the large intestine (or colon) and eliminated from the body. But when this process malfunctions, serious problems arise that no simple laxative can cure.

### **Parasites? Not Me!**

We want to believe that parasites are only an issue in undeveloped countries. These body invaders are present and become even more dangerous when you consider that most U.S. physicians don't recognize the classic symptoms of parasite infestation, so they manage their patients with symptom care, never getting to the root cause.

As repulsive and unpleasant as parasites are, the reality is that eradication of our health-depleting uninvited guests starts with knowledge. Scientists have identified over 300 types of parasites thriving in America. The types include pinworms, tapeworms, whipworms, hookworms, roundworms, and *Giardia lamblia*. There are various ways that parasites can be transmitted:

- Rare meat
- Insect bites
- Raw vegetables not washed properly
- Sexual transmission - more easily passed than venereal diseases
- Toxic build-up of plaque in the colon walls, providing an ideal breeding ground
- Pets
- Shaking hands with an infected person

### **Don't panic!**

Parasites have always been around. Our immune system is the first line of defense against invaders. It's only in more recent years that it has become overloaded with all of the chemicals being used in our environment. Cleansing is a preventative for many health troubles. Research has confirmed that parasites are a common denominator in people with chronic fatigue syndrome, candida, fibromyalgia and many other immune system disorders.

### **Targeted Cleansing Products**

Before doing target cleansing, it's recommended to do a general body cleanse so all eliminative organs are ready to remove these substances from the body.

### **Autointoxication**

Autointoxication is defined as a state of being poisoned by toxic substances produced within the body. So, the second reason for concern about colon health involves autointoxication, or self-poisoning. When the digestive system doesn't work properly, autointoxication may set in. This happens when food begins to break down without being eliminated. Proteins putrefy and rot, carbohydrates ferment, and oils and fats turn rancid. The body becomes poisoned from its own waste.

### **Doctors Promote Cleansing**

"If the colon is not working properly, toxins must exit the body through other routes: the kidneys, the skin, the breath. Many of these patients have bad halitosis, body odor, etc. When a person becomes ill from colon disease, he or she may develop a variety of symptoms, including headaches, muscle aches, fatigue, autoimmune diseases like lupus or rheumatoid arthritis, or cardiovascular diseases." William L. Cowden, M.D., internist, classical specialist in internal medicine and cardiology

"I like to think of colon cleanses as whole-body cleanses. Cleansing the colon helps virtually every tissue and cell in the human body. Laxative herbs are important, and they are the major component of many cleanses. Many cleanses contain too much of strong laxative herbs, which results in cramps. Consequently, people won't

use the cleanse. I think it's better to use a combination of well-proven herbs that can balance each other and provide a more desirable product." Alvin B. Segelman, Ph.D., CNS, pharmacognosist

"The body is designed to move the bowels every time we eat. It's called the gastro-colic reflex. After we eat, the stomach gets the signal that it's distended, and it sends a nervous energy to our colon telling it to make room. But in western civilization we live on tight schedules. And it's a little inconvenient to get a call of nature right after lunch when you're supposed to be back at work. So we have taught our bodies not to do that. When food becomes backed up in the colon, serious problems can develop." Marvin D. Berman, gastroenterologist, former assistant professor of medicine at Harvard Medical School.

### **The Power of Cleansing**

***"Without colon cleansing, I would not be alive today."- Yvonne Barker***

Thousands of people have had life-changing experiences with cleansing. No wonder they want to tell the world about their success. Yes, the secret to maintaining and building health is having a clean body-inside and out.

Body tissues must be free of toxins that can get in the way of normal bodily functions. Like a precision-crafted machine, dirt-free internal workings are far more critical to health than cleanliness on the outside.

Dr. Alvin Segelman, Vice President of NSP Health Sciences, says, "I like to think of colon cleanses as whole-body cleanses, because cleansing the colon helps virtually every tissue and cell in the entire body."

### **Which Cleanse Is Best?**

Harsh, over-the-counter laxatives hardly constitute a cleansing program. A gentle, but thorough, natural approach is easier on the body and stimulates other body-cleansing mechanisms besides the bowels. This approach should include balancing ingredients (to prevent unwanted side effects) and should replace minerals that may be removed during cleansing.

## **Regular Colon Cleansing – Importance of Cleansing Once a Season for Overall Health**

### **By Mason Curry**

It is no secret that colon cleansing positively impacts a person's overall health. What many Americans do not know is that an unhealthy colon leads to a number of health problems, not just constipation. An unclean colon can cause cancer, disease, weight gain, and even death. Over 70 million Americans suffer from colon related problems. This number does not even include the number of people who do not find their problems severe enough to consult a doctor.

### **How to know if your colon needs a cleanse:**

The first red flag of an unhealthy colon is constipation. A healthy adult will have two bowel movements every day. The first will be early in the day; this movement should be effortless and quite large (2-4 feet in length). The second movement could be significantly smaller but equally effortless. If you require a lot of time or energy to create a bowel movement, or you find yourself making less than 2 movements a day, you are in need of a cleanse.

With today's diet options, it has become nearly impossible to eat a proper diet to maintain colon health. Foods with high amounts of fiber have been replaced with high gluten sticky proteins. This coupled with high acidic content of the American diet, creates a thick, pasty glue inside of our intestines. Many examples of this thick paste can be viewed at the site below. Please be warned that the images are graphic and should not be view by people with a weak stomach.

Our digestive system was never designed to handle these types of foods. However, we cannot be expected to stop eating. That is why colon cleansing has become so important. Over time, your colon can become partial blocked, distorted, stressed, or dysfunctional from poor eating habits. Alcohol and drug use also plays a large role in compromising your intestinal health.

There are many products on the market that can help you maintain colon health, some require you to take a pill every single day. Alternatives can require vigorous regimens of fasting and homemade remedies with no proven benefits.

### **Colon Cleansing for Weight Loss**

We all know being overweight is a big issue in the US as well as other countries in the world. The statistics are staggering - you don't need me to regurgitate them.



Why are most of us overweight? Some of it is due to genetics - anyone who says genetics has nothing to do with it is lying. The fact is some of us are just prone to being overweight. However, this doesn't mean we should all give up and just accept the fact. There are ways to lower our weight to normal, and it does not have to involve wasting money on the latest "fad" diet pills, formulas, or surgeries.

Instead of trying to find a "quick" one-time solution, we should focus on finding natural, healthy ways to restore our good health, and clean digestive system. With an efficient digestive system, our body weight will gradually restore to normal.

My aunt was often very strict in her dietary habits. When people asked if she was hungry, she would say "No, my stomach isn't clean". She refused to eat if she did not have a bowel movement earlier that day. Most of us probably don't follow this criteria in our daily lives. They continue to eat large amounts of unhealthy foods. If we get constipated, we simply take a toxic laxative or go to the doctor, and take a quick pill.

You don't need to look far to understand why obesity is such a widespread issue. Most of us don't have the time to eat 6-8 servings of fruits and vegetables a day. We only have time to eat a slice of pizza and gulp down a cup of soda for lunch.

When we get bored, we don't reach for that apple, but for a salted pretzel, or potatoe chips. Years and years of eating the wrong foods that don't digest properly clog our colon with accumulated debris and toxic matter. This coating of toxins becomes the perfect breeding ground for dangerous bacteria, and mucoid plaque. The pounds and pounds of mucoid plaque leads to constant bloating, and obesity.

So, being overweight is in fact the result of an unhealthy diet (more so than over-eating). Our ancestors never ate junk such as potato chips, french fries, and candy. The only things they ate were foods that were meant to be digested by mankind - berries, game meat, nuts and seeds. Not only was obesity not an issue in the past, but other digestive diseases such as hemorrhoids and Crohn's disease were non-existent.

To start restoring our digestive system to good health, and as a result lose weight we need to do colon cleansing. Colon Cleansing is not a "quick" one-time solution unlike diet pills. In fact, I often do cleansing for maintenance at least twice a year. Cleansing will help remove all those pounds of mucoid plaque that is clogging our colon. The benefits are two-fold: we lose weight and our digestive system becomes more efficient. Nutrients are absorbed more properly, and not only do we look slimmer, but our skin looks smoother, and we become more energized.

One of my friends who weighed 220 lbs went through many diet pills, and fads with no avail. She would constantly get frustrated as she told me she tried so many things in the market. I told her that her approach to the entire problem was backwards. We shouldn't look for a quick non-natural solution. We should be looking to restore a healthy digestive system (the weight loss will come naturally). It wasn't until she went through a complete bowel cleansing regimen that she started to lose weight. She ended up losing as much as 50 lbs within a year.

## What are Probiotics?

Probiotics are live microbial organisms that are naturally present in the digestive tract and vagina.

Probiotics are considered beneficial and are sometimes referred to as "friendly" bacteria. Some of the ways they are thought to promote health include suppressing the growth of potentially harmful bacteria, improving immune function, enhancing the protective barrier of the digestive tract, and helping to produce vitamin K.

There are over 400 species of microorganisms in the human digestive tract, including Lactobacillus and Bifidobacterium.

A number of medical, diet, and lifestyle factors are believed to disturb the balance in the colon. This imbalance is called dysbiosis. Factors include:

- Inadequate dietary fiber
- Oral antibiotic therapy
- Infant formula feeding
- Ingestion of environmental toxins

No longer kept in check, less healthy bacteria and yeast may flourish, which is thought to increase the likelihood of conditions such as infectious diarrhea and vaginal yeast infections.

### Sources of Probiotics

Probiotics can be found in capsule, liquid, powder, or tablet form. Acidophilus drinks can be found in health food stores and some grocery stores and Asian grocers.

Probiotics can also be found in cultured dairy products such as yogurt or kefir, however, the number of live organisms varies greatly from product to product due to differences in processing methods.

Fermented foods such as sauerkraut also contain probiotics. Once ingested, probiotics colonize the intestines and other parts of the body and can sustain themselves unless they are destroyed by antibiotics or other factors. Although they are thought to be essential for health, because they can sustain themselves in the body under normal circumstances, there is no recommended daily intake of probiotics.

### **Prebiotics**

"Prebiotics" are also thought to improve the balance of probiotics in the intestines. They are non-digestible carbohydrates that stimulate the growth of beneficial bacteria in the intestines. Sources of prebiotics include fructo-oligosaccharides (FOS) and inulin, found in onions, asparagus, chicory, and banana. FOS is also available as a supplement and is sometimes combined with probiotic dietary supplements.

### **Why Do People Use Probiotics**

- Diarrhea Due to Antibiotic Use
- Traveler's Diarrhea
- Side Effects of Radiation Therapy
- Irritable Bowel Syndrome
- Vaginal Yeast Infections
- Ulcerative Colitis
- Crohn's Disease
- Immune Support
- Lactose Intolerance
- Prevention of Colds
- Allergic Rhinitis / Hayfever
- Constipation
- Colon Cancer Prevention
- Pouchitis
- Small Intestine Bacterial Overgrowth
- Canker Sores

### **What is the Evidence for Probiotics**

#### **Diarrhea**

A literature review found 185 studies published in what they deemed to be credible journals between 1980 and 2004. The most commonly studied condition was diarrhea (41 or 22% of the 185 studies).

Seven studies looked at probiotic use in adults, focusing on the strains *Lactobacillus reuteri*, *Lactobacillus GG*, *L casei*, *L acidophilus*, and *S boulardi*. Although they varied in dose and probiotic strain, in six of the studies, probiotics shortened the course of diarrhea or decreased its severity.

Many studies have looked at probiotic use in children. Once again, there is a wide range of doses and probiotic strains. The most commonly used strains were *Lactobacillus acidophilus*, *L casei*, *L GG*, and *Bifidobacteria*. In 20 of the studies published between 1980 and 2004, all of the studies found an improvement.

Seven out of 12 controlled trials reported a definite prevention of antibiotic-associated diarrhea. In addition, a meta-analysis looked at 9 randomized, double-blind, placebo controlled trials with a total of 1214 patients. Six of the nine trials showed a significant benefit of probiotics.

More evidence is needed on the effectiveness of probiotics in such conditions as lactose intolerance, constipation, heart disease risk factors, and Crohn's disease.

### **Safety Concerns of Probiotics**

Side effects of probiotics may include mild, temporary digestive complaints, such as gas and bloating. People who are immunosuppressed should seek medical advice before using probiotics. It is possible that the probiotic itself may cause a serious infection. One death was reportedly linked to probiotic use in a person taking immunosuppressant medication.

### **A Step-by-Step Plan**

1. First, you must cleanse your colon with specific herbs and high fiber foods such as whole grains, oatmeal, green leafy vegetables, and high-fiber fruits such as berries, and apples. Find a natural health food store or herbologist who can recommend specific products to help begin the cleansing process. Many of these products come in the form of capsules or certain teas.
2. As you go through your colon cleansing program, be sure to replenish the good bacteria in your intestine. Probiotic supplements will help balance and protect the delicate flora in your digestive system. This will help keep your immune system strong and healthy, as well as aid in the proper digestion of your food.
3. Change your eating habits to include more whole, raw, living foods, whole grains, fiber, and water, and less processed food, meat, and sugar.
4. Take a high-quality, plant-derived vitamin and mineral supplement. Taking the right nutrients assists your body in the natural detoxification process.
5. By detoxifying your body, starting with your colon, you will position yourself to experience divine health and a disease-free life. Following these simple steps will help you feel rejuvenated and energized!