

# Colon Cleansing and Fasting

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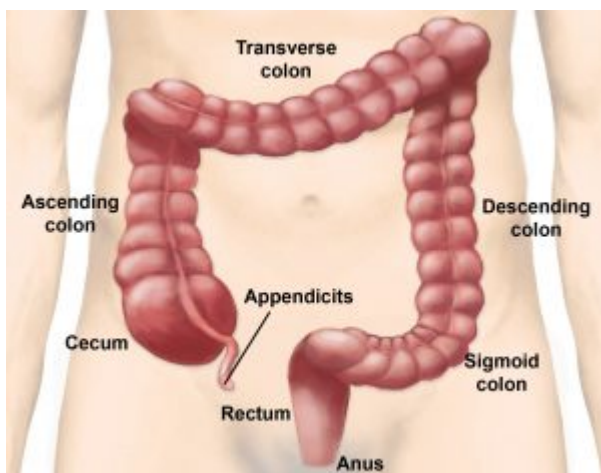
## *Colon Cleansing and Fasting*

by Ingri Cassel

### **Colon Cleansing and Fasting: Two Keys to Maintaining Optimal Health**

by Ingri Cassel

We are going to delve into a topic here that most people would rather ignore. However, as we enter the cold and flu season, we must overcome our ignorance and realize that health begins at our mouth and ends our anus. If we become sick it is because we are providing these bugs with the environment they thrive in. If we cannot get well, it is because we have not done the things necessary to alter that environment. Most sickness is born in the bowel. Impacted and sluggish bowels full of partially digested meat and refined carbohydrates are the breeding ground for sickness. Active and clean bowels are the foundations of health and a fully-functioning immune system.



Most of us equate daily bowel movements with a normally functioning colon. In fact, most medical doctors tell their patients that having a bowel movement once a day or once every two or three days is all within the range of normal. Variations in frequency of bowel movements are usually chalked up

to biochemical individuality.

The truth is that our bowel movements should be at least as frequent as the number of meals we eat daily. In fact, if your bowel movements are well formed, you have fecal matter filling the entire length of your large intestines. When you eat a meal and your body has finished digesting it, you may have the urge to have a bowel movement. This is necessary so that your large intestines can have enough room to deposit the waste products of your previous meal.

If 80 percent of your diet is composed of raw fruits and vegetables and you also consume plenty of purified water, your bowel movements would not be well-formed and you would stool more frequently. Our digestive tracts were not designed to handle mass consumption of meat, dairy products, refined carbohydrates and cooked food (which destroys the enzymes necessary for optimal digestion of our food).

Personal experience, coupled with the experiences of my friends, students and clients has taught me the importance of [colon cleansing](#). Obviously, regularity is a concern for many Americans – 40 million Americans take laxatives; 8 million chronically.

Did you know that 90 percent of all disease is caused by alimentary toxemia (toxic build up in the bowels)? People with various forms and degrees of arthritis, cancer, fibroid tumors, lupus, and various auto-immune disorders ALL experience dramatic relief from their condition simply by going on a seven-day colon cleanse which involves a modified fast on supplements and drinks designed to purge the colon of excess fecal matter.

An important principle in natural healing is that anaerobic bacteria (germs and viruses) thrive on toxins and are actually the garbage men of the body. When one is experiencing a cold or flu, it is best to open up the body's eliminative channels in order to speed up the elimination of toxins. Fevers aid the body in "burning" up and eliminating the toxins more rapidly.

A dry fever is the only kind of fever that is dangerous.

We need to drink plenty of water and herb teas as well as take hot sweat baths when we are ill. If dehydration is a concern due to excessive vomiting, take frequent baths (hydration via the skin) and drink only [raspberry leaf tea](#). Never neglect the importance of cleaning out the colon and fasting at the first sign of a sore throat or “catching the bug” going around.

Fasting can be as simple as drinking only water, herb teas and unsweetened juices. The most important thing to remember is what to eat when sick. All protein, carbohydrates or refined sugars must be shunned while the body focuses it's energy on purging itself of accumulated toxins. In general, if you must eat, only consume alkaline-forming foods such as juicy fruits and vegetables. Colds and flues occur when the body is over-acid, a state which also encourages the accumulation of toxic waste products.

You can easily check your pH balance with litmus paper obtained at your nearest drug store or online at [ph](#). If you are sick, you will find that you are over-acid. Dis-ease loves acid. You need to alkalinize your body to create the environment that repels dis-ease.

### **True stories**

Dis-ease is just that: Our bodies are out of ease and attempting to regain balance. It really is that simple. When we view illness as a teacher and friend, we will never again consider using the toxic weapons of war used by the medical doctors of today (most of which increase acidity). We will also take responsibility for our lifestyle and healthcare choices rather than blaming (and being a victim of) “that bug going around” or the chemtrails, pesticides, and vast array of environmental chemicals that we are exposed to.

My first introduction to the possibility that I might have a constipation problem was when I was four years old. My mother

decided to give me an enema on the floor of our bathroom – definitely the weirdest thing I had ever experienced at the time. When the procedure was done, I proceeded to walk out of the house. As soon as I reached the front porch, I had the over-powering urge to stool. I went back in, took care of business and went to go outside. Again, as soon as I reached the front porch, I had this terrific urge to stool. Walking to the front porch and then back to the bathroom repeated for at least eight trips – and each time I had a significant bowel movement before leaving the bathroom.

Later in my life my mother and I heard the stories of participants in our meetings. They told us about the stuff that came out of their bodies during their [seven-day colon cleanse](#) and the miraculous benefits they continued to experience afterwards. One man had gradually lost his hair until at 60 he was bald on top. After his bowel cleanse, he had new hair growth in his bald spot that was noted by his barber. All skin conditions such as eczema and acne responded well to these seven-day cleanses as well as cysts, tumors, cataracts, and arthritis. In fact, every ailment that these people had experienced was either minimized or completely resolved simply by doing one of these cleanses.

Sometimes it takes a few different cleanses to clear up stubborn conditions. I'll never forget what my mom told me when she was going through menopause and completing her third [colon cleanse](#). She didn't have to take any herbs to control her hot flashes! Her body's hormones were functioning fine without any assistance until a few weeks after her cleanse when she pigged out on bread and cheese. That night she experienced her first hot flash in several weeks.

## **Crayons?**

When I lived in Washington state, a friend called me up for advice with her two-and-a-half-year-old daughter who just couldn't seem to shake this cold that had turned into a nasty

cough. She had restricted the girl's diet to fresh fruit, juice and water and still the cough persisted. I asked her if she had given the girl an enema. She said "no" and was defensive since the girl was stooling everyday. I explained to her the fact that something poisonous must be stuck in her body or she would have recovered from the cough by now. Before she hung up the phone, she promised to give her an enema. The next day she phoned, thanked me profusely and told me that a bunch of crayons came out from the enema and she was fine after that.

Another friend of mine had phoned me a few years ago in a fearful state. He was a plumber and carpenter by trade and wasn't able to bend his knees to get up and down a ladder or crawl under a house, he was so crippled up with arthritis. His problems were compounded by the fact that he has an eating disorder, using food for emotional comfort and eating much more than his body could tolerate (and too much of the wrong things).

### **Eliminating toxins**

I have made it a rule that I only help those who ask for my help and, although he didn't ask me directly, he was clearly searching for a miracle and was a deeply spiritual and faith-filled man. I put him on a program which included a strict diet, the use of herbs and working up to the discipline he needed to complete the [seven day colon cleanse](#). He immediately began to feel better as his system began to purge the accumulated toxins.

After the colon cleanse, he went back to work doing plumbing and carpentry. He still struggles with reducing his food intake and eating the right kinds of foods. But he knows the value of purging his system of toxins; at least once every year he goes on a seven day colon cleanse. The fright of having his mobility restricted to the point of not being able to work has given him the discipline he needs to maintain a

certain level of wellness.

Following are some pertinent excerpts from Dr. Richard Schulze's excellent March 2002 Get Well! Newsletter, *Your Colon: Knowing What Goes on in the Last Five Feet Can Save Your Life!*

According to Dr. Schulze, colon cancer kills more men and women in America than breast or prostate cancer and four times more people than AIDS.

It is estimated that in 2002, over 130,000 new cases of colon-rectal cancer will be diagnosed and this form of cancer will be the cause of death for 60,000 Americans. According to the CDC, in 2014 –

\* 139,992 people in the United States were diagnosed with colorectal cancer, including 73,396 men and 66,596 women.

\* 51,651 people in the United States died from colorectal cancer, including 27,134 men and 24,517 women.

Current medical statistics reveal that every American will develop some type of colon disease, tumor, polyp or cancer in their lifetime.

The Merck Manual, the standard text for the diagnosis and treatment of disease, tells us that colon degeneration is on the rise. In fact, the incidence of diverticulosis has increased dramatically over the last 50 years.

According to this manual, in 1950 only 10 percent of adults over 45 had this disease; in 1987, over 45 percent of adults over 45 were afflicted. In the latest Merck Manual it states that the incidence increases rapidly over age 40 and that every person is expected to have diverticulosis if they live long enough. [Citing a medical journal article from 2016, The National Institute of Diabetes and Digestive and Kidney

Diseases stated, "In the United States, about 200,000 people are hospitalized for diverticulitis each year. About 70,000 people are hospitalized for diverticular bleeding each year."]

## **Into the bowels**

According to Dr. John R. Christopher, over 90 percent of our ailments can be traced to an accumulation of toxins in the colon. Dr. Schulze had a hard time believing some of Dr. Christopher's stories of people having a bowel movement only once a month until he started his own clinic in Hollywood, California. He then had the experience of meeting patients who claimed to have a bowel movement only every other month. He thought that was the record breaker until he received a letter from a woman who thanked him profusely for his Intestinal Formula #1. This woman claimed to have a bowel movement twice a year!

So what is a normal bowel movement and how frequently should we be "pooping?" If we were eating a more natural diet consisting of plenty of raw foods and drinking large amounts of water and hydrating liquids, we would be evacuating the same as the number of meals eaten daily. In other words, having a bowel movement two to three times a day is optimum. Any less than this is a sign of constipation.

Dr. Schulze recounts in his superb newsletter numerous stories of patients who used one of his miraculous herbal formulas to clear up their health problems. He patiently listens to their complaints and immediately puts them on a bowel cleanse. Many of them are initially irate, not realizing that their health problems will disappear in the process of bowel cleansing.

I, too, have had similar experiences with friends and acquaintances so I can totally relate. I have seen too many people recover from migraines, back problems, crippling arthritis and even cancer by simply going on a bowel cleanse first and then continuing with a healthful, primarily

vegetarian diet.

One such story from Dr. Schulze's newsletter is classic:

"I had a lady come to see me; she had been out of work, literally flat on her back in pain for 2 ½ years. She had pain in the lumbar vertebrae, sacrum and sciatic nerve, EVERY DAY, ALL DAY. No work, not even housework, not even going shopping for a few groceries. She had many visits to her chiropractor along with Hatha Yoga, which are two of the best therapies for any spinal problems, but she got little results. The osteopath's orthopedic treatments didn't help either and she was at her wits end. She even told me she was contemplating killing herself.

"Guess what? She was constipated! I put her on the bowel-cleansing program and in less than a week all of her pain was gone, and never returned. She was shocked, in disbelief, and she was really, really mad at all the doctors for overlooking something so simple; constipation. Her blocked, engorged, swollen colon was pressing on all the nerves in her lower back."

### **The Reason Over 90 percent of ALL Disease (or MORE) Can Be Traced to the Colon**

Even if you think that your particular health problem is unrelated to how well your bowel functions, you may be wrong. The reason for this is the fact that a swollen, irritated, constipated colon puts pressure on and infects everything around it. Quoting from Schulze's newsletter:

"...the entire colon is so big that it is connected to, touches, sits next to or is in the vicinity of every major organ in the human body except the brain. It also touches most of your major blood vessels and nerves. Constipation causes the colon to literally swell, expand and even herniate.

Remember that all the major medical books told us that all of



us store too much fecal matter and have this happening inside of us. So when an area of the colon gets constipated and swells, it compresses and crushes the organ next to it. This could be the lungs, the heart, the liver and gallbladder, the pancreas, the kidneys and adrenals, the uterus, the prostate – again, almost every major organ in the body.

This is why a constipated and swollen colon can cause an almost endless amount of seemingly unrelated diseases and problems...The point is there is NO EXTRA SPACE in your body. If your bowel swells due to constipation and bowel pockets, another organ gets pinched, if not crushed.

...What's the bottom line? A sluggish, constipated, swollen bowel, retaining pounds of old fecal matter can either compress a nearby area causing disease or emit infection and toxins which can affect and infect any area of the body."

Dr. Schulze has witnessed hundreds of patients with chronic back pain, sciatica, leg pain and even migraines all recover after a good bowel cleansing program. This is because the nerves from the spine run right next to the bowel before they go down the legs.

Dr. Schulze receives testimonial letters from all over the country. One of these letters will likely speak to you, inspiring you or a loved one to embark on the colon cleansing journey.

It is such a typical story. People wait until the alternative is clearly worse than the cure before they decide to go on a bowel cleansing program. We suggest instead that you use this spring to start on your annual bowel cleansing basic maintenance program.

A taste of his humor and delightful sarcasm follows:

"Occasionally, a patient would say to me, 'I can't drink this black drink [his Intestinal Formula #2]' or 'Isn't this

program a bit radical?' GIVE ME A BREAK, WHAT TOTAL WIMPS! This drink might be black in color but it doesn't taste black, in fact what little taste it does have is pleasant, especially if you are using diluted juice. And as far as radical, at what point did we start believing the lying medical doctors and start thinking that taking God's and Nature's healing gifts are radical? I'll tell you radical. Radical is when you develop colon disease and the doctors shove a colonoscope THREE FEET up your ass and then starts burning and cutting off tumors on the inside of your bowel.., then you'll wish you had taken this formula. So don't you dare give me any damn radical crap and drink your drink, and SMILE!"

Dear Dr. Schulze:

Recently on a routine physical exam, the doctors noticed that my PSA (prostate specific antigen) was very high. My doctor then performed a very uncomfortable prostate exam and discovered that my prostate was very enlarged and appeared to have a tumor.

He suggested an eight-needle biopsy into my prostate but the thought of needles being stuck into the space between my testicles and anus, well, I didn't want to do it. He also said that I should schedule a prostatectomy.

This sounded even worse, putting a surgical device into my urethra and up in my penis to carve away my prostate. I was scared to death!

I already had your video tapes and like many people I suppose, I watched them, agreed with you, but did nothing.

After this horrifying discovery at my doctor's office I decided it was my time to get healthy. I have been constipated most of my life, not as bad as some of your patients but I went only once, maybe twice a week. After watching your video tapes again, I decided that I should do some SuperFood, your Bowel Detoxification Program and also your Prostate Tonic.

I did your Bowel Detoxification Program twice, over a two-month period, took your SuperFood everyday and also your Prostate Tonic everyday.

I want to thank you for changing my life. I lost 22 pounds and feel better than I have in years. My bowel now works everyday and I have so much energy, more than any other 69 year old man I know. Also my PSA count went down to normal and the size of my prostate also returned to normal. The doctors decided not to do the biopsy and said I don't need to have the prostate surgery which I am very grateful for. Thank you.

~F.I. in Barstow, Calif.

We are preparing to do our annual "spring cleaning" and are looking forward to experiencing all the side benefits. The most important benefits are a healthy body, a recharged immune system, more mental and spiritual clarity, and boundless energy.

[Please see this article for more information on health and the colon.](#)