

## MARCH ISSUE "The Colon" Part 1

**We all need internal cleansing** A simple thing like cleansing and detoxifying the colon can produce miraculous benefits, eliminate so many health disorders, restore normal bowel movements, lose weight and shrink or eliminate a pot belly producing a flat stomach!

A clean un abused, non toxic colon is essential towards a healthy life. Bowel movements, 2 to 3 a day are essential, yet so many barely go for days. A polluted colon practically invites cancer—in cancer, the colon is like a rotting sewer line. Colon cleansing was an accepted medical practice 70 years ago, known to produce good health yet has completely abandoned (no money in it) and replaced with drugs/surgery. Some therapists still effect true healing with colon detoxification.

### The abused Organ

In the 20th Century we have introduced an avalanche of chemicals, pollutants and toxins into our food and body products that have disturbed the natural working order of the body and impaired functioning of vital organs! We are born with a clean, un abused, uniform colon. But commercial processed food with foreign substances unnatural to the body cause abnormalities that result in a colon becoming abused, obstructed, and distorted.

### The cause of a pot belly-A polluted, sagging colon.

Americans are plagued with

layers of fecal matter imbedded in toxic mucus often the consistency of hard rubber. Blockage can be so severe, feces can barely pass through. Documented cases show this accumulated trash weighing up to 40lbs..! There is a direct correlation between the condition of the intestinal tract and functioning of the body. When the bowel fails to release all its waste **toxemia** occurs. A toxic liquid enters the bloodstream, organs, tissue, arteries, veins, lymph, and cells. The **auto-intoxication** is at the root of so many diseases, illnesses, affliction. Colon blockage also prevents nutrient absorption and vitamins/minerals barely get through no matter how much one takes. **A**

**CLEAN COLON IS A HAPPY COLON!!**



By eliminating encrusted fecal matter accumulated over years and stripping the mucus that is lining the colon, you remove a major contributor to disease. Fecal matter retention causes the lymphatic system to become congested. A toxic lymph is usually present during acute illness preventing the white blood cells from fighting disease. The dominant symptom in many illnesses indicates an **origin in the colon**. Parasites,

**THE MOST POWERFUL THING ONE MUST DO IS DETOXYF AND CLEANSE THE COLON**

carrying rotting matter in the colon for five years or more. But the bowel can again function efficiently for waste elimination and nutrient absorption, essential for good health and healing allow friendly bacteria to return, safe from purification. The solution is simple!

Thoroughly cleanse the colon to remove all toxic debris and **stop eating junk and processed foods with unnatural substances**. The body will respond with amazing reversal to restore balance, peace, harmony and a state of excellent health. **AMAZING MANY LOSE 5 TO 25lbs. AND POT BELLY SHRINKS**

The saying "death begins in the colon" is true, then life begins again after colon cleansing. It's actually frightening to see the poisons, junk, foreign substances and decaying fecal matter that the body has been holding onto for so many years.

**DR. Bernard Jensen, D.C., PH.D., NUTRITIONIST:** " In the 50 years I've spent helping people to overcome illnesses, disability, and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems. In treating over 300,000 patients, It is the bowel that invariably has to be cared for before any healing can take place.



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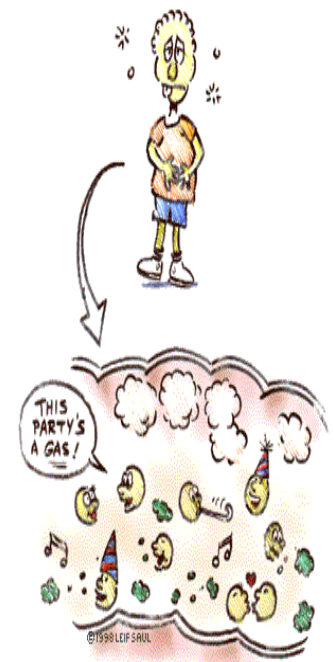
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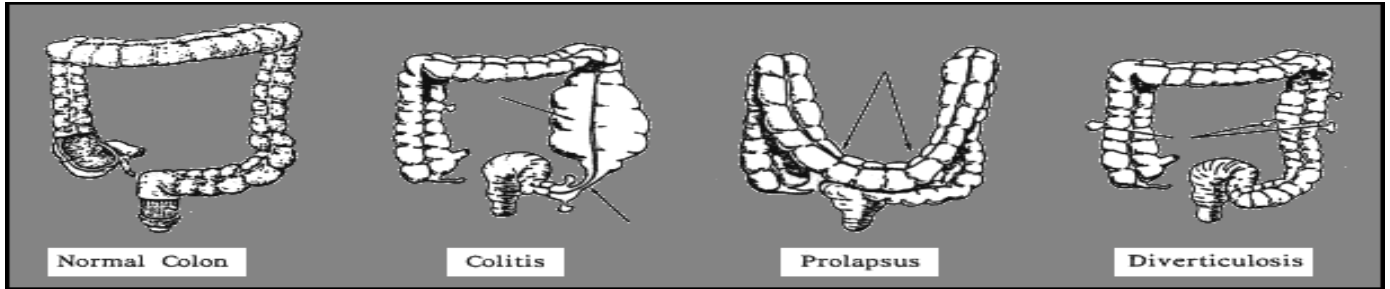
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# A CLEAN COLON AND 3 ILLNESSES CAUSED BY A DIRTY COLON!!



## JIM FOLEY'S COLON PILLS/



- **Cascara sagrada:** the very safest laxative, antibiotic effect on harmful bacteria in the intestines, stimulates the secretions of the entire digestive system, restores tone to the bowel.
- **Senna pods:** mucilage, stimulant, laxative, cathartic
- **Psyllium seeds:** eliminates toxins in the colon, retains moisture in the colon, lubricant, rebuilds colon, creates bulk and fiber lacking in our diets.
- **Turkey Rhubarb:** laxative, eases stomach pain, antibacterial, hepatic, removes irritating substances, stimulates, cleanses and tones the alimentary and intestinal areas.
- **Aloe:** emollient, bitter tonic, vermifuge, anodyne, hepatic
- **Barberry root:** deep cleansing effect on the body, especially the stomach and bowels, antibacterial, beneficial effect on the entire digestive system, beneficial use in hepatitis.
- **Slippery elm:** absorbs noxious gases, soothes inflamed or irritated areas, neutralizes stomach acidity, demulcent, emollient, nutritive laxative.

## LUGOL'S IODINE

### THE THYROID GLAND

The thyroid gland lies in the neck, just below the Adam's apple. It measures about 2 inches across and normally cannot be seen. It can barely be felt upon palpation. An enlarged thyroid, known as a goiter, can easily be detected by a physician upon examination. The thyroid gland secretes hormones which control the body's metabolic rate in two primary ways: by stimulating tissue response in the body to produce specialized proteins and by increasing cell oxygenation. To produce these vital hormones, the thyroid needs the element iodine, which is ingested from food and water.

Because the thyroid stores a several weeks' supply of hormone, symptoms of deficiency may actually occur some time after the gland is damaged or compromised. Deficient production of thyroid hormone may reflect inadequate dietary iodine or autoimmune disease that attacks the glandular tissue.

**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.

### 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 (K1) 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.



### THYROID HORMONES

The thyroid gland secretes two significant hormones: thyroxine (T4) and triiodothyronine (T3). Approximately 93% of the hormone secreted by the thyroid is T4, with only 7% being T3.

In healthy people, almost all thyroxine is converted to triiodothyronine in the tissues. This means that the primary thyroid hormone finally delivered to and acting on tissues is T3. In normal health, maintenance of resting metabolism and excitability of membranes require between 35-50 mcg of T3 a day.

### PROSTATE HEALTH

Increasing incidence of prostate enlargement in U.S. men has catapulted pumpkin seeds into the health spotlight. These seeds contain chemical substances called *cucurbitacins* that can prevent the body from converting testosterone into a much more potent form of this hormone called *dihydrotestosterone*. Without dihydrotestosterone, it is more difficult for the body to produce more prostate cells, and therefore more difficult for the prostate to keep enlarging. The fact that pumpkin seeds serve as a good source of [zinc](#) makes them doubly well-suited for this role as a prostate protector, since zinc is a mineral also used by healthcare practitioners to help reduce prostate size.

- **Cascara sagrada:** the very safest laxative, antibiotic effect on harmful bacteria in the intestines, stimulates the secretions of the entire digestive system, restores tone to the bowel.
- **Psyllium seeds:** eliminates toxins in the colon, retains moisture in the colon, lubricant, rebuilds colon, creates bulk and fiber lacking in our diets.
- **Psyllium hulls:** contains high levels of fiber, helpful with all bowel problems reduces auto toxicity, soothing and protective, beneficial with hemorrhoids helping to soften the stool and reduce irritation.
- **Senna pods:** mucilage, stimulant, laxative, cathartic
- **Licorice root:** mild laxative, detoxifier, blood purifier, strengthens the adrenals, creates a mucus lining in the stomach which is beneficial for inflammation in the stomach.
- **Aloe:** emollient, bitter tonic, vermifuge, anodyne, hepatic
- **Turkey Rhubarb:** laxative, eases stomach pain, antibacterial, hepatic, removes irritating substances, stimulates, cleanses and tones the alimentary and intestinal areas.
- **Buckthorn:** expels worms, keeps the bowels regular without irritation, cleansing to the liver, gallbladder, blood and intestines, eliminates excess body fluids, anti-arthritis.
- **Prunes:** draws toxic material in the body into the bowels to be eliminated, cleansing and laxative effect on the bowel.
- **Dandelion:** detoxifies the liver, gallbladder and kidneys, encourages steady elimination of toxins, prevents gallstones, contains high levels of potassium.
- **Barberry root:** deep cleansing effect on the body, especially the stomach and bowels, antibacterial, beneficial effect on the entire digestive system, beneficial use in hepatitis.
- **Slippery elm:** absorbs noxious gases, soothes inflamed or irritated areas, neutralizes stomach acidity, demulcent, emollient, nutritive laxative.
- **Marshmallow:** mild laxative, helpful in many intestinal difficulties, including diverticulitis and colitis, demulcent, helpful in treating diarrhea.
- **Alfalfa:** cleans, builds and nourishes the body, rich in vitamins and minerals, digestive enzymes produce better digestion and assimilation.
- **Calamus root:** helps to clear up disorders of the stomach and the intestinal tract, prevents griping of the other herbs.
- **Plantain:** kills infection, cleansing herb, counters blood poisoning, antibiotic.
- **Black walnut:** eliminates parasites from the body, oxygenating abilities burn up excess toxins.
- **Butternut:** tonic, astringent, alterative, cathartic, expels worms from the intestines, excellent remedy for chronic constipation.
- **Gentian root:** purifies the blood, good for liver complaints, strengthens digestive organs, improves appetite, expels worms.
- **Red clover:** blood cleanser and tonic, digestive aid, detergent, alterative, mild stimulant
- **Flax seed:** mucilaginous, demulcent, emollient, soothing to an irritated digestive tract, draws toxins into the intestines to be eliminated out of the body.
- **Sage brush:** cleansing herb, very healing, rids the body of toxic waste.
- **Chicory:** tonic, laxative, diuretic, expels morbid matter out of the stomach, bitter tonic for the liver and digestive tract, mild laxative.
- **Fennel:** beneficial for the stomach, relieves cramping, fortifies the nerves, prevents gas in the stomach and bowels, settles stomach pain.
- **Ginger:** carminative, anti-emetic, antiseptic, making it highly beneficial for the gastrointestinal infections, circulatory stimulant.
- **Chamomile:** very soothing to the stomach, helpful with digestive problems, relaxant, antispasmodic, carminative, mild bitter.
- **Calendula:** antiseptic, detoxifying, antifungal, antibacterial, antiviral, heals wounds, prevents hemorrhaging.
- **Wahoo:** tonic, laxative, expectorant, diuretic, alterative, helpful in liver and gallbladder problems.
- **Cloves:** antiseptic carminative, stimulant, analgesic, antispasmodic, helps in digestive discomfort, eliminates parasites, prevents vomiting.
- **Yucca:** blood purifier, digestive aid
- **Blue vervain:** settling to the stomach, stimulates bile secretion, tonic, mild better, expels worms, will remove obstructions in the bowel, colon and bowel.
- **Blue flag:** hepatic, alterative, laxative, vermifuge, resolvent
- **Red raspberry leaf:** helpful with bowel problems, relieves nausea, atomachic, tonic.



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## 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.

### Tips for Preparing Pumpkin Seeds:

While most stores sell pumpkin seeds, it is fun and easy to make your own. To do so, first remove the seeds from the pumpkin's inner cavity and wipe them off with a paper towel if needed to remove excess pulp that may have stuck to them. Spread them out evenly on a paper bag and let them dry out overnight.

Place the seeds on a cookie sheet and lightly sprinkle them with oil and the seasonings of your choice. Bake them at 300°F for approximately 30 minutes or until golden brown, shaking the pan several times when baking so as to prevent them from burning.