

# Health Begins In The Colon

A new, comprehensive book reveals how the core of our health stems from the state of our colon, identifies the increasing threat of toxic exposure to our body from our environment, diet, and lifestyle, and shows us how regular cleansing of the colon, liver, and gallbladder, parasites and heavy metals can lead to disease prevention and even its eradication. *Health Begins In The Colon*, written by Edward F. Group III, DC, ND, DACBN, calls upon his 20 years of experience as a doctor, natural healer, and educator to systematically show us why our current health care system is falling far short of delivering the optimal health we should be experiencing.

**Dr. Group shares the following:**

- Explains how a colon becomes toxic and why the colon's health dictates our ability to prevent, lessen the severity of, or eliminate disease from the body.
- Presents dozens of tips on how to avoid disease causing toxins that are present every-where, from food, beverages, radiation, stress, prescription drugs, water, air, parasites, homes, and offices.
- Reveals a colon-friendly diet that greatly reduces the number of toxins entering, or building up in, our body.
- Offers a diagnostic test to measure the health of your colon and body.
- Tells us why regular body cleansings are a must in fighting disease—and why his six-day oxygen colon-cleanse is superior to current methods.
- Shows how liver and gallbladder parasite and heavy-metal cleansings are also essential tools to heal one's body and help insulate it against disease, including some cancer forms.

Dr. Group is the founder and president of one of the largest organic health Internet sites ([www.ghchealth.com](http://www.ghchealth.com)) which provides resources and information about alternative/natural medicine. His company, Global Healing Center, has helped heal and educate thousands of individuals. His 10-year-old company now shares educational information and distributes products, including Neutraceutical supplements such as Oxy-Powder, an intestinal colon cleanser.

“I have personally witnessed people eliminating practically every disease from their bodies and regain superior health after thoroughly cleansing internally and also detoxifying the environments in which they live,” he says. “The purpose of this book is to give you the tools you need to make it happen -- to live a long, healthy, and happy life.”

**Dr. Group also asserts the following:**

- Doctors and pharmaceutical companies are failing our healthcare system to the point that they are not treating the root cause of disease and are doing very little to prevent diseases that are avoidable.
- Our bodies are absorbing a record numbers of toxins, some from surprising sources, but there are ways we can eliminate or decrease toxin exposure.
- We can avoid surgery to treat certain chronic degenerative diseases.
- Treating constipation with laxatives is a big mistake.
- The colon is the most neglected organ in the body.
- Colon cancer can be prevented.
- You should be using a ‘squatting platform,’ whenever you are going to the bathroom, relieving pressure on your body.

“I have spent years tracing the root causes of disease,” says Dr. Group.

“Although everyone talks about toxic overload, no one is focusing on the real problem – where the overload takes place. Guess what? If you ignore your colon for 10 or 20 or 30 years, the same pollution and damage can happen on the inside of your body. Your body is like a car that needs an oil change every 3,000 miles. You need to cleanse every 3-4 months. Your insides need a shower.”

**Did you know that . . .**

- The average colon is exposed to twice as many toxins as it can handle?
- The potential benefits of vaccines do not outweigh the harm they could do?
- A misaligned spine can cause colon dysfunction?
- Your electric can opener emits a high amount of radiation – more than a computer monitor, hair drier or electric razor?
- Regular colon cleansing can help and prevent IBS, Diverticular Disease, Celiac Disease, Crohn’s, Ulcerative Colitis, and Colon Cancer?
- Constipation, bloating and yeast infections can be avoided with regular colon cleansing?
- Many of today’s herbal colon-cleansing ingredients are not healthy?
- Dr. Oz, Cindy Crawford, Beyonce, Madonna, Janet Jackson, Ben Affleck, Damon Wayans and other celebrities are big proponents of colon cleansing?

“I estimate over 90% of all the toxins you take in enter through the intestinal lining!” says Dr. Group. “This means disease starts in the digestive tract and health begins in the digestive tract. I have focused on internal body cleansing for my patients for my entire career and I have witnessed the prevention or outright elimination of practically every disease. Let’s face it, the current healthcare systems are not working and the incidence of disease is climbing at an alarming rate. We all have the power within our own body to cure any ailment we may suffer from and the answer is as simple as internal cleansing.”

**Contact Information:** Planned Television Arts

Brian Feinblum 212-583-2718 [feinblumb@plannedtvarts.com](mailto:feinblumb@plannedtvarts.com)

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# **Dr. Edward F. Group III, DC, ND, DACBN**

## **Biography**

Dr. Edward F. Group III, DC, ND, DACBN, is the author of, *Health Begins In The Colon*. He founded Global Healing Center, Inc. a decade ago ([www.ghchealth.com](http://www.ghchealth.com)), creating one of the largest alternative/natural medicine resources on the Internet.

Having studied natural healing methods for over 20 years—and having helped thousands of people -- he now educates individuals and health practitioners around the world. Though he no longer sees patients, he is actively involved in teaching people about disease prevention and treatment.

A licensed chiropractic, Dr. Group is a certified Alternative Medical Practitioner, with a doctor of chiropractic degree from Texas Chiropractic College. He is also an American Clinical Board of Nutrition Diplomat. From the Natural Healing Institute of Naturopathy, he received a Naturopathic Physician Degree, and the designations of Certified Clinical Nutritionist, Holistic Health Practitioner, and Certified Clinical Herbalist.

A pioneer in the field of advanced alternative oncology, Dr. Group has over 40 proprietary inventions and formulations. He developed nine nutraceutical supplements that facilitate anti-aging, pain and joint inflammation relief, immune system strengthening, weight loss, and colon cleansing. He also invented a glove to treat Carpal Tunnel Syndrome in 1995.

Dr. Group has in-depth experience in numerous areas of specialization, including advanced alternative medicine, parasitology, natural oncology, weight loss, fibromyalgia, colon disease, organic chemistry, nutritional biochemistry, and cellular biomechanics.

His work has taken him to meet with health officials, medicine men and natural practitioners in China, Costa Rica, India, France, England, Peru, Panama, Belgium, Spain, Holland, Hong Kong, Korea, Japan, Italy, Serbia, and Singapore. He has met with ambassadors from Kenya, Malaysia, Nigeria, and Ghana. Dr. Group has also traveled across the U.S. to promote natural health systems and teach practitioners how to heal the body using natural methods. He lectured at the ABEIM Cancer Symposium and the International Wellness Conference. He has shared the podium with world-renowned healthcare leaders that include Deepak Chopra, MD, Larry Dossey, MD, Christine Northrup, MD, and Darma Singh Khalsa, MD.

Dr. Group has studied the effects of oxygen/ozone for degenerative disease irradiation under the research of two-time Nobel Prize winner, Dr. Otto Warburg and renowned bio-oxidative specialists, G. F. Freibott, MD and Ed McCabe, ND.

He is a member of Society for Scientific Exploration, Occidental Institute Research Foundation, and Oxford Club. He's also listed in the International Executive Guild and International Who's Who. He resides in Houston, Texas.

**Dr. Edward F. Group**  
**Founder & CEO of Global Healing Center**  
**Q&A**

- 1. Your new book, *Health Begins In The Colon*, makes some provocative claims about modern day medicine and where it falls short. What's wrong with how we treat disease today?** What's wrong is that our current health care system focuses on treating the symptoms of disease and not the root cause of disease. People are not being taught why they have the disease in the first place and how to eliminate it properly. Also, doctors are not being taught in medical schools the importance of disease prevention; they are taught what medication they should prescribe to cover up the symptoms of disease.
- 2. What do you propose as a solution?** The solution is addressing the root cause of health problems which is due to an overload of toxins entering the body through the environment we expose ourselves to. Reducing this daily toxin load by addressing the root cause of disease leads to the prevention and elimination of disease. Learning to live a healthier, less toxic lifestyle and regularly cleansing your body is the solution. Doctors need to be taught cleansing techniques and educate their patients in disease prevention.
- 3. Why do you say the colon is the starting point for good health?** The intestines are actually the first point of attack for virtually all disease-causing agents. These toxins make their way into the bloodstream through the intestinal lining, subsequently overworking the immune system and vital organs. This process is the origin of the "dis-ease" mechanism. Parasites, toxins from food, toxins from water, toxins from heavy metals, toxins from milk, soft drinks, coffee, alcohol, and drugs enter the body through the intestinal lining! The intestinal lining is exposed to millions of toxins everyday!
- 4. Why do you recommend regular colon cleansing and just what does it involve?** Constipation is a problem for one out of three people in America! Most people have only two bowel movements a week! Can you imagine the amount of toxins leaking into the bloodstream from a polluted colon that only has two bowel movements a week? A healthy person should have three to four bowel movements daily. Look at the animal kingdom. For every meal consumed, birds, horses, cows etc. have corresponding bowel movements. Even the Earth cleanses itself regularly with rain, snow, wind, lightning etc. Humans should be no different. With the technology we have today regular colon cleansing only involves taking a few capsules one to three times weekly. How easy is that?
- 5. What are some steps individuals can take to become responsible for their health?** The first step is cleansing their body of years of toxic abuse. The second step is educating them on what is causing poor health and how to pay attention to what their body is telling them. When people experience negative symptoms, their body is trying to tell them that something is wrong inside and needs to be

addressed. The last thing the body wants is a medication to cover up the symptom so they don't feel it anymore. That's exactly why I wrote this book to teach people in a step by step process how to change their lives and take back responsibility for their health.

- 6. Where are the toxins coming from that make us unhealthy- and what can be done about them?** The majority of the toxins come from food, beverages, air, water, medications, microbes, physical and emotional stress, heavy metals and EMF radiation. Over the last 100 years mankind has polluted our environment with harmful chemicals, additives and practically everything else we've been able to get our hands on while we just stood around watching, thinking "Well nothing is going to happen to me." Well, think again. Our bodies are and have been absorbing this toxic pollution. And the harsh reality is one out of every two people suffer from some form of poor health. Cleaning our internal body and our living environment is the only solution we have to obtain true health and happiness.
- 7. When you began studying medicine, why did you at first look at natural medicine practitioners as quacks? What changed your mind?** I come from a family that was allopathically trained and I started studying medicine at an early age. I was taught that pharmaceutical drugs were the answer in treating disease. I was also taught that natural medicine was quackery. Then I met this alternative medicine cancer doctor who was getting good results. I questioned him and basically called him a quack. He challenged me to prove to him that pharmaceutical drugs actually do the body good. Well I drove to the library as I already had a background in chemistry and biochemistry and spent the next 6 hours finding out he was right. These drugs did nothing but suppress a function in the body or cover up a symptom. I then devoted my life to actually healing patients using natural methods. Since then I have helped thousands of people around the world regain their health using the techniques I outline in my book.
- 8. Can you shed light on the cause, prevention, and elimination of degenerative disease?** The cause of degenerative diseases stems from one root problem: a toxic colon, body and living environment! In order to prevent and eliminate degenerative disease, we must clean the inside of our body on a regular basis as well as our external living environment. With regular cleansing and the slow elimination of toxins from food, beverages, heavy metals, parasites, radiation, air, water, etc. the body will regain health and become strong and vibrant.
- 9. What's wrong with using pharmaceuticals to treat a disease or health condition?** What's wrong is the word treat! We have the best medical system in the world for acute injuries and life saving techniques. However, where the current healthcare system fails is in the management of disease. This is because pharmaceuticals are synthetic and designed to address the symptoms of disease and not the root cause. Unnecessary medical procedures and prescriptions account for close to 800,000 American deaths annually. It's discouraging how many Americans are taking drugs that they really don't need, instead of using natural methods to address the root cause of their health problems.
- 10. You created dozens of inventions, including a handful of high-end, natural supplements to support a wide range of health conditions. What are some of**

**them and why are they vital to our long-term health?** Let me start by saying the majority of the supplements available are cheaply made and may do more harm than good. I specialize in formulating products using the best possible ingredients I can find. My products are free from any fillers, binders, glues or toxic substances and I use safe vegetarian capsules. My best cleansing products include Oxy-Powder for intestinal cleansing, Livatrex for liver and gallbladder cleansing and Paratrex for parasite cleansing. Other products I developed are located at [www.globalhealingcenter.com](http://www.globalhealingcenter.com).

- 11. Why do you believe people can avoid surgery to treat certain chronic degenerative diseases?** I'm not saying that surgery should always be avoided. In some cases it is necessary. Each individual case should be evaluated before surgery to see if there are any natural alternatives. I think people should seek a second opinion with a qualified natural healthcare practitioner before choosing surgery. Surgery will always be there as a last resort. I believe most surgery can be prevented by restoring the body's natural healing ability through proper cleansing. Besides, surgery still does not address the root cause of the condition. If the condition was there before surgery chances are it will come back after surgery.
- 12. You write extensively about cleaning the liver, gallbladder, and intestines and why parasite and heavy metal cleansing is necessary. Why?** Imagine what would happen if you never cleaned your house, never took out the garbage, never vacuumed your car, or never even took a shower. What would happen to your body (or your social life for that matter) after years of accumulating filth? Your body would be disgusting beyond belief. After years of toxic buildup these organs and toxins need to be cleansed so your body can begin the healing process. I have found that these cleanses are the fastest way to rapidly restore health and prepare the body for fighting disease.
- 13. What type of diet are you proposing in order for one to keep their body free of toxins from food?** For optimal health, you should eat 5 balanced meals daily. Foods should be organic or locally grown to ensure purity and nutritional content. Organic foods are free from toxins such as pesticides, antibiotics, hormones, and other chemicals. Organic fruits, vegetables, seeds, nuts and sprouted grains always provide the most nutrition to the body. It may be difficult to make the transition from cooked, fried and processed foods so I recommend starting slowly by eating fresh fruit for breakfast every morning. After that, start eliminating one toxic food every week until you have accomplished the goal of reducing your daily toxin intake. In my book I explain exactly how to eliminate these toxins from food.
- 14. How did you come to conclude that your alternative health approach works so well?** By using these techniques for so long and hearing first hand the results people are achieving. People have reduced their symptoms, prevented disease, improved their health and actually eliminated their symptoms when standard medical treatments have failed. We have worked with over 500,000 people in the last 15 years using these cleansing regimens and have had many testimonials as to their success.

- 15. Why aren't doctors taught to prevent disease?** You might not believe my answer, but pharmaceutical companies have an overwhelming influence over medical schools and doctors. As long as doctors are trained to prescribe a medication to cover up a symptom then the pharmaceutical companies cash in on all the profits while the patient suffers. If doctors were taught how to prevent disease then the pharmaceutical companies would go out of business. Hopefully in the future doctors will be taught to educate their patients as to the root cause of disease and how cleansing the body and living environment can activate the body's own self-healing mechanisms.
- 16. What's wrong with using laxatives to treat constipation?** Most doctors respond to constipation by recommending a laxative, which is essentially a drug. Laxative sales bring in nearly \$850 million each year. Constipation is a very serious health concern in this country. Pharmaceutical companies develop and patent laxatives which may even cause further bowel damage. Ironically, most pharmaceutical drugs list constipation as a major side effect. So you take something to treat your pain, high blood pressure or arthritis and you end up buying laxatives to treat the accompanying constipation. Furthermore, these laxatives do not address the root cause of your constipation.
- 17. Why are we faced with more disease, as a nation, than ever before?** The main reason is we keep trying to synthetically create a chemical compound to treat disease instead of turning to nature for the answers. If man creates something, we can patent it and make money off of it. You are not allowed to patent something in nature, so there is little interest in using natural substances to heal the body. This is why we have more disease and why we will continue to go down this path until we stand up to the Big Pharma giants and FDA and demand studies on and access to natural healing methods.
- 18. Why is the colon the most neglected organ in the body?** Because we have not been taught how important the colon really is. The colon is the gateway to either disease or health. Think about it, medical science still does not even know what the appendix is and why it is so important for proper colon function. Also we have been taught that the colon is a "second-class organ" because we're embarrassed about its function, namely eliminating waste. Consider for a moment just how important the intestines are. They are the first exposure point and thus the first line of defense against the toxins we expose ourselves to daily.
- 19. How does one know if their disease is due to a toxic colon and treatable through colon cleansing, diet change, and other non-surgical, drug-free treatments?** In my opinion, all degenerative disease is caused by three things: a toxic colon, body and living environment. Cleansing, diet change and drug free methods are not designed to treat disease. They are designed to address the root cause of disease. These natural methods cleanse and detoxify the body so the body can heal itself the way it was designed.. In 15 years, I have not experienced or heard of anyone that did not improve in one way or another after cleansing their body, changing their diet and reducing their daily exposure to toxins.
- 20. Can you prevent colon cancer?** Colon cancer is one of the most common cancers in the United States, and is spreading around the globe at an alarming rate. Colon cancer accounts for an estimated one out of every five cancer deaths

in the United States. Since disease starts in the colon I believe that with moderate dietary changes and regular intestinal cleansing, colon cancer and many other diseases can be prevented. My book explains in detail how anyone can restore health with at-home, regular, cleansing techniques.

**21. What's the "six-day oxygen colon cleanse"?** I developed this cleanse for people who wanted a deep, healthy and painless cleansing of the full intestinal tract. This cleanse is easy to follow, can be performed in the privacy of your own home and does not require time off from work. You actually cleanse while you sleep at night. How easy is that! I also include what you need to eat and drink during each of the 6 days. What makes this cleanse so effective and different from all the other colon cleanse programs though is the use of oxygen. Oxygen is the earth's natural cleansing element.

## **Take The Colon Health Test**

Excerpted from: *Health Begins In the Colon*

It's important to really know your body before a treatment plan can begin. The following test can provide you with valuable information about the health of your colon, as well as your risk of developing serious intestinal problems. Simply answer Yes or No to the list of questions. *Remember -- be honest!*

1. Do you run out of energy in the afternoon?
2. Do you suffer from occasional headaches?
3. Are you having less than 2 or 3 normal bowel movements daily?
4. Do you have problems concentrating from time to time?
5. Do you experience gas or bloating 1 or more times weekly?
6. Do you get irritable from time to time?
7. Do you have difficulty getting a good night's rest?
8. Do you have muscle aches, and/or stiffness?
9. Do you eat red meat more than 2 times per week?
10. Do you eat fried foods in more than two meals per week?
11. Do you drink less than ½ gallon of purified water daily?
12. Do you have problems controlling your weight?
13. Do you exercise less than 3 times weekly?
14. Do you suffer from allergies or sinus problems?
15. Do you have bad breath or body odor?
16. Are you unhappy with your current health?
17. Are you currently suffering from any health problems?
18. Do you have hemorrhoids?
19. Is your skin broken, spotted, or blemished in any way?
20. Do you have occasional abdominal pain?
21. Do you have to strain to have a bowel movement?
22. Do your bowel movements have a foul odor?
23. Do you have hard, small or dry feces 1 to 2 times weekly?
24. Do you notice bright red blood on the toilet paper once or more times per month?
25. Do you have painful bowel movements?
26. Do you use a microwave to cook more than 2 meals per week?
27. Do you drink coffee, soft drinks, alcohol, or milk more than 2 times per week?
28. Are you currently taking any prescription medications?

***If you answered "Yes" to more than 7 questions, your bowel is not functioning properly and you have likely exceeded your daily toxic threshold of 1 million toxins.***

# Your Toxic Colon Is Killing You

“Our bodies are absorbing record numbers of toxic pollution, and as a result, we are faced with more disease than ever before – and it keeps getting worse,” asserts Dr. Edward F. Group III, the author of *Health Begins In The Colon*.

“Humanity has polluted the air, our water, the food supply, and our living environment to the point where it’s affecting the health of everyone.”

He believes nearly every disease – including cancer – is caused, triggered, or amplified by a toxic colon. “A healthy colon is essential to your overall well-being,” he says. “The colon is more than just a tube for the food you eat to pass through on its way out – it’s a key part of the digestive process. When the colon stops functioning properly, digesting becomes disrupted and the essential vitamins, minerals, and other nutrients your body depends on to grow and thrive are no longer absorbed. An unhealthy colon is also less able to expel toxins.”

Toxic residue accumulates in the colon’s large intestine over time, and if left uncleansed, can cause or exacerbate disease. Dr. Group estimates the body can handle daily exposure of a million toxins but the average lifestyle yields exposure to 2.1 million toxins every 24 hours – more than twice a healthy tolerance level.

As a result of this toxic overload, the body has to work extra hard, expend valuable energy, and process or store these compounds to get them out of the way. Your body is on edge all the time from trying to flush out those substances.

Here is an overview of toxic sources. Depending on your lifestyle choices, you can greatly reduce your toxin exposure and as a result allow your colon to work for – not against -- you.

- **Food** (325,000) – fast food, hormones and antibiotics, pesticides, sugar
- **Beverages** (160,000) – soda, sports drinks, alcohol, coffee, pasteurized milk
- **Air** (200,000) smoke, fossil fuels, pet dander, dust mites, cleaning supplies
- **Water** (150,000) – arsenic, fluoride, chlorine, pesticides, bisphenol-A
- **Prescription Drugs** (180,000) – synthetic hormones, aluminum, spermicides
- **Microbes and Parasites** (525,000) – bacteria, yeast, fungus, worms, viruses
- **Physical/Emotional Stress** (200,000) – depression, anxiety, fear cause the body to overproduce stress hormones to fight those conditions, damaging the body
- **Heavy Metals** (130,000) – cookware, deodorant, mercury dental fillings, cosmetics, aluminum cans, toothpaste, vaccines, light bulbs, auto and household paints, herbal supplements
- **Radiation** (230,000) – microwaves, x-rays, powerlines, fault lines, cellphones, computers, hair dryers, irradiated food, household appliances, TV, fluorescent lighting

# The Anti-Toxic Colon Diet

“Simply purging toxins from your colon periodically is not going to provide you with the optimal level of health and energy you need,” claims Dr. Edward F. Group III, who has treated or educated thousands of individuals over the past two decades. “Eating a balanced diet, getting regular sleep, exercising sufficiently, reducing your daily toxic threshold, and maintaining a positive state of mind are required as well.” Dr. Group, the author of *Health Begins In The Colon*, is a major proponent of colon hydrotherapy and oxygen colon cleansing to treat one’s body for the removal or prevention of disease. He also alerts us to what’s making our bodies sick and shows us how to reduce or avoid certain toxins. The other key area to long-term health is diet and he’s identified a diet that will keep one’s colon healthy, the epicenter to our health. Here are some of his tips:

- All food should be certified organic or locally grown – this ensures their nutritional content hasn’t been compromised by toxins such as pesticides, antibiotics, hormones, etc.
- Eat raw organic fruits, vegetables, seeds, nuts and sprouted grains – they provide the most nutrition to the body.
- Don’t drink during a meal – it dilutes the digestive juices, which slows down the digestion process. Drink water in between meals.
- Eat five times a day, to help regulate your metabolism.
- Avoid mixing proteins with starches in a meal – this causes colon toxins. Consume protein with non-starch, veggies such as carrots, celery, eggplant, broccoli, asparagus, snow peas, tomatoes, and water chestnuts – avoid mixing protein with bagels, beans, corn, pasta, white rice, potatoes, or lentils.
- Avoid acid foods (grapefruit, lemon or vinegar) with a meal - -they cause colon toxins and decrease the nutritional value.
- Colon toxins could develop when eating meat with cheese or milk.
- 80% of your food should come from alkaline foods such as almonds, grapes, kale, raspberries, spinach, romaine, soybean sprouts, figs, chives, and carrots.
- Sources of healthy protein are eggs, lamb, legumes, rabbit, veal, range fed beef, fermented soy, cottage cheese, cod, halibut, sole, and wild game.
- Eat according to the three body cycles: The Elimination Cycle is from 4 am to noon – the body naturally seeks to purge itself of toxic waste, unnecessary salts, proteins and acids. During this time consume fresh seasonal fruit; The Energy Cycle is from noon to 4 pm – eat plenty of fresh raw vegetables and a starch source at this time; The Regenerational Cycle is from 8pm to 4am – this is when the body needs less food and more sleep.

## The 6-Day Oxygen Colon Cleanse

“The most effective way to keep your body free of toxins is to cleanse your entire intestinal tract,” says Dr. Edward F. Group, the author of *Health Begins In The Colon*. “Unfortunately, the majority of products out there that are used for colon cleansing are nothing more than cheaply made concoctions that just contribute more to the problem. Such products are only good for cleaning out your wallet!”

Dr. Group has developed a cleanse protocol for people wanting a deep, thorough cleansing of their entire intestinal tract and colon. He recommends performing the 6-Day Oxygen Colon Cleanse at least three to four times per year and following up with regular maintenance cleansing two or three times weekly. This advanced cleanse requires using an oxygen-based cleanser because he believes they are the safest and most effective. If you would like to jump-start the cleansing process, you may also want to receive a colon hydrotherapy session first.

The Oxygen Colon Cleanse is distinctly better than others primarily in its ability to clean the entire 25-to-30-foot length of the digestive tract. It’s designed to clean it thoroughly, oxidize it amply, and reduces the amount of hard, impacted fecal matter in the small and large intestines and the colon. This cleansing uses oxygen O<sub>2</sub> from the fruit and monatomic oxygen O<sub>1</sub> in the cleanser to release useful oxygen into the bloodstream and bowel, and does so in a natural, nontoxic way. Estimates predict the average person by the age of 40 has between 10 to 20 pounds of hard, compacted fecal matter lodged in their intestinal tract. Since the human intestinal tract is 25 to 30 feet long, if you were to cut it open and spread it out (horrible thought), the surface area would be the size of a tennis court. By using this cleansing you can melt away or oxidize the compaction from the small intestine, the large intestine, and the colon, safely and effectively.

In the wide spectrum of colon cleansing, options include colon cleansing by hydrotherapy, laxatives, enemas, bentonite or other cleansing clays, herbal supplements, and oxygen-based cleansers. Colon hydrotherapy and enemas are both mechanical methods of cleansing that involve the use of specialized equipment. Laxatives and natural supplements, including oxygen-based cleansers (discussed earlier), are usually administered orally or rectally.

### **Supplies needed for the 6-Day Oxygen Colon Cleanse:**

1. 6 gallons of distilled water
2. 8 ounces of organic raw, non-pasteurized Apple Cider Vinegar (ACV)
3. 3 organic lemons (If you cannot find organic or locally grown then use fresh lemons from your supermarket)
4. 1 Bottle of Oxy-Powder\* or a high-quality oxygen-based intestinal cleanser
5. 1 Bottle of Latero-Flora\* or another excellent Probiotic formula
6. Fresh Fruit – Preferably organic or locally grown.
7. 16 ounces of Organic Whole Leaf Cold Pressed Aloe Vera Juice.

## How To Eliminate Or Decrease Toxin Exposure

*Health Begins In The Colon*, a new book by Dr. Edward F. Group, III, founder of Global Healing Center, shows us how to eliminate scores of colon toxins from the environment, our food and water, everyday products, pets, and just about anything humans come in contact with. “By reducing the number of toxins the colon is exposed to, one is in a better position to fight off, prevent, or eliminate disease,” says Dr. Group. He instructs us on how to remove or avoid toxins from drugs, stress, heavy metals, radiation, and our home or office. Here are some tips for reducing the number of toxins you’re exposed to:

- Drink well water or distilled water, supplemented with raw organic apple cider vinegar. Install shower and bath filters. Install a whole-house water purification unit and eliminate up to 99% of water toxins.
- Place toxin-absorbing plants in each room of your home or office, such as Chrysanthemums and Dracaenas. Open windows during a rainstorm to get the circulation of fresh air. Control moisture levels with a dehumidifier, ventilate the bathroom with a fan, and use a high-quality air purification system that includes UV, negative ions, and HEPA filter technology.
- Change or clean the filter of your air-conditioner monthly to prevent dander recirculation. Vacuum and wash all bedding frequently, using an all-natural laundry detergent and vacuum with a HEPA filter.
- Stress causes colon toxin build-up. Attack stress—try meditating, seeing a chiropractor, listening to music, exercising, laughing, massage, sleeping, aromatherapy, 20 minutes of daily sun, or ceasing activity that causes strain.
- Use wool blinds and shades instead of cloth drapes or curtains. Replace carpet with non-toxic hardwood flooring or wool carpeting. Buy hypo-allergenic pillows yearly or use organic cotton mattress and pillow casings.
- Avoid using a cell phone on your ear – use a speakerphone or earpiece instead. Don’t carry your phone on your belt or in your pocket – keep it away from you. Put an EMF protection device on it.
- Women should not wear wire bras or wire-framed garments.
- Replace all fluorescent lighting and standard light bulbs with full spectrum or LED lighting in your home or office.
- Avoid vaccinations, remove mercury amalgam fillings, and eliminate your exposure to aluminum – soda cans and cookware especially.
- Use ion footbaths to neutralize the heavy metal toxins in your body.
- Use Far Infrared Therapy to dissolve toxins in the blood and sweat them out.

# Dr. Group- Master Natural Health Product Formulator

Dr. Edward F. Group III, the founder of Global Healing Center, continues to develop exclusively high-end natural supplements to support a wide range of health conditions. The products developed are free of toxic tag-along herbicides, insecticides, pesticides, heavy metals, fumigants, irradiation, etc. They utilize 100% pure vegetable capsules, as opposed to toxic tablets with live-toxic glues, binders, or gelatin capsules with animal-source prion risk and toxic preservatives.

Dr. Group, author of *Health Begins In The Colon*, developed products that are 100% excipient-free. They do not contain questionable or hard-to-digest non-nutritive substances, such as magnesium stearate (toxic, hydrogenated oil), silicon dioxide (common sand), methylcellulose, carnauba wax, etc. All of the ingredients used are organically certified, wild-crafted, and made with the highest level of active ingredients.

## **Nutraceutical supplements developed by Dr. Group include:**

**Oxy Powder w/GE-132:** Used to safely clean the impacted fecal matter out of the intestines and cleanse the colon.

**Paratrex:** A natural supplement used to help the body eliminate internal invaders.

**Slimirex:** This natural weight-loss product contains eight patented weight-loss ingredients and has been recognized as the most advanced formula anyone has developed in the last 20 years.

**NutraCool:** Used for topical pain relief and joint inflammation. All-natural ingredients provide better and faster relief.

**Oregano Oil:** Used to help ease pain and inflammation.

**Silver Fuzion:** Silver has been effective against over 600 different pathogens.

**Parfait Visage:** This anti-aging breakthrough is hand made with the finest organic oils and ingredients. A must for any skin care regimen.

**AquaSpirit:** An organic facial and body spray used to energize and refresh the skin.