

MODERN DIETARY ABUSE ON THE COLON

"Modern lifestyles put tremendous toxic strain on the vital organs and glands associated with digestion."

- The **stomach** is perpetually stuffed with denatured foods taken in incompatible combinations.
- The **liver** is swollen and strained with the effort of breaking down massive intakes of animal protein and fat as well as drugs and poisons.
- The **pancreas** balloons to abnormal size owing to the constant demand for digestive enzymes to process enzyme-less foods.
- The **colon** gets lined with layer upon layer of glue-like crud that poisons the bloodstream.

Of all the vital organs in the body, the one that suffers the most abuse from modern dietary habits is the colon.

Our colons were intended by nature to function as smoothly flowing sewer systems in order to promptly flush digestive wastes from the body.

Instead, they have become stagnant cesspools, the physiological equivalent to a festering pile of uncollected garbage or a broken toilet that continues to be used for defecation.

The average American & European intestines carries within it over 5 pounds of putrid, half digested red meat...plus ...another 5-10 pounds of foul toxic mucus waste impacted for years in the folds of the colon and small intestines.

Why does toxic waste and food taken in wrong combinations accumulate in the small intestines and the colon?

"When food that is not wholesome, combined incorrectly, or is harmful to the body reaches the stomach, word is immediately sent from the stomach to the mucus manufacturer, warning, 'Get busy, the enemy is on the way!'

We know that mucus starts to be produced immediately and the colon and small intestines is lined with it.

12-18 hours later, when the poisoned or harmful food from the stomach finally enters the small intestines and then the colon, the latter is well prepared with a layer of mucus lining it, so that the body does not absorb any of the poison. The same holds true of the small intestines.

Were this to happen once or even several times a month, this mucus having been used, would disintegrate and slowly be discharged from the colon with no harm done. But it is now certainly apparent that nature never intended that protective mechanism to be used as continuously as it is today... the result is that layer on top of layer is secreted until its accumulation thickens to 3/8" to 1/4" inch thick.

Sometimes this layer or layers gets to 3/8" to 1/2" inch in thickness, becoming as hard and black as a piece of old hardened rubber you see on a highway, torn from a truck tire... we have had a few specimens preserved in alcohol from several inches to a few feet in length, while the longest we have had was 27 feet, in one piece.

Regardless of your financial standing, regardless of your past health history, regardless of your age or sex,, you do have this hardened mucus in your intestines, and you will be amazed by what comes out of you. Sometimes it will come out as a pile weighing as much as 11 pounds and continuing to come out for several days to a week...

Auto toxemia is the source of most health problems

Even the US Health & Human Services, in a rare display of candor, admitted several years ago that 'over 90%' of Americans are walking around with clogged colons.

Auto toxemia is the real culprit in almost all diseases and degenerative conditions.

Though it requires individual effort, self-discipline and personal responsibility, preventative health care is always a good investment, in time as well as money, **because once you fall ill** it takes a lot more time and costs a lot more money to acquire good health again.

Furthermore, every time you lose your health the road to recovery gets longer and rougher, demanding a growing investment for diminishing returns. By investing in your immunity now, you insure your future health and guard your life at minimum cost.

Cleansing guarantees that you dramatically reduce the chances of illness, chronic disease, and cellular degeneration. In short you'll enjoy vibrant health, year in and year out.

Auto toxemia explains for example, **why** under precisely the same conditions of exposure some people 'catch' colds and other contagious diseases, while others remain completely immune.

It is not the 'germs' that are at fault, **as Louis Pasteur claimed**, for germs of all sorts float constantly on the air and enter our food and water at all times, It is the lack of normal resistance due to **auto-intoxication of the blood stream that opens a 'window of vulnerability'** in the body and permits germs to invade.

Anyone who consistently breaks the laws of nature will ultimately be sentenced to chronic disease and early death by Mother Nature. No type or quantity of drugs, surgery, or other remedial medical care can save you from the self-imposed death-sentence of auto-intoxication.

The only way to win a reprieve is by 'good behavior, which means thoroughly reforming your bad habits and 'cleaning up your act'.

It is pointless to embark on any weight loss or health improvement program until you have flushed all the accumulated impacted debris and poisonous residues from your former dietary habits out of your digestive tract and blood stream.

At the least we should treat our own body with the same common sense, respect, value and care that we give our cars and other important assets.

All the below can become history...

- Acid reflux
- Acne
- Allergies
- Arthritis
- Asthma
- Bleeding gums
- Blood pressure issues
- Body odor, Bad breath
- Boils
- Bulging abdomen
- Cellulite
- Chronic disease
- Chronic pain
- Cholesterol
- Colds and flu
- Constipation
- Depression
- Diabetes
- Emotional outbursts
- Fatigue
- Flatulence-gas
- Foot odor
- Headaches
- Heartburn
- Hemorrhoids
- Herpes
- IBS
- Infections
- Insomnia
- Irritability
- Liver problems
- Lethargy
- Lower back pain
- Lower shoulder pain
- Lymphatic problems
- Malaise
- Memory sluggishness
- Migraines
- Osteoporosis
- Pain
- Psoriasis
- Sinus problems
- Skin eruptions
- Sluggish healing
- Sluggish health
- Smoking
- Sores
- Ulcers
- Weight problems
- Wrinkles
- Yeast infections

It's time YOU bring to a close the endless bottles of medications, drugs, and medical tests. It's time for a new health-care matrix. It's time we clean up our act, that we all move from sick-care to health-care.

You will probably continue with the wrong combinations of food as long as you live and so will continue to need a series of cleanses over a lifetime.

One of the most famous and highly respected surgeons in American history, Dr. Harvey Kellogg of Battle Creek, Michigan wrote:

"Of the 22,000 operations I have personally performed, I have never found a single normal colon."

And that was back at the turn of the century, long before American eating habits had become completely corrupted by processed, denatured foods as today. "About the only place you see a normal healthy colon today is in an anatomy book!"

What goes in must come out, eventually.

In the meantime it can fester inside you for years, cripple or even kill you..."

Source: Daniel Reid, The Tao of Health, Sex and Longevity

IMPORTANCE OF COLON CLEANSING AND DETOX

By: Ryan English

Utmost threat to the human civilization is polluted environment. The challenge extends to maintaining our body basics, which faces continuous threats and creates negative impacts to human health conditions. The major threat is toxin accumulation at colon, as the rectification is next to impossible. Naturally, the colon is our digestive system and carries the body wastes. The old saying prevention is better than cure, still prevails. Medical Science recommends colon detox as a means for cleansing the system against waste elimination, which is rather difficult in nature. For a healthy and full filling experience, cleaning plays a very important role.

The colon related medical issues are on all time high. The notable causes for these issues are, ignoring exercise routine, fast food affinity, less vegetable and fruits intake, high sugar intake, work stress etc. Be it at home or at work, our body is exposed to the environment and its reactions. General day-to-day problems such as constipation may root Diverticula, a type of herniations that extend beyond the colon wall. The colon bags are filled with toxic junks, which in turn get absorbed back into blood vessels. These waste material ill the body and cause major energy deficiency, sickness, weakness and other supplementary diseases.

A non-maintained bowel holds a high volume of toxic elements. This adds up to swelling at lower extremities and unnatural weight gain. A proper cleansing of colon may help in managed weight loss after the toxic elements leaves the body. A systematically managed colon should be treated as one of the high priority requirement of our body. Once the toxins are taken out from the system it doesn't come back to the body. A hygienic colon brings all very positive effect on mind. You can combat depression and always feel energetic. You can experience the life in a better way. Eliminating body waste also helps in minimizing the chances for body aches and joint pains. The toxins generated from the body waste are also responsible for untimely headaches. Colon cleansing a better skin face glow and better look.

Educating ourselves on the colon detox may help us living a healthier life and cope better with the environmental changes that may affect our body. Doctors may help us understanding the pollution level which impact on the liver, kidneys or the colon. For us it would really be a surprise to know what level of waste we're carrying with us. A properly clean colon should stimulate the colon. The detoxification process removes accumulated toxins from the colon. Body hydration is an important process for cleansing which maintains the adequate water level. Apart from that sufficient oxygen for healthy healing and better energy level is essential for colon movement. Some other additional benefits of colon cleansing are clear skin, increased energy levels, improved level of constipation, overall healthful feeling and absorption of vitamins and minerals from food in a better way. So from the above facts we can guess the importance of colon cleansing detox.

Source: www.ezinearticles.com/?Importance-of-Colon-Cleansing-Detox&id=785066

WHAT SYMPTONS TO EXPECT WHEN YOU IMPROVE YOUR DIET

By: Dr. Stanley Bass, N.D., D.C., Ph.C.

If I were asked which is the area of greatest misunderstanding and confusion in the field of nutrition, I would definitely be forced to reply, it is the failure to properly understand and interpret the symptoms and changes, which follow the beginning of a better program.

A better nutritional program is introduction of foods of higher quality in place of lower quality ones. The quality of a nutritional program is also improved by omitting toxic substances such as coffee, tea, chocolate, tobacco, salt, pepper, etc. Remarkable things begin to happen to the body as well as the mind. When the quality of the food coming into the body is of higher quality than the tissues, which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior, which it uses to make the newer and healthier tissues.

What are the symptoms or signs when you first begin to omit the lower grade foods and instead introduce superior foods?

When the use of a toxin is suddenly stopped, headaches are common and a letdown occurs. This is due to the discard by the body of toxins which are transported by the bloodstream during its many bodily rounds. Before noxious agents reach their final destinations, these irritants register in our consciousness as pain - headaches. Usually, within three days, the symptoms vanish and we feel stronger due to the recuperation that follows. As one continues on the improved diet and gradually raises the quality, interesting symptoms begin to appear. The body begins a process called "retracing." The cellular intelligence has a chance to get rid of old garbage and build a beautiful new house. The accent is on elimination and the body begins to move garbage deposited in the tissues. People may experience skin rashes or eruptions due to elimination of poisons and harmful drugs through the skin. If they go to a doctor not schooled in nutrition, he might diagnose it as an allergy and suggest the diet be discontinued. They

do not understand that the body is "retracing." The skin is becoming more alive and active. The toxins being discarded are saving you from much more serious diseases which will result if you keep them in your body too much longer. Possibility: hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degeneration, or even cancer. Be happy that you are "paying your bills" now in an easy payment plan. With some: colds or even fever may occur. THIS IS NATURES WAY OF HOUSECLEANING. Understand that those actions are CONSTRUCTIVE, even though unpleasant at the moment, DO NOT try to stop these symptoms by the use of certain drugs. These symptoms are a part of the curing process. These are NOT deficiency conditions or allergic reactions. Symptoms then may include: headaches in the beginning, occasional diarrhea, tiredness, nervousness, irritability, negativity, etc. BEAR WITH IT - IT IS WELL WORTH IT!

CLEANSING / AUTOINTOXICATION

We clean our skin every day, but most people never consider whether or not they need to clean their intestines. Our intestinal tract is like plumbing system in a house, with the small intestines comparable to sewage pipes and the colon comparable to the septic tank. When fat and debris are poured down the drain every day, the pipes will become clogged. Septic tanks need to be pumped out occasionally. Otherwise, too much waste will accumulate and back up into the house. The same thing will happen to your intestines. When you pour greasy or starchy food, excessive dairy products, meats and other foods with toxic substances down your intestinal tract every day, food residues build up. Food residues, combines with mucous secreted by mucous membranes in the colon, form layers of gluey feces, which will build up in pockets and may pile up along the entire length of the colon and part of the small intestines, year after year. Constipation becomes a norm. People have been known to carry 40-50 pounds of old, dried up fecal matter in their intestines. Old feces do not pass from the body with ordinary bowel movements. They need special treatment to dissolve the glue which binds them to the intestinal wall. If you let these decayed food residues accumulate in your intestines, you may suffer from AUTOINTOXICATION (self – poisoning), which is a disorder resulting from absorption of the waste products of metabolism, decomposed matter from the intestine, or even the products of dead and infected tissue as in gangrene. The toxins can be carried by the blood stream to all parts of the body and end up in every cell, leading to various forms of illness.

If you experience any of the following symptoms, you may be experiencing autointoxication, and therefore you might want to consider some type of internal cleansing program:

- allergy or intolerance to certain foods
- bad breath and foul-smelling gas and stools
- constipation, diarrhea, sluggish elimination, irregular bowel movements
- frequent congestion, colds, viruses
- flatulence or gas and frequent intestinal disorders
- general aches and pains that migrate from one place to another
- intolerance to fatty foods
- low energy; loss of vitality for no apparent reason
- lower back pain
- lowered resistance to infections
- needing to sleep a long time
- pain in your liver or gall bladder
- premenstrual syndrome, breast soreness, vaginal infections
- skin problems, rashes, boils, pimples, etc

If you have severe symptoms or any serious disorders, seek the attention of a competent health care provider. The list above is meant to indicate some of the symptoms of autointoxication. Anyone who has been on a Standard American Diet for more than two years would benefit from periodic cleansing, especially if you live in an urban area. Why live with the residue of what you ate two years ago decomposing in your system?

WHY IS IT SO HARD TO LOSE THE WEIGHT

Have you ever wondered why the older you get the harder it is to maintain your weight, let alone lose it?

There are people that work out every day for an hour a day and eat low-fat foods, and they still can't get those extra ten pounds off. As they get older they notice that their cravings for fats and sweets increase. They get more illnesses. They have more physical problems. They are tired all the time.

Is There a Solution?

In your small intestine there are finger-like protrusions called villi. If you look it up in the dictionary it's under "villus." It is through these villi that absorption takes place. Through the years you villi get damaged and break-off. Things that damage your villi are:

- Stress
- Alcohol
- Additives
- Airborne toxins like exhaust fumes
- Medications
- Smoking
- Fatty Foods
- Preservatives
- Drugs
- Salt



As your villi continue to become damaged, it becomes increasingly difficult for your body to absorb nutrients.

So what happens when your body is not absorbing the nutrients out of food?

First of all, you start needing more food - your appetite increases as do your cravings - because your body needs more nutrients. You also start to crave fats and sugars because they are the easiest substances for your body to absorb. You become fatigued when your body is not getting the proper nutrition. When your villi are not healthy, your body thinks it's starving and stores instead of burns your fat. You may be saying, "Well I eat really healthy and I eat low-fat food and natural foods and I take vitamins." Some of you may even be working out at the gym. Even though you may be doing all these things you can still be experiencing the symptoms I just described. The underlying problem is most likely absorption. No matter how much good food and vitamins you take in, if your body is not absorbing them, it's a total waste.

Weight Control from the Inside Out

To get your weight off and to keep it off you need to feed your body on a cellular level. Your body can then repair and rebuild the villi to the healthy state it was in when you were younger.

Repair Your Villi – Lose the Weight!!!

DIGESTIVE SOLUTIONS

Low energy, indigestion and difficulty losing weight could all be symptoms of a digestive system in poor health.

UNHEALTHY DIGESTIVE SYSTEM

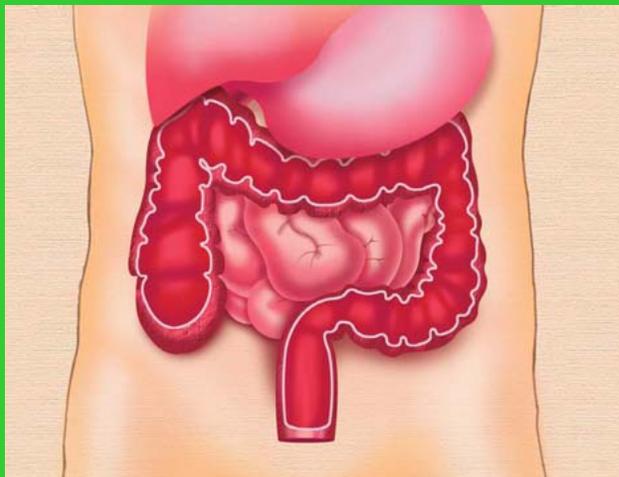


“A poorly functioning digestive tract prevents the absorption of nutrients we need to maintain good health and to avoid increased risks of chronic conditions.”

– Dr. Luigi Gratton

HEALTHY DIGESTIVE SYSTEM

A healthy digestive system can help increase your metabolism making it easier to lose weight or maintain a healthy weight. It can also improve the absorption of nutrients and help to prevent many diseases.



Ask your Coach what you can take to have a healthier digestive system!

YOUR DIGESTIVE HEALTH

By: Micki Dukinfield, B.A., R.N.

Every season brings something new. For the sake of your digestive health, an herbal cleanse to gently flush the toxins and trapped wastes from your colon is a must, every season. Use the **21 Day Herbal Cleansing Program** four times a year, and the change of seasons is a good way to remember to do it. Always cleanse after you've used a prescription antibiotic, too.

Herbalife's doctor:

"Unhealthy nutritional habits and environmental factors may reduce your elimination process and toxic accumulation can occur. Because the colon is the digestive system's key organ of elimination, when it is impaired it can affect proper colonic functioning."

According to Balch and Balch (Prescription for Nutritional Healing, 3rd ed., 2000) "retained debris in the colon leads to the absorption of toxins, resulting in systemic intoxication (poisoning). Symptoms of this condition can include mental confusion, depression, irritability, fatigue, gastrointestinal irregularities, and even allergic reactions such as hives, sneezing, and coughing. Many nutritionists and researchers believe that this toxicity can eventually lead to more serious disorders. Colon cleansing can rid the colon of debris, and help prevent and treat a variety of health problems."

Herbalife's 21 Day Herbal Cleansing Program is a two-product system designed to detoxify and maintain colon health. You can add the **Specialized Internal Program** in order to supplement with aloe, fiber and antioxidant support during your cleanse.

The **PM Cleansing Formula** supports the body's ability to remove health-robbing toxins from every cell in your body. In addition, it promotes the body's regular, natural self-cleansing action. One of the first questions I usually get is, "Will it give me diarrhea?" No. Right before bed, you take one to four tablets, depending on how your system normally works. By morning you experience a nice, cleansing bowel movement. When taking the appropriate number of tablets, you will not have loose stool, just good results from your cleanse. Continue to take the appropriate number of tablets for your system either until 21 days are up or you run out of tablets.

Every morning you take two tablets of the **AM Replenishing Formula**. This product is a special combination of wholesome ingredients such as "friendly bacteria" and health enhancing "probiotic factors" along with an exclusive blend of fiber and fructooligosaccharides that help soothe, rebuild and revitalize the colon environment.

Fruit-toe-what? Fructooligosaccharides (FOS) are considered "pre-biotics." An article in US Pharmacist notes that FOS promotes the growth of bifidobacteria, which "is one of the major colonic bacteria studied and is thought to have the most beneficial health-promoting effects." US Pharm. 2006;10:109 Don't worry about the names, just know that if you have lots of "good bacteria" they can fight off and prevent the buildup of any bad bacteria such as salmonella.

Prebiotics are known for their ability to relieve constipation, prevent diarrhea, and reduce some food sensitivities such as lactose intolerance. Research is currently underway investigating the effects of prebiotics on strengthening the immune system, inhibiting the effects of food borne illness, preventing colon cancer and reducing cholesterol. One German study showed that prebiotics alone lowered cholesterol levels in elderly men.

The Specialized Internal Program includes Herbal Aloe, which gently helps to heal and maintain the lining of the digestive system, Florafiber for even more of the "good" bacteria combined with bulk forming fiber, and Schizandra Plus for antioxidant support.