

## **YOUR COLON & YOUR HEALTH**

At the risk of turning you off to reading all articles in this section, I am going to start with one of the topics that I believe drastically affects our health or lack of it.

When I first began learning about the importance of health in your colon years ago, I was so excited I began telling my kids about what I was learning and experiencing and at times I would get a bit graphic. I didn't know any other way to share the experience. One of my daughters told me I was giving her too much information. LOL (She was told anyway -- isn't that a mother's job?)

And it is so important that I have to share it with you. If you are truly interested in ultimate health, you must read this article and begin to be aware of the incredible importance the health of your colon plays.

Years ago as I was flipping through TV channels I saw an excerpt from a spa that was showing a machine that assisted in giving colonics. I had no clue what they were talking about but I listened rather fascinated.

I did some research and decided to find a place locally that gave colonics. It was a weird experience to say the least. In case, you are not familiar with colonics they basically wash the inside of your colon out with water.

The lady I went to would explain to me about the colon and different problems that can occur with it.

Later I went to a health spa where they presented very graphic lectures and slide shows on what is actually going on inside your colon.

I am going to give you a quick treatise on the subject and then let you do further research if you are interested – and hopefully, you will be because it may be one of the greatest gifts you can give yourself.

I learned that there are nerve endings that go from your colon to every part of your body. If your colon is sick, so will the rest of your body be sick.

I learned that if the contents of your bowel cannot be eliminated quickly or efficiently enough the putrid matter will seep back through the sides of your colon and enter your blood stream, thereby poisoning the body.

I have written on this site about my brother who has cancer and almost died a few months ago. What I didn't write was that he became constipated, couldn't have a bowel movement for almost a week and a half, went to get a colonic and at that late date it couldn't help him at all, and then he went to the hospital for help.

It took them almost a week to get him to have a bowel movement and in that time his cancer count went through the roof and he became so weak and disoriented that he couldn't even move his little finger. They said he would die within the next two weeks.

After finally getting him to eliminate the contents of his bowels, he began to recover but it has been extremely slow.

After my brother came to me when he found out he had cancer six years ago, we would often discuss alternative health remedies. One of them was strategies to keep our colons healthy, consequently he was aware of the extreme danger he was in when he became so constipated.

One of the things I learned was that our colon begins to form a mucous lining that can be many years old and this lining can have old trapped garbage (toxin-filled garbage) in it. This sticky lining prevents a lot of the nutrients from our food to be extracted and used by our bodies. This sticky lining also prevents our colon from functioning properly.

I was told at the spa that getting a colonic (which you can give yourself with the right equipment) every day for 40 – 60 days would release the lining from your colon.

I tried it and it didn't work for me.

Then one day my brother went to a health clinic in Utah and they had him take a special drink to clean the colon. He told me about it. I researched it, ordered it and tried it out.

It was the miracle drink – literally!

To my amazement within a few weeks my colon began releasing the lining it had probably had for years.

I now keep my colon clean on a regular basis with this product.

The only reason I am sharing the name of this product with you is because it is the most effective product out there.

It is called Colonix Intestinal Cleanser and here is their website: [www.DrNatura.com](http://www.DrNatura.com).

When you go to their site, you will see a package that includes a parasite cleanse. [http://www.drnatura.com/colonix\\_program.php](http://www.drnatura.com/colonix_program.php). I do not buy the entire package. It is cheaper to order three of the Colonix Intestinal Cleansers alone.

[http://www.drnatura.com/colonix\\_fiber.php](http://www.drnatura.com/colonix_fiber.php). I use a separate parasite cleanse that I will talk about on this site. But, if you want to order the entire kit, order it. It is a great place to start.

Be prepared for the graphic photos on the site! But do yourself a big favor and look at them.

I also use another product that is amazing and gentle. It is called Ultimate Cleanse. I take one tablet of the herb and one tablet of the fiber after drinking the Colonix in the morning.

Funny thing, while I was writing this article this morning, my daughter, Katrina called. She started taking her Colonix cleanse yesterday and she had some questions for me. Perfect timing because I can answer them in this article for you.

The first day she mixed the powder with fruit juice and the second day she mixed it with soy milk. She said she almost started gagging one time so she was thinking of making a smoothie out of it the next day. I had to laugh. You see, the powder once it hits liquid starts to thicken and you have to drink it FAST! I said the idea of turning it into a smoothie was not a good idea at all.

So I told her what I do. I have a little plastic blender jar I take with me when I am traveling that I can quickly shake the mixture in and then drink it, but at home I use my electric blender. I fill two glasses with water. One glass I pour into my blender jar. I make sure everything is completely set up and ready for speedy action. The blender jar is already on the blender. The blender lid is right next to the blender and the now empty glass is right next to the blender.

I choose glasses that hold 12 – 16 ounces of water but the glass of water that goes into the blender is only filled to about 10 ounces. I make sure there are a few inches left at the top of the glass without water.

After dumping the water from the first glass into the blender I sometimes dump a teaspoon of baking soda in. Baking soda quickly gives your body an alkaline PH boost. (We will talk about the alkaline and acid PH of your body later.) If I happen to have some vitamin powder around, I will dump some of that in. None of this is necessary for you to do.

I then fill the scoop that is provided with the powder, dump it in the blender, throw the lid on the blender as fast as possible, turn the blender on for a second or two and then dump the contents in my empty glass as quickly as possible. The glass goes to my mouth and without breathing I try and drink it down as fast as I can. Toward the end, the mixture starts to thicken a bit so I quickly dump some water in from my second glass and finish it off.

To keep my mind occupied, while I am drinking, I take the blender to the sink and start filling it with water while I am drinking. The glass when finished goes in the blender with water pouring in. (If you don't get water in it soon, it hardens on the glass and blender, becomes slimy and is harder to clean.)

Then I drink my second glass of water with my fiber and herb tablets.

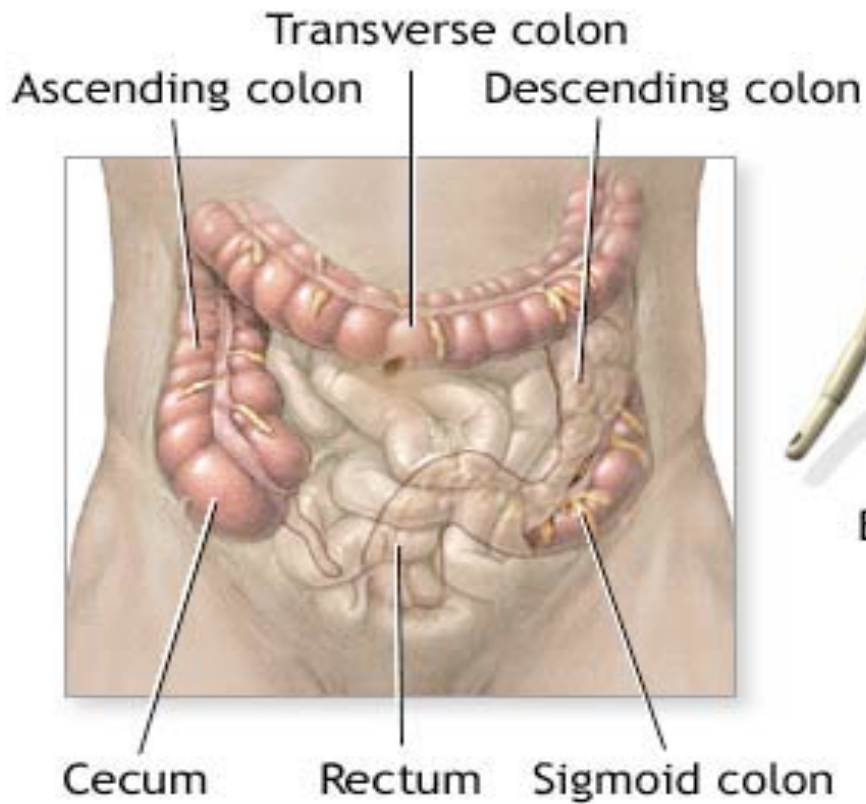
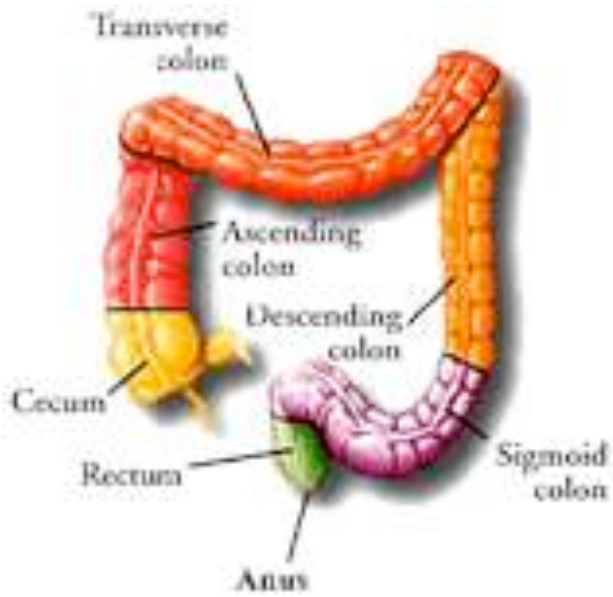
Done!

Now, if you don't mind my getting a bit graphic, let me tell you what will happen to your bowel movements.

First of all, all health advocates advise that you always check out your bowel movements to see what is going on in your colon. You will be surprised what you learn from doing this.

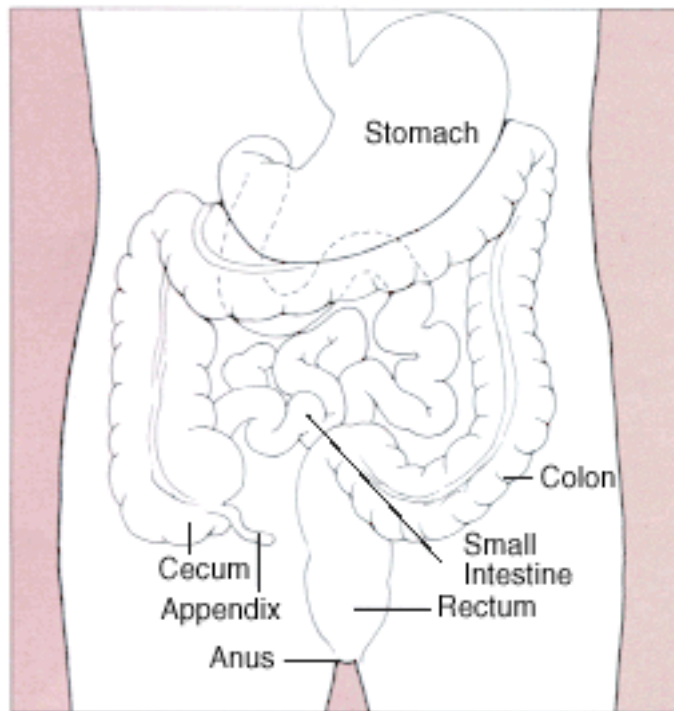
Using this program, you will find that your BMs start to come out in the shape of your colon once your colon is clean.

I have attached photos of the colon so you can see the actual shape. You will know your colon is clean once your BMs come out with contours like the photos of a colon.



ADAM.

Disregard the Biopsy Catheter. I couldn't cut it from the photo. We are hoping you never have to have a biopsy catheter.



Now, here is a little trick I taught myself. There have been times (before I learned about colonix) when I knew my colon was having problems and I couldn't get a colonic. I would lie down on my back on a bed and begin to massage my large intestine. From the photos you can see where it is generally placed in your body. If you start massaging your large intestine (as they will do during a colonic) you begin to know exactly where it is and where the areas are that usually get clogged up. Those areas for me would usually be whenever there was a turn or corner in the large intestine.

After a good massage of my intestine, things would invariably loosen up and be released.

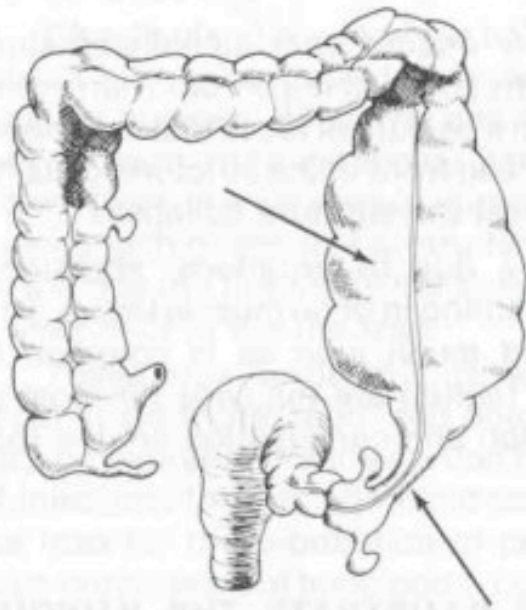
I have to laugh as I write this. I bet you didn't think you were going to get info like this at Outrageous Mastery®! LOL

As my brother and I say, when you really get into knowing your body, how it heals itself and how you can most effectively heal it, you usually end up talking about your bowel movements. You just kind of get used to it. And whereas my kids didn't want to hear me talk about this years ago ("too much information, Mom"), now most of them are doing what I do.

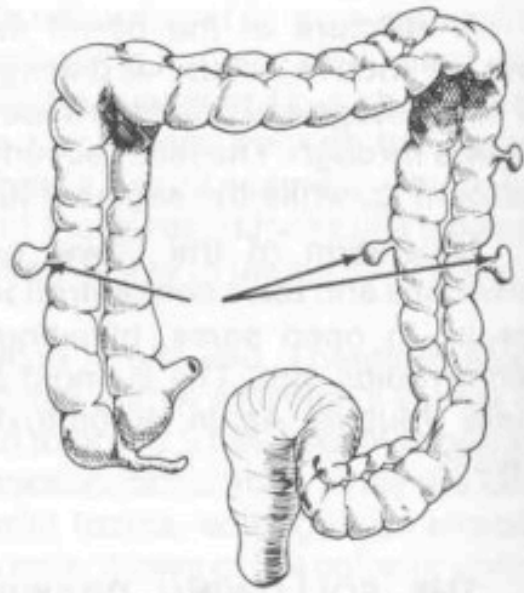
There are claims that all kinds of problems clear up once your colon is clean. Xperiment! See what happens to your body once your colon is clean.

One more thing my daughter mentioned was how tired she was today. I said that is normal. Any cleanse will make you tired at first because the body is working so hard to now start healing the body and readjusting to the cleanse and the opportunity it now has to continue to clean out.

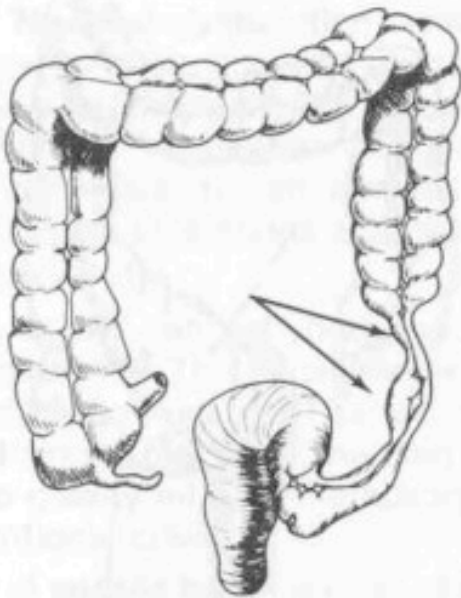
Below are diagrams of some problems with the colon.



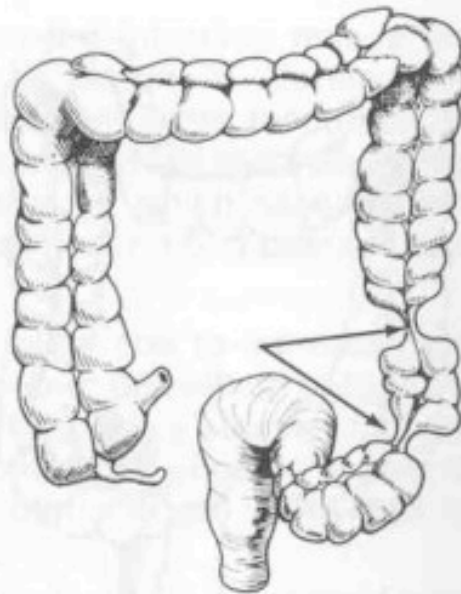
COLITIS



DIVERTICULA



SPASM



STRICTURE

Here is a quote from the colonix site:

### **“Serious Trouble Waiting to Happen**

“Many conventional doctors are under the misconception that having a bowel movement every two or three days is sufficient and even “normal” for some. This is a dangerous fallacy! A person with a healthy colon should in fact have two to three bowel movements per day, or one for each meal eaten. Elimination should be complete, fast and easy. The stool should be light brown in color, long and large in diameter, “fluffy” in texture and floating on top of the water. There should be no offensive odor and it should break apart with the toilet flushing. Going to the bathroom once every few days, sitting there straining for half-an-hour and passing black, hard “pebbles” that drop to the bottom is not only *abnormal*, it is also serious trouble waiting to happen.

“If you’re not eliminating approximately the same amount that you are eating, then what do you think happens to the remainder? The accumulation of old, hardened feces sticks to the colon walls, inhibiting its proper function of absorbing the remaining nutrients from the fecal matter. Instead it is forced to absorb toxins from the build-up and from the parasites that make this debris their breeding ground. The passage through which the feces are forced to travel is also greatly reduced in diameter so the stools become much narrower – even as thin as pencil sometimes. . . .

“Thanks to the pollutants and chemicals that poison everything from our air to our food, our bodies are simply not capable of eliminating all the waste we absorb. As the function of the colon is to absorb nutrients while eliminating toxins, it’s distressing to know that something so vital to the digestive process could be in trouble. It’s important to be certain your colon is not stopped up. Typically, simply changing your diet will not be enough to correct an existing problem.”

Quoting from “Dr. Jensen’s Guide to Better Bowel Care,” by Dr. Bernard Jensen: “It is sad that we do not raise our children to realize that having a bowel movement is the most important bodily function.” This is a great book.

It is also important to know that the mixture in colonix sucks the mucus and debris from the colon. I don’t want this to sound like a commercial for colonix but after years of having colonics, buying all the materials to give them to myself, going to spas and learning about colonics, I have to be honest and say that using colonix on a regular basis (I have found) to be superior to colonics and far superior to any fiber or commercial mixture to relieve constipation. Colonix cleans the colon completely and gently. I am in love with it! And I will use it for the rest of my life.

It is my feeling that once your colon has cleaned out its unhealthy lining, you shouldn’t take colonix every day. Depending on your health, eating habits and individual situation, I think once every three days is usually sufficient.

And you should replace the good bacteria in your bowel with a good probiotic. Probiotics are live microorganisms (in most cases, bacteria) that are similar to beneficial microorganisms found in the human gut. They are also called "friendly bacteria" or "good bacteria." Most often, the bacteria come from two groups, *Lactobacillus* or *Bifidobacterium*. Probiotics are available mainly in the form of dietary supplements and foods. You can find them on the web, in health food stores and now in many dairy products.

You are now on your way to vital health!

In love and mastery,

Sasha

As always your comments are loved and appreciated.