

COLONICS AND ENEMAS - A MUST FOR RE-ESTABLISHING AND MAINTAINING VIBRANT HEALTH

The colon is a sewage system, but by neglect and abuse it becomes a cesspool. When it is clean and normal, we are well and happy: let it stagnate, and it will distill the poisons of decay, fermentation and putrefaction into the blood. It will poison the brain and nervous system so that we become mentally depressed and irritable. It will poison the heart so that we are weak and listless, poison the lungs so that the breath is foul, poison the digestive organs so that we are distressed and bloated and poison the blood so that the skin is sallow, or dark and unhealthy. In short, every organ of the body is poisoned, and we age prematurely, look and feel old, our joints are stiff and painful; neuritis, dull eyes and a sluggish brain overtake us, the pleasure of living is gone. V.E. IRONS, INC.

Accumulated, putrefied, hardened waste in the colon, quite often of many years' duration, places a great strain on the eliminative organs, disturbing especially liver and kidney function. A chain reaction develops: fats, proteins and carbohydrates are not properly metabolized; electrolyte balance is upset; the entire body is placed under stress.

Studies done by W.H. Hay, M.D., show that most normal individuals who have one daily evacuation, do not completely expel one meal for three days. Partial retention of meals, for up to three days means that the bowel is continuously filled with putrefying and fermenting material. He says that the number of bowel movements should be the same as the number of meals eaten during the day.

Dr. W. F. Koch strongly advocates the use of colonics and enemas in conjunction with liquid diet, during the cleansing regime. He states: It may take from 4 days to 2 weeks to get the colon clean when one is taking no solid food whatsoever, only liquids in their unrefined state.

The digestive tract lining is the hidden portion of the human skin. Most people bathe the outer skin, but never think of bathing the inner membrane. In most humans it is filthy, in need of a good washing. When we eat natural foods – raw fruits and vegetables, such cleansing is unnecessary. But if one is filthy inside, one must take an internal bath – putrefaction will cease, gas will be eliminated, permeability of the membrane lining the digestive tract will be re-established and it will become once again the home of friendly bacteria. Remember: The body is the TEMPLE OF THE HOLY SPIRIT.

Healthy Colon

Clogged Colon