

Colon Health

Your Colon: Maintenance of your body's main detoxification organ

While I have been wanting to post this blog topic for over a month now, life has a way of taking us in other directions. Please forgive me for not getting this out sooner!

This particular blog will focus on the foundational stuff underpinning any true naturopathic-oriented recovery program. As we find out more about the toxins in our environment – water, air and food (aside from all the problems with drugs, vaccines and medical diagnostic equipment), we need to be vigilant about making sure our main detoxification organs can do the job when under this much pressure. Our bodies are miraculously designed, always attempting to keep us in perfect health. However, if we do not understand how our bodies work and how we can assist our bodies in the process of keeping us healthy, we will fall into various stages of ill health.

The two most important organs to maintain in good working shape are your colon and liver. Since this information is not common knowledge, I have posted a couple articles at Humbleweed.net to address the importance of both [colon cleansing](#) and [liver flushing](#). I should mention that there are several doctors who promote colon cleansing products that I do not recommend. The main reason is that they usually contain senna which is a laxative that 'works' by irritating the lining of the large intestines. If taken on a regular basis, you can actually become dependent on it in order to have a normal bowel movement.

My father got hooked on a product Shaklee made called Herb-Lax that contained senna leaf. Years later, when my parents ended up moving in with me for end of life care, I tried to wean him off the half a tablet he took every night in order to have a

bowel movement in the morning. This wasn't easy and I am still kicking myself for not starting a bowel movement chart soon enough, realizing a bit later how important it was that I monitor ALL his bowel movements. One thing I did do (as soon as he was under my roof) was to take him for a series of colonics from a wonderful colon therapist who moved to our area. But I digress – the point is that while my father was in excellent health by medical standards, his colon didn't work as it should without some prodding.

But I most certainly do use a particular product that was recommended to me over 35 years ago by my herbal teachers with Dr. John R. Christopher's School of Natural Healing. And that product is called [Perfect 7](#). It was developed by a reformed, born-again Christian medical doctor: Dr. Robert Stanley. It has been many years since I was introduced to [Perfect 7](#) –and sold it. Today, Dr. Stanley's company Agape Health Products is no longer. It was sold to a company in Utah that, thankfully, continues to manufacture [Perfect 7](#) according to Dr. Stanley's specifications. The ingredients in Perfect 7 are psyllium seed and husk, bentonite (colloidal montmorillonite), Lactobacillus Acidophilus and seven specific herbs, including cascara sagrada. So, yes, it includes a laxative, cascara sagrada. According to my herbal teacher and my personal experience, cascara sagrada is not the irritant that senna is and works instead by stimulating the peristaltic muscles lining the large intestines. Most people who use this product for a [colon cleansing program](#) are impressed by how effective it is.

To understand how important it is to take care of your colon, consider these medical facts as Dr. Richard Schultze memorialized them in his March 2002 newsletter (and this is now 2018!):

1. Nobody has a textbook-looking "perfect" colon
2. Every American adult has some form of colon disease or degeneration
3. Colon Cancer kills 400% more people than AIDS...even more

than breast cancer and prostate cancer.

You can read the article I wrote summarizing his newsletter [here](#).

Over the years I have collected handouts of interest in various files, with an emphasis on health-related topics. One such handout came to me before the days of computers and is entitled "Death Begins in the Colon". This particular front and back handout involves an **"Important Discussion of Alimentary Toxemia Before the Royal Society of Medicine in Great Britain"**. According to the handout, this discussion was among 57 of the leading physicians in Great Britain at the time. These included eminent surgeons, physicians and various other medical specialists. Their conclusion:

"...it is no longer possible to ignore the importance of alimentary toxemia or autointoxication as a fact in the production of disease. To no other single cause is it possible to attribute one-tenth as many various and widely diverse disorders. It may be said that almost every chronic disease known is directly or indirectly due to the influence of bacterial poisons absorbed from the intestines. The colon may be justly looked upon as a veritable Pandora's box, out of which come more human misery and suffering, mental and moral, as well as physical than from any other known source.

"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, poisoning 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; poisons the lungs so that the breath is foul; poisons the digestive organs so that we are distressed and bloated; and poisons the blood so that the skin is sallow and unhealthy. In short, every organ of the body is poisoned, and we age prematurely, look and feel old, the joints are

stiff and painful, neuritis, dull eyes and a sluggish brain overtake us; the pleasure of living is gone.

“The preceding information should impress you with the vital importance of bowel regularity to you and every member of your family.”

To access the full document, I have added it to the bottom of the article [“Colon Cleansing and Fasting”](#).

Two incidents happened this year that prompted two additional articles under the heading **About the Colon**. The first incident involved a friend of a friend who began to have all the symptoms of appendicitis. Soon I got a call from my sister and our mutual friend Susan. They had gone over to the lady’s house and Susan was smart enough to bring over her colemma board and bucket. After several sessions irrigating her bowels, the lady felt much better. About the time that I got the call from my sister and Susan, her neighbors (husband and wife) who were in the medical field and worked at a local hospital came onto the scene. As they were talking with the lady, they were also doing all they could to convince her to go to the hospital. Apparently the scare tactics were incredible so she succumbed to the pressure and went off to the hospital with her neighbors, telling my sister and Susan that she was not going to let them remove her appendix but just wanted to get checked out. I guess what bothered me the most was that the lady left without Susan who would have been the perfect [Patient Advocate](#).

So, yes, when she returned from the hospital, she had lost another body part – her appendix. Please read [“The Appendix: Its Function and Necessity”](#) to understand the importance of the appendix.

The second incident involved the 12-year-old daughter of my own daughter’s boyfriend. My daughter lives in the neighboring state 7 hours away from me so we don’t see each other a lot

and try to talk on the phone about once a month. This past weekend she called me in a health emergency panic. Whatever it was, it was not something she wanted to leave me a message about and we had been on the other side of the county with our own non-health crisis emergency! So when we finally connected, she asked me what to do about a serious case of pinworms. Everyone in the house was freaked out as though the condition was very contagious. And she had called me since her boyfriend wanted to get some toxic pharmaceutical product to take care of the issue. Actually, I do not know what ended up happening but I sent her a care package on Monday after she relayed to me that she found in her cupboard some parasite capsules that Don (my deceased husband) had made up. I encouraged her to use them up and I would send her more. All this happened on April 29 on a full moon, the time that parasites seem to go crazy, and like to make their presence known. So while most people reading this will likely think, "I couldn't possibly have parasites!" – it is likely that you actually DO have parasites. Please read this article ["You Are What Your Parasites Eat"](#).

Are Medical Doctors a reliable source for health information?

Most people want to think that their medical doctor of choice has the knowledge and skills necessary to keep them healthy. This sentiment couldn't be further from the truth. Medical schools are funded in large part by the pharmaceutical industry which thrives on selling drugs to mask the symptoms of various diseases. Students in medical school are literally programmed to think a certain way, and have been subjected to an insane amount of sleep deprivation and memorization to be regurgitated on tests. How many people even realize that today's medical doctors take one class in the basics of nutrition and learn absolutely nothing about vaccines except for the brainwashing mantra that vaccines wiped out smallpox and polio, and are essential injections for the continued prevention of infectious diseases?

This past year (2017), two people close to me asked if I thought those working in the medical professions today 'simply didn't know' the degree of harm and outright murder many of them are committing in the course of just 'doing their job'. I told both of my friends that they absolutely 'do know' but block it out, have cognitive dissonance, and/or truly do not want to know since the ramifications of admitting to themselves they have been participating in such an evil system –and are even indebted for their indoctrination (training) to participate in this system– is more than a person of conscience can bear. Then I loaned them a 'tell all' book which is the author's autobiography: ***Rising From the Dead*** by Suzanne Humphries, M.D. The book is a page-turner and both of my friends were very thankful to have this new understanding of what it is actually like to go through medical school, graduate, continue another four years to specialize, graduate again, start a practice and do all in your power to pay off over \$1 million in debt to obtain your chosen profession. If you would like to read this book, consider asking your library to carry it. Hint: Libraries will be more likely to order a book if they have more than one request for it.

END NOTE

Every now and then I share with our customers a product we use that others have also found helpful, particularly with cancer or other serious health issue. One of them I am in the process of adding to the website. It is the highest quality CBD oil that we have found – 100% organically grown in Kentucky and they use the entire hemp plant to extract their CBD oil. Here is my link if you are interested in finding out more about this product –

<http://hempworx.com/vaclub>

The other product is SOUL from Rain International. This

particular product has helped numerous children from around the world recover from extremely serious vaccine injuries and those injuries caused by drug interactions. This miraculous product is formulated from the most nutrient dense seeds found and then the seeds are crushed and zapped into a lined foil pouch. In this way, the Essential Fatty Acids in the seeds do not oxidize. It is due to the integrity of these nutrient-dense essential oils that the damaged myelin sheath around the nerves are repaired, leading to recovery. You can learn more about this product here <http://www.myrainlife.com/vaclub>

Last year, G. Edward Griffin had a fairly debilitating bout with shingles and was able to recover fully with the help of SOUL. His testimony is here <https://www.youtube.com/watch?v=NSsVLqM1-E4>

REMINDER

You must turn your WiFi router OFF at night when your body is trying to heal. You simply cannot expect to recover when you are bombarding your body with microwave radiation 24/7. If you haven't done so, consider reading the information at Wi-Cancer.info

It is Spring so get outside more and enjoy the flowers!!

Life is an adventure so decide today: There is no reason to entertain negative thoughts when I can focus on the beauty in my life and be thankful for all that I have been blessed with.

Be well!

In the Spirit of Health,

~Ingri

Humbleweed.net