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Is there anyone,
who can claim that he
/ she has a
Perfect
GUT HEALTH

10 years of
rigorous
research



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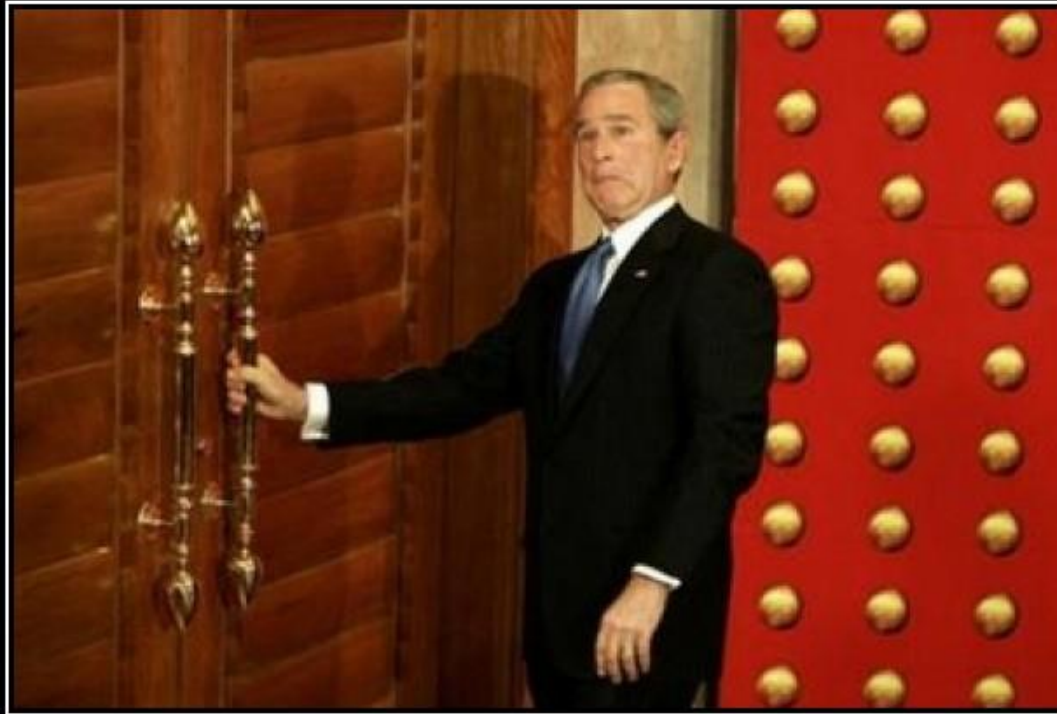
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DIARRHEA

It shows up at the most unexpected times.

DIY.DESPAIR.COM

10 years of rigorous research



All these are just
some examples –
Indications that
**YOU
DO NOT HAVE
A PERFECT GUT
HEALTH**



Here are some staggering facts and statistics –

- ✓ The healthy transit time of food through our body is less than 24 hours.
- ✓ Today, with processed foods lacking enzymes and natural fibers, the transit time is **slowing down to 70 hours!** Means the food remains in the gut for more time.BAD



Some MORE staggering facts and statistics –

- ✓ Many experts believe that the average person has 5-20 pounds of **accumulated waste matter** in their colon.
- ✓ A person with ***a toxic colon can have 40 pounds or more*** of **accumulated waste matter** in their colon.

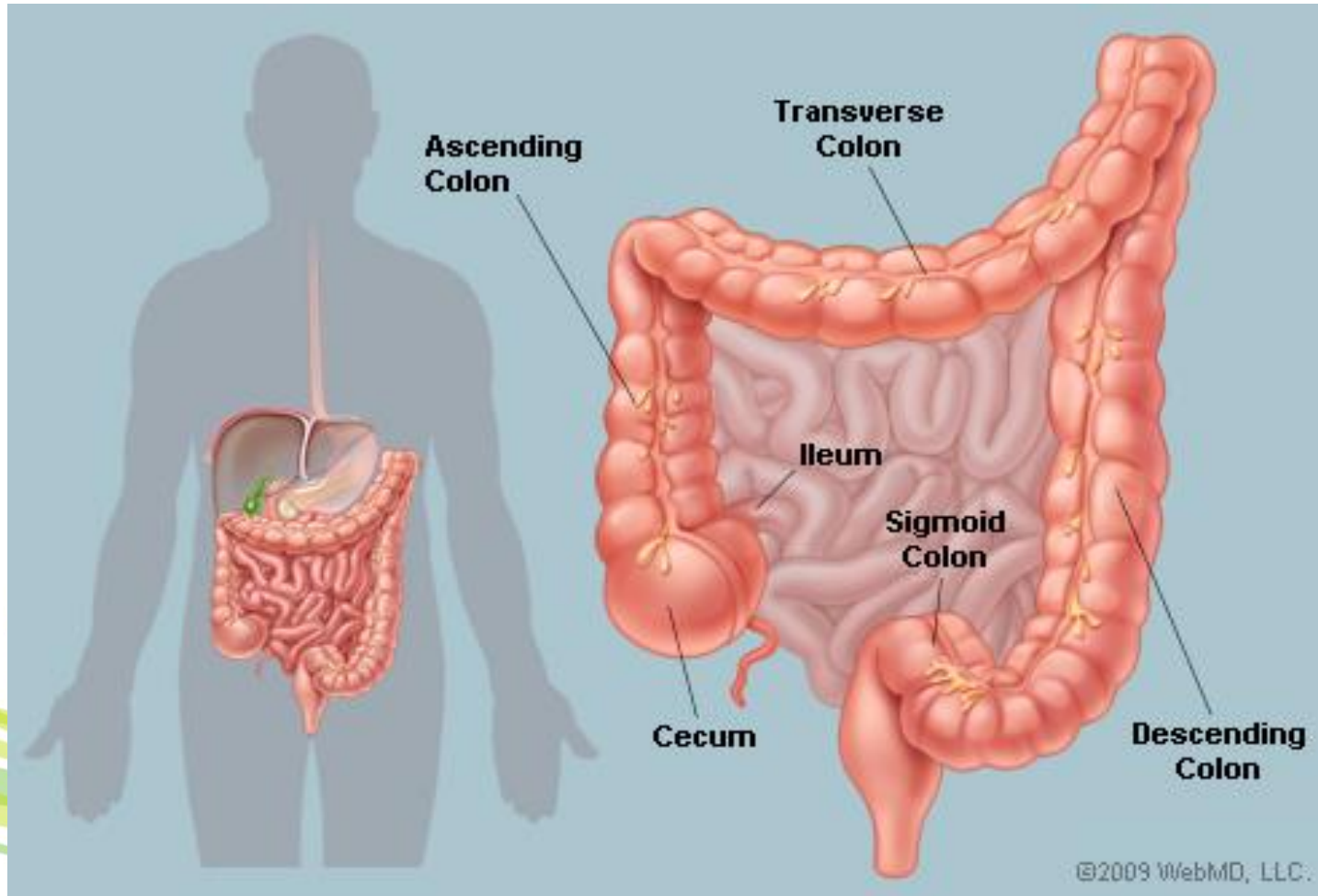


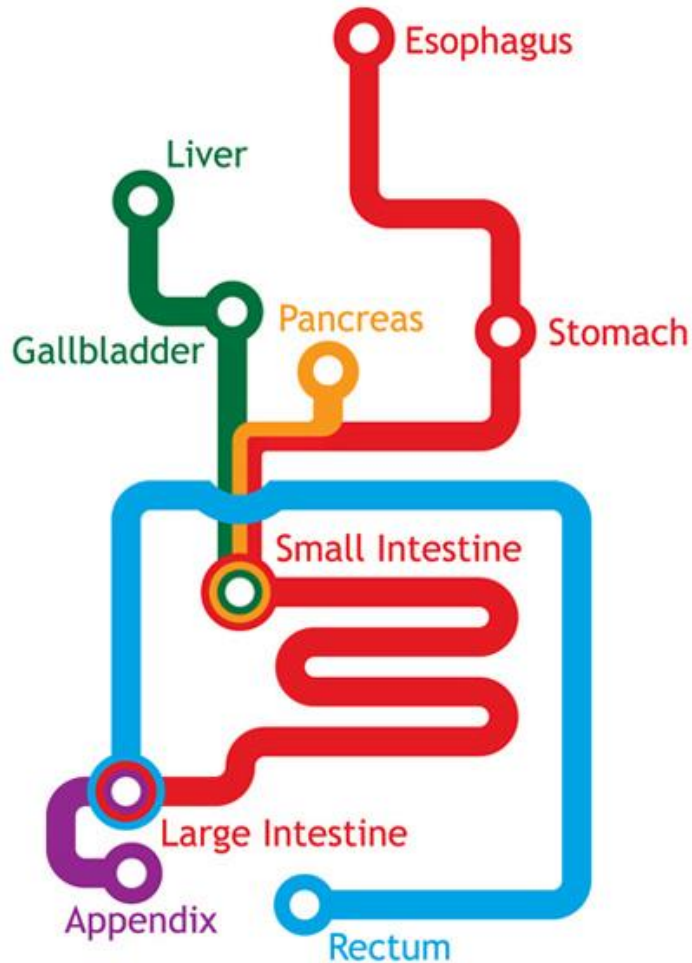
Some **MORE** staggering facts and statistics –

- ✓ In USA, over 100,000 colostomy surgeries – per year
- ✓ The NIH survey - 4.5 million Americans are constipated most of the time. So are **INDIANS.**



**80% of all disease
and discomfort
is related to a toxic
colon.**





The food
has to
pass
through
a 25 feet
long tube



A Healthy Colon

- ✓ The colon, or large intestine, is an important part of the digestive system.
- ✓ Its lining includes sensitive nerves and glands that aid in the assimilation of food - especially vitamins, enzymes and water.
- ✓ When the colon is healthy, it eliminates unassimilated substances in the form of waste within 16-24 hours of eating.



**A healthy colon
is essential
to
a healthy body.**



A Toxic Colon

- ✓ Over time, your colon may become unhealthy and TOXIC.

- ✓ Its ability to properly eliminate all the waste materials from your digestive tract is lost. Due to –
 - ✓ Poor diet,
 - ✓ lack of exercise,
 - ✓ stress,
 - ✓ drug intake,
 - ✓ lifestyle and a variety of other factors.



A Toxic Colon

- ✓ When the human colon becomes less active, the body does not eliminate its waste materials as effectively.
- ✓ Therefore, when the elimination process is not functioning properly, **deposits of waste matter build up along the wall of your colon or in the pockets of the colon.**



A Toxic Colon

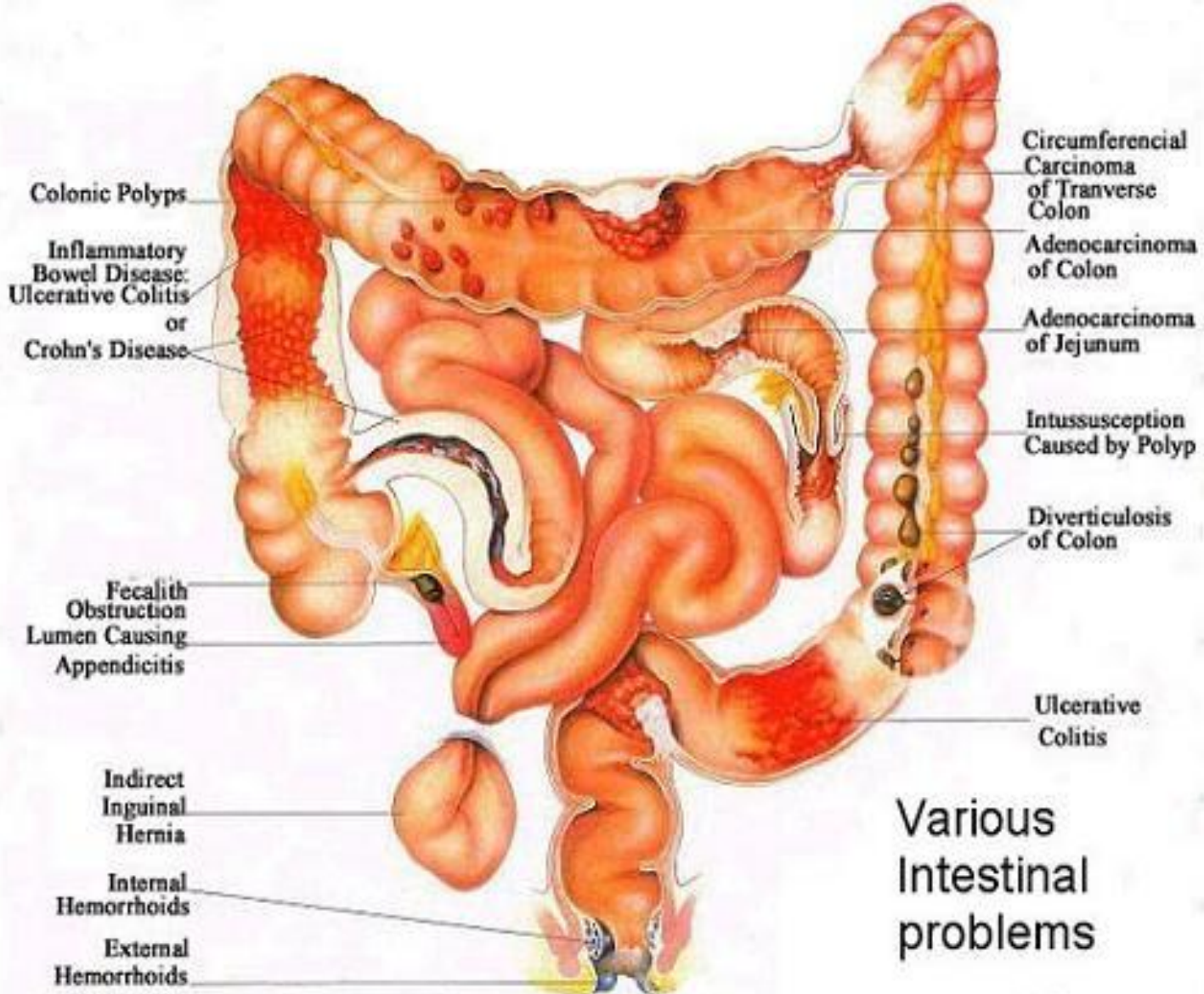
The average healthy person **who is not constipated** will carry about **5-20 pounds of fecal matter in their intestines and colon at any one time.**

People who are constipated can be carrying up to **40 pounds or more** of this toxic fecal matter, **which is continually poisoning their body and organs.**



A Toxic Colon

If some of this waste material deposits along the colon wall, it may not leave for months or even years. Amazingly, *these deposits of hardened fecal matter can get to be 2 or 3 inches thick and as hard as tire rubber.*





People are not making the connection between an unhealthy colon and an unhealthy body.

An unhealthy colon can adversely affect your total health, including all the systems of your body.

If we neglect our colon, the toxins that should be removed will continue to build up and be reabsorbed into the bloodstream.

This creates a serious health issue known as self-poisoning.



The toxins, get into the bloodstream and travel to all parts of the body.

Every cell in the body gets affected.

Because it weakens the entire system, **THIS SELF POISONING** - a cause for nearly any disease.



A toxic colon can...

- ✓ Weaken and stress your heart.
- ✓ Cause skin blemishes, paleness, psoriasis, liver spots and wrinkles.
- ✓ Irritate the lungs and cause bad breath.
- ✓ Affect the brain, disturb mental functions and cause senility.
- ✓ Cause pain and stiffness in the joints and contribute to arthritis.
- ✓ Cause muscle weakness and fatigue.
- ✓ Rob you of your youth,
- ✓ Ruin your wellness and
- ✓ Cause premature aging.

Many experts believe that all diseases begin in the colon!



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