

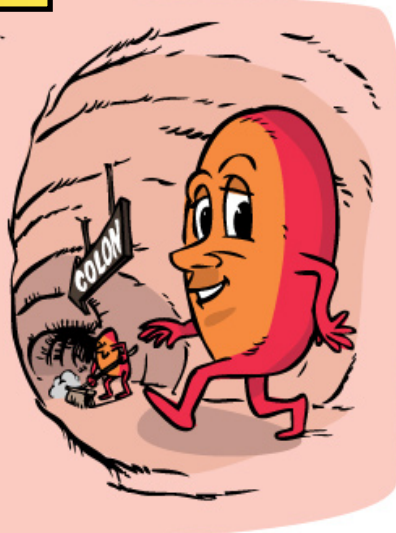


MOVING ALONG THE LARGE INTESTINES

We're about halfway through the large intestine. Before we get pushed out of here, us cells want to let you know the steps to keep this waste moving along ... and what a normal bowel movement looks like!

I think Humans would keep it cleaner in here if they could see the putrefaction like you do with rotting garbage. If you only dumped part of your kitchen waste each week, what happens to the remaining waste? Phew! Smells rotten! A great breeding ground for germs.

WHICH WAY WOULD YOU GO?



There's about 70 trillion of us cells eating, drinking and tossing out our wastes. We're constantly dumping our garbage! If you don't evacuate the colon cleanly to get rid of our wastes, we slowly suffocate and we weaken. After a time you suffer as we replace ourselves with weaker and weaker cells. We're dancing now that Human has taken responsibility for the health of this body—and us.

As soon as bowel movements improved, both a foot odor and a skin rash disappeared. Underarm odor decreased as well. In fact, getting the colon working better not only relieved the skin but all the other organs of elimination—the kidneys didn't have to work so hard, bad breath went away as the air exhaled from the lungs wasn't so toxic, and the tear ducts stopped getting clogged. Human now has at least two bowel movements a day.

Steady and gentle peristaltic action has pushed us all the way to the left side of Human. Here's the curve leading to the descending colon. It's all downhill from here. That didn't mean

anything before Human cleaned house. Even though it was downhill, the grunge built up on the walls was so thick we could have read a long novel in the time it took us to get to the rectum.

Human has a motto: “When the urge to defecate strikes, act now—don’t delay!” Sometimes at work it isn’t convenient to take a washroom break but Human has learned to listen to the body. A few delays and wastes get backed up in here. Then a cleansing program is needed again.

Human’s lifestyle now includes six steps to keep bowel movements regular and to evacuate the bowel cleanly:

1. **EATS ENOUGH ROUGHAGE OR FIBER FROM WHOLE FOODS.** Here’s why. The best fiber comes from raw or lightly cooked vegetables, fresh fruits, and whole grains, seeds or nuts. These sources of fiber have amazing health-giving properties as they absorb cancer-causing and other disease-causing toxins. In addition, whole foods provide nutrients, encourage the growth of friendly micro-organisms, and act as a broom to sweep wastes through the large intestines. Human also limits meats and dairy as they lack fiber.
2. **CHEWS UNTIL EVERY MOUTHFUL IS AT LEAST MUSHY.** There is no getting around it—chewing makes a big difference down here. Even healthy food produces toxins if it isn’t properly digested. Human thoroughly mixes food with saliva.
3. **SIPS ON PURIFIED WATER BETWEEN MEALS.** This took some getting used to. Now Human always makes sure either a glass of water or a bottle of water is handy—at work, while exercising, and at home. We get enough water to keep this waste material soft and moving along. Human even gave up drinking coffee, planning to enjoy it again when we were back in good shape. We’re in much better shape, but Human doesn’t miss coffee! We don’t miss it either. Coffee irritated this mucous lining, stole enzymes from us and over stimulated the cells in the nerves and energy glands making Human feel edgy. The liver wasn’t happy as coffee added to the toxins it had to handle. On top of that caffeine increases the amount of urine the kidneys produce ... so we kept dehydrating! We sometimes felt like we were in a desert craving water.

The processed juices Human used to drink weakened us as well. Unless it’s fresh squeezed or still has the enzymes, juice just gives us a shot of sugar to deal with. We’ll talk about the pancreas and sugar later. Freshly juiced or pulped vegetables give us lots of nutrients and enzymes ... and we don’t have to work hard to get them.

4. **MAKES THE LAST MEAL OF THE DAY THE LIGHTEST MEAL—USUALLY WITHOUT MEAT.** And Human eats early in the evening. This works with the body’s natural clock to allow the organs to cleanse during the night. The most active time for the

large intestine is early in the morning so you should have the urge to evacuate first thing after getting up in the morning. Aaah, makes for a satisfying start to the day.

5. **DEALS WITH EMOTIONAL STRESS.** Human makes time to contemplate each day, listens to music that opens the heart and enjoys leisure time. When Human feels pressured or when conflicts arise, Human is learning to deal openly with the situation rather than worry and stew inside. It's making a world of difference down here—we get clear electromagnetic signals that energize us.
6. **GETS REGULAR EXERCISE.** Moving dem bones makes a world of difference as it keeps stuff moving along this tube. Exercise keeps the muscles strong too. Helps hold this big tube in place. Human found friends that love to walk—one has a dog. Now, Human takes us walking regularly. Everyone has to find the type of exercise they enjoy.

“One of the greatest health challenges we face is to return our food environment to something resembling that which our bodies are designed to thrive on.”

Betty Kamen, Ph.D.
Alternative Medicine Digest, July 2001

Human didn't believe at first that healthy foods would taste and smell so good. It took awhile as the taste buds were so corrupted by sugar and salt.

We're descending smoothly. We've just rounded the slight curve into the sigmoid colon. This will take us to the rectum directly above the anus. The rectum is about a 6 to 8 inch tube sitting vertical to the anus—makes it easier to expel the feces. As soon as the rectum fills, the nerves send their electrical message signaling the sphincter muscle of the anus to open and evacuate.

Human learned how satisfying it is when the feces poop out easily—no strain! Human uses very little toilet tissue as the feces aren't sticky. The Houston valves—valves that are part of the mucous lining of the rectum—work well again. Human used to get so frustrated. After using all that toilet paper, there'd still be stains on underwear. That's because the Houston valves weren't closing after the bowel movement.

Like the ileocecal valve at the beginning of the large intestine, the Houston valves can also get stuck. Now that we can move through regularly and smoothly and get enough minerals, both valves close cleanly.

Modern toilets aren't the best position to evacuate bowel contents fully. The old squat system used by our ancestors worked much better. Putting your feet up on a stool can help to get more of a squat position. Raising your arms up over your head can help relax the bowel

PROBIOTICS

If you've used an antibiotic, they kill off all bacteria so it may take many weeks of supplements to replenish the friendly guys. With enough friendly bacteria, the bowel will expel easily and regularly.

muscles as well—helps move your wastes out.

If you've been bothered with hemorrhoids, you'll be pleased to hear Human's cleared when it wasn't necessary to strain to have a bowel movement. And, after we cells started getting the nutrients we needed for repair, we were able to strengthen the walls of the veins. The hemorrhoids gradually shrunk. They're no longer painful.

What should the feces look like? Your bowel movements should come out the consistency of a ripe banana. Whatever the length, it is eliminated cleanly without a lot of mess around the anus. When there are enough friendly bacteria to do their job, there won't be much odor either. And the color should be a medium brown.

Keep in mind we've kept moving along because Human has had three bowel movements since we entered at the mouth. We're next. Feel that urge! Get ready, here we go! The trip from mouth to anus took us about 30 hours. Much improved. We're getting closer to the ideal of 24 hours.

That was an awesome journey. The digestive tract has to be one of the Wonders of the World! What am I saying? The way a body works has to be our Creator's greatest marvel—a temple for us to help you keep clean. Now that we've traveled through the intestinal tract, let's find out what happens on the other side of the intestinal wall.

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FERMENTED VEGETABLES

Earlier cultures discovered how lactic acid bacteria fermented vegetables so they would keep longer. They also discovered these vegetables had health benefits. Sauerkraut kept the Chinese in shape to build the Great Wall of China. Quite a feat! In 19th century Europe, sauerkraut was often prescribed to help overcome diseases. It works wonders in the intestinal tract—the lactic acid bacteria give the friendly bacteria a boost and help keep control of the putrefying bacteria ... and keeps wastes moving along. Also helps digest fats. Find organic sources that take the time for the fermentation process. Pickles and ketchup on supermarket shelves don't necessarily have the benefits as white vinegar is used and they are pasteurized—a process that kills all the lactic acid producing bacteria. Lactic acid fermentation preserves vegetables for several months so pasteurizing isn't necessary. Enjoy fermented vegetables mixed in salads.

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BREAD: THE GOOD AND THE UGLY

As refined starches, they feed a sugar addiction and also slow the bowel. There is a type of bread that can actually benefit health. Find a bakery that uses natural fermentation rather than baker's yeast to produce sourdough bread. The bread making process can create friendly bacteria. In fact they have a feast and proliferate with a mixture of purified water, whole grain organic flour and mineral-rich, sun dried Celtic sea salt. This creates a sourdough. The resulting friendly bacteria produce lactic acid for the fermenting process. Lactic acid fermentation is important to the intestinal tract as it helps maintain the right degree of acidity of the intestinal lining to inhibit the growth of unfriendly bacteria. The bakery should freshly grind grain so the flour isn't rancid.

Naturally fermented sourdough bread also neutralizes the enzyme inhibitors in the grain. You'll remember those inhibitors won't allow the nutrients to be digested. The bran of all grains contains phytic acid that interferes with mineral absorption. This acid is neutralized as well as the enzyme inhibitors. Native cultures always soaked grains or sprouted them before eating. Another reason sourdough bread is much easier to digest is the fact that fermentation starts the digestion process. Carbohydrates break down into simpler sugars and the protein into amino acids. Some enzymes are retained as during the baking process, the temperature inside the loaf doesn't get high enough to destroy them. Wheat bread may be irritating as most of our wheat varieties are hybrids that are bred for insect resistance or growing conditions rather than for digestibility and health so it's easy to develop allergies to it. Even good bread, however, should be eaten in moderation to avoid clogging the intestines.

The problem with baker's yeast is that it produces a mostly alcohol rather than lactic acid fermentation. Alcohol fermentation does not have the benefits of lactic acid fermentation.

When making porridge, the grain should be soaked over night before cooking. If not, porridge may create gas as it is harder to digest and interferes with mineral absorption.