

# WHAT IS AUTO-INTOXICATION?

***"The very best diets can be no better than the very worst, if the sewage system of the colon is clogged with a collection of waste and corruption. " - Norman Walker, D.Sc., Ph.D.***

Many of the health problems we 'live with' are problems we can control by getting rid of stagnating and fermenting foods that should have been removed as waste from our body but instead are collecting inside our colons. This happens when the pH (or acid/alkaline measurement) in your colon is out of balance, usually as a result of acid-based food choices and habits, prescription or recreational drug use, overload of toxins from environment or foods, intestinal flora getting out of balance, and stress.

A healthy digestive system will be carrying about 6 pounds of fecal matter. The average person, however, eating the Standard American Diet (S.A.D.), carries 10-15 pounds of fecal matter in their intestines. Think about that for a minute: 10 to 15 pounds! It has been reported that actor John Wayne's colon weighed an incredible 60 pounds at his death. Can you imagine *your* colon weighing 60 pounds? The more this stuff collects it creates a seriously vicious cycle - further hindering elimination and causing a toxic build up in the body.

Toxins (whether acids from foods, metabolic waste, dead cells from your body, waste from the blood and liver, environmental, dead bacteria, etc.) trapped in the colon will be reabsorbed, picked up immediately by the blood, and travel throughout your entire body. Your blood PH value cannot waiver, so it has no choice other than to play 'hot potato' with the toxins (acids) - distributing them wherever it can. In this way trapped waste is reabsorbed and distributed throughout the body, over-burdening the liver, poisoning the blood and lymph, weakening the immune system, depleting electrolyte mineral reserves. the body can become tired and listless; the brain and nervous system toxic, causing depression and irritability; the lungs create foul breath and stressful breathing; skin problems and sallow complexion; and the joints can become stiff and painful due to toxic deposits. All of which seem minor once a serious disease condition is allowed to set in due to the shift in PH balance these deposited toxins bring with them over time.

*"In my opinion, there is only one real disease, and that disease is autointoxication-the body poisoning itself. It is the filth in our system that kills us. So I am convinced that unless you clean out your bowel you will never reach vibrant health." V. Earl Irons, noted bowel specialist.*

*"Autointoxication is the process whereby the body literally poisons itself by maintaining a cesspool of decaying matter in its colon. This inner cesspool can contain as high a concentration of harmful bacteria as a cesspool under a house. The toxins released by the decay process get into the bloodstream and travel to all parts of the body. Every cell*

*of the body is affected, and many forms of sickness can result. Because it weakens the entire system, autointoxication can be a causative factor for nearly any disease."*  
*-The Colon Health Handbook, Rockridge Publishing Co.*

Colonic irrigation enables the impacted fecal matter to breakdown and be eliminated, along with particles of old mucus from the entire length of the colon. In some cases of cleansing, parasites and candida (yeast overgrowth) may also be eliminated. The liver, gallbladder, kidneys, blood and lymph system are often stimulated into dumping their toxic loads. Most people wouldn't even consider going weeks without a shower or brushing their teeth. Yet they go for years (or la lifetime) without cleansing their internal system? There are viable solutions to the autointoxication dilemma.

My goal is to help you to detoxify your whole body system so you can rebuild and regenerate new cells and tissues in a healthy environment. It won't happen over night- 10, 20, 30, 40 or more years of toxic living can't be rinsed out in an hour. It's a process and it takes time and commitment. Only you know if you feel optimally healthy. Only your body can show us what it's going to take to get you there. And if you really think about it, I know you'll agree this a great place to start the work.