

## Let's Talk About Bowel Movements!

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Talking about "going to the bathroom", especially in western society, has always been an embarrassing and taboo topic.

As an adult, I find it ironic that the foundation of my successful practice has been built upon addressing and educating my patients on proper bowel management and internal cleansing, with emphasis on the body's 5 channels of elimination... the bowel, kidneys, lungs, skin and lymphatic system. I discovered the benefits of internal cleansing in my early twenties, and the effect it had on my life at the time was "earth-shattering"! I was so amazed at the positive changes and rejuvenation it brought about in my body that internal detoxification became a passionate part of my life, as well as a main component in my nutritional practice.

Many experts claim that the intestinal system and bowel is the true center and hub of the human body. They also claim that toxic build-up in the bowel is a precursor to various types of degenerative, disease. My teacher and mentor, Dr. Bernard Jensen, nutritionist, lecturer and author of over 30 books on natural health care, states: "Every cell and tissue in the body is fed by the bloodstream, which is supplied by the bowel. When the bowel is dirty, the blood is dirty and so are the organs and tissues. It is the bowel that must be cared for first before any effective healing can take place".

Proper bowel function entails having 2 to 3 good bowel movements per day! THAT'S RIGHT... I SAID 2 TO 3 BOWEL MOVEMENTS PER DAY! Most people are not aware of this, and go through their daily lives eliminating once a day, once every other day, or less. I ask my patients this question on a daily basis: If we eat 3 full meals a day and only eliminate once a day, once every other day, or twice a week, what happens to all the un-eliminated waste matter? Where are all the other meals hiding? I always find humor in their stunned reactions. I often validate the importance of eliminating 2 to 3 times per day by using an infant as an example. Ask any new mother for further proof - a baby will eat and immediately eliminate. Their fresh, new 'digestive systems have not had time to develop mal-absorption problems caused by improper diet, environmental toxins, stress, and pollutants in our water and food. Faulty digestion and elimination develop in our bodies over time, through years of improper lifestyle and dietary habits, along with negative environmental factors, which we'll talk about in a minute.

### Unexpelled waste spells trouble!

When we are not eliminating properly, wastes may not be expelled for days, weeks, months, or years. When we don't eliminate our waste, toxins back up in the colon, which can cause auto-intoxication, or self-poisoning. This occurs when the actual bowel walls become impacted with uneliminated fecal matter, hampering the absorption of vital nutrients and providing a breeding ground for unhealthy bacteria,

organisms and even parasites. Blood capillaries lining the bowel wall which normally extract good nutrients from our digested food and distribute them throughout the body, begin instead, to absorb these toxins into the bloodstream, consequently polluting all of our organs and cells. These poisons rob our body of good health and energy, making us feel old, tired and sick. The true fact is that age has nothing to do with this depletion of energy and life-force. Ninety percent of the time, these complaints can be alleviated or greatly reduced through internal cleansing techniques.

### **How do I know if I need to cleanse?**

My answer is quite simple... After consulting with over 20,000 patients, I can honestly state that I have never worked with an individual that did not directly benefit from detoxifying his or her body. In this day and age, we ALL need to cleanse! In a world where dietary choices are poor, environmental pollution is heavy, stress levels are high, and exercise is often a last priority, internal cleansing is more important than ever for optimum health. The body is a living, breathing machine. Like an automobile engine, it burns fuel for energy (our food), and expels the by-products of that fuel as waste. Over time, all engines need "steam-cleaning", tune-ups and periodic maintenance. The pipes become clogged, the spark plugs become congested, oil, grit and grime build up around the engine block. Without preventative maintenance, our cars begin to perform poorly, eventually breaking down. And so it is with the human body. Internal cleansing and detoxification is maintenance and insurance all rolled into one! We must keep our "pipes" cleaned out and in good shape to experience good health.

**"The Doctor of the future will give no medicine, but will interest his patient in the care of the (human) frame, in diet and in the cause and prevention of disease."  
- Thomas A. Edison**