

Did you know that most Americans are constipated? Are YOU??

☑ Constipation occurs when a person has less than two or three normal bowel movements per day. Most people only have one bowel movement per day or less, making them constipated.

☑ Most people eat three times per day, so three bowel movements should occur.

Food In=Food Out

Contributing factors include the following:

1) Diets containing refined sugar, refined flours, starch, alcohol, and alcohol. The typical American diet contains almost no raw fruits and vegetables and people tend to eat a lot of what they want instead of what will help them stay healthy. Good food choices are loaded with natural fiber that will act as a binding agent, pulling fecal matter out of your bodies without the use of man made laxatives and all the problems that go with that.

2) Lack of exercise causes a host of issues. Daily exercise like taking a stress relieving walk, stimulates the lymphatic flow that can create normal peristalsis (the muscular squeezing of the colon walls) for normal, proper bowel movements.

3) Medications, including anti-depressants, pain medications, antacids that contain aluminum, diuretics, and antibiotics.

4) Changes in routine can make the bowel constipated.

5) Lack of time...many of us do not create the time necessary to properly eliminate.

Signs and Symptoms of constipation:

Headaches, depression, diverticulosis, bad breath, rectal gas, arthritis, brain fogginess, obesity, pms, indigestion, bloating, and body odor to name a few.

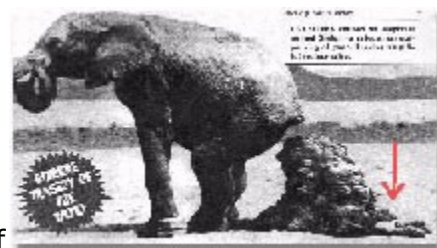
What is so bad about being constipated?

☑ Constipation slows down normal food transit time which can lead to the absorption of toxins instead of nutrients.

☑ The absorption of toxins from the digestive system is a form of self poisoning.

☑ Toxins from food and its digestive by-products can enter into the bloodstream, lymphatic and circulatory systems because of poor digestion and bowel movements and host of most all other degenerative diseases.

☑ Toxins can also settle into the tissue-creating many new diseases, including autoimmune disorder, cancer, ulcers, skin disorders, etc.



Steps to correct Constipation:

1) Take appropriate **herbal supplements** to cleanse the colon.

CleanseMax™ - A natural two-part, highly concentrated formula of herbs, vitamins, minerals, and amino acids to support cleansing and detoxification.

OilMax™ - An advanced essential fatty acid formula with flax, borage, and fish oils, containing lipase, a natural plant enzyme the body needs to digest oils.

FiberMax™ - A great-tasting blend of natural flax and borage seed fiber, probiotics, and amino acids.

2) Try **Colonic Therapy**. This will hydrate you from the inside out and allow old dry encrusted fecal matter to be washed away, so that it doesn't continue to constipate you by creating a smaller and smaller hole by which you CAN eliminate.

3) **Drink plenty of water**. Do not wait until you are thirsty, by then you are a few quarts low. Most adults should drink at two-four liters throughout the day. Drinking 16 oz. of **warm water first thing in the morning** on an empty stomach is the best and most natural laxative there is. Warm water in an empty stomach goes straight through to the colon allowing an internal enema first thing every morning. This should stimulate your first BM of the day.

4) **Change your diet slowly** by replacing more raw fruits & vegetables for your diet instead of highly cooked foods, sugar, pop, and white flour baked goods. Eventually you need to achieve a 70%-30% balance in alkaline ash foods and acid ash foods for proper nutrition and disease free health.



5) Enhance your digestion process with **digestive enzymes** like DigestMax and ZymeMax.

6) **Daily exercise** will help your body process the stress hormones of the sympathetic nervous system which can inhibit proper functioning of the bowels when you are in stressful situations.

7) Maintain a normal alkaline diet and a **regular sleep schedule** - especially when traveling.

8) **Create time to go** to the bathroom regularly...do NOT put off the call of nature!

9) Make sure you **position yourself correctly** when using the toilet-feet should be raised up on a telephone book or device designed for proper elimination posture.