

Colon Clense

Introduction

When the colon is healthy, bowel movements occur easily and provide a complete evacuation of the bowel. Stools may be anywhere from 2-4 feet in length; they should be brown in colour, not light yellow or grey or dark green; they should not be small and narrow or short and hard; they should not contain shreds of mucous, blood or undigested food; they should be firm, not watery; they should not float; and the bowels should move easily without having to wait or strain.

Improper elimination allows deposits of fecal matter to build up the walls of the colon or in the pockets which have been previously formed. It is believed that some fecal matter can remain in the colon for weeks, months or even years. Such deposits may get to be as much as 2-3 inches thick and be as hard as a piece of black tire rubber.

Such accumulated fecal matter may be adverse to health for several reasons:

- It can interfere with normal absorption of vitamins and minerals causing a nutritional deficiency regardless of how good one's diet and supplement program may be.
- It may cause irritation to the nerve endings in the intestine causing a spastic or inflamed colon, which may further interfere with nutrient absorption and efficient bowel function.
- It can begin to decay and then release toxins into the bloodstream which can poison healthy organs and tissue. This is known as auto-intoxication.

There are several causes for poor bowel function.

1. First, lack of sufficient fluid intake may cause the stool to be dry, disallowing easy passage through the colon.
2. Second, ignoring the urge to have a bowel movement can also result in the dehydration of the stool. The longer the stool sits in the

colon, the greater the amount of moisture of extracted from it.

3. Third, lack of exercise can weaken the bowel muscles which prevents them from properly and efficiently propelling the stool through the colon.

But, the main cause of poor bowel function is poor nutrition. When the body does not get all the nutrients it requires to be healthy, the muscles and tissues of the bowel begin to deteriorate and lose their tone and vitality. A poor diet can also contribute to the formation of hard, dry stools or stools of insufficient bulk. In one respect, the colon is like a tube of toothpaste: when it contains stools with adequate bulk, it is much easier for the bowel muscles to "squeeze" the stool through the colon.

Unfortunately, eating the proper diet for one's type is often not enough to regain healthy bowel function. If fecal deposits have become too hardened and thickened on the colon walls, diet alone may not get rid of them. The COLON CLEANSE, originated by V.E. Irons, is designed to assist the body in a very natural way in its efforts to rid itself of such encrusted matter.

The colon powder is composed of a specially blended form of psyllium seeds and herbs. When the powder is mixed with water, it becomes very gelatinous and bulky. Taken in a sufficient quantity throughout the day, it fills the intestines with a moist, gelatinous mass. The material clings to the walls of the intestines and literally soaks and softens the encrusted material on the intestinal wall. This allows the body to slough off the hardened mucous build-up. The Bentonite will absorb up to ten times the weight in toxins. – along with the careful massaging – helps dislodge the hardened material from the walls of the colon, allowing it to be passed out of the body. Because the psyllium seed powder taken in this fashion is quite filling, one often is not very hungry, especially after the first day. It is not necessary to fast, but it is best for one to eat as little as necessary. Drinking extra fluid such as water or juices is also desirable.

Parasite Cleanse Program

Parasites are becoming recognized as an increasing health problem in our society. Many disorders, from bruxism to cancer are shown to have some connection to parasite infestation.

Whether this is a directional link or just a ecological correlation, the two events happening at the same time due to a third factor (i.e. low oxygen states), is still un known. But what is known is that when present, they release toxins into the blood stream and change cellular respiration to pre-cancerous forms. This is reason enough to proceed with the cleanse for me, especially in high risk patients with a history of anti-biotic use or owners of dogs, cats or farm animals. As well as severe illness like Cancer and chronic viral infections.

However, clinically I have also found that so many chronically ill patients shown signs of low tissue oxygen from viral and fungal infections that I routinely proceed with this basic parasite cleanse.

NOTE:

After a colon cleanse they often show up positive in fecal tests when previously the tests were negative. I believe that they can become covered over in the intestinal villi and thus initial attempts to find or destroy them usually fail. That is why I always do the colon cleanse first.

The Plan

The cleanse involves systematically taking various herbs known for their anti-parasite qualities, wormwood, cloves, and the hulls from green walnuts. This starts killing the parasites from the very first day, however studies have shown that parasites can develop immunity to these herbs within two generations. There are also parasites at all stages of development from eggs to worms. The life cycle takes

about 7 days, so we must go for three generations to insure a good cleanse. Therefore we start with one herb, cloves and go heavy for the first 10 days. Then we go heavy on the worm wood for 10 more days. The walnut tincture is gradually increased throughout the cleanse and in severe cases they stay with this final amount for up to two months.

This process creates a lot of toxins in the body and can quickly overload the liver's ability to handle the flow. We therefore must help by supplying the needed co-factors for detoxification.

Ornithine helps the liver to convert ammonia to urea. Excess ammonia causes insomnia among other things, so taking ornithine at bedtime helps considerably. Arginine also helps convert ammonia but it tends to increase mental alertness and is thus best taken in the morning.

The citric acid cycle is greatly stressed so co Q-10 is supplied as a catalyst.

Liver conjugation is aided with Bioflavonoids and vitamin C helps with the immune system stress as well.

When parasites are killed in the intestinal tract, they produce very caustic chemicals that can irritate the mucosal lining. Aloe Vera juice will aid in healing this tissue.

The cleanse also kills off the beneficial bacteria in the intestines, so acidophilus mixtures, with lactobacillus bifidus, bulgaricus, tec., are also re-introduced throughout the cleanse. They also produce acids which help prevent re-infestation.

Gall Bladder Flush

RECOMMENDATION; with the approval of your physician, it is recommended that you perform the GALL BLADDER FLUSH three times a year, even if you no longer have a gall bladder.

The purpose of this procedure is to assist your body in its efforts to maintain free-flowing bile to help keep the gall bladder free of debris. It is a very simple and natural procedure which was one time used at the renowned Lahey Clinic Boston, Massachusetts.

The principles involved are really quite simple. The idea is to cause the gall bladder to naturally expel any accumulated matter, including stones or pre-stone sludge composed of stagnant bile and toxins.

First, natural forms of natural acids are employed to “cut” the sludge or hardened bile to allow for it to be readily expelled from the gall bladder, through the bile duct, into the colon and out the body.

Second, adequate amounts of magnesium are ingested which will allow for a relaxation of the smooth musculature which includes those controlling the relaxation and contraction of the bile duct.

Third, a natural oil, eg., olive oil, is ingested which if taken sufficient quantity, will cause the gall bladder to contract, forcing the expulsion of the bile sludge out of the gall bladder into the (now relaxed) bile duct.

Finally, green tea and/or coffee enemas may be used to stimulate the release of waste from the liver into the bile duct which also increased the rate of bile release from the liver.