

Incompletely digested food ferments and putrefies when remaining in the colon longer than a day. When this fermented waste combines with the body's own bile acids from the liver carcinogens can form. We already now carcinogens can ultimately develop into colon or rectal cancers. Enhancing the colon's ability to expedite the elimination of waste reduces the risks of developing colon-rectal cancer.

Constipation is one of the first signs indicating to us that our bowel is not functioning properly. When a person is constipated, the walls of the colon are often encrusted with accumulated fecal matter. The inner diameter of the colon is reduced like a water pipe blocked by mineral deposits, and eventually the opening becomes narrower and narrower making it more difficult to pass wastes through. Since the encrusted feces line the colon wall, the colon is unable to absorb nutrients from our food in the last phase of

the digestive process. Wastes from the blood stream which should normally be drawn into the colon through the colon wall are re-absorbed by the body along with other toxins resulting from the fermentation and putrefaction of incompletely digested food. Subsequently, intestinal stasis often follows when the muscular contractions known as **peristalsis** can no longer sweep the hardened feces along the digestive canal.

A person can even have several bowel movements a day and still be constipated. The movements are usually smaller and occur more often because the inner diameter of the colon is smaller than it should be. The body reacts to this constricted bowel by stepping up the frequency of the peristalsis wave action to allow the waste to exit the body. Taken to its limit, the effect can be diarrhea, which is when the body moves out the waste so fast, the bowel doesn't have time to remove the water and consolidate the waste into stool.

These simple reasons are why thousands of people each year choose colonic irrigation as a safe, inexpensive way to improve and maintain good health.

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All Your Questions Answered About Colon Therapy

- ◇ Would You Like To Feel Healthier?
- ◇ Would You Like To Remove Toxic Waste From Your Body?
- ◇ Would You Like To Eradicate Constipation?
- ◇ Would You Like To Increase Your Absorption Of Nutrients From Your Body?
- ◇ Would You Like Beautiful Healthy Youthful Skin?
- ◇ Have You Ever Considered The Benefit Of What A Colonic Could Do For You?

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Then just read on. . . .

The desire for **good health** is something we all share. We spend countless thousands of dollars treating the symptoms of disease and a portion of our income to health insurance to cover our expenses for cancer, heart disease, etc., in the event our bodies should succumb to these diseases. Yet, very **little is invested in the prevention of disease** which costs far less than the treatment.

One example of this is **cancer of the colon**. We don't hear much about it, yet is **second only to heart disease as the most common cause of death in the United States**.

While few would argue the importance our diet plays in our health, the removal of toxic waste from our bodies is important too. You see, good health is as much a function of how well we eliminate wastes from our bodies as how well we eat.

How The Health Of Our Colon
Affects Our Total Health

The colon is a tube approximately five feet long and 2 1/2 inches in diameter. A healthy colon has uniform size and tone. It extends from the cecum, where it joins the small intestine up and across the abdominal cavity and down the left side of the body until it reaches the sigmoid and rectum. The three main functions of the colon are:

1. The final digestion of our food
2. The elimination of digestive residue
3. The discharge of toxins and wastes from our body

We experience better health and well-being when the colon is clean and functioning normally. When the colon is congested with stagnant wastes, poisons back up into our system and pollutes the inner environment. This is called autointoxication which literally means "self-poisoning"

All of the body's tissues are affected by the autointoxication. The chart below shows the organs affected and the impact on our well-being:

Poisons backed up into the body:	Affect to the body:
Nervous System	Irritable, Depressed
Heart	Weakness
Stomach	Bloated
Lungs	Foul Breath
Skin (elimination organ)	Sallow, Wrinkled
Glands	Tired, Old Feeling
Liver	Wgt. gain, age spots

Autointoxication can be a causative factor in numerous serious diseases and is considered by many to be the underlying reason for disease. The colon is the largest perpetrator of disease of any organ in the body and is said to be the initiator of 80% of all critical illness.

There are many contributing factors to autointoxication from a toxic bowel. Improper diet, insufficient exercise, stress, overeating and ignoring the "call of nature" can all lead to bowel problems.

Most of us, for instance, have had years of poor to average nutritional food. Much of our food is subjected to processing which includes refining, frying or over cooking, saturating the mineral elements of food with oil or grease. As a result of this food altering, the digestive organs cannot process the minerals efficiently and they are passed out of the small intestine into the colon as wastes. The consumption of mucous-producing foods such as meat, dairy products and flour, cause dense sticky bowel movements. Excess mucous in our system is a sign of trouble. Mucous stools are difficult for the body to eliminate. When they are expelled, they leave behind a glue-like coating on the wall of the colon which accumulates layer by layer into a hard rubbery crust. The body cannot eliminate these layers of hardened mucous on its own. They are often carried for the duration of the person's life as a toxic burden.

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