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Irritable Bowl Syndrome part 2

Everyone suffers from IBS to some degree. Most of us do not realize it and we do not know where to begin to look for the answers. If you don't move your bowels 2 to 3 times a day, your health will go down if it hasn't already. Anyone can have 5 to 20 lbs. of tough decaying, black, crud lining the walls of the large intestine, a protruding belly even if thin, bad breath or bad complexion. Food ferments and rots in the gut and should never stay in you more than 8 to 15 hours. Any longer and you can become a walking cesspool.

In this edition of the Newsletter we decided to do a Q & A.

1. How often should one have a bowel movement?

Many only go once every few days if lucky. Doctors often say its normal. **It is NOT normal!!** You can often recognize people who don't go-skin doesn't glow, big belly and they don't look healthy. **One should go 2-3 times a day!!**

2. What's wrong with laxatives?

They don't stimulate the colon. They are too harsh and cause irritation. Side effects include diarrhea, headaches, cramping, dizziness, or gas.

3. What was the worst case?

Several people only went once every 2-3 weeks. One woman in really bad shape went as often as her period "once a month".

A woman's life was saved from colon problems and saved another woman's life with similar problems.

4. Can they help everyone?

Absolutely! You don't have to be an extreme case to benefit. Many people have referred friends and family. Many say they have more energy, less colds,

5. Are pure herbs only used?

Jim Colon Pills are made from 7 natural herbs that strengthen and stimulate Colon muscles, gently pull toxins out of the mucus lining, and are an herbal laxative that keeps you going naturally every day. Jim Colon Cleanser cleanses and disinfects the bowel, breaks apart hardened mucus and helps eliminate parasites. It uses 33 natural herbs, including an herb the Indians used as a natural internal soap in the colon. Both are needed for best results.

6. Is it true that a person can have a gas pain or spasm that can simulate a heart of gallbladder attack? Yes, because part of the colon is under the ribs, thus the pain can simulate either attack.

7. What are the funny noises I can hear in my stomach area?

Contractions of the small or large intestinal tract, caused by certain foods or liquids or even stress.

8. Can one live without a colon or rectum? Yes, the body can function perfectly. However, the person will have a handicap called ileostomy— a piece of intestine protruding through the abdominal wall. The patient has to wear a bag around the intestinal opening in order to catch the waste material.

9. Does the colon have bacteria in it?

Yes, bacteria helps with fermentation of the waste material. Bacteria in the colon is very helpful in aiding digestion.

10. Does the colon or rectum have any feeling? The only feeling is distention; otherwise, no feeling at all. This is the very reason colorectal cancer sneaks up on people who don't keep their colon clean via internal cleansing, as in the case of the husband of NBC Today's Show's Katie Couric who died at 42 of colon cancer. He never suspected it. If a person swallows a nail and it perforates the wall, there's no feeling until infection sets in.

11. How do cancers of the colon spread in the body?

By the bloodstream, but more commonly through the lymphatic system, which drains the colon and the rectum. The cancer starts growing on the lining of the colon, then spreads through the bowel wall. Next, through the lymphatic system to the adjacent lymph nodes. From the nodes it goes to distant organs (liver, lungs, pancreas, kidney) which reminds us where John Wayne's lung cancer and Jackie Onassis' lymph cancer (Hodgkin's Lymphoma) really started. Especially when doctors were surprised to find over 40lbs of fecal waste in Wayne's large colon on autopsy. Can you believe it?

12. Is Chemotherapy still used? Yes, depending on the stage of cancer. Chemo is employed usually as a palliative treatment for pain /discomfort



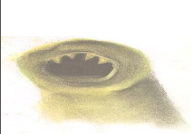
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Special points of interest:

- Colon Pill and Cleanser
- Lugol's Iodine and its uses
- Home Remedies **Oregano Oil**
- **"About Us"** Section on website-**Post your questions to Tony**

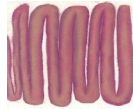
KEEP THESE GUYS OUT OF YOUR BODY!!!



Hook Worm



Pinworm



Tapeworm



Roundworm



Liver Fluke



Cryptosporidium Parvum



Jim Foley's Colon Pills/ Cleanser

True health does not come from drugs or even antioxidants. True health comes about by eliminating foreign substances from the body that hamper vital organs from performing their natural function. The first vital step is to cleanse the colon. Always drink 2 glasses of water when taking pills and cleanse. Initial blast out is heaviest the first few weeks, thorough cleansing takes longer. When you're functioning more normally, go on maintenance of 1 to 2 pills a day and 1 or 2 cleanse every other day. Each person should experiment to determine their correct amount.

What Doctors Say About Colon Health

John Harvey Kellog, MD, a natural health pioneer over 50 years ago used colon therapy to avoid surgery in all but 20 of his 40,000 patients afflicted with gastrointestinal diseases. Colon therapy was an accepted practice by mainstream medical professional 70 to 80 years ago.

Sir Jason Winters, *The Perfect Cleanse*: Death begins in the colon and more and more people are becoming aware of the importance of cleaning the colon. I was amazed at how all the poisons and decaying matter just kept coming out. It is very satisfying to do something perfectly natural and harmless to get back on the road to good health.

Dr. Richard Schulze: The digestive system and colon health have reached an all time low in the U.S. Diseases of the digestive tract are on the rise, including colon rectal cancer among men and women. Many times the real cause behind sickness and disease is this retention and reabsorption of toxic waste. The first step in everyone's health program should be stimulating, cleaning and toning the elimination organs.



Ultrazyme Plus Digestive Enzymes

Scientific fact: life cannot exist without enzymes. Dr. Howell, an American scientist and pioneer in enzymes research, states that depression, fatigue and early death is caused by the depletion of body enzymes. We have since renamed this condition "hypoglycemia" and "chronic fatigue syndrome." Ongoing research has discovered that the endocrine system that regulates the entire body requires enzymes to create a hormonal balance. Cooked foods drive the pancreas, thyroid and pituitary gland into an exhaustive non-enzyme state. The body then retains water, gaining weight, creating a hormonal imbalance. We have renamed this condition "menopause" and "hot flashes." Obese individuals are deficient in the enzyme lipase. Cooking your vegetables destroys this enzyme. Farmers, for example, feed their pigs cooked potatoes instead of raw ones because cooking destroys the lipase and the pigs get fat. Ultrazyme Plus is manufactured from fruit and vegetable sources with no animal products. It has no mold. All other enzymes companies use common aspergillus mold to manufacture enzymes. Ultrazyme Plus clears the body of parasites by metabolizing the cellular wastes in which they thrive and by digesting your food thoroughly so there are no undigested plasma proteins circulating your body to feed them. It defends the body against parasite-infested disease and keeps death away. Optimizing the assimilation of your meals by as much as 300%, these high potency enzymes from organic plant sources are encapsulated with ionic minerals to increase their effectiveness throughout the gastrointestinal tract.

Lugol's Iodine Part 2



Lugol's Iodine

History:

Lugol's Iodine was first developed by French physician, Jean Lugol, in 1829. It is a transparent brown liquid consisting of 10 parts potassium iodide (KI) to 5 parts iodide to 85 parts of distilled water. It is an effective bactericide and fungicide. For the better part of the century it was used as a common antiseptic. The internal applications of various iodine solutions have been published and discussed for well over a century.

Restoring Iodine Supplementation Easily and Cheaply

The role of iodine in human nutrition is well established as are its deficiency diseases and the conditions to which it deficiency can contribute (i.e. goiter, cretinism, hypothyroidism, etc.) The amount of iodine necessary to void diagnosable deficiency is quite small. Below, for example, we provide the U.S Recommended Daily Allowance for iodine in mcg.'s. (A metric unit of weight measurement equal to one millionth of a gram. Micro means one millionth).

Infants	40-50
Ages 1-3	70
Ages 4-6	90
Ages 7-10	120
Ages 11 or older	150
Pregnant Women	175
Lactating Women	200

Originally, people would get all their iodine from dietary sources: soybeans, cauliflower, peanuts, etc. But much agricultural farmland is now iodine deficient, leading to reduced levels in iodine in foods. Other areas, such as the Great Lakes region in the U.S., are naturally deficient in iodine — a fact that lead to the massive goiter. In 1924, iodine was first added to table salt as a preventative measure, and by 1940, the practice was in general consumer use. Using Iodized salt has no doubt, been effective: It contains about 76 mcg. of iodide per gram. The average person consumes at least 3 grams of iodized salt daily, exceeding the RDA for iodine by 150 mcg. However, iodized salt has many other drawbacks: It contains aluminum and processing chemical residues, its overuse creates the well-documented conditions associates with high sodium intake and sodium-potassium imbalance, etc.

INTERNALLY - For gas, bloating, indigestion, stomach problems, food or salmonella poisoning, use 6 drops in 1/2 glass of water, 2 or 3 times a day, for a few days. Take after meals and at bedtime. For severe cases, it can be increased to 12 drops. You'll feel results shortly. For anxiety/mood swings, etc., or for a more relaxed and peaceful state, take 6 drops in water once or twice during the day. In general, 6 drops can usually end it all for a mild case of salmonella poisoning. Though very safe, use only when needed.

THYROID PROBLEM - Many problems, in general, can be attributed to iodine deficiency. 75 years ago, Lugol's iodine was commonly used by doctors. 2/3 of a teaspoon (60 drops) was the standard dose for thyroid disease. You can start with 6 to 12 drops a day in water for about one week and you will notice improvement. Then it is advisable to consult with your doctor.

MOUTHWASH AND CLEANSER - Great as a mouthwash/mouth cleanser against bacteria, fungus, mucus, virus, coated tongue, etc. Use 3 to 6 drops in glass of water, gargle, do not drink, spit out in glass and observe what comes out. Your mouth will feel refreshed and great.

the BREATH of LIFE



OFFERING KNOWLEDGE, HOPE, AND HEALTH

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Customer information:

Log onto our website and leave your contact information. Receive newsletters, information, and the first to get new product!!!

Home Remedy Recipes

Fresh Organic Parsley tea:

Boil organic parsley in water, reduce flame, simmer 25 minutes. Wring out parsley, refrigerate. Drink 4 to 5 cups a day for about 2 weeks. Expect frequent urination. Dissolve of stones can occur in weeks.

Oregano Oil-Natural Antiseptic, Penetrant, and Bacteria Killer:

Oregano Oil kills viruses, bacteria and fungus. It can be taken internally **but one must exercise caution!!** It is extremely hot!! Use a new toothbrush. Pour **1 drop** of oregano oil in a plastic spoon or on your fingertip. Dip a wet toothbrush into it. Brush all around the gums and the dental crevices. Avoid tongue and lips. **CAUTION**—It is extremely hot and may burn your tongue. Brush daily—after regular usage you get used to it and it burns much less. It is so potent you feel its effect almost immediately.

Check out our new “About Us”
on our website and ask Tony your questions !!
www.Thebreathoflife.net

