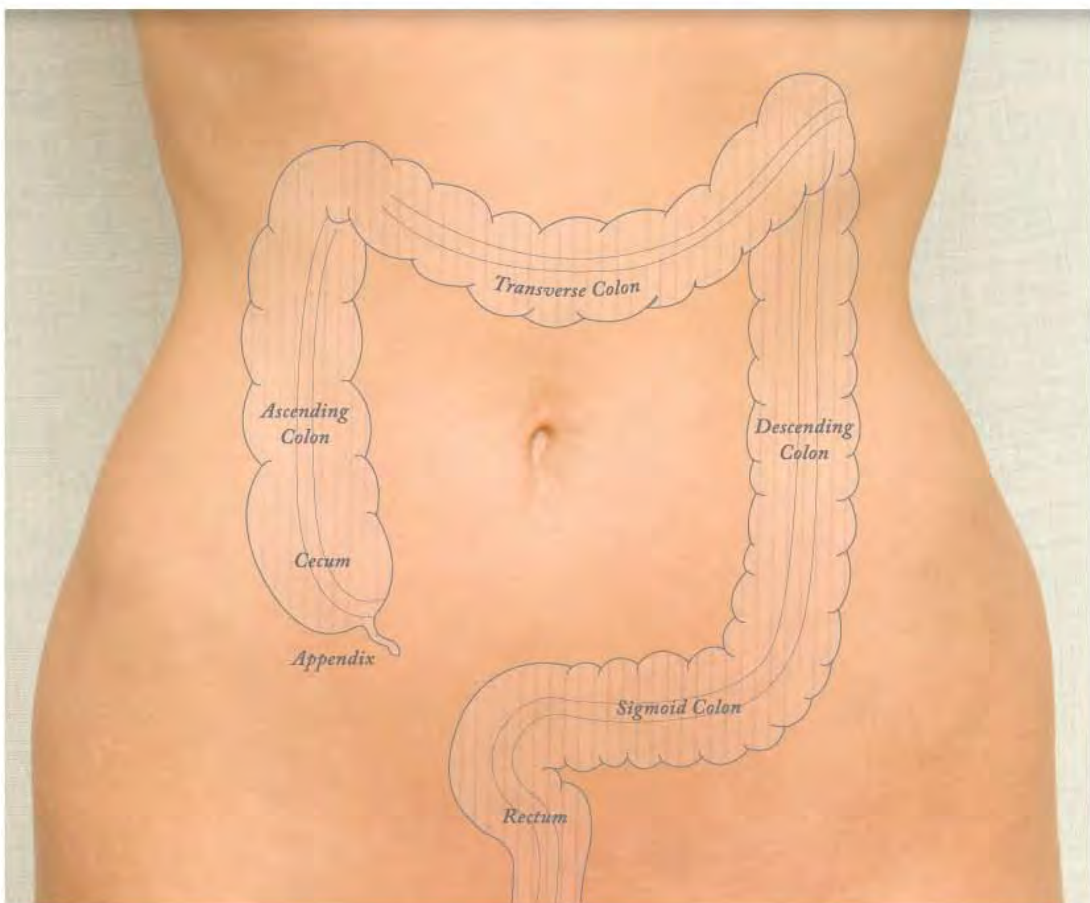


HEALTH Begins In The COLON

"The best book ever written on colon health and cleansing"—Dr. James Walker



The Ultimate Guide For Cleansing Your Colon, Body, Mind & Home!

DR. EDWARD F. GROUP III, DC, ND, DACBN



PART 1
HOW DISEASE STARTS
AND HEALTH BEGINS
IN THE COLON

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CHAPTER ONE

THE SECRET TO HEALTH

Do you really want to know the single biggest reason why billions of people are suffering from poor health? The answer is right before your eyes!

I am really excited to share with you my conclusions from many years of research. I recently revealed one of the most overlooked and suppressed health secrets in the world (at the *Ninth International Conference on Science and Consciousness* in Santa Fe, New Mexico) at a gathering of international scientists and natural health-care practitioners as well as medical doctors.

Tragically, this information has been withheld from the general public and has not been included as a part of standard medical training. After years of research, I have finally pieced everything together and I am confident this information is the key to preventing disease and healing the body naturally.

How do I know the answer for reducing and preventing disease?

I have focused on internal body cleansing with my patients my entire career, and I have witnessed the prevention or outright elimination of practically every disease. We always look to science for answers when the explanation is usually quite simple and staring us in the face.

I am excited about sharing this ground-breaking information with you because I know you truly want to maximize your health and help your friends and family regain their wellbeing and prevent disease. I have committed my life to helping as many people as I can and I hope you will do the same. The time has come to get this information out to the public.

This information is for YOU! Though you may have been taught to believe otherwise, you CAN begin taking responsibility for your own health today.

SO WHAT IS THIS SECRET TO HEALTH?

The Intestines and Colon!

Did you know most disease-causing toxins enter the body through the intestines?

The intestines are the first point of attack for virtually all disease-causing agents. These toxins make their way into the bloodstream, subsequently causing blood toxemia or congestive toxicosis, overworking the liver,

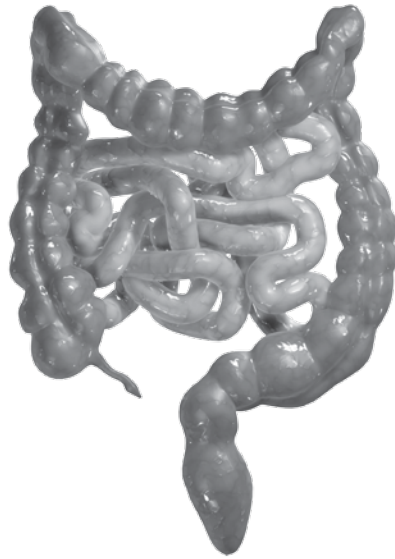


Fig. 1: Healthy Colon

and then infiltrating every type of tissue. This process is the origin of the “dis-ease” mechanism. A small amount of toxins enter through the skin and lungs via direct contact and respiration respectively.

Parasites, toxins from food, toxins from water, toxins from heavy metals, toxins from milk, soft drinks, coffee, alcohol, drugs, and everything else you ingest enter the body through the intestinal lining.

The intestinal lining is exposed to millions of toxins every day!

Even toxins from the air you breathe pass through the intestines. These toxins become caught in the mucous linings of the mouth or nasal passages and then drain into the stomach, eventually making their way into the intestines.

Toxic intestines are simply not able to function properly because they are inhibited by layers of accumulated, impacted waste material. This creates a narrowed passageway leading to constipation and other bowel problems. Constipation, as you know, makes having regular bowel movements difficult and leads to further impaction. If toxins are not eliminated from the intestines on a regular basis, they leach back into

the bloodstream through what is called “leaky gut syndrome” where they can ultimately cause disease.

Why Has This Been Kept a “Secret”?

Perhaps “secret” isn’t the most accurate word. Plain “lack of knowledge” might be a better choice. Ask any doctor to explain the role of the intestines and how they function in the body and I guarantee they will not be able to give you a definitive answer. Why is this? The answer is simple ...

Doctors Are Not Being Taught to Prevent Disease!

If preventative measures and cleansing were taught in medical schools, many diseases we take for granted would simply cease to exist. The pharmaceutical industry, government-funded medical research, and virtual armies of around-the-clock medical staff would be unnecessary if people discovered all they had to do to achieve optimal health was just keep their intestines, liver, body, and living environment clean. What we’re really talking about is the loss of hundreds of billions of dollars in annual healthcare revenue!¹

Medical Science Can Explain the Function of Every Organ In the Body Except . . . the Appendix?

Sound strange? Well, why do you think so many people have their appendix removed? Doctors still don’t know what the appendix is, much less what it does. Standard treatment methods as taught in medical schools dictate removing the appendix whenever it becomes inflamed. Why? The medical industry realizes a simple truth—without your appendix, you are destined for illness so doctors can prescribe you more drugs, perform more unnecessary surgeries, or (even worse) treat you with deadly radiation as a “cure” that’s definitely worse than the disease.

So why is the appendix so important anyway? Here’s my theory: The appendix is located at the juncture of the small and large intestines and acts as a body regulator and communicator. The appendix monitors internal

pH, the toxic load present, and the opening and closing of the ileocecal valve, plus it sends messages to the immune system regarding activity in the bowel.

The appendix is made up of lymphoid tissue (immune cells) and it regulates lymphatic, exocrine, endocrine, and neuromuscular functions. The appendix basically acts as a microcomputer relay station for the body. You might be wondering—why would the body’s regulatory computer be located in the colon of all

places? My answer is—why wouldn’t it be? The intestinal tract is the first place everything enters our bodies! **It has been estimated more than 200,000 appendices are removed in the United States each year!**²



Fig. II: Appendix

All too often, the digestive system and the colon in particular have the status of being “second-class organs” because we’re embarrassed about their function—eliminating waste. Consider for a moment just how important these components are in the grand scheme of biology—the intestines are the first exposure point and thus the first line of defense against environmental toxins to which we expose ourselves daily.

Imagine what would happen if you never cleaned your house, never took out the garbage, never vacuumed your car, or never took a shower. What would happen to your body (or your social life for that matter) after 10 years of wallowing in filth? Your body would likely be repellent and disgusting beyond belief.

Guess what? If you ignore your colon for ten years (or twenty or thirty), the same pollution and damage can happen on the inside of your body! I have spent years tracing the root causes of disease. Although everyone talks about toxic overload, no one is focusing on the real problem—where that overload takes place.

What Happens When You Have a Toxic Intestine, Colon, or Liver?

I mention the liver at this point because, after years of toxic buildup, the liver takes quite a beating and must be cleansed regularly just like your skin, house, or car. However, the intestinal tract is the first line of defense in the body. If toxins never infiltrate into the bloodstream from the intestines in the first place, the liver can function in its normal capacity.

When I had my natural health practice, I took on the hardest cancer and degenerative disease cases I could find because I loved the challenge. Patients would sometimes ask me during the initial consultation, “What are you going to do for me that all the other doctors couldn’t do?”

I said to them, “Let me ask you a question . . . what did all the other doctors do to cleanse or detoxify your body before giving you bottles of prescription medications (or bags of supplements)?” Practically every one of them would respond with confusion, “Cleanse? What is that?” Well, I didn’t just tell them . . .

I Showed My Patients the Positive Effect Cleansing Could Have on Their Health!

These men and women were amazed—after a few months of cleansing, half their symptoms were already gone . . . and we hadn’t even started addressing their condition yet! These results were just from the cleansing regimens I advised! I then explained to them I don’t actually “heal” anyone. True healing takes place from within. It’s your responsibility to heal yourself.

As a Doctor, It is My Responsibility and Moral Obligation to Teach You How to Heal Yourself!

Now, I tell people to start with the 6-Day Oxygen Colon Cleanse followed by three consecutive Liver/Gallbladder Cleanses, plus the Harm-

ful Organism Cleanse and Heavy Metal Cleanse. I phase in their unique supplement regimen only after the first colon and liver cleanses are complete. After the initial cleansing of these organs, their bodies are ready to begin the natural healing process.

People may have a shopping list of symptoms, but doctors are not finding and certainly not treating the root causes of disease! Most symptoms will disappear after a successful program of internal cleansing.

You can give people the finest quality, wildcrafted, super-organic health supplements in the world until you are blue in the face, but you are still not addressing the core of their problem. Toxic overload results from a lack of internal cleansing!

What people do not realize is they need to cleanse their intestines on a regular basis as part of an ongoing health routine. *It is generally accepted that bowel movement frequency can range from 3 per day to 3 per week, but some people have just 2 per week or fewer.* Can you imagine the fermentation, putrefaction, rancidity, and sheer amount of toxins leaking into the bloodstream from a polluted colon that produces only two bowel movements a week?

A healthy person should have three to four bowel movements daily. Don't think so? This principle can be demonstrated by the animal kingdom. For every meal consumed, birds, fish, insects, and mammals have corresponding bowel movements.

Even the Earth cleanses itself regularly with rain, snow melt-off, wind, volcanic eruptions, lightning etc. Human beings should be no different. We should be having three to four normal bowel movements daily and cleansing regularly.

A healthy bowel transit time should be 12 to 18 hours. The average transit time in Western countries is at least twice that—38 hours or more!³

It absolutely amazes me that we supposedly have the best medical researchers in the world and no one has made the connection between bowel transit time and the incidence of disease and digestive health in particular! “An assessment of colonic transit time enables the healthcare provider to better understand the rate of stool movement through the colon ...” since, obviously, disease or impairment within the digestive system can lead to reduced efficiency.⁴ In other words, the slowing down of transit time can indicate the onset of constipation or further bowel disease.

Constipation and Other Digestive Disorders Affect 1 out of 5 People in America!⁵

Most doctors respond to constipation by recommending a laxative, which is essentially a drug. Laxative sales in the last four years alone exceeded \$2.7 billion.⁶ One can easily conclude constipation (ironically, often drug-induced) is a very serious health concern in the United States. As westernized society continues to spread, digestive disorders are becoming prevalent in many other countries as well.

So what is the response to digestive disease by the pharmaceutical companies? These companies depend on product longevity so they develop and patent laxatives which cause even further bowel damage so they can keep selling you their “treatment.” If they actually cured anything, these companies would go out of business because they wouldn’t be needed anymore.

This obvious conflict between eliminating disease and continued profit makes me wonder if that’s the reason why most pharmaceutical drugs list “constipation” as a major side effect. You take something to treat your pain, high blood pressure, or arthritis and you end up needing laxatives to treat the accompanying constipation. We have “lemon” laws to protect consumers from deceptive auto salesmen but it’s apparently an accepted practice for drug manufacturers to grow rich from your misery. These companies sell you even more drugs instead of fixing what’s wrong by addressing the root cause of your problem.

The key to renewed health is obviously to eliminate as many toxins as you can from your environment on a daily basis (see Part II—*How to Live in a Green, Toxin Free Environment*) before they even reach your intestines. Let's face one of the main problems though—addiction!

How Many People Do You Know Who Would Be Willing to Give Up Their:

- Choice cuts of meat (steak, veal, brisket, pork)
- Convenient fast foods (pizza, burgers, tacos, fried chicken)
- Morning-motivating coffee (lattés, cappuccino, espresso)
- Delicious dairy (milk, butter, cheese, ice-cream)
- “Social lubricant” alcohol (beer, wine, mixed drinks)
- Soft drinks, energy drinks, diet drinks, and fruit flavored drinks
- Smile-giving sugar (chocolate, cake, pie, candy-bars)
- White flour (tortillas, “enriched” wheat and white bread, doughnuts)
- And everything else that tastes good but is really bad for us

And what about all of the depression, anxiety, fear, negative belief patterns, and learned behaviors that cause disease? From where do you think these negative emotions originate?

Toxins leaking into our bodies from the intestines! These chemicals disrupt sensitive biochemical and hormonal balances by altering the electrical signals in the water within blood and our living cells.

This disruption in the brain can cause depression, mood disorders, and other emotional disturbances. Once people start cleansing internally, emotional disorders often go away. Do you ever go about your day feeling like you're in a fog, like everything is slightly out of focus or you can't concentrate like you used to? This perpetual haze isn't caused by just the

natural aging process. Your mental clarity can be affected by the toxic substances you consume.

**TO RAISE THE CONSCIOUSNESS OF THE PLANET
AND TO ACHIEVE TRUE SPIRITUALITY,
OUR BODIES NEED TO BE PURE!**

Think about the last time you felt really healthy. Take a moment to remember how your mind and body and spirit felt. You probably were self-confident and eager to face the day because you looked and felt *great*. You actually loved yourself and desired to experience life in its rich variety. You enjoyed your connections with other people in your life, your community, and the larger world. Well, I assure you that if you take to heart and practice the methods that I detail in this book, you can feel that way again. When you cleanse your body regularly, and deal with bad health habits generally, you can regain your self-confidence and sense of self and renewed hope for the future. You can believe again that you are capable of achieving anything you put your mind to. This encourages success in anything you manifest through your thoughts and actions. No more secrets. To be happy and healthy, you must be clean inside and out! So let's move on to Chapter 2 and start learning about the intestinal tract.