

A LIGHT-HEARTED AND PHILOSOPHICAL DISCUSSION ON TOILETING POSTURE

*“That Is The Way It Has
Always Been Done”*

When it comes to toileting posture, very few people can explain why they do it one way, but not the other. There is actually a reason why this is so, as explained in a story that goes something like this:

A young newlywed woman was preparing a meal of chicken for her new husband. She took great pains to cut the chicken in a particular, if not peculiar, way, prompting her new husband to ask her why she was preparing the chicken in that manner.

"Because my mother prepared it that way," replied the young bride.

"Well, why did your mother prepare it that way?" the husband asked her.

"I don't know, she just does," said the bride who was beginning to become quite flustered.

So the husband took it upon himself to call his new mother-in-law to learn the reason for preparing the chicken in such a bizarre manner. But the mother replied that she did not know, it was just the way that HER mother had always done it.

Upon consulting with the bride's grandmother (the mother-in-law's mother) the husband learnt that the reason grandmother prepared the chicken in such a manner was that this was the only way that she could get it to fit in her small pan!

In our daily lives we perpetuate similar practices, for similar reasons – because

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In truth, people generally prefer the comfort of the status quo as opposed to learning and taking in new ideas, knowledge and ways of doing things, especially if the idea, knowledge or way of doing things - toileting posture included - is different from what they know and/or have been doing. And thinking is hard. It was Henry Ford who said that this was why no many people want to think.

The famed German philosopher, Martin Heidegger, put this in another way when he wrote: "The most thought-provoking thing in our thought-provoking time is that we are still not thinking."

New ideas, concepts and experiences can be frightening, especially when we are not really thinking. Combine this element of change with a taboo subject – toileting posture (squat or sit) – and you literally have people quickly running for cover.

We can use "potty humor" and poke fun at "the john" and "crap", yet when it comes to actually "doing the deed", the majority of people are covering their ears, their eyes tightly shut, chanting in a sing song tone: "I can't hear you! La la la la!"

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The reality is that while many Westernized countries have adopted the sitting toileting posture, it is not the healthiest practice. Numerous studies have linked the porcelain throne to many serious colon, bladder, prostate and pelvic health problems that are prevalent in the Western world.

In contrast, the groups which who have a squatting toileting culture, such as the Chinese, Indians, Japanese, Middle Eastern peoples and Africans, tend to have fewer occurrences of digestive and elimination problems.

Aristotle said, "If one way be better than another, that you may be sure is Nature's way."

This has been proven over and over to be true. Squatting is the natural position for elimination and the best way in which the body responds. Squatting promotes the correct and natural placement of the colon and other internal organs, allowing them to function properly.

Sitting simply does not facilitate the natural function of elimination. The use of sitting toilet posture is not only unnatural to the body, but also hinders its natural process of elimination.

SIDENOTE

You can read about the specific ailments associated with sitting toilets at <http://www.toilet-related-ailments.com>

Long ago, Buddha saw the strong connection between the mind and body when he said, "To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."

It is time to return to what is natural, and to return to our roots before we are unable to even lift ourselves from the couch or adopt the correct toileting position that will allow us to expel waste completely.

That can only happen when everyone starts to think about and question accepted norms and practices, and rejecting the excuse...

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