

Sitting Toilets: A 150 Year Old Experiment

For 150 years, the people of the Western World have been the unwitting subjects of an experiment. By an accident of Fate, they were forced to adopt sitting toilets, while the other two-thirds of the world (the "control group") continued to use the natural squatting position.²²

The results of this experiment have been clear and unequivocal. The experimental group has suffered dramatically higher rates of intestinal and urological disorders. The following diseases are almost exclusively confined to the Western World: appendicitis, colon cancer, prostate disorders, diverticulosis, bladder incontinence, hemorrhoids, and inflammatory bowel disease.

But the results have been misinterpreted by researchers who were unaware that the experiment was even taking place. Western doctors have tried to blame these diseases on the "highly refined" western diet. Their attempts have consistently failed to show that diet is a significant factor.

Conventional medical websites all tell the same story:

This is a disease of the Western World. We don't know what causes it, or why the developing world seems so strangely immune.

Medical researchers have been working diligently to solve these deadly mysteries, but they have made little progress. Due to their habit of studying diseases in isolation, they failed to notice a remarkable coincidence: Many different bowel, bladder and pelvic diseases – previously rare or unknown – suddenly became commonplace in the last half of the 19th century.