

There is an old saying that "Death Begins in the Colon." This is an oversimplification to be sure, but more accurate than not. In fact, THE ROAD TO HEALTH BEGINS WITH INTESTINAL CLEANSING AND DETOXIFICATION -- NO MATTER WHAT THE DISEASE OR PROBLEM.

In 1985, between 60 and 70 million Americans were affected by digestive disorders. Today it's close to 100 million. **In fact, digestive disorders are responsible for over 50 million physician visits and more hospitalizations than any other category of medical problems in the United States today.** The total cost to the American public for all aspects of digestive disease is well over \$100,000,000,000.00 per year.

What Digestive Disorders?

- ❑ Constipation and the attendant symptoms of self toxicification
- ❑ Diverticular disease (herniations of the colon)
- ❑ Hemorrhoids
- ❑ Irritable Bowel Syndrome
- ❑ Ulcerative Colitis
- ❑ Crohn's Disease

Other Related Diseases

It is worth noting that many other diseases (that at first glance appear to have no connection with the digestive tract) have been related by many doctors to the bowel. These include: **diabetes, gall stones, kidney stones, Gout, Hypertension, Varicose veins, Rheumatoid Arthritis, Psoriasis, and Obesity.**

Parasites!

It has been estimated that as many as 80% of all Americans are afflicted with intestinal parasites. Symptoms include: **nervousness, aches and pains that move from place to place in the body, mimicked appendicitis, ulcers and various digestive pain, nausea or diarrhea, itching, acne, foul breath, furred tongue, jaundice, fatigue, menstrual irregularities, and insomnia.**

Candida

More and more doctors are now aware of how endemic yeast infections such as Candida are. Symptoms include: **chronic fatigue (especially after eating), depression, bloating, gas, cramps, chronic diarrhea or constipation, rectal itching, allergies, severe PMS, impotence, memory loss, severe mood swings, recurrent fungal infections (such as athlete's foot), extreme sensitivity to chemicals (perfumes, smoke, odors, etc.), and lightheadedness or drunkenness after minimal wine, beer, or sugar.**

But It's Even Worse

The situation is serious. Diseases of the digestive system have reached an all time high in the United States - - and are still on the rise. **The number one cancer among men and women together is colon/rectal cancer.**

According to the **Merck Manual** (the medical industry's standard text for the diagnosis and treatment of disease), **the incidence of**

diverticulosis has increased dramatically over the last 40 years -- from 10% of the adult population over the age of 45 with one or two bowel herniations to, "EVERY PERSON WILL HAVE MANY." In other words, virtually 100% of all American adults will eventually have diverticulosis of the large intestine.

Why?

Our modern lifestyle has taken its toll on our digestive/elimination organs. Refined, processed, low fiber foods, animal fats, a lack of exercise, and an ever increasing level of stress all contribute to our current gastro-intestinal health crisis.

Consider that a sluggish bowel can retain pounds of old toxic and poisonous fecal matter (10-20 pounds is not unusual, and up to 65 pounds has actually been reported). Many times the real cause behind sickness and disease is this retention and reabsorption of built up toxic waste.

There has been a great misconception among the public and most medical professionals about how often a normal healthy person should move their bowels. For years, doctors have thought that anywhere between one bowel movement a day and one a week was normal. What we have learned is that it is normal, and necessary, to have one bowel movement a day for each meal you eat. (If you eat three meals, you should have three bowel movements.)

What To Do?

Any program designed to clean and detoxify the colon needs to address several key areas. The program must:

- ❑ Help bring the colon back to life by stimulating the muscle movement of the colon.
- ❑ Encourage matter to move forward through the system.
- ❑ Halt putrefaction.
- ❑ Draw old fecal matter off the walls of the colon and out of any bowel pockets.
- ❑ Disinfect.
- ❑ Draw out poisons and toxins (including chemicals and drug residues).
- ❑ Help leach out heavy metals such as mercury and lead.
- ❑ Even remove radioactive material such as Strontium 90.
- ❑ Soothe and promote the healing of the mucous membrane lining of the entire digestive tract.
- ❑ Help stimulate the body to begin the healing and repair of herniated areas.
- ❑ Increase the flow of bile to help clean the gall bladder, bile ducts, and liver.
- ❑ Promote healthy intestinal flora.
- ❑ Destroy and expel parasites.
- ❑ Destroy *Candida albicans* overgrowth.
- ❑ Maintain regularity.
- ❑ Decrease straining.
- ❑ Speed up the transit time of feces through the large intestine.

Colon Correction and Detoxification

Once you look at the requirements of a good Intestinal Program, it's easy to see that no one formula or magic pill can accomplish it all. What I recommend is a two-pronged approach.

1. A colon correction formula
2. A colon detoxifier

Colon Corrective

A good corrective formula provides both cleansing and healing to the entire gastro-intestinal system. It stimulates peristalsis (the muscular movement of the colon). It halts putrefaction and disinfects, soothes, and heals the mucous membrane lining of your entire digestive tract.

Entirely herbal, with no harsh, habit-forming chemicals, an effective activating formula will also help improve digestion, relieve gas and cramps, increase the flow of bile (which in turn cleans the gall bladder, bile ducts, and liver), destroy *Candida albicans* overgrowth and promote a healthy intestinal flora, destroy and expel intestinal parasites, and increase gastro-intestinal circulation. The herbs used in this formula are also antibacterial, antiviral and antifungal.

Look for a formula that contains all organic herbs such as: Cape Aloe, Senna, Cascara Sagrada, Barberry Rootbark, Ginger Root, African Bird Pepper, and Fennel.

These herbs work as an intestinal detoxifier to loosen and draw out old fecal matter, waste, and toxins. And they stimulate peristalsis (the muscular movement of the colon). They also help halt putrefaction and disinfect and soothe and heal the mucous membrane lining of your entire digestive tract. In addition, they help improve digestion, relieve gas and cramps, increase the flow of bile (which in turn cleans the gall bladder, bile ducts, and liver), destroy *Candida albicans* overgrowth, and promote a healthy intestinal flora, destroy and expel intestinal parasites, and increase gastro-intestinal circulation.

Colon Detoxifier

In contrast with an activator, a good detoxifier is cleansing and *soothing*. It is to be used periodically in conjunction with the activator. The detoxifier is a **strong** purifier and intestinal vacuum. It draws old fecal matter off the walls of your colon and out of any bowel pockets. It also works to draw out poisons, toxins, heavy metals such as mercury and lead, and even remove radioactive material such as strontium 90. A good detoxifier will also remove over 2,000 known drug residues.

Its natural mucilaginous properties will soften old hardened fecal matter for easy removal and also make it an excellent remedy for any inflammation or irritation in the stomach and intestines. This formula is helpful in irritable bowel syndrome, diverticular disease, and hemorrhoids.

And on top of everything else, this formula will eliminate the effects of food poisoning or stomach flu in 20-40 minutes

Look for a formula that contains all organic herbs such as: Apple Pectin, Montmorillonite Clay, Slippery Elm Inner Bark, Marshmallow Root, Fennel Seed, Activated Willow Charcoal, and Psyllium seeds and husks.