

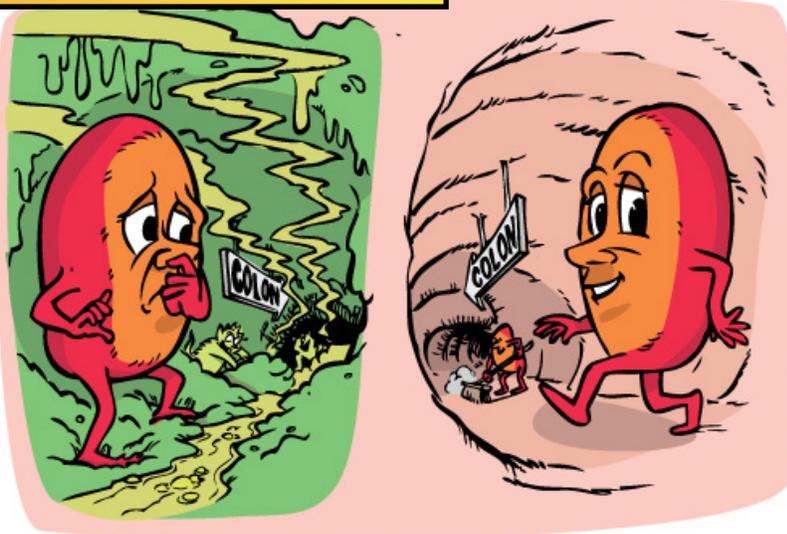


## MOVING ALONG THE LARGE INTESTINE

**W**e're about halfway through the large intestine. Before we get pushed out of here, we cells want to let you know the steps to keep this waste moving along.

You know what the smell of rotting garbage is like. I think Human would have cleaned it up in here sooner if the rotting garbage was visible. If you didn't dump your kitchen garbage each week and kept adding to it day after day, what would happen? Phew! Starts to smell rotten when left too long! It becomes a great breeding ground for germs. Now that Human

**W**HICH WAY WOULD YOU GO?



evacuates the colon cleanly, we don't have to deal with a mess like that in here—us cells benefit with better health and Human has a livelier life! 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 bowel 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. Steady and gentle peristaltic action has pushed us all the way to the left of the transverse colon ready to round the curve to the descending colon. It's all downhill from here. Before Human cleaned house, even though it is downhill, we could have read a 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. Human's lifestyle now includes three steps to keep bowel movements regular and to evacuate the bowel cleanly:

1. **EATS ENOUGH ROUGHAGE OR FIBER FROM WHOLE FOODS.** The best fiber comes from fresh fruits, raw or lightly cooked vegetables, as well as small amounts of seeds, nuts, beans and lentils. The fiber has amazing health-giving properties as it absorbs cancer-causing and other disease-causing toxins. In addition, whole foods provide nutrients and encourage the growth of friendly microorganisms. In the large intestines, these foods with the fiber and moisture they provide, act as a broom to sweep wastes on through to be readily evacuated.

Human was amazed at the awesome flavor to savor with wholesome foods. It took awhile as the taste buds were so corrupted by sugar and salt.

2. **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.
3. **GETS REGULAR EXERCISE.** Moving dem bones, even gentle movement, makes a world of difference as it keeps stuff moving along this tube. Exercise keeps the muscles strong too. Human found friends that love to walk and now, Human takes us walking regularly. Everyone has to find the type of exercise they enjoy.

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 six to eight inch or 15 to 20 cm 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! The Houston valves—valves that are part of the mucous lining of the rectum work well again—that means they not only open to allow the feces to expel, they also close readily once the feces passes through. Both the ileocecal valve at the beginning of the large intestine and the Houston valves no longer get stuck and stay open. Now that we can move through regularly and smoothly and get enough minerals, both valves close cleanly.

“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

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. With Human's liver cells able to keep up to send 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 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. The color varies from medium to dark 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 is one of our Creator's awesome marvels—a temple we love to help you keep clean. Now that we've traveled through the intestinal tract, let's find out what happens on the other side. I'm keen to show you the marvels that happen in Human's liver!

“Take comfort. Fruit is your friend. It does not cause sickness. Rather, no other food is as effective at preventing disease, killing pathogens, and repairing the body.”

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