

# Cleansing Chronicles



LIFECLEANSE OF ANOKA *Let the Healing Begin*

Spring 2010 • Volume 3

## Happy Health from LifeCleanse!

A heart felt *Thank You* to you as we celebrate our 2<sup>nd</sup> Anniversary. We trust that you are doing well in your journey to a life of health and vitality! Optimal health can be achieved and what better time to begin than during the hallmark month of love? Love your colon ♥



As you are well aware the health care debate is upon us and it is not very comforting to think about depending on the government for our health. **Prevention is key** and puts health care back where it should be—in our own hands. **Ultimately your health is your responsibility!**

When we talk about **preventive**, alternative care, what does this mean? One dictionary defines prevention as: “an action that stops something from happening or something that acts to prevent something.” When someone comes to LifeCleanse with diverticulitis or colon cancer, it is too late for prevention and we have to turn them away. ☹

If we still lived in the Garden of Eden, we would never need to detox! Fortunately, God made our bodies in such a way that it gives us signs or clues of how it is doing. By taking simple, consistent steps, such symptoms can be remedied as need be.

Read on...

Cleansing for life,  
*Barb & Renee*

## Signs of a Healthy Colon

What clues does the colon give us about our health?

Many people come in to LifeCleanse and say that their bowels are working “just fine” and discover that they are not. There are basically four signs of a healthy colon:

### 1. Regular daily, healthy looking bowel movements.

*Ideally one should have a movement 20 minutes after each meal. Otherwise, having one movement in the morning about 12-16” in length, soft, medium brown, and taking less than 30 seconds to expel. One half that size should occur later that same day.*

### 2. No gas or bloating.

### 3. You just feel good and have energy.

### 4. Fresh breath upon rising before brushing your teeth.

*Toxins in the colon get reabsorbed back into the blood stream, head toward our lungs and come out in our breath.*



- Cramps
- Headache
- Nausea
- Chills
- Flu-like symptoms
- Strong emotions: *anger, despair, sadness, fear, etc.*
- Suppressed memories arise
- Anxiety



If this has happened to you, take heart, you are not alone.

One way to prevent this reaction is by drinking plenty of distilled water several days before your session. During the colon hydrotherapy session, the flow of water coming into the bowel can be slowed down or stopped so the body can catch up and then restarted when ready.

The point is to recognize the cleansing reaction for what it is---a good thing, not a bad one---and push through it; on the other side follows a period of feeling rejuvenated and newly energetic because a layer of toxic burden is being eliminated.

If you spent 30 or 50 years accumulating toxicity, you won't get rid of it in a week or a month. Cleansing is a normal process and a **good** sign, and while it can be uncomfortable, the rewards are worth it!

As a follow-up to the last **Cleansing Chronicles** Vol. 2 on **Parasites**, please go to our website under “Testimonies” for an amazing story of one person's encounter.



Testimonies help others and can be submitted to [barb@lifecleanseanoka.com](mailto:barb@lifecleanseanoka.com)!



### PRODUCT SPOTLIGHT: NATURAL CELLULAR DEFENSE

An oral chelation product which removes heavy metals and known carcinogens or toxins. Give us a call to get a CD, or go to [www.lifecleanseanoka.com](http://www.lifecleanseanoka.com) and click on **Waiora** on the bottom right. - *Scientifically Proven* -



## Do I still need to clean my colon even if it works well?

Let's see what the experts on colon health say. Dr. Bernard Jensen (1908-2001), D.C., Ph.D. Nutritionist, author of Tissue Cleansing Through Bowel Management says, “one woman, who said she had five bowel movements a day; was found, after she passed away, to have only room enough for a pencil to pass through parts of her bowel. **HER BOWEL WAS 9 INCHES ACROSS!** We found that it had an extreme accumulation of hard toxic material encrusted on the bowel lining.” Dr. Norman Walker (1886-1985), from his book Colon Health, says, “Why do you continue to allow the 20, 30 or more years of corrupt feces and waste or matter accumulated in layers on the inside of the wall of your colon to remain there?... No sewage system of any kind is immune from trouble.” A surgeon at the Battle Creek Sanitarium, Dr. Harvey Kellogg (1852-1943), most known for his corn flakes breakfast cereal, says, “Of the 22,000 operations I have personally performed, I have never found a single normal colon.”



## How often should I do Colon Hydrotherapy?



This is by far the question asked most often. Again, Dr. Norman Walker says, “Based on several score years of experience, research, and observation, it is my considered opinion that every mature man and woman, ... if they have any desire to live a long and healthy life ... should seriously consider their condition and take a series of colon irrigations (by the dozens if necessary) and get started on a cleansing program. I am convinced that about twice a year, throughout life, colon irrigations should help nature keep the body healthy.” Kevin Trudeau (1963-), consumer advocate, and author of The Weight Loss Cure. “Since it is impossible for you to eat perfectly for the rest of your life, it is necessary for you to clean your colon at least once per year. Good colon cleanses include a series of five to fifteen colonics in a thirty-day period.”

*Thank You* for participating in our recent survey. Your generous feedback provides us with valuable insight to how we've been doing and how we can better serve you in the northwest suburbs, **we appreciate you so much!** (Don't worry if you haven't gotten a call, we are still in our survey process)

♥

*The nicest compliment you can give us is to refer your friends and loved ones!*

*Thank You, Barb & Renee*

**H = HIGH FIBER** Dietary fiber is a type of complex carbohydrate found only in plants, primarily in their cell wall. Fiber is not technically a nutrient since we humans cannot digest it. But the food in which fiber is found is loaded with nutrients. The recommendation from the creator of the **H.O.P.E** acronym, Brenda Watson is:

**35 grams for women**  
**45 grams for men.**

Fiber is found in plant foods like fruits, vegetables, nuts, seeds, and grains. No animal products contain fiber, nor does sugar.

Most of us think of fiber as insoluble, the roughage that does not break down and comes through intact. However, there is **insoluble and soluble fiber** and we need both in combination. Soluble fiber dissolves and breaks down in water, forming a gummy gel. It acts like a sponge, actually absorbing toxins as it passes through the gastrointestinal tract. Additionally, soluble fiber slows down the absorption of nutrients, such as glucose so blood sugar levels are kept in balance, which keeps the appetite in check and deters cravings. Insoluble fiber sweeps clean the GI tract, scrubbing off toxins in the bowel as well as toning the bowel by creating resistance for the muscles of the colon. Some examples of food sources of fiber are:

INSOLUBLE FIBER	SOLUBLE FIBER
• Brazil nuts	• Barley
• Brown rice	• Fruits
• Peanuts	• Vegetables
• Popcorn	• Legumes
• Wheat bran	• Oats
• Whole grains	• Rye
• Vegetables	• Seeds
• Fruit skins	• Guar gum
• Flax seed	

**Water is also a must!** The colon is a recycling center for water; 80% of the water is extracted out of fecal material as it passes through the colon. When a person does not drink enough water to properly hydrate the bowel, constipation can result.

**O = OILS / ESSENTIAL FATTY ACIDS**

Not all fats are the same. There are three types of saturated fats based on the length of their chain.

**Short-chained saturates** are the good ones as in butter, coconut oil and palm oil. They do not clog arteries or cause heart disease. They are easily digested and are a source of fuel for immediate energy.

**Medium-chain saturates** are found in many foods, but also in coconut and palm oils and are also not shown to increase cholesterol or risk of heart disease. These oils are not bad.

**Long-chain saturates** are the ones associated with raising LDL (bad cholesterol) while lowering HDL (good cholesterol), therefore increasing the risk of heart disease. The bad fats are those found in meat or the by-product of hydrogenation, which means they are found in margarine, shortening, restaurant fried foods and most anything that comes in a box or off a grocery store shelf.

Unsaturated fats are liquid at room temperature and are considered to be good fats. There are two categories:

- **monounsaturated** (olive, canola, and peanut oils)
- **polyunsaturated** (flax, borage, corn, safflower, sesame, soy, sunflower, evening primrose oils and fatty fish).

**Supplemental Essential Fatty Acids (EFAs)**

- (the main components of all fats) are the good fats, the omega-3 and omega-6 fatty acids. Here is what these powerhouses do:

- **manufacture** the cell wall of every cell in the body
- **support** the cardiovascular, reproductive, immune, and nervous systems
- **increase** the absorption of vitamins and minerals
- **lubricate** the colon
- **promote** proper nerve functioning
- **help support** gastrointestinal health
- **relieve** inflammatory conditions

Brenda Watson recommends 2 grams of omega-3 oils per day

**P = PROBIOTICS**

Probiotics have been defined as living microorganisms that positively improve health and intestinal environment. The term “probiotics” comes from the Greek words “pro” and “biotics”, meaning “for life” or “in favor of life”.

The intestinal tract has its own ecosystem. There are more than 500 species of bacteria in it. Good health and the ability of the immune system to function at its optimum is having the right ratio of good bacteria to bad bacteria - **80%:20%**.

The prevalence of bad bacteria causes a condition called dysbiosis. Many things can cause dysbiosis, but most of the time it is self-induced. Things like high levels of stress, chemical exposure, poor diet, overuse of antibiotics, birth control pills and/or drugs of all kinds can create an intestinal tract full of bad bacteria. In order to establish bacterial balance, one will need to:

- ☑ **Reduce bad bacteria**
- ☑ **Reestablish good bacteria**

In order to balance gut flora, we must return the good bacteria to the digestive tract with a probiotic formula.

A good probiotic has about 5 to 15 billion cultures per capsule and contains both lactobacillus and bifidobacteria. If you have gastrointestinal health issues, you will want to look for one that contains 50 billion cultures. In general probiotics taken once or twice daily with a large glass of water, between meals can help deliver the probiotic to the intestinal tract faster and in higher concentrations.

Another good source of friendly bacteria is raw cultured vegetables. These nutrient-dense fermented foods have been around for centuries. They are rich in lactobacilli and enzymes, are alkaline-forming, and excellent source of vitamin C, an effective digestive aid, ideal for pregnant or nursing women, effective in

promoting longevity and ideal for appetite control, as they reduce the cravings for sweets. Eventually, as the gut improves, the probiotic need only be taken twice per week.

**E = ENZYMES**

Historically, the best sources of enzymes have been from the consumption of fresh fruits and vegetables. Eating these foods on a daily basis is the foundation of good health.

Enzymes are essential for all chemical processes in the body, including digestion. The enzymatic level of fresh foods, such as fruits and vegetables, is reduced by long-term storage and pesticides and toxins in the water and soil. As we age, the number of enzymes and their activity levels decrease. This is why supplementation with enzymes is helpful. Cooking foods destroys enzymes, which are needed for virtually every chemical reaction in the body. For this reason, a diet that is at least 50% raw is recommended.

A good digestive enzyme formula will contain a variety of enzymes to address every type of food group ingested: fats, starches, dairy, plant, vegetable material (cellulose), and sugar. The ideal digestive enzyme supplement would be plant-based.

The capability of the organs to produce enzymes can also be adversely affected by stress. Practical ways to enhance digestion include:

- Chewing foods thoroughly
- Eating consciously
- Eating a variety of foods
- Following food-combining rules
- Decreasing stress by taking time for yourself!

In this fast-paced society most of us need to slow down and enjoy our food in a relaxed atmosphere. Eating too fast causes insufficient chewing, which can cause gas or bloating, due to excessive air being ingested. Washing food down with any beverage, including water results in a dilution of digestive juices and further digestive stress.


So you see... there is **H.O.P.E!**

**Always remember, “Good health is intentional!”** Regular colon hydrotherapy sessions and implementing the H.O.P.E. Formula are not only steps toward the **prevention** of health decline, but **responsible** steps toward your life of longevity and vitality!

**Call us soon to schedule your next appointment(s)!**



*A balanced intestinal environment is a critical component of any healthy digestive system.*



**2665 4<sup>th</sup> Ave. N. Suite 101 • Anoka, MN 55303**  
**Tel: 763.231.7303**

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