



Can Death Begin in the Colon?

Ailments from Toxic Colon:

- overweight
- joint pain
- acid reflux
- constipation
- IBS
- headaches
- heartburn
- low energy
- skin problems
- low energy
- poor memory
- PMS/menopausal issues- heat
- inflammation/pain
- bad breath
- prostate, bladder, uterous issues - cysts

Good things about clean colon:

- look younger- age more slowly
- high energy
- weight stays off
- no health issues

What is cause?

Autointoxification- self Poisoning- food, lack of water, stress, drugs, especially antibiotics

Food Process- mouth, chew with saliva to stomach to small intestine where nutrients are absorbed through small villae, large intestine for fecal matter- out rectum

1 meal in, one bowel movement, 3 meals a day- 3 bowel movements a day- effortless, odorless, well formed

Now about less than 10% have clear bowels when autopsied

Where is food if not clearing? Think of meat in on a plate for days/weeks - how will it smell? Garbage not put out for weeks?

Diverticulitis- outpouches that hurt and can become infected

Spastic colon from stress- pencil thin stools

Worst case- colostomy- hole and a bag

Enlarged colon due to food- up to 5X width- big guts

When food piles up, channel becomes thinner and harder to eliminate- drains body of energy and organs then are recipients

NOT laxatives as they irritate bowel and don't heal it

Fixes:

- colonics
- colon detoxes
- water
- general detox
- eat 4 blood type
- acidophilus

Bowel Prolapse- drops- bothers prostate, bladder, uterus,

Toxins go to Liver- memory, low energy, cholesterol, joint, skin issues

To Kidneys- blood pressure, low back pain

Lungs- bad breath, Asthma, allergies