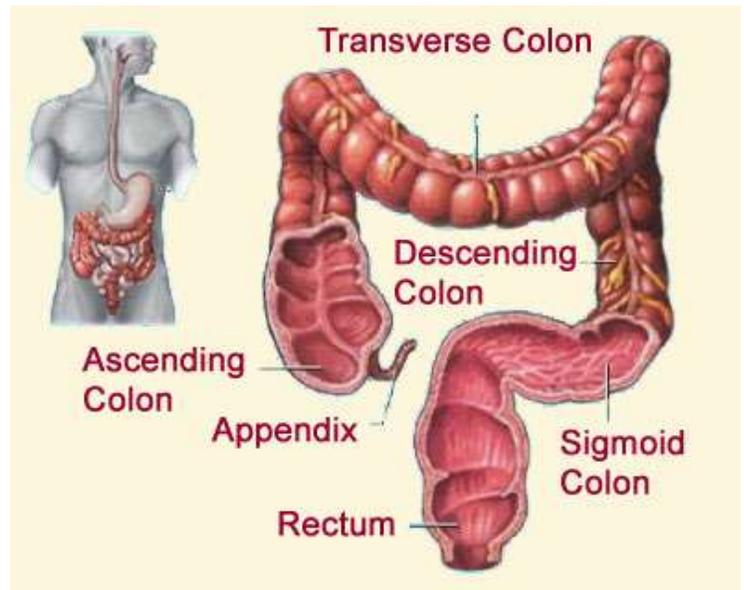


# Cleansing the Bowel



HEAL Marketplace, 360 Carpenter Road, Rutherfordton NC 28139  
<http://www.healmarketplace.com> [healletters@aol.com](mailto:healletters@aol.com) 866-581-4390

A backed-up colon is equivalent to putting a cork in your body. When the bowel is not functioning freely the body experiences a back-up of waste. Holding this waste in the body is a contributing factor in nearly every diseased condition of the body. Working with our members who are dealing with serious diseases I have had the opportunity to see firsthand the huge impact cleansing the colon can have on a sick body.



In his *Incurables Manuel* Dr. Richard Schulze shared the case history of a sixty-seven year old man who suffered from massive depression which was cleared when they emptied the 'warehouse' in his colon.



Emotionally, the man was dead. He was a retired teacher and a guidance counselor in a public school. He had a normal life and was an intelligent man. Sixty-seven years old, and all of a sudden, they go in his room one day and his head was down.

He said, "I don't want to get up. I don't want to go to school. I don't want to get up or do anything." They diagnosed him with clinical depression in January 1993. They took him to four different hospitals; they had him on three different drugs, Prozac, Valium and other similar Valium-like substances to keep him sane.

His relatives brought him here and he wouldn't come in the office. He sat on the couch in the living room with his head down and he goes "No." He goes, "I just want to get out of here. I don't like this, there is going to be bad traffic."

I made him take mouth drops. I said, "Has anybody ever told you that your breath stinks?" He didn't answer.

You know, his condition was like coming home and finding that your toilet is overflowed with poop. When it comes to their own bodies, do you know what people do? Instead of cleansing their colons and "calling the plumber or the Roto-Rooter man", they burn incense and put Air wicks in. That's what they do.

The underarm deodorants, the mouthwashes, the toothpastes, the gels, the breath fresheners, the spray, the colognes, the perfume business is gigantic. It's a billion-dollar industry to cover up their stink because they are rotten inside and they are filled with crap. And if they would just clean out their bowels, this industry would be gone. I could smell this man 10 feet away.

So I recommended my two colon formulas. His family didn't contact me for the next month and a half, so not knowing any better, or wanting to help him, they went through an entire bag a day of the formula. That's ten day's supply in a day. They were going through more intestinal formula than I think any patient ever did.



**Bowel Formula #1**

This was an incredible family. They gave their father liver cleanses every single day for 30-40 days. And they had him on the juices and everything. They kept pouring that colon formula into him to flush him out, and he was having 5 to 10 bowel movements a day.

When I found out, they said, "He's on the toilet all day long." In fact, his psychotherapist called me and said, "I don't know what you're doing, but it might be to the extreme." And I go, "Why?" And he says, "Because I can't even do a psychotherapy session with him anymore. He's going to the bathroom every 15 minutes.

And I said, "You know, we could cut it back." And he goes, "Oh no, he's healed." He says, "We have no more Valium, no more drugs, nothing." They brought him back to my office and this guy was totally out of his depression, totally healed from just doing a major bowel cleansing.

**BISER: You didn't even do herbs for his depression?**

**SCHULZE:** Nothing. I never even got to it. I was expecting to see him in 3 weeks, but here's the greatest part: His first visit to me was February, and he had already been a year-and-a-half chronically depressed and the doctors couldn't help him. And then the family put him on the herbs and programs I recommended. August 2<sup>nd</sup>, he came for his appointment himself. He came in here a happy-go-lucky individual. He wanted more

bowel cleanser. He'll never stop using it.

**BISER: What came out of him?**

**SCHULZE:** They just said it was unbelievable. He blocked the toilets, had them to crush it out.

He was full of poop. I could smell it. They said it was disgusting. In fact, the psychotherapist said he can't stand to have him come because he stinks up the whole office for hours.

**BISER: And they had to crush it up?**

**SCHULZE:** Oh yea. And they said it blocked the toilets. They said he used rolls of toilet paper, they said that it was a disaster, but this is....it's another one of those stories that goes back to John Christopher and Bernard Jensen — you just don't know the power of getting that bowel cleaned out. I mean, this guy was impacted. We're talking about severe impaction.

**BISER: And yet his stomach didn't protrude?**

**SCHULZE:** Oh, not at all. He was a thin man. I finally sent him to a colonic therapist, and they said that after an hour's colonic, the built-up waste was still pouring out of him. They said they just had to stop and say, "Look, you're going to have to come back more times." They said, "It was treatment after treatment and the stuff was pouring out of him." Obviously, they didn't even know where it came from.

The bottom line is that in sixty days, that man was calling for his own appointments and driving himself, and he would come to my office himself and say "Hi, I'm so and so, and I'm here to see Richard Schulze." Of course, we used the brain herbs with him later on, but he was cured pretty much from the colon cleansing and liver cleansing and nothing else. When this guy first came to me, he hung his head between his knees, shaking it saying, "No".

He just said "No, no," I think one time, he said "We've got to get out of here," and he was gone! It was three years ago when it started and he was diagnosed with "severe clinical depression". Now eventually, they would have said it was Alzheimer's disease.

He was in retirement. He came out of retirement. His life has changed. He says he only has one fear left and I said, "What's that?" And he goes, "That I won't be able to get the herbal bowel cleansers." And that's his only fear in life. I said, "Don't worry."



**Bowel Formula #2**

**If you don't cleanse the colon, the other organs can't cleanse their wastes.**

Cleansing the colon can change your health. Many people mistakenly believe cleaning out the bowel is a wellness thing. They don't really believe it changes health. Clearing out the bowel is essential to healing the body of tumors, cancer, kidney infection, even heart disease. HEAL Members working any healing program will not find their programs effective unless they have first cleared the backed up waste from their bowels. If the bowels are backed up the disease they are trying to clear from their system is going to go right back in the body. You'll just re-absorb the toxins you have worked so hard to clean up.

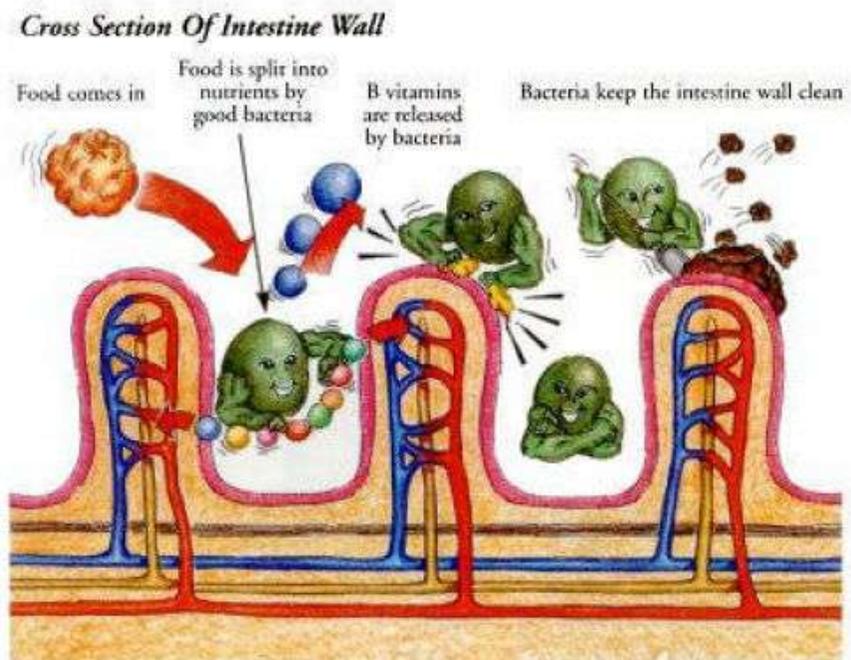
**The body doesn't want to dump wastes unless it knows the colon is working.** Our bodily systems are connected. The appendix is giving information to your bloodstream, that's picked up everywhere. The body knows when the colon is blocked. It's unbelievable the catharsis that's going to take place when the colon is brand-spanking clean. The body knows it can so it will begin pulling toxins out from everywhere.

**Remember failure to keep your colon clean will allow wastes from the colon to overflow and pollute other organs.** Treating those other organs with natural methods will provide only partial results because the organs will continue to be re-infected or re-irritated by toxic particles seeping from the colon.

## Cleansing the Bowel for Greater Vitality

What is the source of intestinal complaints? As we eat our normal intake of food (if we can call it such), a certain amount of its mucus forming substance stays in the intestine by adhering to the walls--glues itself on just like wallpaper paste, and forms layers around the walls. Then, as each additional layer forms through incorrect eating habits, the muscular and absorptive tissues become thickly-covered and proportionately less functional. As these fecal layering's become hardened and continue to grow thicker during a process of time, finally only a hole remains in the center of the lower bowel.

So the matter of fecal elimination is entirely deceptive where there is not sufficient understanding of the correct and normal bowel function--as people off-times say, "I have bowel movements every day." Sure, they have bowel movements every day, but what happens is that, with all that old fecal matter encrusted on the intestinal walls, the food goes into the oral cavity and on through the intestinal tract with little good being done--for, instead of assimilating all the good that is needed from the ingested food, the **"average" person utilizes only about 10% of its real value**, and the rest is wasted on down the

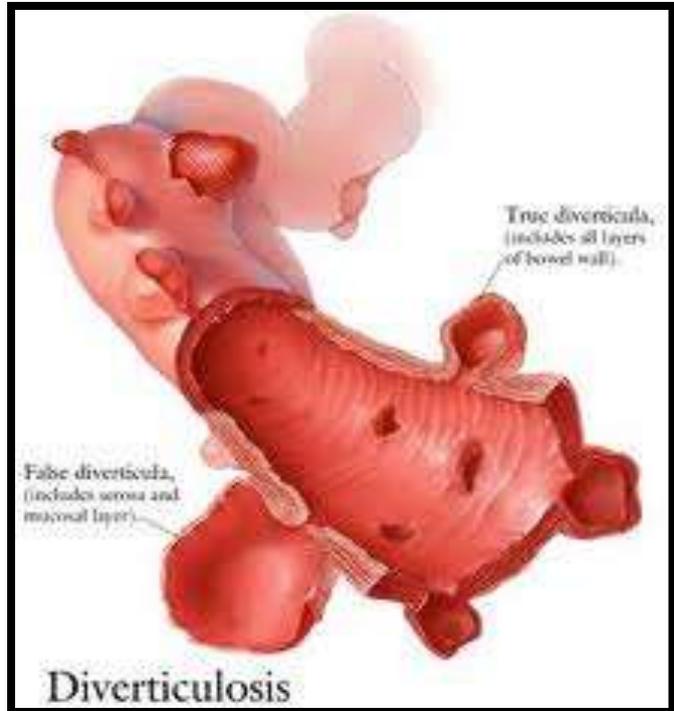


*Good bacteria, such as acidophilus, at work in the small intestine*

eliminative drain. So, with the intestinal tract so badly layered and clogged, your food simply cannot get through to the absorptive villi and functional tissues on the walls and the usual result is that the bowel weakens, loses its elasticity and balloons out.

These hardened layerings in the bowels are just like rings in a tree, which are added to during each year and varied according to the habits and types of materials consumed. When a person suffers from halitosis or bad breath, this is simply nature's way of saying, "You have a toxic bowel condition."

One patient asked, "Why is it that I only eat one-fifth of what I used to eat, and when I was eating five times as much I had a bowel movement every day and I thought that was adequate; but now that I am eating only one-fifth of what I formerly ate, I am having from five to seven bowel movements each and EVERY day--and they are MASSIVE ones, and I am eating LESS! !-- you figure that one out, will you?"



Well, when I was a boy and working in the cabinet shop, we had an old glue pot. That pot, as the years rolled on, got smaller and smaller, due to the glue adhering to the inside. And, because it was a very expensive glue pot, we could not use the hammer on it to break the hardened substance loose.

So we had to reverse the process--we had to soak it out! **So it is with the human colon**, and the abnormal intestinal condition that is found among most people today is from improper living habits that accumulate waste upon the intestinal walls, becoming dehydrated and compacted and like dried fruit, dried flax, etc., that starts to swell as soon as water gets to it. A mucus condition in the colon is generally food that gets caught and rots in the ballooned pockets, which enemas do not touch. Ridding the body of poison is most important, and the animal products are the most mucus-forming. We have 32 feet of intestinal tract, and when we plug it up with meat, cheese, etc., then the waste materials stay in too long and the uric acid goes through and toxifies the whole body system.



**The Merck Manual says that ALL Americans — if they live long enough — will have herniation of the large intestine.**

I find that most medical books nowadays back up natural healing. I quote from the Merck Manual daily to my patients. This is from Merck, Sharp and Dome, the largest drug manufacturer in the United States.

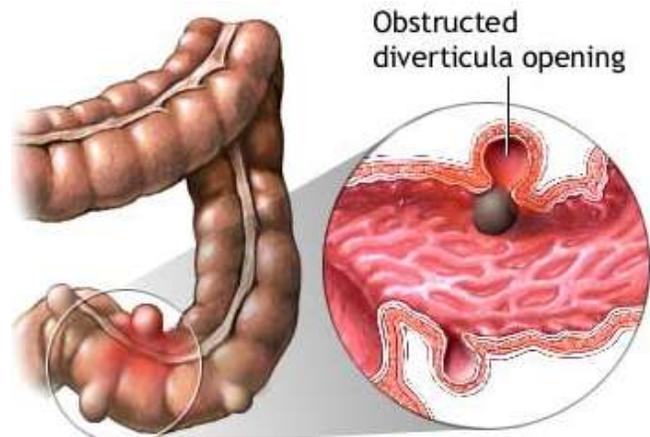
According to the latest edition, Merck, 16<sup>th</sup> edition, I'm quoting, "Every person will have many." That's many herniations. It's a hundred percent now. It says that if they live long enough, every American adult will have herniation of the large intestine. They say that it increases rapidly over age 40 and in every person.

Dr. Christopher knew that more than ninety percent of all disease is caused by

congestion in the colon. Processed foods weaken the bowel, creating pockets and balloons filled with old fecal matter, a perfect place for germs to proliferate. And the hard material absorbs moisture, spreading the toxins back into the body.

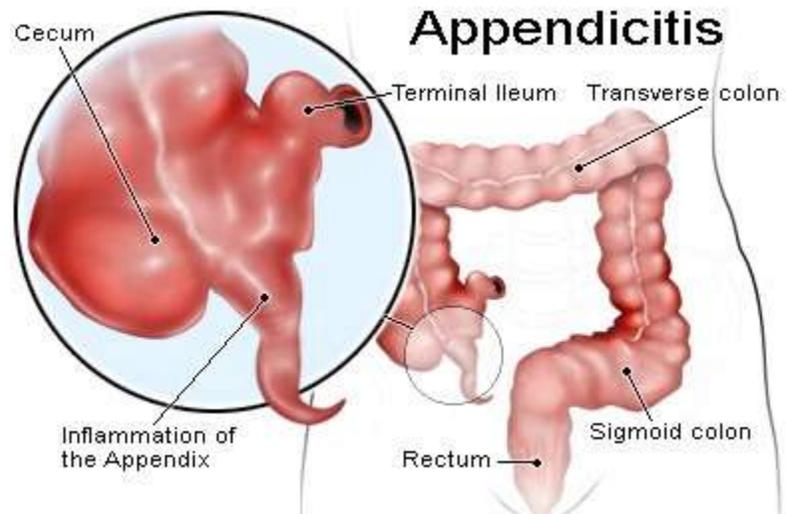
I saw people who were natural healers go, "This is ridiculous". They said, "We have looked in bowels and we don't see this. We don't see these sacs of poop." I'll tell you why they missed them.

Doctors used to miss these because they are not inside the bowel; they are actually OUTSIDE the bowel. From inside the bowel, they can hardly be seen. When scoping the bowel they look like little black dots. They mistakenly believed this to be only a small piece of fecal matter stuck on the wall of the bowel. The condition is now being properly diagnosed because it is understood these small dots are bowel pockets.



## Constipation causes appendicitis.

Appendicitis is caused by fecal matter stuffed down into the opening preventing the appendix from releasing its fluid which in turn causes it to become inflamed. Dr. Christopher says "Appendicitis is advanced constipation."



"Treatment: For normal colonic functions, the diet should include a sufficient intake of fluids and roughage from whole wheat bread, bran cereal, fruits and vegetables." Dr. Christopher said, "If you get constipated, then you will get bowel pockets, and the best way to get rid of them is a mucusless diet, whole grains, bran, fruits and vegetables."

**According to the Merck Manual, these bowel pockets leak pus, blood, and fecal matter back into the blood stream.** According to The Merck Manual, every person will essentially have many herniations — and there are no symptoms. So just because you're regular doesn't mean you don't have these little sacks of poop bulging on the outside of your colon walls.

**Inside the protruding sacks can be inflammation, which means pus.**

When that fecal matter comes out of there, and Dr. Christopher used to say it too, it's not just going to be clean, healthy tissue. There are going to be worms and pus under there, it's going to bleed. That's why even in his colon formula, he put cayenne for the bleeding, goldenseal for the pus and for the infection. He designed it because he knew that these infected sacs were there.

**“Leg ulcers never heal until you cleanse the colon. The body creates them as a second rectum which leaks wastes out of a clogged up body.”**

We've had people with leg ulcers where you couldn't stop the leg ulcer; it was just pouring blood and pus. They couldn't stop it. They wrapped bandages around it and it would leak through the bandage.

Leg ulcers are like a second rectum. When your body can't get eliminations out through the normal channel, it will burst it through anywhere. It's impossible to heal a leg ulcer by treating the leg ulcer. You cannot get a leg ulcer better as long as your body is using it for dumping poisons. **The only way to treat a leg ulcer is to clean the bowel.** Clean the bowel and then you treat the leg ulcer and it goes away.



Tumors can be the body's way of trying to dispose of wastes. Sometimes these external cancer tumors have little holes in the end, where they leak pus and blood. Dr. Christopher said that your body will get out wastes any way it can if the channels of elimination are not kept open.

**Here are two formulas for cleansing and detoxifying the colon.**

**Lower Bowel Formula #1**

**Formula:** Curacao and Cape Aloe Leaf, Senna leaves and pods, Cascara Sagrade aged bark, Barberry root bark, *Ginger root*, Garlic Bulb, African Bird Pepper

The *first bowel formula* causes the colon to move — even if the nerves to the colon are damaged or non-existent.



This formula strengthens the walls of the small intestine. It destroys Candida overgrowth, and destroys and expels parasites, and relieves gas and cramps.

**Dosage:** Take one capsule a day, during or just after dinner. The formula works best if mixed with food. If that gives you the bowel results you want, stop, this is your dosage. If you do not notice any difference in your bowel behavior, then increase your dosage by one capsule. You can continue to increase the dosage one capsule per evening until you notice a dramatic difference in the way your bowel works.



**Continue increasing the dosage by one capsule until you go to the bathroom in the morning and go “Wow.”**

**SPECIAL INSTRUCTIONS.....**

**PATIENT TYPE A:** The sluggish bowel type. Formula number one is for 97% of the people, the ones who need help getting their bowel working frequently.

**PATIENT TYPE B:** The irritated bowel type. This is only a small percentage of people. This includes those who have colitis, irritable bowel syndrome, Crohns' disease, and so on. If your bowels are irritated, or are working too frequently, skip this formula and go to the second formula.

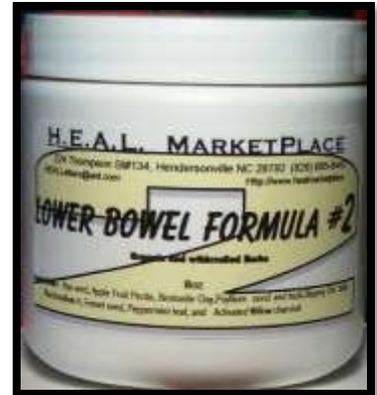
The second bowel formula is to be used after the first colon formula. This one is a strong intestinal vacuum.

## Lower Bowel Formula #2

**Formula:** Flax seed, Apple Fruit pectin, Bentonite Clay, Psyllium seeds and husks, Slippery elm inner bark, Fennel seed, Peppermint, Activated Willow Charcoal.

**Therapeutic Action:** The *second bowel formula* is to be used in conjunction with the first colon formula. This formula is a strong purifier and intestinal vacuum.

This formula will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals such as mercury and lead and even remove radioactive materials such as strontium-90. This formula will also remove over 2,000 known chemicals and pharmaceutical drugs residues. Its natural softening and soothing properties will soften old hardened fecal matter for easy removal and soothe inflammation in the stomach and intestines.



**Special Instructions:** This formula can sometimes be constipating. Therefore, all you have to do is to increase the dosage of formula number one to compensate.

**Dosage:** Do not use this formula until you have been on the first formula for at least a week.

- ✓ Take this formula 5 times per day, (every 3 hours during the day) beginning in the morning.
- ✓ Mix one heaping teaspoon of powder with eight ounces of fresh diluted juice.
- ✓ It mixes best if you shake it in a small jar.
- ✓ After consuming this, drink an additional eight to sixteen ounces of water.



Do the same ½ hour before lunch, between lunch and dinner, ½ hour before dinner, and one hour before bed. Be sure to drink between 64 to 128 ounces of liquid each day. This makes the herbs work better.

Please note that this formula can be slightly constipating, so you may need to increase the dosage of formula number one by one or more capsules per day.

## SPECIAL INSTRUCTIONS...

**PATIENT TYPE A:** The *sluggish* bowel type. You can go a month on the number one formula before starting this second formula. You want to use eight ounces of the formula number two within one week. Repeat this the second month by consuming one more divided doses of eight ounces in a week.

**PATIENT TYPE B:** The *irritated* bowel type. You can use the intestinal formula number two on a daily basis to soothe and solidify your bowel movements. You can use this formula on a long-term basis if you wish. You may find that one teaspoon a day does the job, though you may need three. **Experiment to see what dosage is best for you.**

If you are using this formula a long term, you may wish to mix it up *without* the activated charcoal, which absorbs poisons, but if taken with food, could possibly absorb nutrients too

## Reserve special days for cleansing your colon.

Once in awhile, like maybe once every couple of weeks, reserve a day or two for colon cleansing. Maybe four times or more, have a day where you don't eat any food at all, or if you do eat, eat incredibly lightly and try to stick with fruit. And on that day drink a gallon of liquids; water, herb teas, fruit and vegetable juices.

On that day, it will be easy for you to stir around a teaspoon of the intestinal formula number two into those juices or liquids five or six times a day.

## **The bottom line is: Everyone is dying from rotten bowels.**

I've heard it said time and again that cascara sagrada could irritate the colon so we should be careful with it. I find this an absolutely irresponsible statement. Look, 100% of American adults, if they live long enough, will have herniation of the bowel, and the #1 cancer among men and women together is colon/rectal cancer.

The bottom line is that everybody is dying from rotten bowels. Not a single person has every died from using cascara sagrada. The American Indians used to call it 'sacred bark.' They used it for everything.

This kind of thinking scares people away from using these powerful healing herb, when all these herbs are going to do is save their lives.