

According to Dr. John Christopher, all disease can be traced back to one problem..... constipation! This does not necessarily mean constipation of the bowel, but a constipation of a system. This constipation leads to toxic buildup, acidity of the body, and overworked kidneys and liver. One of the most contributing factors to constipation is mucus build up.

The body creates mucus and uses it as a filter to protect us from toxins that come from dead foods, such as, foods that we are allergic too, processed foods, sugar, and dairy. The more dead food we eat the more mucus the body produces. All surfaces of the digestive system that are designed to absorb nutrients from food become covered with mucus. People who eat a lot of dead foods may have a thick mucus coating on their tongue, as if they just ate vanilla ice cream.

A healthy body will eliminate this mucus through the bowel. The traditional American diet, rich in processed foods, dairy, meat, and low in nutrient dense foods such as fruits, vegetables, whole grains, nuts, and seeds, has constipated the body with years of mucus build up. As the years go by this mucus build up becomes thicker and harder. Portions of this thick mucus get pushed into pockets called diverticuli. The more mucus build up we have, the fewer nutrients we can absorb. Hence we must eat more to absorb an adequate amount of daily nutrients, resulting in a higher caloric consumption, resulting in possible weight gain. After a number of years of eating too much dead food, we develop nutritional deficiencies, become less energetic and finally sick with diseases. This excess mucus build up also creates an environment for parasites, fungus, and harmful bacteria to grow resulting in more digestive problems and disease.

To improve one's health towards optimal health one must start eliminating mucus forming foods in their diet. When we eat living foods like fruits, vegetables, whole grains, nuts and seeds, this mucus plaque can be dissolved over time. With the aid of herbal preparations (Lower Bowel Formula), cleanses/colonics, and exercise, the body will eliminate it faster. This could take up to 6-9 months for those who stay committed to keeping their bowel clean.

Steps to cleansing and nourishing the Bowel:

Implement the Living Diet at least 5 days as strict as you can. Eliminate processed food, sugar, and dairy.

Do the extended Detox Program which cleanses the bowel, kidney's, liver, and circulatory system. Doing a full body detox will help the systems of the body cleanse properly.

Take Colon #1 and Colon #2. This is an herbal colonic which will help eliminate years of mucus build up. If you are one that has/had poor eating habits, it is recommended that you do this herbal colonic at least once a month, along with taking the Lower Bowel formula every day for at least 9 months.

Do a 3 day juice fast at least one time per quarter. Fasting has tremendous benefits on cleansing the bowel. Fasting takes practice and is a learned skill. If you are a novice to fasting, fast one day a week instead of 3 days together. Gradually increase to 2 days every other week. Then work up to 3 days a week.

**Refer to the Detox Program on how to start cleansing the Bowel, or refer to the Wholistic Page for different Bowel Cleanses.**