



Children of every culture instinctively adopt the squatting position. Two-thirds of humanity use this posture every day for resting, working and performing bodily functions.

We in the West abandoned squatting less than 200 years ago, when we adopted sitting toilets. Straying from nature always has its consequences. The habitual use of sitting toilets causes subtle but relentless damage to the colon and pelvis.

This book presents compelling evidence that the "porcelain throne" is the unknown cause of many diseases - including appendicitis, colon cancer, colitis, diverticulosis, hemorrhoids, prostate disorders, and pelvic organ prolapse.

These diseases have baffled (and enriched) the medical profession. Ignoring the evidence of history, anatomy and epidemiology, doctors have attempted to put the blame on "nature's incompetence".

Nature Knows Best refutes this claim. In clear and simple language, it explains how these diseases can be prevented and alleviated by returning to natural bodily functions. The reader will gain practical knowledge and a firm conviction that

Nature Knows Best

Computer scientist and inventor Jonathan Isbit spent eight years researching this book, in conjunction with colleagues from around the world.



Nature Knows Best

Health Benefits of The Natural Squatting Position



JONATHAN ISBIT