

# “As Amazing As It May Seem” If You’re Not Having Three Good Bowel Movements A Day You’re Constipated!

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**H**ow is it possible to be living in the most enlightened time in human history in the most educated nation in the world, with more universities, hospitals, doctors, newspapers, communications and information and yet be so ignorant when it comes to the basic cause of sickness, disease and human misery?

It breaks my heart to see well educated people at the most productive time in their lives suffering from crippling strokes, life threatening heart disease, devastating diabetes, high blood pressure, allergies, high cholesterol, digestive disorders, lyme disease, Epstein bar, chronic fatigue syndrome and hundreds of other 100% preventable diseases.

I recently spoke to a 34 year old patient who had colon cancer. A team of dedicated surgeons and nurses had done their best to remove the growth, yet the cancer was spreading throughout her body. This patient was rather surprised when I asked her about the foods she ate, the amount of fiber and water she was ingesting, and the frequency of her bowel movements. She hesitated and then asked what any of those things had to do with her cancer.

I explained that they are directly related to her health and recovery. I also explained that these questions were related to the bottom line causation of why she developed cancer in the first place. Her only reply was, “Why didn’t my medical doctor tell me that?”

Our nation has the best trained surgeons in the world, the most sophisticated medical diagnostic equipment in the world, more pharmaceutical companies and hospitals than the rest of the world combined, yet millions of Americans are sick, compromised debilitated, and dying due to ignorance. In the case of most Americans what they don’t know is killing them.

“Constipation is the mother of all diseases.” This is what Hippocrates the Father of Naturopathic medicine taught in all the Greek medical schools four centuries before Christ began his earthy ministry. Are there any American Medical Associations approved medical schools teaching this basic naturopathic principle today? If there is one medical school in the country that is, I’d like to know about it.

Dr. Bernard Jensen taught in all his bowel management and detoxification classes that, “most grandmothers and great-grandmothers know more about the bowel than the majority of state licensed medical doctors.”

Colon/ Rectal Cancer is epidemic in the U.S. Two hundred fifty thousand colostomies took place last year alone. Many of these poor souls have been sentenced to be shackled with a colostomy bag wrapped around them for the rest of their life. Dr. Norman Walker said in his book, *Health in the Colon*, there is no expense and no extreme that a person should be willing to go through to prevent a colostomy bag.”

## CRIMINAL MAL-PRACTICE

For centuries the medical profession taught the naturopathic principle of the ancients, “An ounce of preventives is worth a ton of cures.” What is our modern day medical profession teaching today? Mindlessness! ... Cancer causing mammograms, needless operations,

disgraceful weight loss surgery, unnecessary antibiotics, full body scans containing 50 times the cancer producing radiation of a chest x-ray, sickness producing flu shots, monkey pus, cow mucus, horse urine and mercury shot into our children in the name of immunization and healthcare and 72 other autism producing vaccines given to them before they make it into the first grade.

In 1980, our Federal Court System took the American Medical Association and all their minions into criminal court on charges of conspiracy in attempting to wipe the chiropractic profession off the face of the earth. They were found guilty.

This same organization is still committing crimes of conspiracy against chiropractors, by pressuring the insurance companies not to fairly reimburse for chiropractic care. They have expanded their conspiracy to vitamins, herbs, homeopathy, colon hydrotherapy, drugless osteopathy, health foods, nutrition, I.V. chelation therapy, alternative medical doctors, non-toxic cancer treatments and doctors of naturopathic medicine. It is a fact that any treatment that is not drug related is at risk of prosecution, which means your right to choose your own health care is at risk. Our constitution way of life and republic is at risk.

Colon Cancer is the second leading cause of cancer deaths in the U.S. and it’s increasing. Sixty thousand men and women died last year from colon cancer. That’s more than all the deaths of the Vietnam War and all American War involvement since.

Why did the pharmaceutical monopoly take colonics, the most effective non-toxic preventative treatment for rectal/colon cancer ever, out of the Merck Manual in 1976? At the same time they extracted coffee enemas from the desk manual that physicians used for over 100 years. Is it possible that the drug medicine establishment is more concerned with creating toxic drug treatments than using well established non-toxic natural treatments? Is it possible that they’re really not all that interested in prevention?

The medical profession has changed drastically in the second half of the 20th century. At one time almost every medical doctor had a colonic machine in their office and most of the time it was the doctor who administered the treatment.

According to William Watteringer M.D., who taught doctors how to administer the treatments and wrote the training manuals for the procedure, most patient complaints from stomach aches, to head aches, to back aches, to fluid retention, to colds, flus, fever, sore throats, sinusitis, ear aches, infections to chronic fatigue were treated first with a colonic before any other treatment was considered. According to Dr. Watteringer, 80% of the problems and patient complaints were eliminated with a colonic or series of colonics, and no further medical treatment was necessary.

How is this possible you ask? Anytime you reduce the body’s total toxicity load, you free up bio-energy. The freed up bio-energy that was previously directed to neutralize toxins is freed up to restore, rebalance and regenerate the integrity of the body.

So-called medical news is quick to tell us about every new drug that

comes down the pike. They're going so far as to condition us to tell our doctors what drug he should prescribe for us. Why hasn't the medical news media told us that 100% of the 60,000 rectal/colon cancer deaths last year were introduced by way of constipation? Why hasn't the so-called medical news told us that individuals who take colonics on a regular ongoing basis do not get rectal/colon cancer? Why hasn't the so called medical news told us that rectal/colon cancer is the end result of a dirty, dirty that colon that people with clean colons, people who have a bowel movement for each meal they eat, do not get colon cancer?

## TOXEMIA IS THE CAUSE OF EVERY DISEASE

Auto-intoxication is the bottom line cause of almost every disease and degenerative condition. John Tilden M.D., in his book *Toxemia* explains "The True Interpretation of the Cause of Disease is Toxemia." He said, "If you deal with toxins on an ongoing basis by way of naturopathic detoxification, colonics, fasting and ozone far infrared sauna therapy, you won't age as quickly as you normally would. This means you would prevent many of the degenerative diseases associated with aging and you won't go through all the aches, pains, fatigue, loss of libido, insomnia, depression, brain fogs and immune problems that your friends and parents have gone through.

Colon hydrotherapy not only corrects constipation, it reduces toxicity. As a result every system, gland, organ and cell of your body works more efficiently. A toxic body is a sick body. The medical profession has 26,000 different names for 26,000 different disease symptoms, the common denominator is toxicity.

Anything you can do to reduce the body's total toxicity load will improve the functionality of your body. A series of colonics makes a lot of sense. Most doctors don't understand the full benefit of colon hydrotherapy. What is not understood is the hydrotherapeutic aspect of colonics. It is a therapy for strengthening the flaccid muscle of the bowel and correcting the cause of the problem.

Constipation causes the muscles of the colon to become weak and flaccid. After months and years, constipation becomes chronic. Eventually the colon loses its peristalsis, this is the beginning of many sorrows.

No matter what you have thought in the past or what someone may have told you, if you're not having three bowel movements a day you're constipated. Having one bowel movement a day is indeed constipation.

America's eating habits are finally catching up to us. We reap what we sow. There is a cause for every effect. America is presently 27th in life expectancy and 101st in total health. In 1949 we were 1st. We are by far the most constipated people in history. Three generations of whoppers, golden fries, pizza hut, nathans hot dogs, ma's pork sausages, wonder bread, star bucks, dunkin donuts, taco bell, jack in the box, big mac's, finger lickin good, baskin robbins, this buds for you, sugar addiction, washing it all down with things go better with coke have contributed much to our dilemma. Constipation is so common that our drug medical profession considers it normal.

## COLON HYDROTHERAPY

Colonics are not something new. This natural bowel detoxification therapy goes back into ancient Egyptian history. Every civilization since Noah's flood, every nationality and every generation used some form of colon hydrotherapy. Even our own American medical system employed colon hydrotherapy as a primary treatment modality until about 1940 when the pharmaceutical monopoly chose to substitute drugs in place of natural treatments. In 1975 they erased the last remnant of colonic by extracting even the memory of them by taking them out of the Merck Manual which served as the official doctors desk reference for over 100 years. In the 1950's the pharmaceutical controlled medical schools began discrediting colon hydrotherapy and naturopathic detoxification labeling it quackery.

One of the most famous and highly respected surgeons in American history, Harvey Kellogg M.D. wrote in his book, *Hydrotherapy*, "of the 25,000 colon operations I have personally performed I have never found a single normal colon.

At his Battle Creek sanitarium, Dr. Kellogg (also the founder of a famous cereal company) treated 40,000 patients with serious gas-

trintestinal disease. 39,998 of these patients avoided surgery as a result of his treatment protocol. Why hasn't our medical news told you about Dr. Kellogg's protocol? Could it possibly be because no drugs were used?

## DR. HARVEY KELLOGG'S TREATMENT PROTOCOL

- Nutrition testing and personal health evaluation. Including a urine Indican test to determine bowel toxicity.
- A 30 day naturopathic detoxification program of raw juices. Supplemented with concentrated naturopathic food, medicines, Herbs and fibers.
- Distilled water with ionic liquid mineral supplementation based on Your individual bio-chemistry.
- A series of twelve colon hydrotherapy treatments. Two a week for the first month then one a month for the second month then Reevaluation and a colonic hydrotherapy maintenance program For life.
- Intestinal restoration drink twice daily to restore friendly flora.
- Food combination diet for digestive efficiency.
- 75% raw food diet.
- Fiber supplements to push food through the intestines in a Timely fashion.
- Natural food supplement program based on individual Bio-chemistry.
- Ozone far infrared sauna to combat our daily exposure to Environmental toxicity and to reduce excess body fat weight and to detoxify the brain and cells from old drug debris and stored metabolic toxins.
- I.V. chelation therapy to remove heavy metal toxicity and improve Blood circulation
- Other appropriate nutritional I.V. therapy based on individual Bio-chemistry.
- Photo blood luminescence therapy if indicated.
- Hyperbaric oxygen therapy if indicated.
- Foot detox bath and/or other naturopathic detoxification therapy if indicated.
- Ozone therapy if indicated.
- Low level laser therapy or tessler coil violet ray therapy if indicated.
- Rife vibrational therapy if indicated.
- Spine strengthening and spinal manipulation if indicated.

## CONCLUSION

The word "Constipation" is derived from the Latin word "Constipatus" which means "to press or crowd together, to pack, to cram"

Hippocrates the father of naturopathic medicine said: "Constipation is the mother of all diseases." In naturopathic medicine we believe if you're eating three meals a day and you're not having three bowel movements a day you're constipated.

Common sense tells us that if we retain the by-products of the food we eat too long in the colon, it's going to putrefy, cause disfigurement, weight gain, fluid retention, metabolic waste materials, harmful acids and toxicity. In naturopathic medicine we believe it is the backing up of morbid materials that cause toxicity and metabolic acidosis of the blood.

Constipated people are tired, worn out, fatigued, overweight, toxic burdened. A toxic bowel will eventually manifest itself into a named medical condition. Rectal/Colon cancer is the result of 10-20-30- years of a dirty, toxic, putrefying, rotting, constipated colon.

There is no better or more effective way to stay healthy, avoid illness and enhance wellness then starting with a series of colonics. Harvey Kellogg M.D. unquestionably and irrefutable proved that to the medical profession and the world over 100 years ago. Only two patients out of 40,000 required surgery following his naturopathic protocol.

Do not listen to fools who tell you colonics are harmful or unnecessary. Almost everyone can benefit from a good cleansing of the colon.

To be in excellent health your sewer system must function optionally. Individuals with bad breath, bad body odor, those retaining fluids, bloating, gas, acid reflux, indigestion, pot bellies, skin conditions, brain fog or fatigue need to go through a series of colonics immediately. In naturopathic medicine we believe that even the best nutrition in the world is not going to work efficiently in a toxic body.