Demand More Then Temporary Relief

HEALTHY Intestinal Living

COLORECTAL REBOOT

Healthy Intestinal Living Without
IBS, Constipation, Crohn's, Diverticulitis
And Other Debilitating Colorectal Disorders

Healthy Symptoms

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Healthy Intestinal Living Colorectal Reboot

The Easy, Healthy Alternative to Permanent Colorectal Damage

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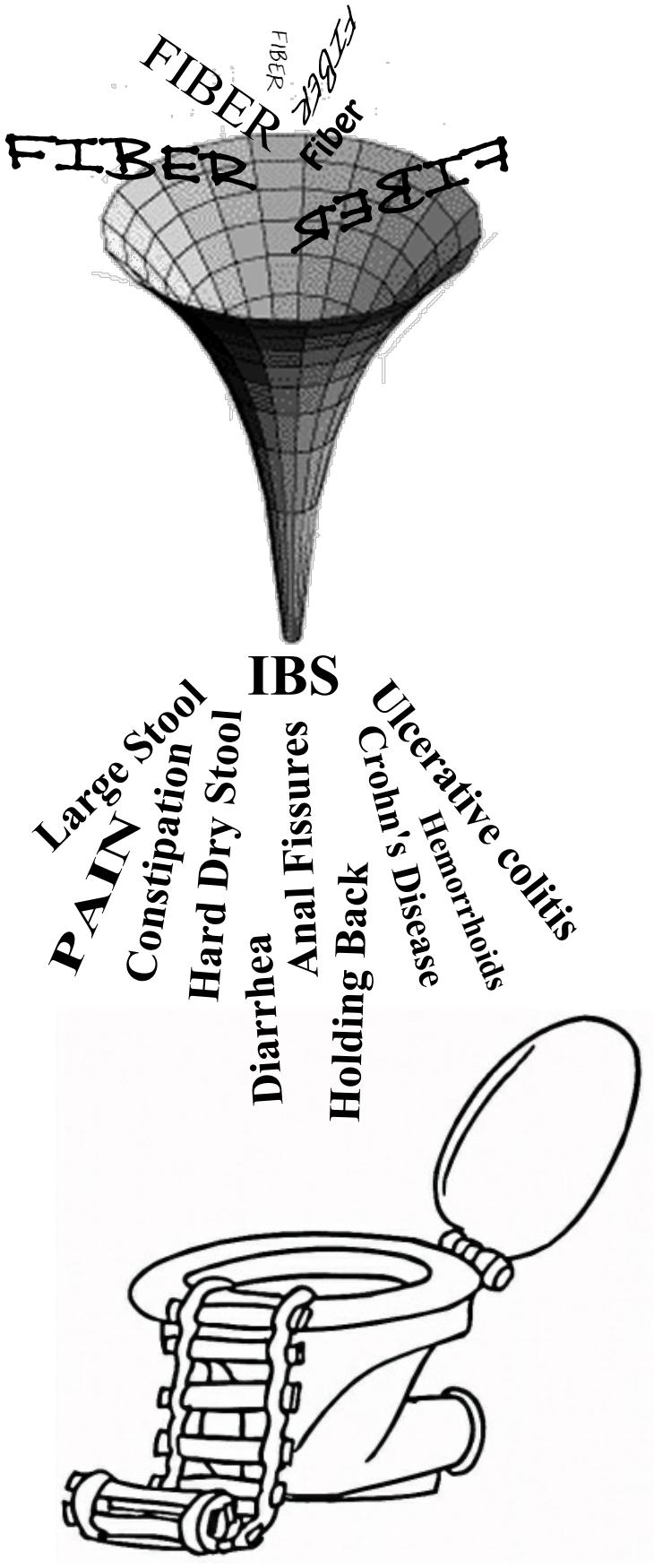
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Introduction

As an IBS sufferer I hoped and wished for 15 years that my pain was a simple problem, just a stomach ache, not serious, just something I ate.

It turns out that it was something that I ate, fiber.

As humans, we are used to getting small amounts of fiber but not the massive 19 - 38g that the USDA says we need. And it seems that no matter how much fiber we eat, they are telling us that we don't get enough fiber. Just turn on the TV, listen to the radio, etc., there is a fiber campaign going on in this country. Fiber is big money. And the corporate structure calls for profit above all else.

I believe fiber can be very dangerous and among the top causation's of colorectal disorders. And I hope I can set you on the path of truth and knowledge. I know you've heard before the claim "I don't want to change the world" but really, who wouldn't want to change the world? But honestly I would settle for a few thousand cramp free thank you's.

If you are like most people, after hearing my findings on fiber, you may answer with a big "OH!" I get that a lot.

I also hear quite allot, "fiber is in fruits, veggies, cereal, bread… everywhere."

And my answer is yes! But fiber has only been pushed on us over the last 30 years. Fiber is in everything. Coffee, ice cream, snacks and cheese. It has dozens of names and seems as though it is the darling of health. But don't believe everything that is being sold to you.

So I ask, why fiber?

Lets all ask, why fiber? There is one major problem with that. Who do you ask? Everyone is pushing fiber. From Dr Oz, to the major multinational, conglomerate food companies. (the last I heard, there are only a few big companies that control 80% of food production?)

And I don't mean to insult you, but profits are more important then, well, anything, including your health.

The medical community does not know why we have or how we develop many colorectal diseases. Did you understand that last sentence?

I don't want to blame the medical community, they are trained by the big pharmaceutical companies. No matter who's fault this is, it doesn't matter. And really, you have so little to lose cutting out some real crap from your diet. You may find that a colorectal reboot was just what turns you around.

So when they tell you, fiber, fiber, fiber it absolutely can't be to cure you.

There is a vested interest in you not getting well. The industrial medical complex has billions invested. Cancer, heart, diabetes, colorectal, etc.,. If you had a business that did very well selling something, you would not look for a reason to stop making money with it. Or maybe you believe that government would never let that happen. Lol!

Now before you get uppity let me say that doctors, heck everyone, is trained to believe that fiber is good. So it isn't like some big conspiracy. I am not here to change the world. As I said earlier. I am an ex IBS sufferer that spent the last 4 years of my life understanding why I was sick. What I found is the subject of this book.

The information in this book if you haven't already figured it out, is my opinion, and is completely different and opposite, of the fiber hucksters and the industrial medical complex. This book answers the "why" questions that no one else seems willing to tackle.

We all know humans are omnivorous. In the past we could for a while subsist on a vegetarian diet. But today we can live very well on a vegetarian diet because today's vegetarian understands the immense cornucopia of foods they must eat to properly nourish the body. Much more then tofu, veggies and fruit. But excessive fiber is almost completely new to humans. It took big business to create big machines to grind, cook and convert an animal food into feed for human consumption. We raise animals to chew the grass rather then chew grass in the field ourselves. Animals can handle the grasses.

The simple fact that humans don't have digestive enzymes to breakdown fiber, should speak volumes to you?

I wish you the best.

Chapter

1

How I Discovered The Big Fiber Lie

While colorectal disorders (such as hemorrhoids) are not heavily publicized in the media, it is estimated that up to 89% of the population will suffer from a hemorrhoid sometime in their life.

In America alone, Irritable Bowel Syndrome is known to afflict 15 percent or more of the population. More then 2.5 million doctor visits per year are made by patients who complain of constipation. According to some estimates, over 50 million people in America suffer from some kind of bowel problem, which are often related to an unhealthy colon.

Unfortunately, the causes and cures are also little known to the general public; so many people needlessly suffer, when relief from colorectal disease is quite possible.
It is for these reasons (and my own personal journey) that I decided to write this book and make it available to other people.

This information explains how I got relief from, and discovered the cause of: large stool, small hard stool, Pediatric constipation, Diverticular disease, Ulcerative colitis / Crohn's disease, Anal fissures, Hemorrhoidal disease, Irritable bowel syndrome, chronic constipation and other colorectal problems.

The major discovery that I came across relates to fiber! But, not the way you think!
You see, there is a big myth that is pushed around by the medical world, and the media, and it causes more problems then it actually helps.

No, I’m not eating more fiber. In fact, I'm cutting most of the fiber from my diet and only eating a maximum of 3g natural fiber a day.

I will tell you why I believe fiber is very dangerous and how it causes many illnesses.

Now, I know what you are thinking.... Fiber is great! Fiber is recommended by EVERYONE! Without fiber I would not be regular. The TV commercials sell fiber, so it must be healthy.

That is how I used to think, before I got sick and stayed sick for 15 years. I hope you read my story, and then form your own opinion. I am sure I will not convince everyone, but if there is a chance you can stop or reverse your colorectal illness's by reading this book, isn't that worth a few hours of your time?

How I discovered the big fiber lie.

I always bounced back and forth with my weight. In my 30's I was over weight by at least 70 pounds. I like most people desperately wanted to lose weight. I would go from a size 30 waist all the way to a size 38-40-42. As a child I was also heavier then other children, and the other children would let me know as often as possible.

You only need to look at how most overweight people are treated, scorned, and laughed at, to realize that it’s not fun to have weight issues. But, like most I found it much easier to put weight on than lose it.

After many years of not caring about what I ate, eating whatever I wanted and constantly getting sick with stomach aches and toilet explosions, I figured it was time to get healthy or at least start a diet, again! I came across the Atkins diet and temporary weight loss.
The Atkins diet was hard to stick with but I actually felt better while using the diet principles, and I rarely had bowel discomfort. But, as most diets come and go, so did this one. I couldn’t stay with it.

As fast as my stomach and bowel problems appeared to clear up, my irregularity started all over again. One day or for weeks at a time, I would have what I classified as perfect bowel movements. Then all of a sudden I would get sharp pains in my stomach. I would try to go, but I would sit and sit.

It was like a cork closing a bottle. After straining, pushing, squeezing and generally turning red until veins popped from my head I would release the cork, only to have multiple diarrhea sessions. Then it seemed that for a week or two, I would be very irregular. This went on for fifteen years, back and forth.

I know this may be too much information for some of you, but I hope that seeing my serious condition and then how I cured myself, can inspire you to use this book to help yourself with your colorectal problems.

It took me 15 years of pain to finally say something to my doctor. Without asking many questions he wrote me a prescription for IBS. I don't know if I am normal or crazy but I don't take pills if they don't cure me. I don't trust big-Pharma, *after all don't you see the same attorney commercials I see?* If you have taken XX medication and suffered death, then you may be eligible for compensation.

Over the last 23 years, over 2.5 million people died from the direct use of prescribed pharmaceuticals.

These were actually the *expected* deaths! The real number is probably 3-4-8 times higher.

I asked the doctor, will these IBS pills cure me? (already knowing the answer) The doctor told me that they would help with my symptoms but would not cure the IBS.
I asked what the underlying problem was, and his prompt response "it could be any number of factors". Well then why would I want to cover up the symptoms? After convincing him I absolutely would NOT take these pills, he gave me a bit of advice that would put me on this path.
He told me to cut certain categories of food completely out of my diet for two weeks at a time. In other words, I was to stop eating flours and breads and cakes and cookies etc.. because I may have an allergy to gluten. Then try other foods groups etc. Over the next few years I tried removing many food groups from my diet. Some things seemed to help, such as when I gave up soda. At first, it seemed as if I was allergic to soda. But the problems returned as they did with everything else I tried.

Later in the book, I will tell you about the real reason behind food allergy's and how vitamin and mineral deficiency can bring untold havoc to our body.

As I studied, I found some very interesting information on other cultures that don't have the colorectal problems we suffer. The Japanese people have little fiber in there diet!
And they are known for being some of the healthiest people in the world.
And it turned out the Atkins diet had very little fiber also.

In japan the average fiber intake has declined over the years, until about the 1970's total fiber intake was 12.5 g/day, compared to 3 times that in America for morning breakfast cereal. Unfortunately modern Japan, as well as all modern industrialized nations, now have much of the same processed food diet that causes colorectal distress, heart attack and cancer.

I realized that taking categories out of my diet seemed to have helped for a bit, but then I realized, I was always getting fiber no matter what category of food I removed. As such, I had to study fiber and understand where it comes from, how it gets into our food and why everyone is claiming we NEED more fiber. Thankfully, my long search did eventually bring me to finding a number of very important principles that erased my disorder in no time.
Inside this book, you see the simplistic changes I made – which will help you to understand why you have a colorectal disorder, and why the things you have tried in the past have not worked.

We will look at the menacing role that excess dietary fiber plays in your health and nutrition. The book will also look at the serious issues surrounding Potassium and other mineral deficiencies, and how this effects colorectal disorders and all working processes of the human body.

In life it is very easy to build bad habits, we get way too much of one thing while not getting enough of another.

As a quick glimpse in to chapter 6, I learned that; by far the largest number of deaths and permanent crippling disabilities from potassium deficiency occur in western nations. I thought it was quite a coincidence that all these modern industrialized nations follow a highly processed, low fat, high fiber diet that is very low in vitamins, minerals and natural enzymes.
You will later find that this is not a coincidence, and that there is a real reason behind the link. During all this, the book delves deep into the many myths and lies that most people never question, and will conflict with conventional health-wisdom.

Please remember, that the information presented here is also based on my personal experience, and those of other people suffering with colorectal disorders. I am not a doctor and I am not offering medical advice. If you are sick you should see a doctor. But if you can change a few things about your diet you may find the relief your looking for.

Many of the myths that are exposed in this book are related to bulk forming laxatives, fiber, large stools, dysbacteriosis, constipation, IBS, and a number of other important issues that can be life changing.
We hope you will understand how to be careful about the foods that you put into your body. As I explained earlier, this is something that I experimented with, after visiting my doctor, and I found that I was able to isolate certain foods causing issues.

As such, you will find out that there are certain foods you should eat to help with digestion and there are foods you should avoid. The issue of pre and probiotics is also covered, since intestinal flora is **vitally** important to a functioning intestinal system.

Next, you will learn that many disorders are related, which will help you to overcome many problems at once. For example, what do Pediatric constipation, Diverticular disease, Ulcerative

colitis and Crohn's disease, Anal fissures, Hemorrhoidal disease, Irritable bowel syndrome and chronic constipation, have in common?
You may still be surprised to find out the answer is excess fiber in the modern diet.

Now you can learn how diet, avoiding destructive foods, digestive processes and natural treatments will overcome hemorrhoids and a host of other colorectal disorders, and you can do the same as I did in this no-nonsense, straight talking book.

Be warned… Almost every person I talk to has almost the identical answer.

"I don't eat much fiber"

My answer is…. You don't realize just how pervasive fiber really is.
You get MUCH more fiber then you ever imagined.

Chapter 2

Fiber

This chapter will cover the truths about excess fiber and the illnesses that are linked directly to its consumption. This section of the book will be very enlightening for most people. It will explore the role of dietary fiber, and how it affects the life and health of the human body. If you currently eat a small amount of fiber then it shouldn't affect you negatively (as long as the food is natural/unprocessed food such as veggies, legumes and fruit in moderation). However, large amounts of fiber in your diet have very harmful effects on the body, this chapter will discuss those effects and the illnesses that are linked directly to its consumption.

I would like to make it clear that very small amounts of natural fiber will not obstruct your intestines or lead to diarrhea and or constipation in most people, as the majority of fiber will be fermented in the large intestine by your intestinal flora. The left-overs will not bulk up your stools enough to cause any damage from "roughage".
However, this information is not what most people in the western world are used to hearing – instead they are instructed to consume large amounts of fiber in their diet. Even government bodies, such as the USDA urge people to consume large dosages of fiber daily, as it is considered healthy even though some studies show it is not. The figures below will show just how much fiber is recommended and how pervasive the big fiber lie really is.

Government recommendations
The government recommends from 19grams to 25g for children aged 1-8 years old. For children from 9-18 years old, the recommendation is up to 38g. For adults from 19 years old to 70 years old, the recommended amount of fiber is from 21 grams to

38g the recommendations are from the Food and Nutrition Board, which is a division of the Institute of Medicine of the National Academies. This is the body that creates the guidelines for the U.S. Government.
All of these figures represent very large amounts of fiber, which have adverse effects on health, and can lead to serious illnesses.

What you are not told about fiber

Fiber causes many problems that are never recognized or understood by the government agencies, nutritionists or even doctors. It is important to know that humans have only consumed all this fiber for a short time in our history. Until recently, it was only eaten in very small amounts mostly from unprocessed natural foods. Fiber is not a natural or evolutionary food eaten by humans.

When the sugars and starches from your meal are broken down in the small intestine, the fiber part is unable to be processed, as the human body does not have the necessary enzymes needed. It is only via machine processing that humans can consume these large amounts of fiber. This shows how unnatural it is for the human body.
There are two types of fiber (soluble and insoluble). Soluble fiber, if over eaten will cause osmotic diarrhea, as it soaks up water and holds the water inside the large intestine. Insoluble fiber is able to absorb digestive juices, which means it will expand four or five times its original size.

It is this expansion inside the intestine, which leads to intestinal obstruction and the other conditions discussed later in the chapter. Just imagine the size of your intestine, and then think about something 4 or 5 times too big trying to get passed through it – this is what fiber creates in your colon.

Fiber is also known to hinder digestion, and is known to be a major cause of indigestion, GERD, heartburn, gastritis and ulcers. Fiber is also known to obstruct the small intestine, causing problems of flow throughout the entire length of the intestine. As the intestines are responsible for the assimilation of nutrients, fiber related inflammatory disease causes malnutrition, and acute deficiency of vitamins and minerals, an inflamed intestine can not efficiently absorb vitamins and minerals.

Children are very likely to have issues with fiber, as their digestive organs are much smaller than those of adults.

On another note, fiber is also a major cause of gas and flatulence. This is due to the gases generated during fibers fermentation within the large intestine. Fiber will

increase the size and weight of your stools, and causes mechanical damage to the colorectal organs. You will experience damage and it will lead to constipation, which will bring on even more damage.

Women can have more issues with fiber as the reproductive organs take up space in the abdominal cavity, and they must deal with the menstruation process. Any enlargement of the colon causes severe issues and pain. Also women tend to be more diet aware and will typically eat “healthier” then men, in today's world that means more fiber.

It should also be noted that people taking supplemental fiber (to try to reduce cholesterol levels, loose weight, fight constipation), will develop a range of digestive disorders.
The following issues are directly linked to the consumption of fiber in the diet:.

Fiber and bloating

Fiber causes bloating from fermentation inside the intestines, which then creates gases. Bloating is also caused due to the acidity from the intestinal inflammation. The impact of the gases and the way that the inflammation causes the intestines to expand and balloon up.

Fiber and gas

The intestines are filed with intestinal flora, (or should be) and these bacteria are important for regular healthy functioning and digestion. It is a component of mucus, known as a mucin, which provides bacteria with the nutrients that they need to thrive. However, there are issues caused when both soluble and insoluble fiber reaches the lower intestine, which causes the bacteria to ferment everything in the intestine, and then multiply over and over again.

The fermentation process comes with huge amounts of gas. If you don't experience gas after eating fiber, then it shows that your intestines are lacking normal bacteria, this shows that you are probably affected with dysbacteriosis (which is discussed in detail in later chapters of the book). But don't worry this can be reversed rather quickly.

Fiber and stomach cramps

The correct term to use is abdominal cramps. The pain is actually felt in the abdominal region, coming from inflammation and a build up of gases, acidity and intestinal obstruction.

Fiber and vomiting

Many people don't realize that fiber can cause both vomiting and nausea. These things occur as the fiber comes together in the stomach. This will stimulate the receptors that cause the vomiting center of the brain to be activated. It is the fiber that lumps together which blocks the path between the stomach and the duodenum, and will cause vomiting due to the overloaded stomach, or because it takes so long for the stomach to empty.

Should you have inflammatory stomach disease or ulcers, it is very probable there is a link to fiber related vomiting and nausea. This is because you are more sensitive than other individuals.

Fiber and rectal bleeding

Fiber is known as a bulking agent by doctors and nutritionists, as it makes your stools bulky and often wet. However, it is because the anal canal is small and narrow that when the large stools pass through, the delicate lining can be damaged, which will cause bleeding.

It is the size of the large stools, and the straining that is needed to pass them, which leads to the formation of a hemorrhoid, anal fissures and other serious problems, lacerations in the anal canal are very difficult to heal, once they are formed. However, there is even more danger from the prospect of ulcerative colitis. This is caused by the long-term contact of undigested fiber and excess fecal mater in contact with the colorectal mucosal membrane.

It should be noted that ulcerative colitis increases the risk of colorectal cancer by 3,200%. It is thought that the way fiber interacts in the body, and the connection with the large stools, is what causes precancerous polyps.

Fiber and unrelieved constipation

It is the large stools (from too much fiber), which cannot be passed. There are many people who are affected, especially children, seniors and those who are affected with a hemorrhoid or anal fissures. The size of the meal, if low in fiber has very little to do with the actual size of the bowel movement. (see chapter 3, Everything You Never Wanted To Know About Stools)

You need to resolve the excess fiber situation as quickly as possible, so that it does not lead to fecal impaction or worse. With more and more impacted stools (most people do not realize they have impacted stools), diverticular disease (expanding the colorectal wall) can be caused. Other serious conditions that can be created include megacolon (permanent stretching of the colorectal walls) and the movement of content from the intestines to the abdominals (which can be fatal in some cases).

Fiber and healthy people

Fiber might not seem to cause you problems right away. If you are healthy, there will be a delayed response to it. For sometime you might not have any adverse effects, as many people are able to burn off the calories from carbohydrates. Also, with healthy individuals, the intestines are still healthy and can process the fiber even when creating larger stools. However, the more fiber that you consume over time, the less likely you are to remain healthy.

Where is fiber found?

There are many foods that have fiber that you might not be aware of. Look at that prepackaged food label, do you see an ingredient listed as "cellulose?" Cellulose is fundamentally wood pulp, and it's used widely in prepackaged foods as a filler, stabilizer, and or to boost “fiber” content. Cellulose is also used to improve the texture of many items and drinks such as milkshakes. If your nutrition facts label lists "dietary fiber," chances are the product contains cellulose. Cellulose provides structure and strength to cell walls of plants and provides fiber in our diets. Although some animals can digest cellulose, humans cannot. Cellulose falls into the category of indigestible carbohydrates known as dietary fiber.

Fiber is so pervasive that it is even found within cheese, many shredded cheeses are coated with cellulose to repel moisture, drinks, sauces, ice cream, snacks, etc.. There are also many names that sound obscure, but they contain fiber. For example, fiber is found in pectin, guar gum, I-glucans, agar-agar, carrageen, hemicellulose, lignin, polylos, psyllium, polydextrose, resistant dextrin, inulin, lignin, oligofructose, fructooligosaccharides to name a few.

The names listed above are all made in the factory from wood pulp, cotton, seaweed, skins, tubers, seeds, husks, and other high-yield plants that can’t be consumed by humans, unless they are highly processed.
Really, the only way to avoid fiber is to check the food labels very carefully. If you don’t know the name of the ingredient, then you should avoid it. As such, it’s best to

eat real food that is unprocessed.

Problems Caused By Fiber In The Diet

Let's now look at the most common and most serious illnesses that may be caused by fiber in the diet. All of the colorectal disorders listed below are based on an over consumption of fiber, and you will find relief if you start to eliminate fiber from your diet.

Diverticular disease (diverticulosis)

Fiber will increase the size of the stool in the large intestine (which is far bigger than the intestine can manage) this disease will be formed over time. This is due to the intestinal wall being expanded to cope with the large amount of material in the intestine. This CANNOT happen from non fibrous meals or over eating. Our stomach is designed to stretch. Our bodies can process foods and break them down. We can not break down fiber. Fiber passes through our body intact. The intestinal wall being expanded causes pouches along the intestines that are pushed out like an over stuffed sausage.

Irritable bowel syndrome

The undigested fiber, and the way that it causes problems in the large intestine (by expanding) together with the acidity from fermentation by the "good" intestinal flora is what causes the irritation of the mucosa lining inside the colon. This is why the term irritable bowel is used.

For most people, they can reverse the symptoms of IBS within a few days if they only remove fiber from their diet. If they then go back to eating fiber, the symptoms and pain will return (as soon as the fiber reaches the large intestine).

Ulcerative colitis

dysbacteriosis and fermentation-related acidity have negative effects on the intestinal mucosa and its protective properties. This can then lead to ulcers on the intestinal walls. On top of this, ulcers take time to heal and this is made worse by a deficiency in vitamin K (which helps the blood to clot) (see malnutrition below), which is caused by dysbacteriosis.
In order to reverse the condition, again it is the process of removing fiber from your diet. This will help to bring the good bacteria back to the large intestine, which will help to reverse the condition.

What is dysbacteriosis?

The absence of “good” intestinal flora. Common symptoms and complications of dysbacteriosis include fever, nausea, diarrhea, high blood pressure, intestinal obstruction, abdominal pain, fatigue, weakness, weight increase and headaches.

Crohn’s disease

Enteritis is the inflammation of the small intestine. When this goes on for a long time, enteritis can move into a condition known as Crohn’s disease. Intestinal obstruction can occur when the mucosal inflammation gets very severe.

The symptoms can happen during the entire length of the small or large intestine. However, the most common area of clogging (with undigested fiber) is the bottom section of the ileum.

The ileum is also the place that bacterial fermentation takes place and where fecal reflux is most likely to occur. Studies show that the number of cases has increased in the western world over the last few decades. This increase matches the increase in the consumption of indigestible fiber.

Symptoms may include:

Diarrhea. The inflammation that occurs in Crohn's disease causes cells in the affected areas of your intestine to secrete large amounts of water and salt. Because the colon can't completely absorb this excess fluid, you develop diarrhea. Intensified intestinal cramping also can contribute to loose stools. Diarrhea is a common problem for people with Crohn's.

Abdominal pain and cramping. Inflammation and ulceration may cause the walls of portions of your bowel to swell and eventually thicken with scar tissue. This affects the normal movement of contents through your digestive tract and may lead to pain and cramping. More-serious cases include nausea, vomiting and severe pain.
Blood in your stool. As food moves through your digestive tract it may cause inflamed tissue to bleed bright red blood in the toilet bowl or darker blood mixed with your stool.

Ulcers. Crohn's disease can cause sores or ulcers in your mouth similar to canker sores, as well as on the surface of the intestine that eventually become large ulcers, that can penetrate the intestinal walls.

Reduced appetite/weight loss. Abdominal pain and cramping and the inflammatory reaction in the wall of your bowel will affect both your appetite and your ability to digest and absorb food.

Other signs and symptoms

People with severe Crohn's disease may also experience:

- Fever
- Fatigue
- Arthritis
- Eye inflammation
- Mouth sores
- Skin disorders
- Inflammation of the liver or bile ducts
- Delayed growth or sexual development, in children

Chronic constipation

Fiber is dangerous for people as it causes an increase of stool size and weight in the colon. When stools are enlarged, it causes anorectal damage and even more severe constipation than the patient is currently used to. If you are taking medications, the damage is even worse, as the medication increases the size of the stools even further (as the good bacteria, which breaks down the stools, are killed by almost every medication).

For healthier people, the onset of constipation takes longer, but with a diet of fiber, it is only a matter of time before condition is experienced.

Anal fissures

Anal fissures are a tear in the skin lining of the anal passage, and are therefore very painful, especially when trying to have a bowel movement. The damage can be very difficult to heal, as every stool that is passed will increase the damage and create a new tear (or expand the current tear). It is the fiber in the diet, causing large and heavy stools that are the root cause of this problem, and the wounds will continue until the diet is changed and the stools become smaller and moist.

Malnutrition

Your body goes through lots of hard work breaking food down into basic nutrients, simple sugars, amino acids, fatty acids, vitamins, and minerals, unfortunately this is a waste of time unless they get absorbed into the bloodstream. The final act of absorption normally takes place in the small intestine, unless the small intestine is inflamed. If you are suffering with inflammation of the small intestine the essential nutrients will not be absorbed. This condition is very difficult to overcome, unless all fiber is completely withdrawn, allowing your intestines time to heal.

Chapter

3

Stools - Everything You Never Wanted To Know.

Bowel movements are a natural human characteristic, and not something that is learned. In other words, it is something that is done unconsciously, just like breathing or sneezing. Many people never experience bowel issues, while there are others who suffer from serious issues most of their lives.
Some of the most serious issues that people deal with include constipation, irregular bowel movements, hemorrhoid and diverticulosis (di·ver·tic·u·lo·sis), which is a condition marked by small sacs or pouches in the walls of a hollow organ, such as the colon.

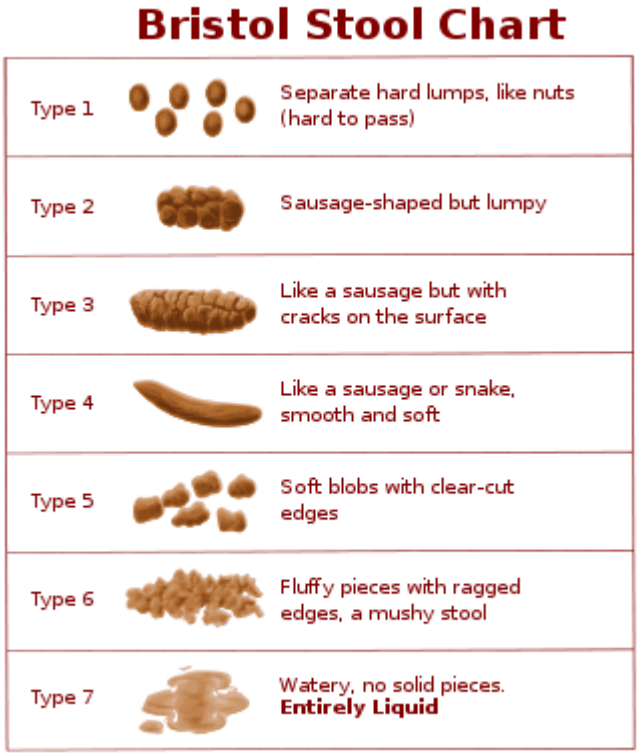
It should be understood that there are a number of characteristics that are seen in everyone with optimal bowel movements, such as:
Small stool size – for those with optimal bowel movements, stools are small, soft, and often not firmly put together. In the Bristol Stool Scale, they would be classified as type 4 to 6, about the thickness of the middle finger.
Strong urge to defecate – for healthy individuals, a strong urge signaling bowel movement will be experienced after a meal, or more than once per day.
Small amount of stools – generally, healthy individuals will have a stool weight of less than 150 grams per bowel movement. This unfortunately is not the case for most of us since we are taught as children to ignore the call. It is taboo, unmentionable, so we save up for a convenient time, not realizing these bad habits can cause many illnesses and even death.
Easy bowel movement – defecation should be quick, easy and require no more effort then turning your head. There should be no pain or straining.

If you have read the list above and realize that your bowel movements are different, then you have an increased chance of colorectal disorders (from hemorrhoids to colon cancer).
This guide will teach you how to restore natural bowel movements (assuming the damage you've already acquired hasn't gone too far), how to prevent new damage, and, above all, how to protect yourself from even more serious problems.

While there is no specific definition of natural bowel movements, there are many definitions of unnatural bowel movements, which demonstrate the opposite state we should avoid. Such terms include hard stools, straining, constipation, irregularity and incomplete emptying.

In order to make the definition much easier, most doctors use the term “constipation” to cover the list given above, we will follow suit and use the term constipation throughout this chapter.
According to the American Heritage dictionary, the definition of constipation is: “difficult, incomplete, or infrequent evacuation of dry hardened feces from the bowels.”

Constipation is the most common digestive complaint in the United States, and outnumbers all other chronic digestive conditions. However, there are many things that you can do to overcome this issue and restore natural bowel movements.



The **Bristol stool chart** is designed as a medical aid to classify human feces into different categories.

Stool type 4 to 6 are considered normal, while type 4 to 5 are ideal.

The cause of abnormal stools

As noted above, everyone should have a bowel movement each day, usually after a big meal. The stools should be small (about the thickness of a finger), light and flow effortlessly, if you are in a natural state.

For those with constipation, the causes can be dysbacteriosis (damage to the intestinal flora); the use of fiber to replace dead bacteria; enlargement of internal hemorrhoids; deliberately holding in your stools; using laxatives; and the side effects of commonly used medicines.

In short, dysbacteriosis is the deficiency of innate, intestinal flora and is the primary reason behind small (no bacteria, no fiber), dry, and hard stools, which are just as difficult and painful to eliminate as large stools.
Age does not have an effect on bowel movements, unless you have had an issue for many years. Sometimes the anus can be permanently damaged from large stools, which will cause more issues later in life. This is the reason that more people tend to have issues as they age.

Diet is also another factor that many people think of as having a role in constipation. However for healthy people, diet does not play such a big role in natural bowel movements. The one major factor that does play a part is dietary fat, as it is essential for smooth bowel movements.

Food in to Stool, Not Really
Many people find this aspect hard to understand, as the idea of food to stools is something that most people accept. In fact, stools are 65% to 85% water. For those eating a low fiber diet, undigested food will make up 5% to 7% of the stool volume. For those that eat a high fiber diet, the make-up will be 10% to 15% undigested food.

There are 5 components to food (water, protein, fat, fiber and carbohydrates). It is only fiber that is indigestible, as the others can be totally digested.

Water – only a very small amount is excreted with a bowel movement, and more will be excreted in a high fiber diet.
Protein – there is no protein found in normal stools as it is digested and then absorbed into the blood stream in amino acids (such as meat, seafood, diary, plant and fowl protein).
Fat – almost 95% of the fat that is ingested is absorbed into the small intestine. However, if more than 6% of consumed fat in a stool sample is found, then it is abnormal (a condition known as steatorrhea).

Carbohydrates – both simple and complex carbohydrates are digested in the small intestine, and then absorbed in the bloodstream as glucose, fructose and galactose. However if you have more than 0.5% of undigested carbohydrates in the stool, then it is unhealthy.
Overall, there is more then 75% water of total matter in a normal stool. For example, with a low-fiber diet, you would excrete 25 grams of undigested matter for every 100 grams of stool, with only 8 grams coming from food.

The water within the stool is held in dead cells and intestinal bacteria. There are studies that show that dead cells make up to 50% of the dry stool matter, or 50 grams for every 100 grams of excreted matter.
With good intestinal bacteria in the body, fiber has less impact on the size and weight of the stool, as the bacteria will ferment up to half of the insoluble fiber. This demonstrates how important intestinal bacteria is.

Bacteria make up 30–50% of the total dry matter in your feces, and even as high as 75% according to R.F. Schmidt, G. Thews Human Physiology, 2nd edition.

When intestinal bacteria are dead (the cause of constipation) and dietary fiber is unfermented, the stool can weigh up to 100-150 grams more, due to the high water content. This shows how fiber attracts more water to the stool, doubling the size of it and causing issues. It will eventually cause the metamorphosis already described in the preceding pages.

Fiber rich diets are the problem

According to Human Physiology by Schmidt and Thews — a textbook for medical students — people who consume fiber-rich diets excrete around 400 grams of stools daily.
However that number is only 72 grams on a low-fiber diet, which is much more healthy and pain free. But it‘s important not to miss bowel movements when you have a small amount of excrement to pass. Unfortunately it seems to be the opposite of what we were trained to do as children. If you miss bowel movements, small stools quickly dry out, become costive, and difficult to pass.
A stool will become dry when the moisture content drops by just 10%.
It should be noted that stools could be dry right away when the essential bacteria is not present in the body. This is the reason that many doctors recommend “fiber replacement therapy”, as it keeps water in place of the absent bacteria (but fiber is not as effi-

cient as your natural bacteria).

You must get into the habit of moving your bowels after each meal, as this is the time when the body initiates the stimulation of defecation. This is known as the defecation urge, or the *gastrocolic* reflex, and is nature's calling sign. For some it may be hard to recognize the sometimes subtle urge and fast fleeting feeling.

We have training in being able to hold a bowel movement as we grow up, and unfortunately this causes issues later in life. If we simply learned to go to the bathroom when nature gave us the urge, many issues would automatically clear up. Of course, holding movements back is a social skill, and we become just at suppressing the defecation urge at a young age.
However this leads to hard, impacted and dried out stools, which then need a lot of effort to expel from the anus. The dry stools cause chaffing on the lining of the anal canal, which can lead to bleeding.
Now when we add fiber in to the mix, which increases the stool size, we have even more trouble passing the stools. The anal canal is just larger than a 25 cent coin, so large stools require a lot of straining, the result is hemorrhoids, anorectal damage and anal fissures.

The anal canal is small, tight and can be easily damaged, so you need to take care of it. It is very difficult to repair and heal, and you need to use it for the rest of your life.

Consider these factors when choosing your diet.
To make passing stools effortless, they need to be soft, moist, light and smaller than a nickel coin.
When your stools are like this, you will find passing stools as effortless as urinating.

Constipation is not considered to be occurring until 3 days of no bowel movement. This is the medical definition, as you will only be considered irregular, however, I think it is important to understand the reasons.

Key points to remember
Go to the bathroom following a major meal, as soon as you feel the urge to defecate.
It's best, and natural, to pass stools after breakfast.
Something is wrong when stools are larger than your middle finger.
Something is wrong when you need to strain, or feel discomfort.
Something is wrong if you don't pass stools daily.

Something is wrong when you need to supplement with fiber, or need prune juice or laxatives to get the job done.

Advice you need to avoid

In order to restore natural bowel movements you need to resist a lot of the advice out there. Even doctors can offer very bad advice that will not solve your problems.
Here is the bad advice you must avoid:
(1) Consume lots of fiber daily and take a stool softener
(2) Drink at least eight glasses of water daily to keep stools moist
(3) Exclude animal fat because it causes constipation
(4) Exercise regularly to stimulate intestinal activity
(5) Tone up lax abdominal muscles because they improve elimination
(6) Reduce stress, because it contributes to constipation

All of the recommendations given above are very unhelpful for bringing back natural bowel movements. We will now cover them individually.

Dietary fiber will help with and prevent constipation
This is part of the big fiber lie.
Fiber from fruits, vegetables, grains, bran, additives and laxatives are the main cause of chronic, persistent constipation and related colorectal disorders. If you consume them in the high quantities nutritionists recommend you will eventually develop all these problems.

Drinking water will help with constipation
Incorrect. The reason is that water will not reach the large intestine of a healthy person, no matter how much you drink. The water that you drink gets absorbed into the small intestine, so it doesn't have a chance to get into the bowels and effect your stools.

If all the water you drank went to the large intestine, you would have a severe case of diarrhea every time you had a few glasses of water. As noted above, the large intestine excretes about 100-150ml of water a day, when stools are passed. This equals 6 to 9 tablespoons (there are over 40 liters/ 10 gallons of water in the body at any one time), so there is plenty to keep stools moist in a healthy person.

Another important factor is that the amount of water in a dry stool and a moist stool is very small (about 15ml), so large cups of water is not the answer, as one sip would do the job if you could reach the large intestine. So, you don't need to drink 8 or 10

glasses of water to cure constipation. In fact, the opposite is true, if you drink too much water you will deplete your potassium sources in the body, making the stools drier. (see Potassium chapter for full explanation)

Animal fat causes constipation
In fact, low fat diets cause constipation. Too much fat would actually cause diarrhea, not constipation. If you doubt this, think about how vegetable oils have been used as natural laxatives for thousands of years (flax oil and olive oil). If you take a large doze of fat, it will negate the job of the digestive enzymes and causes it to flow down to the rectum, causing diarrhea. This is certainly not a way to sure constipation, as it is unsafe and not effective. Obviously having diarrhea causes dehydration, and it can lead to long-term incontinence.

More importantly the large amount of fat in the system can be toxic to the body, and cause inflammation. As noted, low fat diets actually help to cause constipation, as the dietary fat stimulates the release of bile from the gallbladder, which, in turn, stimulates the gastrocolic reflex. This then stimulates peristaltic mass movement, which, stimulates defecation. If there is not enough fat in the diet, then there is not enough bile to get the bowel movements started.

Remember that it is energy rich meals, with a high fat content that increase bowel movements. On the other hand, carbohydrates and proteins do not have this effect.

Consider this: If you were to eat only rabbit meat you would soon die of malnutrition. Since rabbit has a zero fat content.

Exercise can stimulate intestinal activity
Exercise is not related to having smooth bowel movements. Lots of physical activity can actually prohibit the movement of stools in the large intestine. Another point here is that most people move their bowels after a big meal, and not during exercise.

Tone up abdominal muscles to help with constipation
This is incorrect also. In fact, toning up your abdominals will make your pelvic muscles stronger, which means you can strain harder (aggravating hemorrhoids further). There is a huge impact of straining on hemorrhoids, hernias, diverticular disease, and intestinal obstructions as well as other possible complications.
For a normal bowel movement, there should be no straining or pushing – it should be natural and effortless. As such, having strong abdominal's is not going to directly help you with resolving constipation, and related issues.

Stress will cause constipation
This is very dependent on the person involved. Some people are more prone to stress than others, and the effects can be bodily, where other people have no reaction. Depression and anxiety can inhibit gastric and intestinal activity, as can many medicines prescribed (for anxiety, depression and insomnia). However, stress can also have the opposite effect on many people – diarrhea. Many people have noticed that stomach churn occurs when they are going to a stressful meeting for example.

As noted above, exercise does not stimulate intestinal activity. Exercise is great for strength and health reasons, but it won't help to stimulate intestinal activity. If you have days-old stools in your colon, then you don't really want to be straining, as it could be hazardous.

Here are the steps that you can take for restoring natural bowel movement:

Reduce fiber consumption
As noted in earlier chapters, you should keep fiber down to the absolute minimum. There are steps that you can take to lower your reliance on fiber, and those are listed throughout this book. As well the Colorectal Diet Juicing Book we offer for free on the Hem.orrhoids.com website. Cutting down on fiber will really help to bring your stool size back to normal, and give you the proper consistency.
Reduce water consumption
This is very important, especially if you are over the age of 40 and if you have upper digestive disorders. This is because too much water will lead to indigestion, gastritis and also dehydration. If you want to avoid constipation, it is best to avoid too much water consumption. Count everything you drink, coffee, tea, soda, juice, milk, beer, it all adds up.
Stay away from fat free diets
Fat is the most important factor in bowel movements. Fat is needed for normal digestion, a healthy GI tract and vitamin absorption, heart and brain function, blood cells, hormones and to overcome constipation. Just remember, everything in moderation.
Normalize stools
I follow a program that really anyone can use to start having small and easy to pass stools. The amount of time that it will take to work depends on the nature of your symptoms, and the colorectal damage that you currently have.
It should be your goal to remove any straining when you are passing stools. This should be a bit easier if you are younger, as there will be little damage. It will take longer if you are older and have acquired more damage.
Restore intestinal flora
Intestinal flora is not the only thing, but it is very a important aspect of a healthy intestinal system. (See chapter 5)

Restore your anorectal sensitivity
You need to restore your anorectal sensitivity, so that you can easily spot the urge to

defecate again. This is the most important part of the process in order to get back to healthy and normal bowel movements.

Overcome dependence on Fiber

Remember what was stated earlier in the book about foods – they do not play a role in constipation development – unless the foods contain large amounts of fiber. This is something that you will see being repeated over and over, as it is so important.
If you find that you are eating zero, or close to zero fiber foods (milk, cheese, meats, white rice, bananas etc.), and still being constipated, then you need to realize that your normal bowel functions have already been damaged to some degree.
Usually this will have occurred because of a high fiber diet, laxatives, antibiotics, mercury filing, prescription drugs or holding back bowel movements. In order to overcome fiber related constipation, you need to eliminate your reliance on fiber. The tips given here will also help you to lose weight and possibly reverse diabetes.

Fiber is addictive
Fiber is actually similar to a drug addiction, as it causes a physical dependence. Once you start to eat fiber, your body requires more and more each year to replace the good bacteria, as your good bacteria dies from an overly acidic condition caused by the fermentation of fiber (again – doctors recommend fiber because your GOOD bacteria is dead and no longer reproducing good bacteria that would add bulk and moisture to your stool). However more fiber is not the answer. You should not be dependent on fiber – you need to restore your good bacteria.

Unfortunately fiber (dietary and supplemental) has become a primary constipation treatment because it produces large wet stools and, presumably, speeds up motility. Low doses of dietary fiber won't substantially affect stool size or the progression of constipation, nor will it affect motility in healthy individuals. Supplemental and excess fiber will!

Chapter

4

Fiber and Laxatives, Not The Solution

This section of the book will present recommendations on ways that you can overcome the problems that we've addressed in the earlier sections of the book.
You will discover, how many of the most common remedies that are offered as solutions, such as laxatives, are simply far to dangerous in the long term. This chapter will attempt to provide a simple solution to most colorectal problems.

Now that you know the cause, you need to attack the underlying issues.

This chapter will discuss what I did that helped me, and many other people to overcome their issues with hemorrhoids and colorectal problems by fixing the underlying problems. The solution offered is contrasted with popular laxatives, which are pushed on you by a huge range of people in the health profession.
You will see how these laxatives have many side effects, dangerous complications and how they do not provide a long-term solution to the underlying problem, and in fact may even make things worse.

We will start by looking at the most commonly advised solution to the problem – fiber and laxatives. You may be very surprised at how dangerous laxatives can be to the body.

Lets assume you do have regular stools, because your diet contains lots of fiber or you're dependent on laxatives. Latent constipation is often concealed, without showing symptoms, and is directly related to a diet supplemented with fiber and or laxa-

tives. When you use fiber, especially supplemental as a laxative, it works by increasing your stool size. Doctors refer to this as bulk, roughage or bulking agents.

Not surprisingly, large stool size and volume (type 1, 2 and 3, Bristol Stool Chart) are the most prominent characteristics of latent constipation.

It would be difficult to show a colorectal disorder that did not start with hard and stale stools, large and small alike. The straining that accompany it are almost always followed by enlarged internal hemorrhoids, mechanical damage of the anal canal lining, and incomplete emptying. The cause of hard stale stools is the absence of innate, intestinal flora, which none of these products will help you with. (see chapter 5, Diet & Intestinal Flora)

Laxatives and Their Dangers

Each of the laxatives listed below are freely sold over the counter in drug stores. However, many consumers have been brainwashed by the careless way laxatives are doled out, showing that many people do not care or do not understand the dangers of using laxatives. There are many dangerous side effects to the most common laxatives (discussed below).

Bulk-forming laxatives
This category can include dietary fiber from natural sources, such as psyllium (Metamucil) or bran, and synthetic bulking agents, such as calcium polycarbophil (Fiber-Con) or methylcellulose (Citrucel).

Common side effects of bulk-forming laxatives, such as psyllium, are:
Bloating
Gas
Stomach cramps
Rectal bleeding
Bloody stools
Sweating
Fast heartbeat
Weakness
Dizziness
Fainting

“Most people will not have an allergic reaction to this drug, but if this does happen then look for immediate medical attention. If you notice any symptoms of a serious

allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing, then stop using this laxative."

Lubricant laxatives
Mineral oil (or its emulsion) is able to go through the small intestine in its original form. This type of laxative will lubricate (coat) hardened stools and is designed to help you to pass large stools. It is the same oil as used to lubricate machinery, except better cleaned. It should be noted that this is very toxic for humans, and its build up can cause deadly lipoid pneumonia. Finally, like all of the laxatives mentioned here, it does nothing to correct the underlying problem. Your stools will still be large, hard coated with oil and difficult to pass.

Common side effects are:
Severe allergic reactions such as rash, hives, difficulty breathing, tightness in the chest, swelling of the mouth, face, lips, or tongue.
Failure to have a bowel movement within 6 to 8 hours of taking Mineral Oil Liquid
Rectal bleeding.

This dangerous laxative was originally "invented" and promoted by Dr. John Harvey Kellogg to enable the less destructive passage of large stools related to high-fiber diet, another of his infamous "innovations." This man is single-handedly responsible for the big fiber push in America. Fiber is not the result of years of testing and medical science breakthroughs. No, it is from quack science.

Emollient laxatives
Emollient laxatives (stool softeners) are designed to break down and soften hard stools. Many doctors recommended them for long-term use, even though they are known to be quite toxic. Emollient laxatives are quite popular in hospitals and nursing homes.
They are based on a synthetic compound called docusate, and sold under different brand names, such as Colace, Dialose, Diocto, DOS, Dosaflex, Genosoft, and others.

Common side effects are:
Stomach pain
Diarrhea
Cramping
Irritated throat (with liquid or syrup forms)

Hyperosmolar laxatives

These are known to cause diarrhea, which is really how they work. The ingredients used cannot be absorbed in either the small or large intestine, and cause water to be retained. Lactose (milk sugar) and sugar alcohols, such as sorbitol, are "natural" hyperosmolar laxatives.
Under the name of lactulose, lactose is sold as Kristalose, Cephulac, Chronulac, Cholac, Constulose, Enulose, and others. Polyethylene glycol (MiraLax, Polyethylene Glycol 3350) is a factory-made organic compound that acts just like lactose sans fermentation.

Common side affects are:
Nausea
Abdominal bloating
Cramping
Flatulence

High doses can cause diarrhea, particularly in elderly patients. Patients taking other medications containing polyethylene glycol have occasionally developed urticaria, which is likely to be an allergic reaction.

Stimulant laxatives
These laxatives cause the intestines to be inflamed and over stimulate the nervous receptors. The inflammation blocks water absorption, while the stimulation of the nervous receptors speeds up intestine movements. The best-known stimulant laxatives are castor oil (cascara is the active agent), senna (Ex-Lax, Senokot), bisacodyl (Dulcolax, Correctol), and aloe juice.

Common side affects are:
Urine discoloration
Nausea, faintness
Diarrhea
Cramping
Belching
Prohibit the absorption of medications and nutrients into your system
Extended use of a laxative may cause you to develop an electrolyte imbalance

Saline Laxatives
Milk of Magnesia and Epsom Salts the most commonly used saline laxatives, and known to most people. Milk of Magnesia is an 8% water solution of magnesium hy-

droxide, Mg(OH)2. It has strong antacid properties, and interferes with gastric digestion if taken with food.
If you have impaired kidneys then you may develop toxic levels of magnesium from the use of Milk of Magnesia. Epsom Salts is just the name for magnesium sulfate, but it is more effective than Milk of Magnesia as it absorbs faster. There are risks and dangers with each product as they can lead to severe diarrhea.
Os limPopo(OSP) product, scio, OmPe, Fleet Phospo (OSP) Soda, AKA;
Oral Sodium Phosphate and saline laxatives, but they have been known to be linked to kidney failure other serious illnesses.

Common side affects are:
Hives
Difficult breathing
Swelling of your face
Lips
Tongue
Throat
Diarrhea
Upset stomach

As very little media attention has been given to anything other than laxatives for solving the constipation problem, people have not had a choice, as with all of these laxatives it does nothing to correct the underlying problem. Your stools will still be large. However, there is a product that is much safer, and more effective than all of the laxatives mentioned above.

A Safer Alternative To Laxatives

As noted, there are untold numbers of dangerous side effects from laxatives, but they are still recommended by doctors and other health experts, who should know better. So, you may be asking yourself if there is a better alternative to laxatives. The answer is yes.

pHYDRATE.
Why is *pHYDRATE* so safe and effective vs. laxatives?
1. Well, the answer is quite simple. Unlike dangerous laxatives, *pHYDRATE* is quickly and fully absorbed in the upper small intestine, and will not find its way into the large intestine or the lower small intestine (which is the big issue with most laxatives).

2. Its function and benefits are based entirely on this process — a complete and full absorption in the upper small intestine. This then means that the process is safe and gentle on the body, very natural.
3. There is a safe release of physiological fluids (your natural fluids) that goes directly into the large intestine, which safely moisturizes and will breakdown hard stools.
4. The process described above adds critical moisture to the large intestine, which helps with movements and easy release of waste.
5. Unlike saline (that has been implicated in kidney failure and a broad range of other serious side effects that the FDA has reported on), *pHYDRATE* naturally releases the bodies own physiological fluids directly into the large intestine. Completely absorbed in the upper small intestine *pHYDRATE* is safe and gentle because it uses your body's own fluids to breakdown hard stools with natural moisture.
6. *pHYDRATE* can be taken over a life time without side effects or toxic effects on the body.
7. *pHYDRATE* acts very quickly in the body and does so in a predictable manner. It is also hypoallergenic, meaning you don't need to wait several days for it to get to the large intestine. You should not expect any delayed side effects and reactions related to allergenicity (which come with laxatives).
8. There are no known allergic reactions to *pHYDRATE*.

pHYDRATE

Has proven to be very beneficial in relieving the suffering from fiber related issues. The major reason for its success is that it contains arguably the most powerful vitamin of all, Vitamin C.

First, it is important to note that vitamin C is a naturally occurring ingredient, which is created in nature. This should be the first important point to make clear. In other words, it is not dangerous for the human body to consume.

As noted above, Vitamin C is arguably the most important of the water-soluble nutrients. The reason it is so important, because 10,000 years ago humans lost the ability to produce vitamin C, the human body is unable to produce Vitamin C, so it must be obtained from other sources. It made sense at the time to evolution since we had an overabundance of fresh foods loaded with vitamin C. Unfortunately in today's fast food, billion acre farms and laboratory created meals, we are lacking in many VERY important vitamins and minerals.

(see chapter 6. Potassium.)

Vitamin C has an extremely important function in the human body, as it has a number of critical effects on the immune system. Failure to get enough Vitamin C in the diet can lead to a number of serious issues (scurvy is the most well known condition resulting from a lack of Vitamin C) and even death. For example, Vitamin C helps with cardiovascular health, prenatal health, improved vision and promotes younger looking skin.
The best method of finding Vitamin C in the diet is by consuming plenty of organically grown fresh fruits and vegetables. My advice would be to search out local farmers and farmers markets. However, even this type of diet should be supplemented with an additional supply of vitamin C, in order to maintain a healthy and strong immune system.
For those people who do not consume enough vitamin C, it is very important that you supplement your Vitamin C in other ways. This will have a positive impact on the body and will improve general well being also. Additional Vitamin C in the diet can prevent illnesses and common conditions that a weak immune system can be subject to.

THE PROBLEM - In the past there was no good way to get satisfactory doses of vitamin C. All solutions had major disadvantages, including: Sour taste, high acidity, upset stomach. Most every form had unwanted additives and at times very high in sodium and an unreasonably high cost. Most people purchase the least expensive form of C and if they are lucky 5-10% is actually absorbed.

THE SOLUTION - *pHydrate* – We have created a good-tasting vitamin C drink in it's highly-absorbable ascorbate, mineral water beverage mix that includes a good supply of minerals. With zero sodium, zero sugars, zero added flavors and colors of any sort. In fact, we do not include any excipient, at all, you get just what's on the label.
pHydrate is safer and more effective to take then vitamin C, because it‘s non-acidic (buffered), and gentle on your stomach, it is predictable and fast-acting, and requires smaller doses than regular Vitamin C to get a similar effect. In addition, *pHydrate* provides four essential minerals great for bone health, heart function, normal blood pressure, and healthy intestines: magnesium, calcium, potassium, and zinc.
Magnesium is important for more than 300 enzymes doing their job and is needed for proper digestion and elimination of wastes. A diet with magnesium deficiency will cause a slower bowel emptying which leads to malabsorption and constipation.
Calcium plays a vital role, calcium fortifies the bones and teeth and has been shown to help maintain healthy blood pressure. It may also help support healthy hormone

levels. Nerves in the digestive tract rely on calcium (vitamin D) to regulate digestion. Calcium may also help to ease diarrhea as well as IBS-D sufferers.
Potassium plays an essential part in regulating acidic levels and has been shown to restore blood pH in just weeks. An American study that monitored 45,000 health professionals over eight years showed that stroke risk is associated with daily potassium intake, this risk decreasing by 38% when potassium intake increased.
Discovered in the early 1900s, by the Nobel-prize winning Dr. Otto Warburg, showed that our body must maintain a balanced pH - too high (too acid) or too low (too alkaline), suggested that cancer cells "live in hypoxic, very low oxygen, and acidic conditions and derive energy from fermenting sugars. From this, Warberg theorized that low-oxygen and highly-acidic conditions caused cancer. We must maintain a slightly alkaline, arterial ph, between 7.34 and 7.45. Acid-base balance largely depends on the 'acidifying' or 'alkalizing' elements of the diet. Acidic foods such as cereals and protein (especially animal protein) provide amino acids which contain sulfur and/or phosphorus, and salt provides chloride ions. These three minerals contribute to the body's net systemic acid load. Alkalizing foods such as fruit and vegetables (root and tuberous) provide alkaline potassium salts.
Until the end of the stone age, our prehistoric ancestors had a highly alkaline diet, due to its very high potassium salt content (two to three times more than in today's diets) which easily neutralized the acids produced by dietary metabolism. Modern diets awash in foods such as meat and animal-based proteins, cheeses, salts, and cereals have been linked to inflammation, insulin insensitivity, and increased cell division.
Zinc has also been shown to reduce blood markers for inflammation, a known trigger of premature aging and chronic disease.

FAST AND EASY - Mixing up a *pHydrate* drink is as simple as adding a teaspoon to water. For best results use before bed and in the morning before breakfast. Over 95% of the ascorbic acid's acidity in this effervescent reaction is neutralized resulting in a carbonated drink similar to mineral water.

EASY DIRECTIONS - Mix 1 ounce of cold water with one teaspoon of *pHydrate*. Add more water or juice only after the bubbling subsides, *pHydrate* is normally slightly cloudy. Add more water and drink any leftovers. It is an easy way to enjoy getting healthy..

WITH MODERATION - It's important to understand that each quarter teaspoon is equal to 1 full gram (1000 milligrams) of vitamin C. It may be difficult for some people to handle this amount or one megadose of 4000 mg (1 teaspoon). As I mentioned, people who are new to large doses can get diarrhea, gas and bloating sometimes with as little as 500mg.

How *pHYDRATE* Is Different

There are many laxatives on the market, which promise grand results. However, as noted in the section above, they don't get to the root of the issue.
pHYDRATE is not a laxative. Instead it is a hypoallergenic supplement that contains rapidly absorbing vitamin C, and other synergistic ingredients in safe amounts.

Benefits of *pHYDRATE*

Relief from constipation
Relief from hemorrhoids
Relief from diverticulitis and other colorectal problems
Relief from irritable bowel syndrome
Relief from anal fissures and related disorders
It is free from side effects, non-addictive, and beneficial for general health and a safe colon cleanse.

When Can *pHYDRATE* Be Used?

There are a few clear indicators that people should use *pHYDRATE*. If you notice any of the following issues, then you may be a good candidate for usage.
For those that have problems with big stools, the common causes are too much fiber and an over reliance on laxatives. Other causes of large stools are stretching of the large intestine, hemorrhoidal disease (narrowing the anus even further).
It should also be noted that larger stool sizes quickly get hard and dry out, which makes passing them very hard. If you are using laxatives and other medications then it can also cause big stool sizes.

When you notice hard and stale stools

Most colorectal disorders start from hard and stale stools, whether they are big or small. This together with the straining, enlarged internal hemorrhoids, internal damage of the anal canal lining, and the inability to remove all waste from your body, leads to many colorectal disorders.

When you have become dependent on laxatives

Unlike conventional laxatives or colon cleansers, *pHYDRATE* works very quickly, usually inside 30 to 60 minutes. It does not have any issue with gastric or intestinal digestion, and will not cause cramping, intestinal inflammation, or affect other organs once you find your correct dose.
pHYDRATE will have the effect of removing the hard and dry stools, straining, chronic constipation, incomplete emptying, helping you to overcome anorectal nerve damage.

One of the most important benefits is that using *pHYDRATE* will allow you to break your dependence on fiber and laxatives.

As a colon cleanser
pHYDRATE will help your body to remove the hard and stale stools. No need to go to a clinic and deal with the embarrassment that comes with the alternative procedures.

Irritable bowel syndrome, chronic constipation
pHYDRATE is a safer and more effective method than laxatives. You won't get addicted to it, or have any side effects. You will see the results quickly and won't be embarrassed by it working when you are out socializing or at work, school, etc. You will find that you will not go through cramping or severe diarrhea, which laxatives produce.

Enlarged hemorrhoids
It will prevent hemorrhoids from getting bigger or becoming sore and inflamed. The supplement helps by keeping stools soft, small, and moist, and will stop you from straining when you need to pass a stool. *pHYDRATE* can be used for hemorrhoids, in the same way it can be used for anal fissures.

Anal fissures
Anal fissures are one of the most painful, and hard-to-treat anorectal disorders because no one can stop the waste excretion process when trying to heal.
However, *pHYDRATE* will keep your stools soft, small, and watery, and stop the painful straining. This process will stop the tearing and bleeding that causes massive discomfort. As such, you will be able to heal from your condition much more quickly and painlessly. Start with a larger dose, and then decrease it, as your healing improves and quickens.

Diverticular disease
pHYDRATE helps people maintain small stools and stops the large intestine from getting to full. This is very important for those with diverticulosis (presence of diverticula — pouches, pouch like areas along the intestinal walls). Small amounts of leftover stool in the colon will help people to overcome this issue. Also, having more regular and complete bowel emptying prevents the build up of stools in diverticula and resulting inflammation, bleeding, ulceration, and perforation of the intestinal wall (diverticulitis).

Ulcerative colitis and Crohn's disease

pHYDRATE will help to keep Crohn's disease and ulcerative colitis in remission and provide support in healing. As *pHYDRATE* prevents hard stools or constipation without resorting to fiber and laxatives (which is what commonly causes inflammation and relapse).
Ulcerative colitis and Crohn's disease cause similar symptoms that often resemble other conditions, such as irritable bowel syndrome. The correct diagnosis may take some time. Inflammatory bowel disease may also be referred to as colitis, enteritis, ileitis, and proctitis

Constipation in children
pHYDRATE can be used by children and toddlers, who suffer from pain and discomfort due to hard, large, small dry, or impacted stools. Softening and loosening stools will help the child to pass stools without pain and fear. Of course the dose should be very small at first, keeping a close on the type of bowel movement the child has. If diarrhea ensues, then the dose should be lowered.

Why & How It Works
First, this is not a drug or a laxative under another name. If you want to overcome your issues with a natural remedy, then this is the route I used and the one I recommend.
In simple terms, *pHYDRATE* breaks down, softens and loosens the dry, hard stools that are causing you pain. When stools are changed into this state, in a natural manner, (with natural, not artificial means), it drastically helps with elimination without any straining, pressure or pain.
Unlike laxatives, *pHYDRATE* is non-addictive, and does not come with any side effects. For example, you don't get the side effects of later discomfort from the irritation or stimulation of the intestinal mucosa and/or the anal canal's receptors.
This huge advantage over laxatives is based on the usage of vitamin C, which provides huge health benefits as we talked about before. *pHYDRATE* is also very gentle on the stomach and will not cause an upset at your optimal dose.

pHYDRATE provides 1000mg per tablet of Vitamin C allowing the lower intestine to hydrate either over a good nights sleep or in a timely manner as you decide.
It also needs to be noted that very small doses are needed, as it is very fast acting and more effective than regular vitamin C supplements (as *pHYDRATE* is buffered).

Taking *pHYDRATE*

For best results:

- Take one *pHYDRATE* with water in the evening before bed,
- Take one (up to four (4) once in the morning before eating. Follow with a full glass of water.

Take *pHYDRATE* before sleeping, as the only time that stools can be reliably moisturized is when taken on an empty stomach. Taking the dose at bedtime also lets the entire dosage go into the small intestine and then flow into the blood stream.
If your stomach contains food, then *pHYDRATE* may not fully pass into the small intestine, rendering it less effective. It will take a little time to work, from thirty minutes to a few hours. You will need to adjust the dosage in order to match your symptoms, and your reaction to the supplement.

While *pHYDRATE* is safe, you will experience, cramping, diarrhea and or overly watery stools if you take too much.

pHYDRATE will not lead to acute diarrhea or cramping, as it is made from natural ingredients. If you do notice watery stools, then simply reduce the dosage a little.
Don't take *pHYDRATE* when you are going to be away from a bathroom for a long period of time. This is because, when a large amount of water moves down to the rectum, you may feel the urge for a bowel movement (especially if you suffer from a lot of gas – as gas opens the anal canal).

The urge is not caused by irritation, but by the water pressure on the anal canal.
In order to avoid embarrassment, treat this supplement like a laxative, although it is not. You will not feel the effects that laxatives give you (such as colon irritation or stimulation), but you will get the good benefits.

You might not have a bowel movement the next day, because *pHYDRATE* is very effective. This is natural and nothing to be worried about as it takes 24 to 72 hours to generate and move stools from the gut to the rectum. With a diet free from fiber, the volume of stools should be 100-150 grams. As such, know that it takes time to form the stools, so don't be concerned if you don't pass a stool the following day. Remember that the large intestine is just that – large, so the time to form stools can be elongated.

For those who have enlarged hemorrhoids, soft and watery stools can leave some residue around the anus. If you often have marks on your under clothing you may be creating a vicious cycle. When you don't wipe or clean yourself enough to remove all

traces, you may experience irritation, some people call it “swamp butt.”

If you wipe too much, you may also feel some irritation. Oftentimes people use baby wipes or the like, but leaving high amounts of moisture around the anus will sometimes loosen up any remaining feces around the sphincter and cause irritation for hours to come.
You must wipe enough to remove all traces not just outside, but in the immediate inner sphincter also.
If you get "wiggle your butt in the chair syndrome" or the secret "pick and scratch" and you find yourself in the rest room once again for an on-choir wipe or worse yet, inadvertently you use your undergarments as toilet paper.

The best procedure is:
1- Wipe thoroughly with toilet paper
2- Then use a wet wipe, and wipe again with toilet paper. If you still notice any residue baby wipe again.
3- Final wipe and pat dry with toilet paper
4- Apply less then a tear drop of hemorrhoid ointment.

Start using *pHYDRATE* over the weekend, as you have more free time, and can stay in the house during this time. Take a full dose of one teaspoon. If you don’t feel the effect in two hours, then take another dose. Following the dosage, wait for 30 minutes before having a meal. The first time I used *pHYDRATE* I used one quarter teaspoon every 30 minutes for 2 hours.

Taking *pHYDRATE* for best results

pHYDRATE will work naturally for everyone who uses it, as long as it can reach the small intestine (if used with a meal or after a meal, it will be less effective) and the dose is enough. There are some cases when you may not get the immediate expected results.

Insufficient dose
Initially, the dosage will loosen up the hard stools, and you might need to have a larger dose in order to “flood” the large intestine and flush out the system. At this time, it’s good to move to a liquid diet for 24 hours, so that the stomach is freed of its contents. Then, take one half up to 1 quarter teaspoon *pHYDRATE* before going to bed along with a half glass of water. This way it's first application will have a chance to dissolve hardened stools while you are sleeping. By morning most of the excess water gets reabsorbed, but the stools will remain moist if you don’t hold them back.

You can take another dose immediately upon awakening to stimulate defecation. Make sure you don't have to leave the house to avoid a major eruption in the wrong place.

Fecal impaction
If you have symptoms of diarrhea-like issues after taking *pHYDRATE*, where you are excreting fluids, instead of stools, you may have fecal impaction or colon obstruction. With fecal impaction, the fluids might not be enough to break up the impacted stools. In this case, you should visit a doctor or the emergency department in order to get a check-up.

Dehydration
If you are very dehydrated, *pHYDRATE* might not work as well, as the body will be unable to release enough fluids into the colon, in order to get the defecation process started. As such, you need to hydrate your body before you use *pHYDRATE*. You need to realize that drinking too much water can be very dangerous and cause illness (even in the face of commonly held knowledge).

Chapter

5

Diet & Intestinal Flora

The importance and functions of gut flora

Our body's have over 100 trillion bacteria, most of them reside in the gut. Most people think our cells are the most numerous item in the human body. But we have far more bacteria than human cells.

The gastrointestinal tract is where your body exchanges the items you put in it. It is where nutrient "uptake" happens. Everything you put in, food toxins, pathogens, etc., comes right back to the old saying, "you are what you eat." You can not only kill yourself with bad diet, you can kill your greatest allies (good bacteria) with improper diet.

Since most diseases start in the intestine, our immune system concentrates over 80% of it's garbage duties there.

Those little bacteria are so important to the health of the colorectal system that we cannot talk health without focusing on having a healthy gut flora.

Unfortunately with our processed food diet, 5% fresh fruits and vegetables, and 60% meats, there are many things that can go wrong with your good flora. This book talks about some of the best known problems of the colorectal system, ***IBD (inflammatory bowel disease), IBS (irritable bowel syndrome), GERD (gastroesophageal reflux disease), Crohn's disease, ulcerative colitis, celiac disease, hemorrhoidal disease, anal fissures and SIBO (small intestinal bacterial overgrowth)***. It is vitally im-

portant to maintain a healthier diet of 51% raw foods. The only way I have found to do this is with a juicer, blender or food processor and the local farmers market.

How VITALLY important are the functions of flora?

- Proper nutrient uptake, without flora most of your vitamins and minerals may just flush away.
- Protection against pathogens, viruses and opportunistic bacteria.
- Nutrient creation such as Biotin, vitamin K2, butyric acid
- Prevent inflammation
- Proper weight and metabolism regulation

What is Dysbiosis? (also often called dysbacteriosis)

Indicates a microbial imbalance of the body. More often then not it is an imbalance of "good" versus "bad" bacteria. Bacteria have a reputation for causing disease, so the idea of trying to grow billions for your health might seem a bit nutty. But scientific evidence shows that you can treat and even prevent some illnesses with foods and supplements containing gut flora or live bacteria by re-inoculating yourself. It happens to be most prominent in the digestive tract or on the skin, but tends to also occur on any sort of exposed surface or mucous membrane, e. g. in the vaginal area, lungs, nose, sinuses, ears, nails or eyes.

In this chapter we will concentrate on intestinal dysbiosis, where digestion is usually affected or even chemically changed to some extent. Toxic bowels and general declining health are often brought on by the loss of "good" or "friendly" intestinal flora and the overgrowth of harmful bacteria and parasites, such as candida albicans.

We must first understand that candida and other so called "bad" bacteria are not the problem. The problem is a compromised immune system that fails to control the bad bacteria. The only solution is to restore good bacteria to the immune system, accomplished only by addressing individual nutritional requirements.

Bacterial enzymes can inactivate human digestive enzymes and change human bile or elements of food into chemicals, which trigger the development of diseases. A few by-products of bacterial enzyme action, like ammonia, possibly even impede normal brain function. These by-products, when assimilated by the body, have to be processed by the liver, placing it under a lot more strain.

Dr. Paul Kouchakoff, M.D. Institute of Clinical Chemistry, Switzerland, was the first to show in the 1930's that if you ate more then 50% cooked food your immune system would elevate white blood count and attack the food as if it were any other invader to our body. There are live enzymes in the foods we eat, or at-least there should be,

when we don't kill them. These enzymes are designed to help with our digestion. The major problem; we kill these good enzymes, which causes the immune reaction called "leukocytsos." Dr Kouchakoff showed in his study that if the meal is 51% raw food the immune system will not react.

Probiotics are recognized for their benefits in promoting a healthy digestive tract and immune system including the reduction of pathogens responsible for diarrhea in children and the restoration of microflora in the intestinal tract that are usually killed following the use of antibiotics and prescription drugs.

What are probiotics and prebiotics?

- Probiotics are beneficial bacteria.
- Prebiotics help bacteria grow and flourish. This section of the book will show what prebiotics and probiotics can do for your health.
- Probiotics recolonize beneficial bacteria.

There are a number of issues faced by the helpful bacteria in the gut (such as chlorinated drinking water and over processed foods). Sometimes helpful bacteria are known as "good bacteria", and with the correct balance in your gut, you will have great health.

Gut or intestinal dysbiosis is a condition brought on by the growth of pathogenic parasites, yeast and/or bacteria, when the good bacteria is under threat, which may in itself have any number of causes.

What causes a disruption of the good flora :
High stress levels
Illness or high fever
NSAIDs (Non-steroidal anti-inflammatory drugs)
Inflammation from excess total polyunsaturated and omega-6 fat consumption
Chemical exposure
Poor diet/high fiber
Food toxins mostly from grains and legumes, lead and other toxins from pesticides and fungicides.
Excess carbohydrate consumption
Excess sugar consumption
Infections
Overuse of antibiotics, birth control pills and pharmaceutical drugs of all types
Dental amalgams, mercury: It's considered that mercury could cause mutations in

Intestinal bacteria.
Lack of sleep
Weak immune system

Dysbiosis has been associated with inflammatory bowel disease, chronic fatigue syndrome, Crohn's disease and ulcerative colitis, yeast infections and rheumatoid arthritis.

Typical Symptoms of Dysbiosis
Fatigue
Cramping
Intestinal upsets
Chronic stomach ache
Bloating
Headaches
Diarrhea
Heartburn
Abnormal burping
Constipation
Flatulence

The most extreme dysbiosis cases seem to involve both yeast and harmful bacteria in the digestive tract.
Besides, healthy intestinal flora is important for the prevention of constipation, to help with immune system functions and avoiding cancer of the large intestine. It also helps to prevent yeast infection of he mouth or vagina.

Bacteria inside the gut can be killed by antibiotics, laxatives, heavy metals, surgeries, and colonoscopies, and following this procedure, doctors generally recommend fiber to replace bacteria.

If fiber is not used, then the stools turn grayish, and become very hard, making passing them very painful. This condition is called dysbacteriosis or Dysbiosis.
Doctors know that dysbacteriosis is common particularly for children and seniors, who are the most vulnerable. Children due to diarrhea and their underdeveloped immune system. Seniors due to age-related diseases, impaired immunity, and colorectal disorders.

Restoring Intestinal Flora

Age related health issues are generally linked to problems with the intestines (or the guts). It is the bacteria in the guts that are very important as it is responsible for synthesizing vitamins B-7 (biotin), B-12, and K.

Any deficiency of these essential vitamins can lead to:
Diabetes,
Obesity,
Hair loss,
Gray hair,
Eczema,
Seborrhea,
Anemia,
Internal bleedings,
Ulcers,
Strokes,
Cancers,
Degenerative disorders such as Parkinson and Alzheimer disease,
Common gastrointestinal, respiratory, and autoimmune disorders

Causes of dysbacteriosis

Note that anything that kills bad bacteria will also kill good bacteria. This is something that many doctors don't mention. Here are some of the biggest causes:

Protein deficiency

Protein is made from many amino acids. There are a few amino acids essential for good healthy guts. One is threonine, which helps the body to produce mucin (which helps the bacteria to function and procreate).
Mucin is a glycoprotein—a molecule that bonds glucose with amino acids. Gastric and intestinal mucus is formed by combining mucin and water.

Vitamin D deficiency

Vitamin D is extremely important to produce special antibacterial peptides that help fight off undesired bacteria, fungus and viruses.
In fact, a deficiency in vitamin D alone can be the cause for the death of good flora in the first place.

Magnesium

Magnesium is important for more than 300 enzymes doing their job and is needed for proper digestion and elimination of wastes. A diet with magnesium deficiency will cause a slower bowel emptying which leads to malabsorption and constipation.

Excess dietary fiber

Excess fiber in the body actually ferments like alcohol in a still. Once these short chain fatty acids, ethanol, and lactic acids are created they actually destroy all bacteria for the same reason we use acids and alcohols to clean and sterilize, killing bacteria on contact.

We stand the risk of becoming addicted to fiber. Like a bad dream, the fermentation destroys bacteria, you need more and more fiber to form stools as we kill more bacteria through fermentation. If you were to suddenly stop all fiber intake today (now that you no longer have many bacteria left), constipation would set in as soon as the large intestine cleared itself of the remaining stool.

Keep in mind that I am not saying that fiber causes dysbacteriosis, it is excess fiber that causes the out of control fermentation of excess dietary fiber.

According to the "The Merck Manual of Diagnosis and Therapy", "Colonic bacteria ferment unabsorbed carbohydrates into CO2, methane, H2, and short-chain fatty acids (butyrate, propionate, acetate, and lactate). These fatty acids cause diarrhea. The gases cause abdominal distention and bloating."

Intestinal acidity

This happens when the pancreas cannot neutralize the stomachs content (because of some type of obstruction). At this time, acid in the stomach moves into the large intestine and kill bacteria.

In most cases, the obstruction is due to too much fiber, which cannot be digested. This leads to an acidic condition.

Diarrhea

Diarrhea washes out the bacteria from the gut. Usually this happens because of an infection, laxative, food poisoning or a medial procedure.

Antibiotics

Antibiotics such as sulfanilamide, sulpha derivatives, Dynapen, Urex, Nydrazid, Macrodantin, Rifadin, and many others, can kill the bacteria that you need in your gut. Be careful when taking these medications, and only use when necessary.

Antibiotics from foods eaten
Many antibiotics are now given to livestock in the process of farming. These can move into the human food chain and causes issues for humans also. But farming/agriculture is a topic under world wide discussion. Get involved, you will be glad you did, for the food, if for no other reason.

Heavy metals
Toxic metals such as Mercury, lead, arsenic, cadmium, nickel, silver, and other metals are extremely toxic, even in trace amounts.

Medical treatments
Chemo and radiotherapy kill bacteria for the same reason they kill cancerous cells. Other things negatively affect the intestinal flora, such as industrial pollutants, household chemicals, antibacterial soaps, and toxic substances found in toothpaste, shampoo, and detergents

Colon cleanse
These are very popular these days, especially in the "new age" movement. Cleaning the colon is not a solution, and can cause more problems than it claims to cure, I call it diarrhea in a bottle.

Are you suffering from dysbacteriosis?

Here is how to know:

Lack of intestinal gases
You should have intestinal gases if you have some soluble fiber in your system. If you have soluble fiber in your diet but no gases, then no fermentation will be taking place.

Undigested food in the stool
You will see this as white or black specs in the stool. Its best to get this checked out.

Constipation
This is one of the most telltale signs, especially when stools are dry and hard. This shows that there are not enough bacteria to loosen the stool, and keep it moist, as it should be.

Diarrhea irritable bowel syndrome, Ulcerative colitis, and Crohn's disease
Having good bacteria will cure these conditions. If you have these conditions, then too much fiber and dysbacteriosis is playing a major part.

Respiratory infections
Infections such as asthma, bronchitis, chronic rhinitis, post-nasal drip, nasal voice, sinus congestions, and allergies, show that you have a weakened immune system because of dysbacteriosis. Generally, they appear following treatment with antibiotics.

Blood clotting issues
If you find it hard to stop regular cuts on your skin, or even seem to bruise much easier than usual, then it could mean you are deficient in vitamin K. This would signal a by-product of bacterial metabolism.
It is important that you rule out vitamin C deficiency first, and also note than medications such as aspirin and ibuprofen can cause this issue.

Neurological problems and anemia
It is essential that you have Vitamin B12 in your system, simply in order to have correct functioning of the nervous system, and production of red blood cells. You can get this vitamin from red meat and eggs. It also comes from intestinal flora.
If you have a deficiency in vitamin B12, you will have the following symptoms: numbness and tingling of the hands and feet, paleness, shortness of breath, chronic fatigue, a sore mouth and tongue, and mental confusion. At this stage of the deficiency, you will need to move to using a supplement.

Restore intestinal flora inside your gut

In order to remove dysbacteriosis, you need to "infect" your large intestine with synergistic bacterial strains. In simple terms, you need to be taking a high quality pre- and probiotic.
As noted earlier, you can take these supplements on a regular basis, without any side effects. You should observe your stools and other symptoms of dysbacteriosis so that you can notice any changes taking place.

Our Healthy Intestinal Living - Colorectal Reboot system - is recommended as the capsules are coated with cellulose, which stops the stomachs acids from affecting them. This means that they are released properly in the large intestine, so that the bacteria survive. You can therefore take the product with or without food, and whenever you need it. Particularly effective when you have a severe case of long-term dysbacteriosis because it contains a high quality prebiotic formula as part of the Colorectal Reboot system, GI-Pro MegaFlora, was specifically developed to enhance the survival

and effectiveness of probiotics once inside the gut. Simply take LG-Advanced PreFlora on an empty stomach with or even hours before taking GI-Pro MegaFlora.
GI-Pro MegaFlora when taken with LGAdvanced PreFlora a pharmaceutical-grade amino acid that does not contain any fillers, additives or anti-caking agents, just pure L-Glutamine stimulates the regeneration of intestinal mucosa that is actually "home" and source of nourishment for intestinal bacteria. Unlike practically all fiber-based prebiotics, this approach doesn't cause gas or flatulence the way fiber based products do

How long should GI-Pro MegaFlora and LG-Advanced PreFlora be taken?
You need to keep an eye on your stools in order to know. If your stools are moist, light and small then you have the right ratio of flora (without fiber in the diet). You can also rotate one month on one month off to keep a healthy environment.
If you are taking medications, you need to take the probiotics afterwards. This will ensure that you have living flora.

What makes it different?
There is a difference between Healthy Symptoms pre and probiotics and fiber-based pre and probiotics. Healthy Symptoms brings together GI-Pro MegaFlora and LG-Advanced PreFlora, unlike fiber-based prebiotics, LG-Advanced PreFlora is 100% PURE PHARMACEUTICAL GRADE L-Glutamine — an amino acid that stimulates the regeneration of intestinal mucosa that is actually “home” and source of nourishment for intestinal bacteria. GI-Pro MegaFlora formula provides only living microorganisms, no fiber fillers. This is a better approach, as it won’t cause gas, which is what fiber-based products do (when combined with intestinal bacteria).
GI-Pro MegaFlora combined with our LG-Advanced PreFlora will help bring back total balance.

GI-Pro MegaFlora replaces dead bacteria with “good” living microorganisms which are thought to be beneficial, if not essential for overall health and well being.

Probiotics
Essentially, probiotics are beneficial bacteria. Probiotics are not able to support themselves, so they need prebiotics in order to grow properly. Prebiotics help to increase digestive health and also provide nutrients to probiotic bacteria.

How diet aids with better digestion

Most people don't really think about their digestive system, It is only when something goes wrong, that we begin to consider its importance. However, there are now many illnesses and diseases in modern society that relate to the digestive system (such as constipation, acid reflux, inflammatory bowel disease and many others).
Medications are another major issue, and they have negative side effects on the digestive system. If you are currently taking medications, you need to have the goal to get off your medication as soon as possible.
As such, you need to think about your digestive health, and to get back to a good balance of good bacteria. The key to good health is a strong immune system, which can fight off any bad bacteria and viruses.
It should be noted that 80% of the human immune system is located in the intestine. All disease starts in the intestines, which shows the importance that good digestion has on human health and well-being.
Poor digestion can lead to heartburn or other acid reflux symptoms. Generally, western doctors prescribe antacid medication in order to overcome the painful heartburn. However, these can be quite dangerous if they are used for a long time.

A healthy diet
A much safer option is to change your diet for the better. This will aid with much better digestion, and it is the natural way (instead of drugs). Four of the top 10 leading causes of death in the USA are directly linked to improper diet or dietary excess. These causes include coronary heart disease, certain types of cancer, stroke, and non-insulin-dependent diabetes mellitus. These things are responsible for almost two thirds of American deaths every year.
Remove as much processed food from your diet as possible. This should include canned foods and supermarket juice drinks as they go through pasteurization and homogenization, boxed foods (all processed food) and fast foods. Besides removing things from your diet, you also need to add certain things. I know some of you hate vegetables! And I also know how hard it is to make changes to your diet.

No Worries
We have created a book that discusses everything in this book, from a diet standpoint. If you can, go to our free download at *https://hem.orrhoids.com* and your free copy of our free juicing and diet idea book today.

As part of a healthy diet GI-Pro MegaFlora formula provides almost 30 billion living microorganisms that provide an effective blend of the following key probiotics:
Lactobacillus acidophilus: L. acidophilus is characterized as being a rod shaped motile bacteria that grows in or without the presence of oxygen. L. acidophilus is also char-

acterized as a homofermentative that only produces lactic acid as its sole product. L. acidophilus is naturally found in the human and animal GI tract, mouth and vagina.
Lactobacillus rhamnosus: L. rhamnosus is gaining recognition for its systemic immune-enhancing ability and is known to produce the biologically desirable L(+) lactic acid Lactobacillus plantarum: The ability of L. plantarum to produce antimicrobial substances helps them survive in the gastro-intestinal tract of humans.
The antimicrobial substances produced have shown significant effect on Gram-positive and Gram-negative bacteria.
Bifidobacterium longum: Bifidobacterium longum is one of most important inhabitants in the human body. This bacterium is very helpful because it maintains a normal digestive tract, inhibits the growth of harmful bacteria, and also boosts the immune system. Add in the all benefits of Bacillus coagulans, Lactobacillus salivarius, Lactobacillus casei, Bifidobacterium lactis, and Bifidobacterium breve: B breve, this bacterium is anaerobic and non-motile. Its branches are rod-shaped, looking almost like a cactus in the microscopic view.
Bacillus subtilus: A member of the genus Bacillus, B. subtilis is rod-shaped, and has the ability to form a tough, protective endospore, allowing the organism to tolerate extreme environmental conditions. B. subtilis has a long history of use in treating gastrointestinal disorders such as dysentery. It is known to stimulate the immune system and produce antibiotic compounds that inhibit the growth of some pathogenic microorganisms. For best results, keep cool and dry or refrigerated.

With GI-Pro MegaFlora, there are additional benefits:

When is the best time to take a probiotic supplement?
One of the confusing issues with probiotic supplements hinges around timing... when is the best time to take them?
Take your probiotics prior to eating breakfast with a glass of pure water
Wait 10-15 minutes after taking it before you eat because stomach acid from your meal could impact some of the “good” bacteria (you could lose 5-10%)
Avoid taking it within 3 hours of taking any antibiotic.

How to take GI-Pro MegaFlora

The way to take our probiotic is quite simple and straightforward: It is best to take GI-Pro MegaFlora formula in the morning, and on an empty stomach.

This means that the ingredients are exposed to just a little acidity and enzymes in the stomach and upper intestines.
Bacterial supplements shouldn't be used when also taking antibiotics. This is because antibiotics will kill most of them, making them less effective.

If you get a lot of flatulence on a diet of little or no fiber, you should stop taking any flora, as you have enough in your system.
Children can use the capsules also, but in order to prevent choking, don't give them capsules. Instead open the capsule and pour its contents into a lukewarm beverage (not hot, heat will kill bacteria).
Keep in mind that Healthy Symptoms supplemental probiotics are the easiest, most inexpensive, and best source of oral bacteria you can find. These supplements can be used on a long-term basis, or whenever they are needed.

Dr. Linus Pauling, one of the most applauded scientists of our time, and Winner of two Nobel Prize, repeatedly stated in his works,

"Every ailment, every sickness, and every disease can be traced… to a MINERAL DEFICIENCY".

Dr. Linus Pauling, 2 time Nobel Prize Winner

Chapter 6

Potassium

Potassium deficiency is something that most people are not aware of. The largest number of deaths from potassium deficiency are found in the most developed of the western nations (USA, Canada, Australia, New Zealand and the UK).
If you have issues with constipation then you may have issues with potassium (you may be deficient). Potassium is the third most abundant mineral in the human body. It is also an electrolyte that regulates blood pressure, muscle activity, water retention and cell functions within the body.

According to Dr. Jane Higdon, of the Linus Pauling Institute at Oregon State University, "There is considerable evidence that a diet supplying at least 4700 mg/day of potassium is associated with decreased risk of stroke, hypertension, osteoporosis, and kidney stones. Fruits and vegetables are among the richest sources of dietary potassium, and a large body of evidence supports the association of increased fruit, vegetable, and nut intakes with reduced risk of chronic disease."

Unfortunately most fruits and vegetables are as deficient as you and I. Grown in soils that no longer have the minerals we need to survive. If you have no other choice but to eat grocery store, chemically laden, mineral depleted fruits and vegetables, my suggestion would be to juice them by the barrel full.

If you can, you should support local farmers that understand the soil. They understand that natural composts and fertilizers add all the minerals back to the soil. The expression, “Feed the soil, not the plant” is a familiar refrain among organic farmers. Organic farming promotes the sustainable health and productivity of the ecosystem – soil, plants, animals and people. Organic foods are farmed in an environmentally sustainable and socially responsible way, focusing on soil regeneration, water conservation and animal welfare. That is if they are grown by small farms that care. There are large scale commercial organic farms that treat their operation much like any other mega-farm. “Approved” organic chemical spraying! Something just does not seem right about that.

Commercially grown is almost always the complete opposite of what I would consider healthy. Pest problems due to poor soil, chemicals, chemicals and more chemicals to “help” the plant grow and stop pests that the plants can no longer fend off. Think of a plant just like a human, poor immune system and we suffer all kinds of ills. The same is true for plants when they don't get all the vitamins, minerals, nutrients they need, they suffer all kinds of ills also.

If you suffer from arthritis, anxiety, depression, insomnia, hyperthyroidism, constipation, high blood pressure, heart disease, kidney stones, headaches, obesity, pain in the eyes, muscle spasms, "restless leg syndrome," fatigue, or muscle tension, to name a few, you may be deficient in potassium.

Potassium is an electrolyte that regulates blood pressure, water retention, muscle activity, and proper function of every cell in your body. Potassium helps the cells in the body eliminate toxic waste, promotes balanced pH levels, and increases energy.

We all need the major minerals: sodium, potassium, calcium, phosphorus, magnesium, manganese, sulphur, cobolt and chlorine. And the trace minerals iron, zinc, copper, selenium, iodine, fluorine and chromium. If you would like to understand why we are deficient, do a little reading about “soil depletion”

The Human Body Does Not Make Minerals

The most alarming fact not readily known, shared, or understood by the majority of people, is the human body CANNOT make minerals.

Why is this such a major problem?

We are vitamin and mineral deficient

In today's day and age money and profits take precedence above good agricultural practices. Big companies stripping the soil of nutrients with significant implications and completely devastating the nutritional value of crops in less than a lifetime. As an example, the presence of Vitamin A has decreased approximately 60% in 6 items tracked, apple, banana, broccoli, onion, potato, tomato. Of them, both onion and potato saw a 100% loss of Vitamin A, in a 48 year span from 1951-1999.

The problem is people want cheap food and big business wants to turn a big profit no matter the cost. The small farmer has gone the way of the Dodo bird and big business owns much of the farmland. Responsible for the implementation of the latest scientific chemicals to deftly kill insects and anything else that might get in the way of profits. They genetically modify their crops, changing their DNA, because these genetically modified foods (GMO) are better at resisting harsh weather, pesticides and herbicides. It was discovered over eons that rotating crops gave the earth time to replenish its nutrient content, that bugs dying in the soil decay and restore nutrients to the soil, that manure from cows and other animals was a miracle for fertilizing land.

The multinational Agri business has a different plan.

- You don't need to rotate crops any longer, simply soak the earth with commercial pesticides and herbicides, kill everything.
- There is no need to worry that crops will be destroyed in bad weather or because of insects. Now there are super fruit and vegetables able to withstand harsh weather, and the pesticides used to kill anything that gets in the way. Sometimes we get unintended consequences such as honey bee die off.
- Bugs that die in the field are now putting toxins in the earth because they are being poisoned with toxic chemicals that are harmful to humans as well.
- No longer is manure good, it is now a toxic runoff poisoning the land and wildlife.

You can believe what ever you want, but if you want your health, you need to open your eyes to the serious damage big profits are causing and simply refuse to support them.

It is important to note that the FDA limits over-the-counter potassium supplements to 99 mg per serving. This amounts to 2.8% of the FDA's own recommended daily allowance. In addition, the FDA recommended daily allowances for most supplements are widely recognized as being too low.

This limit is due to concern over potassium overdose. As you will read further in this book, there is not much reason for this concern. However, the FDA does freely allow medications that deplete potassium to be sold.

In the last 25 years 2.5 MILLION people died from prescribed FDA approved pharmaceuticals. In the last 25 years 10 unsubstantiated deaths from vitamins. Which would you rather take?

If you have any of the conditions mentioned in this book or are currently on medication, I strongly encourage you to do further research on potassium deficiency as it relates to your specific condition. Also, it is crucial that you see a natural health care practitioner to help you safely implement more potassium into your diet. You can also get a copy of our juicing book “Eat Healthy, Live a Fruitful Life” available on the Hem.orrhoids web site, free.

Healthline.com states, "Although there is no established safe upper limit, potassium toxicity appears to develop with an intake of approximately 18,000 mg daily and may lead to cardiac arrest." Considering this information, you can see that, while possible, it would be very difficult to overdose on potassium.

The Other Major Problem, Sodium Chloride

Centuries ago salary, the Latin word for salt, was used as money. The great salt caravans In Europe, Asia and Africa moved by camel trains would travel over thousands of miles carrying sylvite, otherwise known as potassium chloride. People knew this as salt, not as salt substitute. 100 years later it is the other way around. That's because it is cheaper and more plentiful to get “salt” from sea water.

But before sodium chloride (table salt) people used (sylvite), potassium chloride, it had been so highly valued on most continents, that at one point in history soldiers were paid in salt (salary) - which they could both use on their own food and trade for other things. That's where the expressions "worth his salt", “Salary” came from, meaning that a worker is worth what you're paying him.

According to the FDA the total amount of potassium needed in the diet per day is 4700 mg. Because the sodium intake in the typical American diet is high, ensuring you get enough potassium is very important.

You will have people telling you that “salt substitute” is dangerous if used excessively. Well, if you put one entire teaspoon of potassium chloride on your food (it would be way to salty) you would get approximately 2400 mg potassium. That's 2300 mg under the USDA recommendation.

How much potassium chloride (salt) could one person shake on eggs anyway?

Running in tandem with the depletion of potassium in fruit and vegetables during the 19th Century was an even bigger problem. Until the 19th Century , as mentioned above salt was sylvite, otherwise known as **potassium chloride**.
Giant swaths of *sylvite* were dotted along centuries old trading routes, but when the railroads opened they started carrying vast quantities of cheap salt produced in giant pans on the two coasts from salt water.
Unfortunately for Americans this was sea salt, comprised of 98.8% *sodium chloride*, the favorite of fishes but a deadly enemy of man. And so it was that in less than seventy years, western man had his healthy potassium replaced almost entirely by unhealthy sodium.

In the early 20th Century medical 'science' was born. At that time scientists started to determine what it considered to be healthy and normal levels for heart rate, blood pressure, serum potassium etc., Taking data drawn from the now depleted potassium population as a whole, medical 'science' was by then dealing with seriously damaged people, who had already been deprived healthy potassium and subjected to the ravages of sodium for nearly fifty years.
American medicine got off on the wrong foot, it continues to be on the wrong foot, and has now built a giant pyramid of myths based largely on ignorance and fatally flawed biochemistry.

Points to Remember
According to the Eck Institute, "Many people assume that a high sodium/potassium ratio indicates an excessive salt intake. While possibly true, in many instances salt eating has little impact upon the sodium/potassium ratio. A high ratio frequently occurs in people who consume no salt whatsoever! The main causes of a high sodium/potassium ratio are excessive aldosterone secretion due to stress or anger, toxic metals or a zinc and magnesium deficiency. Salt-eating plays a secondary role."
Nutritionist Adelle Davis states that it is toxic sodium that causes the greatest problems.
"Persons eating [sodium] salt as they wished excreted nine times more potassium than when their salt intake was limited, and human volunteers kept on diets deficient in potassium retained so much salt that they developed high blood pressure."

WHAT IS ALDOSTERONE? It helps regulate levels of sodium and potassium in your body–i.e. it helps you retain needed salt, which in turn helps control your blood pressure, the distribution of fluids in the body, and the balance of electrolytes in your blood. Aldosterone also helps remove excess potassium, keeping those levels balanced.

Diet – avoid table salts, sea salts etc., as it is not a good quality food to digest. Only eat potassium chloride (aka: salt substitute). As such, you don't need to eliminate "salt" from your diet, and yes it takes a bit of getting use to but essentially has the same flavor of salt.

Licorice - Too much licorice can cause a potassium deficiency also. This can also be found in certain medications for tuberculosis, gastritis, hepatitis, and dermatitis. If you are being treated for these conditions you should start taking a potassium supplement.

Medications – there are many medications that are used for treating "diseases", but they cause a potassium deficiency. Examples include: diuretics, laxatives, cortisone, aspirin, cardiac drugs, steroids, and certain therapies used to treat advanced liver disease.

Antibiotics can lead to gastrointestinal disturbance and diarrhea, which will then kill off good bacteria in the gut and intestines. Antibiotics will kill both the good and the bad bacteria, and if too many good bacteria are destroyed, other infections can take hold. This can lead to a lack of potassium in the body.

Diarrhea – with diarrhea, your body eliminates the food that was eaten, before the body can absorb the nutrients. This will lead to a deficiency, and if the body is then weakened, it can lead to muscle damage, paralysis and an irregular heart rhythm. There are chronic causes of gastrointestinal potassium loss such as irritable bowel syndrome, Crohn's disease and ulcerative colitis. Other conditions, however, cause unexpected bouts of diarrhea, which, if severe enough, lead to hypokalemia.

Infection – infections can lead to diarrhea, which has been discussed above. Acute diarrhea can come from crytosporidium and Giardia Iamblia. Infections from eating food or drinking water with bacteria, can also cause infections and lead to potassium loss.

Food intolerance – intolerance to certain foods will lead to potassium deficiency and diarrhea. If you are intolerant to things such as gluten and lactose, diarrhea will be the result.

It should be noted that lactose intolerance will increase with age. Sweeteners also need to be avoided in many cases, as they can lead to diarrhea for those who are sensitive to them. Certain people need to be careful of fruits also, as the fructose is a natural sugar and is associated with gastrointestinal upset.

If you have symptoms, then you need to seek help, or make changes to your diet. Diarrhea from food intolerance can become chronic if you don't notice it in time, and make changes.

Effects of potassium deficiency

There are links between potassium deficiency and anxiety, irritability, depression and anger. It has also been found that potassium deficiency has an impact on insomnia, constipation and too much acidity in the body. There are links to chronic headaches, pain in the eyes, hypertension, and the rapid increase in body weight in those with hyperthyroidism.

Potassium helps to regulate blood pressure, which means that it could help you to prevent and treat heart disease, and strokes.

A lack of potassium is also linked to lowered urine citrate, which will then lead to kidney stones. There are also studies that show how potassium deficiency can cause or worsen rheumatoid arthritis. Potassium can also help to protect you against obesity and hypoglycemia.

Low potassium in the body causes muscle spasms and twitches, muscle fatigue, leg cramps and "restless leg syndrome", as potassium is stored in the muscles, and controls the movements of the muscles of the body.

Increasing your potassium intake

You can increase your potassium intake through diet. Some of the best foods to start eating are (organic whenever possible): potatoes (baked with skin), prunes, oranges, peaches, tomatoes, raisins, artichokes, lima beans, acorn squash, spinach, sunflower seeds, bananas, almonds, molasses, cantaloupe, salmon, and chicken.

According to Dr. Jane Higdon, of the Linus Pauling Institute at Oregon State University, "There is considerable evidence that a diet supplying at least 4700 mg/day of potassium is associated with decreased risk of stroke, hypertension, osteoporosis, and kidney stones. Fruits and vegetables are among the richest sources of dietary potassium, and a large body of evidence supports the association of increased fruit, vegetable, and nut intakes with reduced risk of chronic disease."

It is possible, but extremely rare to overdose on potassium.

Verbatim Unabridged extracts from the 74th Congress 2nd Session

Senate Document #264

1936

"Our physical well-being is more directly dependent upon minerals we take into our systems than upon calories or vitamins, or upon precise proportions of starch, protein or carbohydrates

we consume."

"Do you know that most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until depleted soils from which our food comes are brought into proper mineral balance?"

"The alarming fact is that foods (fruits, vegetables and grains) now being raised on millions of acres of land that no longer contain enough of certain minerals are starving us - no matter how much of them we eat. No man of today can eat enough fruits and vegetables to supply his system with the minerals he requires for perfect health because his stomach isn't big enough to hold them."

"The truth is that our foods vary enormously in value, and some of them aren't worth eating as food... Our physical well-being is more directly dependent upon the minerals we take into our systems than upon calories or vitamins or upon the precise proportions of starch, protein or carbohydrates we consume."

"This talk about minerals is novel and quite startling. In fact, a realization of the importance of minerals in food is so new that the textbooks on nutritional dietetics contain very little about it. Nevertheless, it is something that concerns all of us, and the further we delve into it the more startling it becomes."

"You'd think, wouldn't you, that a carrot is a carrot - that one is about as good as another as far as nourishment is concerned? But it isn't; one carrot may look and taste like another and yet be lacking in the particular mineral element which our system requires and which carrots are supposed to contain."

"Laboratory test prove that the fruits, the vegetables, the grains, the eggs, and even the milk and the meats of today are not what they were a few generations ago (which doubtless explains why our forefathers thrived on a selection of foods that would starve us!)"

"No man today can eat enough fruits and vegetables to supply his stomach with the mineral salts he requires for perfect health, because his stomach isn't big enough to hold them! And we are turning into big stomachs."

"No longer does a balanced and fully nourishing diet consist merely of so many calories or certain vitamins or fixed proportion of starches, proteins and carbohydrates. We know that our diets must contain in addition something like a score of minerals salts."

"It is bad news to learn from our leading authorities that 99% of the American people are deficient in these minerals, and that a marked deficiency in any one of the more important minerals actually results in disease. Any upset of the balance, any considerable lack or one or another element, however microscopic the body requirement may be, and we sicken, suffer, shorten our lives."

"We know that vitamins are complex chemical substances which are indispensable to nutrition, and that each of them is of importance for normal function of some special structure in the body. Disorder and disease result from any vitamin deficiency. It is not commonly realized, however, that vitamins control the body's appropriation of minerals, and in the absence of minerals they have no function to perform. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless."

"Certainly our physical well-being is more directly dependent upon the minerals we take into

our systems than upon calories of vitamins or upon the precise proportions of starch, protein of carbohydrates we consume."

"This discovery is one of the latest and most important contributions of science to the problem of human health."

Healthy Symptoms offers our Potas-sential Potassium in our online shop at www.HealthySymptomsLife.com

Diseases are just warning signs that something is out of order, something is out of balance.

Chapter

7

Hemorrhoidal Pandemic

Why are we facing a pandemic of hemorrhoidal disease?

Described as the 'plague of all age groups', hemorrhoids, also known as piles affect millions of people around the world. Nearly 89% of Americans are troubled by a hemorrhoid at some point in their lives. it's an extremely common, but hush-hush condition since it occurs in an area we consider unmentionable.

I consider Pediatric constipation, Diverticular disease, Ulcerative colitis/Crohn's disease, Anal fissures, Hemorrhoidal disease, Irritable bowel syndrome and chronic constipation among others, from one common cause. I believe that all these colorectal problems can be repaired by the natural process of your body with a few changes to your diet.

But what exactly are hemorrhoids? Putting it simply, cushions.

Every man women and child is born with a very helpful set of blockers, protectors, bodyguards called hemorrhoids. The internal bundles of vascular, muscular, and connective soft tissue that lines the anal canal and the region around the anus. Yes every man women and child has "hemorrhoids."
There are three main bundles or cushions and some minor ones that are situated in between (also referred to as anal cushions) that encircle the anal canal.

But contrary to popular belief they are actually the good guys, they are not the villains. They only want to protect you. They want everything for you, a good nights sleep, great grades in school, a wonderful lover. But everyone looks at them as if they are a disease. A scourge to humanity.

Wait a minute I hear a police emergency coming over the radio....

Be on the look out for three escaped fluffy soft cushions. Last seen hanging outside the anus. If you happen to see these cushions do not try and apprehend them. Known as the thrombosis gang, they usually hang-out around the outside of the anus. They are not very dangerous but love to inflict pain on anyone who invites them to hang out.

The reason they hang outside is because it gets really crowded in the anus. Impacted stools, large stools, dry stools, all these stools and I'm afraid to sit. So like a bad dream these cushions get roughed up, pushed around until they are a bloody pulp. Without anywhere else to go, they are forced outside the anus. These poor guys are in serious pain, they are purple and swollen. Somebody call an ambulance!
Do your hemorrhoids (tissue bundle) have a hemorrhoid (the sum of symptoms related to the inflammation, enlargement, thrombosis, and/or prolapse of hemorrhoids (tissue bundles). In this book we will use hemorrhoid and hemorrhoids interchangeable.
The internal bundles of anal cushions lining the walls help protect you from items passing through the anal canal.

The anal canal in healthy adults stretches to about 3.5 cm (1.37”), look at a ruler right now, or better yet take a quarter out of your pocket. The anal opening is not much bigger then that quarter when fully stretched out.
When we force movements through it that are too large, we create pressure from the inside and straining from the outside causing hemorrhoids to enlarge. As your hemorrhoid grows large, the anal canal grows smaller, making your stools harder to pass. Causing even more difficulty due to the need to strain even more.
Of course the first thing everyone tells you to do is eat more fiber. And in a way they are right. You see once you have killed your intestinal flora, dysbacteriosis you need fiber as a bulking agent (see chapter 2).
Constipation and straining a sign of dysbacteriosis are the two primary causes of hemorrhoidal disease. Like running in the hamster wheel, people keep increasing the amount of dietary and supplemental fiber to counteract the pain and difficulty of defecation. As fiber is increased so is stool size, further causing greater irritation and enlargement of hemorrhoids. Pain, blood, discomfort, itch is only the beginning. Rectal

prolapse, anal fissures, fistulas, abscesses, fecal incontinence, or other related ailments cause serious illness and even death.

This vicious cycle will continue unless a change can break the cycle or you elect to have surgery. Since surgery causes problems such as scarring and nerve damage that affects the surrounding tissues, recovery is rarely absolute. Damage to muscle and nerve may require you to wear adult diapers for the rest of your life. As a result of pain you may experience delayed or incomplete stools, as mentioned earlier these problems can cause chronic fecal impaction, causing even more problems, including diverticular disease, irritable bowel syndrome, ulcerative colitis, precancerous polyps, and even colorectal cancer.
We can be thankful that our internal hemorrhoids (anal cushions) are not supplied with nerves, and do not cause pain, even when enlarged otherwise the pandemic of hemorrhoidal disease would be so much worse then it is now, because the tens of millions that have hemorrhoidal disease would know it. Since you don't feel pain from inner hemorrhoidal disease most people never realize they have a hemorrhoid until the condition bleeds or progresses to a painful state.

Stools can do serious damage as they move along. Mostly because they are not soft. (see Chapter 3, Stools)
Causing swelling, scratching, cutting and bleeding.
If you are bleeding due to hemorrhoidal disease, it isn't from the hemorrhoid or thrombosed veins, as everyone believes, it is from the abrasions, scratches, ulcerations, fissures and or fistulas of the mucosal membrane that line the anal canal. The bright red color of the blood indicates its arterial, rather than venous in nature.

You see it is not the hemorrhoids fault that you are bleeding or have hemorrhoidal disease. They didn't follow the wrong advice. They didn't cause this. They are as hurt by this as you are.

People usually think of hemorrhoids as 'abnormal', but in reality you and I know, everyone has them!
It's only when they get enlarged are they even noticed. It usually starts with an itchy feeling around the anus, then becomes painful and bleeds over time. These symptoms usually go away in a few days.

Hemorrhoidal disease is either found inside or outside the anal canal, that's why they are classified according to their position:
Internal hemorrhoid are masses of tissue that contain muscle, blood vessels and elastic fibers. They occur higher up in the anal canal, inside the rectum and are out of

sight. This area lacks pain receptors, so internal hemorrhoid are usually not painful. As a result, most people aren't even aware that they have them! But internal hemorrhoid can bleed, albeit painlessly. Left untreated, they can become prolapsed or strangulated:
Prolapsed internal hemorrhoid are enlarged hemorrhoids that get so distended that they push through the anal opening. This can cause pain, discomfort and some difficulty in easing it back into the rectum.
Strangulated internal hemorrhoid are formed when the anal sphincter muscle goes into spasm, trapping a prolapsed hemorrhoid outside the anal opening, thereby cutting off its blood supply.

External hemorrhoid, also known as perianal hematoma, are visible, enlarged blood vessels located on the outside edge of the anus and resemble small lumps. They are usually blue in color, but when inflamed, they become red, tender, painful, terribly itchy and can sometimes crack and bleed. External hemorrhoids are more prevalent among young and middle aged adults. There can be complications if a vein ruptures inside an external hemorrhoid, forming a blood clot. This is known as a thrombosed external hemorrhoid and can cause a lot of pain and bleeding, needing immediate treatment, not usually because it is dangerous, but the pain is intense. Thankfully, this sort of complication is not that common. External hemorrhoids can be felt as a firm, but tender lump about the size of a pea on the edge of the anus. Be alert look for traces of blood in the toilet or on the toilet paper after a bowel movement.

By the time people hit 50, half of them have had or still have hemorrhoidal disease!

The Four Stages of Internal Hemorrhoid

Internal hemorrhoids are classified according to Banov's grading system that use their degree of prolapse in the anal canal as a measure of severity:

Grade I hemorrhoid are small swellings located inside the lining of the anus. They are very common, asymptomatic and cannot be seen, but can sometimes bleed and enlarge to Grade II.

Grade II hemorrhoid are larger in size, but still within the anus. Sometimes they can be pushed out during bowel movements, but spontaneously retract once the straining stops.

Grade III hemorrhoid hang out (prolapse) from the anus and feel like soft, small hanging lumps. As mentioned earlier, they are also known as prolapsed internal hemorrhoids and can usually be pushed back inside with the finger. These hemorrhoids require manual reduction.

Grade IV hemorrhoid are quite large and chronically prolapsed (they permanently hang outside the anus). They cannot be reduced or pushed back in and need to be treated by a doctor. These hemorrhoid commonly have both internal and external aspects, so they can show signs of acute thrombosis or strangulation.

Grades II, III, and IV internal hemorrhoid usually bleed painless, but can also lead to a dull aching pain, itching, and other symptoms due to prolapse.
Nearly two thirds of healthy people who get their physical examinations done are told they have hemorrhoidal disease!

Symptom Watch
Though a lot of people have a hemorrhoid, they need not always experience symptoms. Some have internal and external hemorrhoid simultaneously! Generally, the symptoms of external and internal hemorrhoid vary and usually go away in a few days. These are some symptoms you need to look out for:

Internal and External Hemorrhoids – Commonalities
Bleeding during bowel movements. You might find traces of bright red blood on the toilet paper or in the toilet bowl after straining during a bowel movement
Itching
Rectal pain that can make the anal area difficult to clean

Internal Hemorrhoids
The main symptom of internal hemorrhoids is painless bleeding. After a bowel movement there can be bright red traces of blood on the toilet paper, in the toilet bowl or in the stool.

Small internal hemorrhoids don't create much of a problem and are not painful.
Large ones that push through the anus and bulge out of its opening (prolapsed internal hemorrhoid) can be painful if they swell up and get squeezed by the anal muscles. They also give out a mucus discharge. The severe pain can indicate that the blood supply to the hemorrhoid is being cut off (strangulated internal hemorrhoid). If so, immediate attention is needed.

The mucus discharge can irritate the skin around the anus and lead to itching.
You may feel a certain fullness in the anus or the urge to pass stool right after a bowel movement since it feels as if you've not fully emptied the rectum. This discomfort is due to the bulging hemorrhoid at the end of the large intestine (anal canal). The larger the hemorrhoid, the more there's discomfort.

External Hemorrhoids
Unlike internal hemorrhoids, which are generally not painful, external hemorrhoids can be rather painful. The symptoms are bleeding and anal itching.

Excessive straining, cleaning or rubbing around the anus can also cause symptoms of bleeding and itching, leading to a vicious cycle. Draining mucus may further aggravate the itching.
External hemorrhoid can bleed and when the blood gets collected forming a clot inside (thrombosed external hemorrhoid), the soft and fleshy lump hardens and causes extreme rectal pain.
A thrombosed or clotted hemorrhoid can look scary since it turns blue or red, and can possibly bleed. Don't go on appearances, thrombosed hemorrhoids are generally not serious and resolve themselves in a week's time. While healing, there is scarring, which leaves a skin tag behind that protrudes from the anus. At times, the skin tag can be so large that it becomes difficult to clean the area, causing irritation and itchiness.

Do keep in mind that not everyone with external hemorrhoids will have these symptoms. If at any stage you find the pain unbearable, make sure to visit your doctor. Though hemorrhoids are the main cause of anal bleeding, they are hardly ever dangerous. Most hemorrhoids usually get sorted out on their own or by conservative medical treatment.
In many cases, people feel embarrassed and hesitant to get treatment, which is rather unfortunate since a definite diagnosis from a doctor is a must. Without the right treatment, or no treatment at all, the condition may worsen to the point that surgical removal of the hemorrhoid becomes necessary!

I am not a doctor and this is not medical advice but if it was me with hemorrhoids, I'd think it would important to rule out other diseases of the anus and rectum that can have similar symptoms such as cancer, colon polyps, perianal hematoma, skin diseases, fistulas, rectal prolapse, abscesses, infections and inflammatory bowel syndrome (IBS). If you have these symptoms, and are 50 years of age or above, with a family history of colon cancer, do make sure to visit your doctor for an accurate diagnosis.

In the US, colonoscopy is recommended as a diagnostic for people over 50

The Right Diagnosis
Symptoms of hemorrhoids usually come and go quickly, but if simple measures don't help and the condition keeps recurring or getting worse, get a proper check-up. Your doctor will want to know your clinical history, so you'll be asked questions pertaining to your diet, family predisposition, constipation, diarrhea, weight loss, changes in ap-

petite or bowel habits, abdominal pain, itching, discharge, rectal bleeding, heavy lifting or prolonged sitting. Your doctor will also conduct a digital rectal exam with a lubricated, gloved finger to check for swollen blood vessels that point to hemorrhoids or any other abnormality.

Diagnostic Procedures
If needed, a closer visual inspection of the rectum might be done with an anoscope, a hollow, three inch long tapering lit tube used to see internal hemorrhoids. Or a proctoscope might be used to examine the entire rectum. At times, an indirect anoscopy is done with a special mirror to see the anus and the effects of straining has on it. This will give your doctor a good idea if what is prolapsing is a hemorrhoid, rectal polyp or lining, or the rectum itself. Again, based on your doctor's discretion, scrapings of the anus can be taken to diagnose cancers, infections or skin diseases.

If you've been bleeding, your colon which is located above the rectum, will also need to be examined in order to rule out other causes of gastrointestinal bleeding besides hemorrhoids, such as colitis, polyps and colon cancer. The rectum and lower colon are examined using a sigmoidoscope, while the entire colon is scanned with a colonoscope. Both diagnostic procedure of sigmoidoscopy and colonoscopy also involve the use of lit, flexible tubes, which are inserted through the rectum. Sigmoidoscopy will give your doctor a view of the last 60cms of your colon and rectum, while colonoscopy allows a view of the entire large bowel (colon).

It's important to understand that the exact reason for this condition is not completely clear according to western medicine.

Try these simple steps to reduce the symptoms:

Visit the bathroom as soon as you feel the need otherwise
you will cause dry stools, large or small both are damaging.

Maintain good anal hygiene, practically any substance sitting on the skin can cause a rash.
Don't sit on the pot for too long it forces the anus outward
Soak in a warm tub several times a day for about 10 minutes, this can reduce swelling and pain.
After thrombosis, avoid prolonged sitting or standing, alcoholic binge, smoking, and hot bathes, or saunas, as they can trigger events that may cause a recurrence of another clot and protrusion.
Exercise regularly, this is for general health but will do NOTHING for hemorrhoids.

Apply a hemorrhoidal Ointment to stop the pain and itch.
Use over-the-counter pain relievers - aspirin, acetaminophen or ibuprofen
Consume much less fiber - whole grains, cereals, bran's etc.. Shoot for 3g (12g tops) or less of fiber from vegetables and fruits.
Drink up to 8 glasses of water a day but be careful to not over due it. Or you will find yourself with serious vitamin and mineral deficiencies.
DO NOT use a stool softener or fiber supplement - psyllium, methylcellulose or calcium polycarbophil.
Take probiotics (chapter 5)
Stay away from laxatives at all costs.
Apply cold compresses or ice packs if the pain and swelling are too much.
Get down to a normal body weight, and try to replace a meal and ALL snacks with a freshly juiced vegetable juice. We have some very good juicing recipes you can try.

Remember, the key is to avoid putting any fiber in you body. Do keep in mind that hemorrhoids don't just go away, and can worsen over time when not treated.

Chances of developing a hemorrhoid increases with age and peaks between 45-65

Persistent hemorrhoids may require non-surgical treatment to shrink or remove them.
The more commonly done non-surgical procedures are:
Rubber band ligation is the most common procedure used to treat Grade II and III internal hemorrhoids. A hemorrhoid is grasped by a surgeon with either forceps or a suction device and a rubber band is then placed inside the rectum at the base of the hemorrhoid with the help of an anoscope. This cuts off blood supply to the hemorrhoid and it then withers away, and finally drops off in a few days. This procedure does not require anesthesia since it's usually painless. As many as 3 hemorrhoids can be treated in one go. Few people can develop complications after banding such as infection, bleeding, urinary problems or ulcers at the treated site. Eight out of ten people get 'cured' by this procedure, while hemorrhoids recur after some time in the remaining two people. They may then have to go in for another banding procedure. But overall, hemorrhoids are less likely to recur after banding as long as one follows simple advice to lessen the risk.

Sclerotherapy is one of the oldest procedures during which a chemical solution (phenol or quinine urea) is injected into the tissues around the base of the hemorrhoid. As a result, this makes the area inflamed and in due course scarring happens, which destroys the blood vessels going to the hemorrhoid. The hemorrhoid then 'dies' and

drops off. One may feel pain after this procedure, but it usually subsides the next day. However, this procedure is less common than banding since its success rate is not as good and symptoms can recur after several years, requiring further treatment.

Heat coagulation uses a special device to destroy the hemorrhoid by burning the hemorrhoidal tissue. This can be done using various methods such as infrared coagulation, photocoagulation, direct current electrotherapy and bipolar diathermy. However, these methods are less effective than banding.

These procedures can sometimes be painful with occasional bleeding occurring.
Hemorrhoids made Napoleon sit side-saddle on his horse – the french ate a lot of bread and cheese.
They sent President Jimmy Carter to the operating room (he loved peanuts and a submarine commander, high fiber diet).

If non-surgical treatments fail and your hemorrhoids continue to bleed and pain is severely impacting your life, the last resort is surgery. A variety of surgical procedures are available, so make sure to get your surgeon's advise on the pros and cons of these procedures. **Always keep in mind that with any surgical procedure there is some risk involved:**
Hemorrhoidectomy or surgical removal of hemorrhoids is necessary when clots keep forming and the bleeding is persistent. This surgery is done under general anesthesia and has a good success rate. Keep in mind this does not fix the underlying problem. However, postoperative pain is the main complication, with most patients requiring 2-4 weeks before returning to normal activities. Other possible complications include urinary retention, injury to the sphincter, anal stricture and incontinence.

Hemorrhoidal Artery Ligation Operation (HALO) is a relatively new surgical procedure for removing hemorrhoidswithout any cutting. During this procedure, the small arteries that supply blood to the hemorrhoid are tied (ligated) using dissolvable stitches. Once the blood supply is cut off, the size of the hemorrhoid shrinks. Usually done under local anesthesia, it completely numbs any sensation in the bottom and one stays awake during the operation. Since it's usually painless, it is becoming a popular treatment option. The long-term effectiveness of this procedure is not yet clear, but research suggests that people who have this operation spend less time in hospital, have fewer complications and less postoperative pain than those who've had a hemorrhoidectomy. It all sounds well and good but as we know hemorrhoids return if the underlying problem is not fixed.

Stapled hemorrhoidectomy, also known as the procedure for prolapsed and internal hemorrhoids, is the latest surgical technique for Grade III hemorrhoids. Although the name implies that the hemorrhoid is removed, this is not so. Instead, a hemorrhoidal stapling device is used to cut out a circular section of the anal canal's lining right above the hemorrhoid. This pulls the hemorrhoid up into its normal position in the anal canal and reduces blood supply to it, causing it to shrink. It is far less painful than a traditional hemorrhoidectomy.

Over a 5 year period, the recurrence rate for non-surgical procedures is 10-50% While the recurrence rate of surgical hemorrhoidectomy is 26%

Before you agree to surgery, make sure that you've exhausted all other options. Pills, ointments,creams and suppositories only provide temporary relief, they are not a cure for hemorrhoids. If you're looking for a safe, natural and easy way to get rid of hemorrhoids once and for all, change your diet slightly and stop the fiber.

Here are some quick and natural self-care treatments that can provide relief from itchy and painful swollen hemorrhoids:

For immediate pain relief, add a pinch of iodine to a warm water bathtub
Decrease your fiber and bran intake.
Apply pads with aloe vera gel, natural witch hazel or a bland soothing cream in your rectal area to ease the irritation. Leave on for 20 minutes and wash up
Have a sitz bath by sitting in a few inches of warm water inside a tub. Do this thrice a day and after each bowel movement for 10 minutes to lessen the pain and swelling.
Always dry the anal area well
If you need to sit for extended periods of time, use an air doughnut or a hemorrhoid cushion to minimize contact pressure
Don't sit on the toilet for more than five minutes. After bowel movements use moist cleansing wipes that are alcohol and perfume free, then use toilet paper to pat dry
Avoid using soap in the anal area
Place an ice pack on an external hemorrhoid for 15 to 20 minutes
Try combining internal and external remedies such as witch hazel suppositories with frequent cups of chamomile tea
Take dietary supplements, potassium, calcium, phosphorus, magnesium, manganese, sulphur, cobolt and chlorine. And the trace minerals iron, zinc, copper, selenium, iodine, fluorine and chromium. Use potassium chloride instead of cheap and dangerous sodium chloride, table salt.
Drink up to 8 glasses of water daily (or 4 water 2 tea, 1 coffee, 1 juice) but NOT 8 water plus juice, coffee, tea, etc., or you will excrete your vitamins and minerals.

And, most importantly, make dietary changes to avoid constipation and completely eliminate the need to strain during bowel movements

Get the FREE Colorectal Diet Juicing Book
We have created a book that covers everything in this book, from a diet standpoint. simply go to our free download at *https://hem.orrhoids.com/* and get your free copy of our juicing and diet book today.