

EClub Weekly Health Tip – CONSIDER A BOWEL CLEANSE

Phillip Day – 6 February 2010

'Sir, I suggest your motives here are totally intestinal!' – toilet graffiti

'Most people who eat the standard American 'goo and glue' diet have about 5-10 pounds of matter stored in the colon.' – **USA Today, 11th January 1999**

'Of all the polite topics of conversation, the state of one's intestines is probably at the bottom of most people's lists. Let's face it: Irritable bowel syndrome, constipation, gas, diverticulitis and colon cancer are simply not things we like to discuss. And yet, as the old expression goes, death begins in the colon. Don't believe it? Ask any coroner. Autopsies often reveal colons that are plugged up to 80 percent with waste material.' – **Vegetarian Times, March 1998**

'Through my 25 years in medical practice and healthcare... I have come to believe that the cleansing/detoxification process is the missing link in Western nutrition and one of the keys to real healing. I have seen hundreds of patients over the years transform regular or persistent illness into health and greatly improved vitality.' – **Elson M. Haas, MD**

During the years I have reported on health issues, I've spoken with literally hundreds of doctors around the world. One of the most common statements they make? *The key to long-term health is a clean, well-functioning digestive system.* Of course, with our drug-predominant medical culture, neglect of the basics is virtually guaranteed:

Optimum Nutrition - Real food

Optimum Hydration - Real water

Optimum Absorption - A clean, well functioning digestive system

Optimum Assimilation - Adequate vitamins, minerals, etc.

Optimum Elimination – Regular, efficient bowel movements

Optimum Exercise – 45 minutes daily, no shambling (10,000 steps)

These six make up the metabolic processes by which the body replenishes itself with nutrients, repairs damage, bolsters immunity and eliminates waste. At the heart of this wondrous creation is the digestive system, whose chronic problems can bear grave ramifications for every organ of the body:

STOMACH AND BOWEL CANCER

CROHN'S DISEASE (REGIONAL ENTERITIS)

ULCERATIVE COLITIS

LEAKY GUT SYNDROME

DIVERTICULOSIS, DIVERTICULITIS

DYSBIOSIS

IRRITABLE BOWEL SYNDROME (IBS)

COELIAC DISEASE

CHRONIC CONSTIPATION

Chief Causes of Digestive Diseases

- Gluten/gliadin damage from wheat, barley, rye and oat products
- Bacterial and/or mycoplasmic (fungal) infections
- Small intestine bacterial overgrowths (SIBOs), brought on by low digestive enzyme output and excess histamine
- Processed diets
- Too much refined sugar and grains (a high percentage of western grains, stored in silos, are contaminated with *aspergillus* moulds)
- Too little fibre
- Clogged or damaged villi receptors in the intestine preventing adequate nutrient absorption
- A generally acidic, anaerobic internal environment, resulting in an inadequate immune system response
- Antibiotic abuse
- General drug abuse
- Poor water intake
- Lack of exercise

In her best-selling book, *Internal Cleansing*, Dr Linda Berry, a chiropractor and clinical nutritionist, summarises the symptoms of self-poisoning as follows:

'If you experience any of the following symptoms, you may be experiencing autointoxication (a process whereby you are poisoned by substances produced by your own body as a result of inadequate digestion and elimination), and therefore you might want to consider some type of internal cleansing program:

- Allergy or intolerance to certain foods
- Bad breath and foul-smelling gas and stools
- Constipation, diarrhoea, sluggish elimination, irregular bowel movements
- Frequent congestion, colds, viruses
- Flatulence or gas and frequent intestinal disorders
- Frequent headaches for no apparent reason
- General aches and pains that migrate from one place to another
- Intolerance to fatty foods
- Low energy; loss of vitality for no apparent reason
- Lower back pain
- Lowered resistance to infections
- Needing to sleep a long time
- Pain in your liver or gall bladder
- Premenstrual syndrome (PMS), breast soreness, vaginal infections
- Skin problems, rashes, boils, pimples, acne

Candida Albicans

... a usually benign and beneficial bowel yeast, can also be a troublemaker. When fed a constant diet of its favourite totty, glucose (derived not only from sucrose, but from bread, potatoes, sweets, alcohol, rice, etc.) and housed in its ideal environment of acidic, oxygen-repelling, fermentation-rich tissues and ductal structures, it multiplies prolifically and can damage healthy cells, producing toxins that compromise the body's own immune defences in conditions such as 'candidiasis', sometimes referred to as 'the yeast syndrome'.

Gary Carlsen, of the US Candida Wellness Center, told me in Denver: *'The majority who have Candida do not realise they have it until they become seriously ill. The symptoms are so numerous and seemingly unrelated that it is very perplexing to both doctor and patient. Candida albicans is an incredible destroyer of health and is the missing link in understanding many of our modern-day diseases and poor health conditions. Candida robs the body of its nutrition and poisons the tissues with its toxins.'*

Those suffering from candidiasis may have a history of use of antibiotics, prednisone or other cortisone-type drugs. They are bothered by tobacco smoke and perfumes. They can feel spacey or 'not quite there', variously suffering menstrual irregularities, endometriosis, spots in front of eyes, blurry vision, diarrhoea, constipation, chaotic bowel movements, muscle aches and prostatitis.

Associated Complaints

Irritable bowel syndrome, eczema, psoriasis, depression, irritability, pre-menstrual syndrome (PMS), cancer, multiple sclerosis, heart disease, arthritis, osteoporosis, chronic fatigue syndrome (ME), leaky gut syndrome, Syndrome X, diabetes, type 2, oesophageal reflux, lupus, gout, Crohn's disease, hyperactivity, infertility, herpes, chlamydia, Alzheimer's, scleroderma, Raynaud's disease, kidney stones, Cushing's disease.

Causes of Candida Overgrowths

Parasites, yeast, fungi and bacteria invariably proliferate in moist, warm zones, especially when beneficial gut flora are killed by:

- Antibiotics and other drugs
- Malnutrition
- Constant cooked food devoid of enzymes
- An acidic diet ¹
- Cigarette smoking
- Fluoridated and chlorinated water consumption
- Antacids
- Excess sugar and high-glycaemic carbohydrate intake

¹ See Day, Phillip *Food For Thought*, Credence, 2003 – the official recipe companion to all Credence health titles

- Lack of proper aerobic exercise

Detoxifying the digestive tract and replenishing the intestinal micro-flora can help:

- Prevent illness
- Improve your physical appearance
- Control or eliminate yeast overgrowths
- Boost your emotional well-being
- Sharpen your mental capabilities
- Give you better, more complete digestion
- Eliminate unhealthy food addictions & allergies
- Help reduce or attain your ideal body weight
- Help reduce the effects of ageing

Dr Bernard Jensen, D.C., Ph.D., a world-renowned author of many popular health books, states: *'In the 50 years I've spent helping people to overcome illness, 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 first before any effective healing can take place.'*

If you would like a simple program to cleanse and revitalise the bowel, obtain a copy of my booklet, *Digestive Health* in the special deal at the top of this bulletin, plus a pot of Colonics (magnesium oxide).² This program shows you how to help kill parasites and fungal/yeast infections, clear out the bowel and replenish with healthy probiotics, the beneficial beasts which restore digestive balance. The program lasts one month, with the active, flushing phase during the first two weeks. And don't it turn your brown eyes blue. ☺

To purchase any of the items mentioned above please go to
<http://interneka.com/affiliate/AIDLink.php?BID=11205&AID=34037>

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The Campaign for Truth in Medicine
<http://www.campaignfortruth.com>

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² Day, Phillip *Digestive Health*, Credence 2005