

Clear the Body's Exit Doors

Intestines

- ◆ The first concern to address in any ill health is - Are you "going" Enough? - if you have not been having a bowel movement at least twice a day you need to add more fiber and water to your diet. To prepare for a detoxification therapy, it may be necessary to have a series of colonic wash-outs, do a herbal intestinal cleanse or use any of the oxidative cleanses available. Examples include:



- √ **Intestinal Cleanse with Magnesium**
- √ **Senna** - very effectively increases peristaltic movements of the colon by irritating the colonic mucosa, which serves to loosen and eliminate impacted feces

- ◆ **Keep the intestinal contents moving** - a healthy bowel requires at least 2-3 movements /day. i.e. each new meal should push out the meal from 24 hours before. This is easily achieved by ensuring sufficient insoluble fiber and water in the daily diet.



- **Insoluble Fiber** – does not absorb water and provides a “sweeping brush” in the intestines;
- **Good food sources of insoluble fiber:**
 - √ **Fruit and vegetables** (especially their skins) **typically provide good insoluble** (as well as soluble) **fiber sources** - Especially, have a few of those time-tested prunes.

Food Fiber - Soluble and Insoluble

- √ **Ground flax seeds** – hands down, this author finds that the best way to ensure sufficient fiber and to keep things moving at a gentle pace is to take a daily supplement of *2-3 Tbsp. of ground flax seeds mixed with*

1 Cup of fluid (e.g. milk or “yogurt milk”). Ground flax seeds also provide much needed omega-3, and its superlatively high lignan (phytoestrogen) content very effectively controls hormonal balance (especially during menopause).

Flax Seed

- **Water** – is so important to having regular bowel movements, that water may be all you need to stay regular. Aim for 6-8 8oz. glasses / day.

Water – “2/3 of You”

*For minor health problems,
cleansing the bowel may be all you need to do to regain your health*

Who's the Boss?

"I should be in charge" said the blood, "because I circulate oxygen all over, so without me you'd all waste away." "I should be in charge, " said the stomach, "because I process food and give all of you energy." "I should be in charge" said the legs, "because I carry the body wherever it needs to go." "I should be in charge" said the eyes, "because I allow the body to see where it goes." "I should be in charge, "said the rectum, "Because I'm responsible for waste removal." All the other body parts laughed at the rectum and insulted him, so in a huff, he shut down tight. Within a few days - The brain had a terrible headache The stomach was bloated The legs got wobbly The eyes got watery and The blood was toxic. They all decided that the rectum should be the Boss! Moral of the story? - The a----- is usually in charge!

Skin

- ◆ Your skin is an important elimination channel which is often overlooked and its function can be enhanced by unblocking your skin pores – via:
 - √ **Skin brushing**
 - √ **Sauna**