

## Modern dietary abuse

"Modern lifestyles put tremendous toxic strain on the vital organs and glands associated with digestion. Take a quick look where our digestive organs are on the next page.

- The **stomach** is perpetually stuffed with denatured foods taken in incompatible combinations.
- The **liver** is swollen and strained with the effort of breaking down massive intakes of animal protein and fat as well as drugs and poisons.
- The **pancreas** balloons to abnormal size owing to the constant demand for digestive enzymes to process enzyme less foods.
- The **colon** gets lined with layer upon layer of glue-like crud that poisons the bloodstream.

Of all the vital organs in the body, the one that suffers the most abuse from modern dietary habits is the colon.

Our colons were intended by nature to function as smoothly flowing sewer systems in order to promptly flush digestive wastes from the body.

Instead, they have become stagnant cesspools, the physiological equivalent to a festering pile of uncollected garbage or a broken toilet that continues to be used for defecation.

The average American & European intestines carries within it over 5 pounds of putrid, half digested red meat...plus ....another 5-10 pounds of foul toxic mucus waste impacted for years in the folds of the colon and small intestines.

### **Why does toxic waste and food taken in wrong combinations accumulate in the small intestines and the colon?**

"When food that is not wholesome, combined incorrectly, or is harmful to the body reaches the stomach, word is immediately sent from the stomach to the mucus manufacturer, warning, 'Get busy, the enemy is on the way!'

We know that mucus starts to be produced immediately and the colon and small intestines is lined with it.

12-18 hours later, when the poisoned or harmful food from the stomach finally enters the small intestines and then the colon, the latter is well prepared with a layer of mucus lining it, so that the body does not absorb any of the poison. The same holds true of the small intestines.

Were this to happen once or even several times a month, this mucus having been used, would disintegrate and slowly be discharged from the colon with no harm done. But it is now certainly apparent that nature never intended that protective mechanism to be used as continuously as it is today... the result is that layer on top of layer is secreted until its accumulation thickens to 3/8" to 1/4" inch thick.

Sometimes this layer or layers gets to 3/8" to 1/2" inch in thickness, becoming as hard and black as a piece of old hardened rubber you see on a highway, torn from a truck tire... we have had a few specimens preserved in alcohol from several inches to a few feet in length, while the longest we have had was 27 feet, in one piece.

Regardless of your financial standing, regardless of your past health history, regardless of your age or sex, **YOU do** have this hardened mucus in your intestines, and you will be amazed by what comes out of you. Sometimes it will come out as a pile weighing as much as 11 pounds and continuing to come out for several days to a week...It's trashing your health, and your life. Foresight definitely beats Hindsight.

## Where the organs are

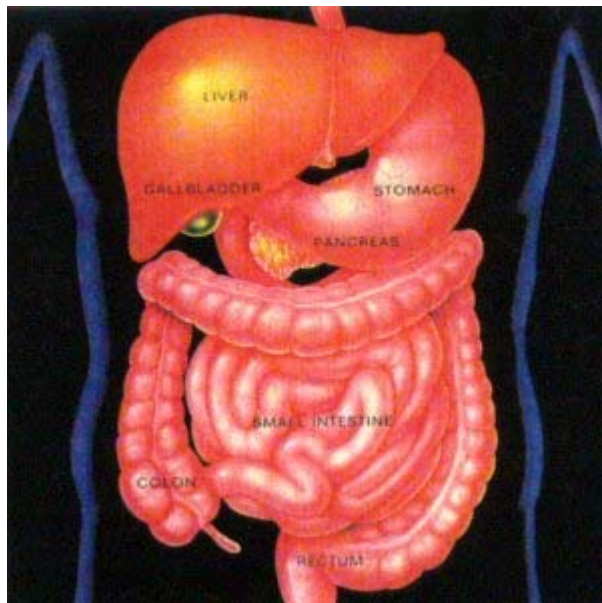
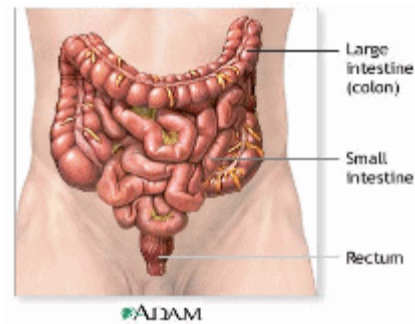
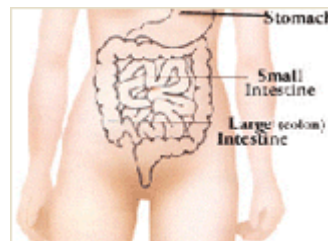
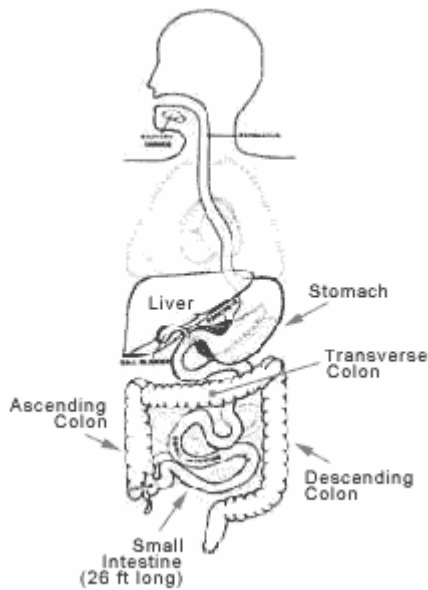
Before looking at the below pictures place your hands on your internal organs.

It's nice to know where your vital internal organs are. Most people don't.

You know where your heart is but what about the rest of them? They carry you around daily. Without our vital internal organs our body is just a shell. Think about it.

Let's start today with your digestive internal organs:

Place your hands first on your stomach, then small intestines, pancreas, then colon (large intestine), follow by liver and gallbladder. Check your accuracy with the below pictures.



*Note how high up your stomach is... now look at your navel and tell me where the fat is... is it your stomach or is it your intestines bulging?*

HPS-online guided cleansing... everything to gain... and nothing to lose except bad health itself.