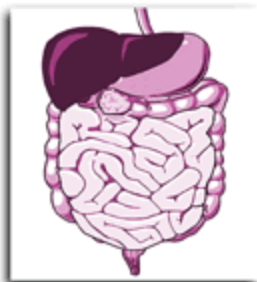


## ***Disease is an Un-Natural Health Condition***

Disease is an unnatural health condition and increasing at an alarming rate!

Due to poor eating habits, it has become increasingly clear that almost every person in this country over six years old is developing serious problems in the intestinal tract which in later years may contribute to the development of various acute, chronic and degenerative diseases such as cancer, heart trouble and diabetes, as well as lack of energy, premature aging, poor eyesight, memory loss, a poor complexion and wrinkles.



It is estimated that over 90% of disease can be contributed directly or indirectly to an unhealthy digestive system.

When you eat food that is harmful to your body (i.e. processed, animal meat, dairy products including milk and cheese, and over cooked plant food) you set up the process of degeneration in your own body.

We have only ourselves to blame for the self infliction of 90% of the diseases that kill us.

As Dr. Bernard Jensen says,

*"It is the bowel that invariably has to be cared for first before any effective healing can take place."*

People suffer from malnutrition and auto-intoxication (*self-poisoning*) which result in disease, parasites and filth all because of a gradual buildup of many layers of mucoid plaque substances in the intestinal tract. This substance may accumulate until it is several inches thick and reaches the entire length of the small intestines and colon.

Some autopsies reveal colons that is stretched to six inches in diameter or more because they are packed with layer upon layer of encrusted mucoid fecal matter. These same colons eventually have a very small passages left open.

When you see a person with an extended belly

area, what do you think that is? It's the small intestinal tract stretched with the left over processed foods, animal meat, dairy products including milk and cheese, and over cooked plant food that your body could not properly digest.

All the diets in the world will not work until you change your lifestyle of eating habits.

The healthy colon weighs about four pounds, but *few people realize that the same mucoid layers found in the colon, also abound in the duodenum and small intestine. This deadly substance may be loaded with parasites, drugs, free radicals, dead tissue and old, decaying food.*

***A Toxic Intestinal Tract...means dirty blood, poor digestion and malnutrition***

When the intestines have any of this mucoid plaque substance, there may be serious interference with the digestive process.

Even if a person's intestinal tract were lined with just a thin layer of this mucoid substance, he or she could have sluggish peristaltic action, which is constipation.

This eventually causes serious health problems. This person could also be suffering from some degree of malnutrition because nutrients is less able to be absorbed through these mucoid layers.

***Second Step In The Break Down Of The Digestive System Which Is The Cause of Disease***

Once the first layer of mucoid fecal matter forms, further layers develop more easily as the peristaltic action becomes slower. Herein lies the beginning of diverticulitis, colitis, colon cancer, constipation and a host of other body malfunctions.

Any build-up of this old matter produces fermentation, putrefaction and stagnant pockets of poisons and harmful bacteria (*a condition of auto-intoxication or self-poisoning*).

These toxins constantly seep into the bloodstream and lymph. They eventually settle into the weakest areas of the body, then various symptoms develop and are given names according to those areas and the degree of cell degeneration.

Unfortunately, the symptoms resulting from the toxic overload in the bowel are generally treated rather than the cause; and even if one succeeds in strengthening the weak area or suppressing the symptom, the toxic flow from the bowel will simply find another weak area to break through.

As Dr. Jensen puts it, "Every tissue is fed by the blood, which is supplied by the bowel. When the bowel is dirty, the blood is dirty and so on to the organs and tissues."

Disease can only be permanently overcome when the cause is addressed, rather than simply treating the symptom.

### ***The Parasite's Dream...A dirty, unhealthy intestinal tract***

This is the ideal environment for worms and parasites. There are over 300 varieties that can live in the human body. World-wide, worms out rank cancer as our deadliest enemy. It has been estimated that 150 million people in American have intestinal parasite infestation.

Medical text books have revealed that over 55 million American children have worms. Parasite infestation is growing rapidly, due to a lack of raw vegetables and fruits in the diet and an increased consumption of cooked and acid-forming foods. Once in the intestinal tract, parasites have easy access to other parts of the body where they imitate various symptoms and diseases.

People may get infected from flies, mites, food, pets, fingers, feces and from the air. They may have no symptoms or there may be abdominal discomfort, diarrhea alternating with constipation; or if acute, bloody dysentery, general discomfort, chills and fever. Even worse, it can enlarge the liver, invade the lungs, brain and skin, and can cause grave complications. Lack of energy and bowel problems are the most common symptoms.

### ***A Parasite Epidemic in America?***

This is a clean, well-fed nation - parasites are only a serious problem in Third World countries.....aren't they?

It is generally accepted that conventional medicine does not always successfully diagnose, or treat, all of the varieties of parasites (*protozoa*).

More than 80% of the world's people are

infected with parasites, 60% of Americans are infected.

You can get parasites from eating a rare steak, food handlers, shaking hands with an infected person, playing with your pet, or as a result of sexual activity.

The number one parasite found in the United States is Giardia lamblia. This parasite has been found in water supplies throughout the country, including Boston, New York, San Francisco, Philadelphia, etc.

Parasites thrive on junk food, sugar, fried foods and lots of carbohydrates.

Parasites, such as hookworms, blood flukes and protozoa, are found in almost all people infected with the AIDS virus.

A common traditional pharmaceutical treatment, metronizadole-Flagyl, is now only 5% effective in a single course program. Most patients treated with metronizadole-Flagyl complain of the side effects, as well as a return of symptoms.

### ***Eliminating Unhealthy Bacteria***

Few people realize the importance of removing unhealthy bacteria from the intestinal tract and reestablishing with healthy bacteria. The proper bacteria is essential to a strong immune system, assimilation of vitamins, proteins, fats, carbohydrates; and the manufacturing of Vitamin B-12, K and amino acids.

It helps reduce cholesterol in the blood, control the pH in the intestines and detoxify the poisonous materials in our diets, while producing cancer suppressing compounds that strengthen the immune system, increase calcium assimilation and help retard Candida, gas and bad breath.

When unhealthy bacteria overrun the healthy bacteria, outside pathogens penetrate the immune barriers and feed the blood and lymph with further toxic substance.

Proper implantation of healthy bacteria begins with cleaning and removing the harmful bacteria from the alimentary canal.

Water, juice fasts or colonics are unable to remove all of this mucoid substance.

There are various cleansing programs that remove it from the colon alone; but for best results, it is necessary to cleanse the stomach and the small and large intestines with herbal foods.

Also, of those people who had Irritable Bowel Syndrome, Crone's Disease and Chronic Fatigue Syndrome have reported that after cleansing their system with the combination of proper nutrition they are provided relief for these conditions. Many have said that they experienced improved eyesight, weight loss, better digestion, greater strength and endurance, and the most common testimony - more energy.

more energy  
better health  
relief from pain  
allergies gone  
better skin  
back problems eliminated  
disappearance of lumps  
more emotional control  
relief from many intestinal disorders  
relief from arthritis

### ***Using herbal cleansing to treat digestive problems***

#### ***Constipation***

Constipation is a symptom of an underlying problem characterized by the difficulty of passing stools, infrequent elimination, or an absence of the urge to eliminate. Stools that are passed may be hard, dry knotted or dark. Other symptoms may include bloating, appetite loss, indigestion, mild nausea, hemorrhoids, headaches, bad breath, skin problems, liver problems or weight gain (often noticed in the stomach area).

Chronic or ongoing constipation is unhealthy because toxins are formed and may be re-absorbed when waste remains in the intestines for lengthy periods of time. It has been theorized that chronic constipation can greatly increase a person's susceptibility to intestinal cancer.

Waste should be eliminated through the bowels regularly at least a 1-2 times per day. A healthy colon eliminates waste in 6-12 hours. The underlying cause of constipation is usually a low fiber, high sugar diet, which causes sluggish and weakened peristaltic muscles.

Refined (white) flour, rice, and pasta, which have been stripped of their fiber and nutrients, also act as catalysts. Cows milk and high stress levels can also cause constipation. Eating enough whole grains, raw fruits and vegetables ensures that your body is receiving the fiber and nutrients that are necessary for proper digestion and elimination.

Stimulating laxatives (such as Casgara Sagrada and Senna) can greatly compound the problem because the constant stimulation of the bowels interferes with the body's natural functions.

Drinking adequate water and engaging in frequent physical activity is vital for proper bowel function.

Remember, keeping the gastro-intestinal system healthy is a great foundation for Preventative Health.

#### ***Diarrhea***

Diarrhea is a strong signal of another problem in the system. Dehydration is always a concern in severe diarrhea, especially in infants, children, the elderly, or in those too weak to notice their thirst for liquids. Danger signs are excessively dry mouth and eyes, leg cramps, and sunken eyes.

A test for dehydration is to pull the skin between the fingers and let go. If water is lacking, the skin will not snap back. Dehydration can be serious and requires immediate medical care.

Diarrhea is a natural reaction of the bowels to purge the body of toxins, irritations, infection, and other unwanted substances. Unclean water, spicy food, eating too quickly, unripe fruit, or undigested vegetables or other foods can cause diarrhea. Only persistent diarrhea is cause for concern.

The acute symptoms of gastroenteritis are usually due to viruses, bacterial, or parasitic infections. Parasites can cause long term or repeated diarrhea. Many people suffer from parasitic infections for years without realizing that parasitic infection may be the cause of their digestion and elimination problems.

Chronic pancreatitis (inflammation of the pancreas), and alcohol abuse can also cause constant problems with diarrhea. Recurring attacks of diarrhea signal illnesses like crohn's disease, Irritable Bowel Syndrome (IBS), or colitis.

Children with persistent diarrhea who do not gain

weight should be checked for celiac disease or they may possibly have parasites, which children are very susceptible to.

Symptoms of alternating diarrhea and constipation indicate a possible candida infection or diverticulitis (pouches which develop in weakened areas of the large intestine). Medications can also be the source of problems as can taking large dosages of Vitamin C.

### ***Crohn's Disease***

Crohn's disease is very similar to colitis in that recurring attacks of inflammation cause abdominal cramping and frequent urging along with diarrhea. The diarrhea can be so problematic that it causes anxiety and distress. Poor appetite and weight loss are common.

Although the small intestine is usually affected, any part of the digestive tract can be affected by inflammation, including the mouth and stomach. Since the small intestine is responsible for the absorption of many nutrients, deficiencies are even more common than with colitis. As in other inflammatory bowel diseases, the attacks range from mild to severe, with younger people being more affected.

Crohn's disease is a serious inflammatory illness because changes in the intestinal mucous membranes leave tissues thickened with scars, which hinders the assimilation of nutrients from the intestines. Intestinal bleeding can cause anemia.

The inflammation of crohn's disease has been attributed to an autoimmune process, but diets containing fast foods, refined foods, and sugars which are lacking in fiber and fresh raw foods, are problematic.

Friendly bacteria (probiotics) are necessary for good digestion and to normalize bowel function.

The formula should be gentle, finely sifted, and contain mucilage to soothe and reduce inflammation of the intestinal wall.

Supplementation for crohn's disease should focus on reducing inflammation and supporting the healing of the mucous membranes. It is also important to supply the nutrients that are lost because of poor assimilation and medication use.

### ***Colitis***

Colitis refers to an inflammation of the larger bowels or colon. There are several types of colitis, but ulcerative colitis is the most common and most serious.

The inflammation causes small ulcers to develop in the mucous membranes of the intestine. In most cases, the inflammation flares up and then recedes.

Bouts of colitis typically cause relentless cramping pains and diarrhea, possibly containing blood and mucous. The diarrhea often alternates with stubborn constipation and hard stools. Fever and fatigue are common during attacks.

Nutritional deficiencies are likely to develop since an inflamed colon cannot adequately perform its function of absorbing water and minerals.

If intestinal bleeding occurs, anemia results. Bouts of ulcerative colitis are highly individual and often dependent upon emotional stress. In long standing severe cases, the constant inflammation of cells in the colon increases the risk for colon cancer.

Ulcerative colitis can easily be confused with other inflammatory bowel problems, including IBS (Irritable Bowel Syndrome), and crohn's disease.

Diarrhea from inflammation of the colon can have many other causes, including a bacterial or parasitic infection.

Ulcerative colitis is thought to be an autoimmune disease, but it is strongly linked to the "SAD American Diet". A diet low in fiber and high in sugar and other refined carbohydrates, including processed foods, animal meat, dairy products, milk, cheese, yogurt and over cooked plant food, white flour, rice, and pastas, which are deprived of their nutrients and fiber can contribute to ulcerative colitis.

Colitis is also linked to an over stimulation of the sympathetic nervous system caused by constant stress and unresolved emotional conflicts.

Antibiotics cause an imbalance in the intestinal flora of the colon by destroying friendly bacteria.

Anti-inflammatory medications tend to increase

the need for certain nutrients and contribute to deficiencies.

A helpful solution is to eat live whole foods that are predominantly uncooked in a vegan diet, consisting mainly of vegetables, fruits, and sprouted grains (not wheat), which provide complex carbohydrates and mucilaginous, water-soluble fiber.

Live whole foods help soften stools and soothe bowel irritation. They also help to ease hard, rope-like fecal waste, out of your system. Normally, this encrusted waste would be pulled from the colon wall much like pulling off a scab, causing bleeding.

Natural foods with essential fatty acids, vitamins (high in Vitamin B-complex) can be very helpful. Beta-carotene, magnesium, Vitamin E, and a good antioxidant are musts if the body is going to be given a chance to heal itself.

### ***Irritable Bowel Syndrome (IBS)***

Irritable Bowel Syndrome (IBS), also known as spastic colon, can easily be mistaken for the other inflammatory bowel diseases, crohn's disease or ulcerative colitis, because the symptoms are so similar. Episodes of stomach upset or spasms causing diarrhea or periods of constipation, are typical for all three intestinal disorders. IBS causes sharp and stabbing pain, or nagging, deep-seated aches.

In other cases there is no pain, just sudden urging and diarrhea, which can be so urgent that it causes stool incontinence.

Bloating is the most common symptom, with much gas, belching, and flatulence.

Nausea can occur and there usually is an excess of mucous in bowel movements. Stress and anxiety can trigger attacks. Parasites and infections causing diarrhea should also be ruled out, as parasites in particular can be quite difficult to diagnose and eliminate. Stool results for parasites usually return with negative results several times before one returns positive, if at all.

IBS is the #1 reason for general practitioner referrals to specialists. In well over 80% of cases, tests reveal the presence of an overgrowth of parasites, fungi, or pathogenic bacteria.

IBS is caused by a change in the number and strength of intestinal contractions, which push food waste through the intestine. When the contractions are faster and stronger, they cause diarrhea, but if they are slower and weaker, constipation follows.

Anxiety and emotional tension adversely affect symptoms or bring on an attack even when there have been no other problems with the colon. Meat, Dairy products, wheat, corn, and citrus fruits are often irritations.

Diet plays a large part in IBS. Stomach and intestinal disorders occur when meat, dairy, milk, cheese, yogurt, refined and processed foods are eaten regularly (several times a week). They are much more difficult to digest than wholesome live whole foods rich in enzymes and other essential nutrients.

Adequate dietary fiber is also lacking. If allowed to persist without correct treatment, *IBS can progress into more serious disorders like chronic fatigue syndrome, candidiasis syndrome, multiple chemical sensitivities, many autoimmune diseases, and possibly even cancer.*

When treated with tradition medicine, IBS is rarely cured. To treat it correctly, natural treatments work best and must include the removal of the cause, improvement of gastrointestinal function, and healing the lining of the gut.

Increasing dietary fiber and drinking lots of purified water is one of the key to alleviating IBS.

### ***Diverticulitis***

Multiple diverticula's are small pouches that develop in weakened areas of the large intestine. They usually do not cause any discomfort unless they become infected and inflamed, which causes an irritation in the bowels. Abdominal pain and tenderness result, usually in the lower left side.

If severe, fever, spasms, bleeding, anemia, and diarrhea alternating with constipation are also present. In some cases, the diverticula grow large.

Diverticulitis usually occurs after years of eating unhealthy foods which cause a weakening of the tissue and pressure against the intestinal walls.

Inflammation occurs when these pockets fill with

matter. As in all diseases of the digestive tract, your diet is largely responsible for the state of the intestinal tissues and for inflammation.

The SAD American Diet full of sweets and refined foods, including white flour, white pasta, and white rice, is low in nutrients and particularly hard on the digestive tract.

Fresh raw vegetables and fruit are rich in fiber and should be a main constituent of every diet in place of fast food, processed, canned, or frozen foods. Hard stools and constipation from lack of fiber cause constant pressure against the colon walls and weaken intestinal tissue.

A full-spectrum cleansing of the intestinal tract is suggested.

### Herbal Cleansing

Psyllium is the most exciting fiber source because of its broad range of cleansing actions in the body. It has the wonderful properties of both soluble and insoluble fibers. In general, insoluble fibers add bulk and attract water into your bowel, whereas soluble fibers are responsible for the other heart healthy, cancer protective, bacteria building properties. Psyllium fiber adds both bulk, acting as a gentle broom for your intestinal lining.

No cleansing program can be successful without removing toxins and wastes from the colon, and studies have shown that no fiber is as effective as Psyllium seed husks for trapping and removing toxins and wastes. Imagine a sponge that expands fifty to eighty times its original size, with expanded scrubbing powder. That gives you some idea of the power of Psyllium seed husks. This also explains why Psyllium in capsule form can never be as effective as it is in powdered form.

Psyllium contributes to the cleansing process in a multitude of ways. In addition to scrubbing the colon walls and removing toxins, it promotes a shorter transit time. This means that your body's waste matter spends less time in your colon and has less contact with the mucosa of your colon.

Psyllium seed husks strengthen the integrity of the intestinal lining, reducing the chance of bacteria and intestinal toxins penetrating through the wall and into your bloodstream.

As a soluble fiber, Psyllium promotes the growth of

friendly bacteria in the colon. Friendly bacteria supports the cleansing process and helps restore normal bowel function.

Fiber and FOS together have a synergistic effect. FOS (Fructo-oligosaccharides) also cleanses the colon and builds colon cells and friendly intestinal bacteria. FOS are naturally occurring complex sugars that have beneficial effects in your diet. Some can be found in banana, rye, onion, garlic, burdock, asparagus, chicory root, and Jerusalem artichoke. Judging from usual eating habits, it may be difficult to ingest the recommended daily doses of FOS from foods. Most animal and human diets are deficient in FOS.

In addition, most modern people engage in activities that cause damage to the intestines (poor diet, over consumption of alcohol, eating undercooked or raw eggs, all meats, including chicken, fish and seafood that may produce bacterial infections, use of aspirin and other pain killers, and use of antibiotics).

In the United States alone, every year, humans, livestock, and poultry consume over thirty five million pounds of antibiotics. As we eat these foods, we may unknowingly consume second hand antibiotics hidden in the meat, poultry, and dairy products.

The overall effect of our antibiotic habit has not only been the destruction of helpful bacteria in the intestines, but also the establishment of harmful strains of bacteria that antibiotics can no longer kill.

Over the last thirty years of antibiotic use, strains of bacteria have mutated to become antibiotic resistant for almost every known bacterial disease. In 1993, 70,000 hospital patients died of infections that resisted every drug tried. Every year it multiplies.

A quote from Dr. Bill Jarvis of the Centers for Disease Control and Prevention:

*"Resistance to antibiotics is probably the number one public health issue. So it only makes sense, that instead of killing the bad bacteria, as it also unfortunately kills the good bacteria leaving us even more wide open to infections, let's concentrate on cleansing the body of toxins and waste matter. Let's replenish ourselves with friendly bacteria in which to overtake the bad bacteria, which in turn, will naturally strengthen our*

*immune system to fight bacteria, instead of weaken it."*

FOS can also help lower blood pressure and has anti-cancer effects due to immunity enhancement. Finally, FOS supports production of the Vitamins B1, B2, B3, B6, B12, and folic acid. These are all part of the B-complex vitamins that support your brain, nervous system, digestion, and energy production.

### **Indigestion**

Indigestion occurs when there is difficulty breaking down and assimilating foods after a meal. There are many symptoms, including heartburn or burning anywhere in the stomach, a feeling of heaviness long after a meal, belching, bloating, gas, flatulence, nausea, and a poor or inconsistent appetite.

The type of food eaten and bad eating habits directly causes most digestive problems. Refined, processed, meats, dairy, cheese, milk and altered foods all stress out and wear out the digestive organs.

Excessive fats, especially unhealthy saturated fats from deep-fried and fast foods slow down digestion.

Over-consumption of coffee, alcohol, cigarettes and spicy foods makes the stomach overly acidic.

Indigestion can also be due to or increased by improper eating habits such as eating too quickly or when stressed, not chewing well enough and drinking liquids with meals.

Other causes are imbalances in bile, stomach acids and eating foods with dead enzymes, food sensitivities; and improper combinations of different types of food.

Wholesome, uncooked, unprocessed foods are the key to good digestion. Eat only when hungry and relaxed, and eat slowly without swallowing air. Take time to smell and really taste your food. This not only increases your enjoyment but also prompts the pancreas to secrete digestive enzymes into the small intestine.

Plant food enzymes as well as Digestive enzymes are necessary for complete digestion, and it begins with the combination of the food enzymes and the

digestive enzymes in saliva. If live enzymes is not in the food to assist the digestive enzymes, and if food is not chewed and swallowed before these enzymes have done their work, the stomach and pancreas will not be able to perform their own digestive functions properly.

Over-acidity of the stomach is often the result of too much coffee or alcohol, along with acid forming foods. If under activity of the stomach is the problem, lemon juice or apple cider vinegar with meals will help.

Although digestion is a highly complicated process dependent upon many factors; Live whole food enzymes as well as digestive enzymes, hydrochloric acid and bile are crucial. If any of these are lacking, digestion will be incomplete and will result in bloating, nausea and digestive upset.

If there is a deficiency of healthy intestinal bacteria, as a result of antibiotic use for instance, digestion will be poor.

Re-establishing the intestinal flora (good bacteria present in the stomach) with enzymes such as acidophilus supplements will aid digestion.

Avoid antacids as they inhibit digestion, causing cycles of indigestion, gas, bloating and constipation. Neutralization or suppression of gastric acid with the use of antacids have no long term therapeutic benefits.

A full spectrum acidophilus with FOS (Fructo-oligosaccharides), Psyllium with therapeutic herbs for the gastro-intestinal tract, and a thorough Parasite Cleanse is often necessary to start the recover of your natural digestive process.

### **WARNING:**

The Information in these articles is not intended to replace medical advice or treatment. Questions about symptoms, specific dietary needs and medications, general or specific, should be discussed with your physician. The information in this article is for informational purposes only, and is not medical advice or a substitute for a physician's consultation and/or examination.

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