

THE ROADMAP TO COLON HEALTH

The foundation of colon health is the use of the squatting position for bowel movements.



Aside from squatting for bodily functions, the other two elements of colon health are: (1) daily bowel movements (at least one per day, ideally one for each meal), and (2) colon cleansing and detoxification (two or more times a year).

Together, they constitute the roadmap to colon health, the result of which is a clean and healthy colon that provides natural protection and immunity against colon and digestive ailments and diseases.

Although the old saying "Death Begins in the Colon" may seem to be an oversimplification, it is more accurate than not in many cases of ill health and disease.

The situation is quite serious. Diseases of the colon have reached an all time high worldwide -- and are still on the rise.

For instance, in America alone, close to 100 million people today are affected by colon disorders and diseases such as constipation, diverticular disease, hemorrhoids, colitis and Crohn's disease and colon cancer. The total cost for all aspects of these colon health problems is estimated at more than \$100 billion per year.

Since the real cause behind much sickness and disease is the retention and reabsorption of built up toxic waste in the colon, the road to good health must always begin with the colon.

This is why in virtually all health rejuvenation programs, the first step is getting rid of old toxic and poisonous waste matter that have accumulated in the colon over the years. (Ten to twenty pounds is not unusual; 60 to 70 pounds has actually been reported.)

Along with the removal of built-up fecal waste, the cause of sickness and disease is also removed in many cases. The colon -- and the whole body -- is given a new lease of life, and healing can take place.

Bowel Movements

Cutting down on meat, eating more unprocessed and natural foods, drinking more water (distilled water is recommended), moving and exercising more all contribute to regular bowel movements.

Squatting for Waste Elimination

Contrary to what many believe, human beings were not meant to evacuate waste in the sitting position but in the squatting position.

The time will come when all would recognise that the introduction of sitting toilets was a tragic decision which have brought in its wake much pain and suffering in the form of colon, bladder, prostate and pelvic-related ailments and diseases.

Colon Cleansing and Detoxification

A good colon cleansing and detoxification program would have to address several key areas. Among other things, it must be able to achieve the following:

- Draw out and remove old fecal matter off the colon walls and pockets
- Draw out poisons and toxins (including chemicals and drug residues)
- Destroy and expel parasites
- Help stimulate the muscle movement of the colon
- Speed up the transit time of feces through the large intestine
- Soothe and promote the healing of the mucous membrane lining of the entire digestive tract

There are many colon health, cleansing and detoxification programs available in the market, but not all are equal to the task at hand.

I would recommend that you go for [Jon Barron's Colon Corrective and Colon Detoxifier](#). (Both are listed under Category A. You can read about their formulation, properties of the herbs used, instructions on dosage and also Q&A by clicking on the respective links.)

Colon Health -- As Easy As 1-2-3

In summary, colon health boils down to three things, namely daily bowel movements, doing it in the correct way (squatting) and colon cleansing and detoxification.

Additional information

For more information on the link between the use of the sitting posture (toilets) and colon, bladder, prostate and pelvic-related ailments and diseases, please visit this [website on toilet-related ailments](#).