

## ***Proper Positioning for Bowel Elimination***

Yes folks. There is proper position to poop. One common complaint of people with digestive issues is the feeling of not having a “full” or “complete” elimination. An easy and simple solution is to squat as our ancestors have done for thousands of years. Now we know some you are not real excited about pooping in the woods or tottering with both feet on the toilet bowl. Instead we suggest a **HealthStep** that can be placed around the toilet and pulled out as needed. But first let’s briefly look at the reasons we need a HealthStep.



*Simple,  
profound  
solution for  
achieving  
complete  
elimination.*

While most consider the use of a modern toilet natural, they represent only a small percentage of the world's population. Many cultures today, still embrace the traditional method of squatting to eliminate. Research has proven squatting to be the most natural and physiologically sound posture for complete evacuation of wastes and toxins as it angles the rectum in a way that supports the colon and straightens the anal canal.

The **HealthStep** allows you to achieve the squatting position while enjoying the comfort of the toilet. It is anatomically designed based on pelvis, digestive tract, legs, hips and feet. Footpads are at an precise angle for perfect alignment for complete elimination. This position allows the weight of the body to rest on the feet allowing the pelvis muscles to open and angle the rectum for best mechanical advantage.

### **Benefits of using the HealthStep for elimination:**

1. Reduces stool transit time, minimizing the risk of toxic build-up  
Eliminates stressing and straining by opening the pelvic floor
2. Helps constipation, bloating and hemorrhoids by lessening pressure in the anal and rectal veins
3. Improves ease and efficiency of emptying the bowel
4. SIMPLE Relief for: hemorrhoids, bloating, constipation, obesity, IBS, incontinence, fatigue, prostrate problems, toxic build-up.

### **Stress on the pelvic floor causes incontinence.**

Using a sitting toilet causes the pelvic floor to be pushed downwards each time one strains to evacuate. Based on a conservative estimate that the average person strains four times for each daily evacuation, by the age of 50 the unsupported pelvic floor has been stretched 73,000 times. An unnatural maneuver repeated so many times inevitably causes a "repetitive stress injury."

The pudendal nerve is the main casualty of this unintentional abuse, which renders incontinent over 50 percent of elderly Americans. Consider these statistics: 1 in 4 women age 30-59 have experienced an episode of incontinence. \$16.4 Billion is spent every year on incontinence-related care.

**The Healthstep is available at Cleansing Waters for \$65. Two or more at \$60 each.**