

Colon Irrigation

By Mark R Boyle

There is Only One Disease - Toxemia

Toxemia is the presence of poisons in the blood. How does poison get into the blood? Improper food combinations produce rotting fecal debris that dries and adheres to the walls of the colon - thwarting food assimilation and obstructing elimination. The colon soon begins to poison itself. These poisons accumulate in the colon's area of lowest resistance, forming a medium for the growth of viruses, bacteria and/or parasites. When the colon is polluted it robs the body of critical oxygen supply.

Restoring Bowel Health With Colon Irrigation

One of the unfortunate consequences of humankind's modern lifestyle is an increase in the number of people suffering from congested bowels, colon cancer, and irritable bowel syndrome. The modern diet has become so far removed from what our ancestors ingested that our bodies are paying the price. Between refined white flour and sugar, plus meat and dairy products, all of which contain no fiber whatsoever, our digestive and elimination systems have ended up in a weakened and diseased state.

One tool, which has proved invaluable in treating people with bowel problems, is colon irrigation. This involves the circulation of pressurized water throughout the length of the colon in such a way that old fecal matter is removed from the walls of the bowel. This helps restore the tone and vigor of colon tissue, thus alleviating constipation and other bowel problems.

While the practice of colon irrigation may seem unusual to those unfamiliar with it, many have found it to be an effective tool in dealing with the consequences of our modern lifestyle.

Years ago, I was training for big fight when I met a man 75 years of age, who looked to be 40 years old! He had a full head of hair, clear eyes, clear skin, erect posture, and a clear strong vibrant voice, the picture of health. I later discovered that what I had witnessed was the result of regular exercise, proper nutrition, and bowel cleansing. Hence I started my own health quest.

I have now practiced and studied various aspects of true health and have come to the conclusion that bowel or colon health is the cornerstone of radiant living.

For centuries people have recognized the need for periodic cleansing in order to prevent illness. With the first sign of sickness our great grandmothers would reach for the enema bag and some herbs. But today bowel health is scarcely talked about. You don't go to a dinner party and talk about being constipated. Unfortunately, the average mother and father are completely ignorant of bowel cleansing and its relationship to health.

Some of my clients believe that if they have three bowel movements a day they have diarrhea, and that a couple of movements a week is normal. An example of the latter was a lady client who assured me that she had normal movements, that her bowels moves regularly, every Tuesday and Friday morning! Most people have not been properly educated in their childhood to realize the importance of daily elimination.

In 1914, 57 of the world's leading physicians met at a health conference. One of their conclusions was that "every organ of the body is affected by reabsorbed poisons from the colon.... constantly bathing the delicate cells." Auto-intoxication is the process whereby the body poisons itself by maintaining a cesspool of decaying matter in its colon. the toxins released by the decay process get into the bloodstream and travel to every part of the body. Every cell in the body is affected and many forms of sickness can result. Because it weakens the entire system, auto-intoxication can be a causative factor for nearly any disease.

The cause of auto-intoxication is decaying caused by bacterial action within the intestinal tract. Dr. Kellogg (of cereal fame) performed many autopsies during his career, and often found 10 to 35 pounds of fecal matter in the colon of the "average person".

Have you ever had the problem that even when following a relatively good diet and exercise program, you still have a little pot belly below the navel? This is because the transverse colon, which is normally in line with the navel, has prolapsed or dropped a few inches below the navel (middle of the colon is falling down and out). Accumulated fecal matter has forced the colon down and out.

For more information on Colon Irrigation call, 816-942 body(2639)