

All too often, the digestive system and the colon in particular have the status of being “second-class organs” because we’re embarrassed about their function – which is eliminating waste.

Consider for a moment just how important these components are in the grand scheme of biology – the intestines are the first exposure point and thus the first line of defense against environmental toxins to which we expose ourselves daily.

Imagine what would happen if you never cleaned your house, never took out the garbage, never vacuumed your car, or never took a shower. What would happen to your body (or your social life for that matter) after 10 years of wallowing in filth? Your body would likely be repellent and disgusting beyond belief.

Guess what? If you ignore your colon for ten years (or twenty or thirty), the same pollution and damage can happen on the inside of your body!

Dr. Edward Group, *DC, ND, BACBN* has spent years tracing the root causes of disease. Although everyone talks about toxic overload, no one is focusing on the real problem – where that overload takes place.

All health starts in the colon!

People may have a shopping list of symptoms, but doctors are not finding and certainly not treating the root causes of disease! Most symptoms will disappear after a successful program of internal cleansing. You can give people the finest quality, wild crafted, super-organic health supplements in the world, but you are still not addressing the core of their problem. **Toxic overload results from a lack of internal cleansing!**

What people do not realize is that they need to cleanse their intestines on a regular basis as part of an ongoing health routine. It is generally accepted that bowel movement frequency can range from 3 per day to 3 per week, but some people have just 2 per week or fewer. Can you imagine the fermentation, putrefaction, rancidity, and sheer amount of toxins leaking into the bloodstream from a polluted colon that produces only two bowel movements a week?

A healthy person should have 3 to 4 bowel movements daily. Don’t think so? This principle can be demonstrated by the animal kingdom. **For every meal consumed, birds, fish, insects, and mammals have corresponding bowel movements.**

One meal in should trigger one meal out.

A healthy bowel transit time should be 12 to 18 hours. The average transit time in Western countries is at least twice that – 38 hours or more! Ref: Dr. Group – *Health Begins in the Colon.*

1 meal in = 1 meal out

That is the way it is supposed to be. The normal, healthy digestive tract holds 4-5 meals at any given time.

*1st meal – being processed in stomach,
2nd meal – being process in the small intestine,
3rd, 4th, and 5th meals at various stages in the large intestine (colon),*

*6th meal in should replace one of the above meals. If it doesn’t replace it, where does it go? Where does the 7th, 8th, 10th, or 12th meal go? Think about it. What happens to all the food we continually stuff into our digestive tract if we only occasionally let some out the other end of the long tube? Unfortunately, even though we may not experience pain, problems are developing. The excess material can become impacted on colon walls, create ballooning/stretching of the colon walls, or cause toxin production and self-intoxication problems. *Daily use of Herb-Lax (2014I) and Optiflora (80639) are fantastic for a healthy colon!**